

March • April 2020



Share your Experience, Strength and Hope
on a Step or Tradition - A Great Way to do Service.
Service is Important to Abstinence and Recovery.



www.connecticutoa.org

Monthly, 3rd Monday • 7-8:30 PM
CT. INTERGROUP • NEW ADDRESS
St. John's Episcopal Church
679 Farmington Ave, W. H.

860.840.2475 For Information

KEEPING CONNECTED

WHAT'S HAPPENING?



CHECK SOME PODCASTS
a vision4you.info,
tabs for recorded meetings,
click & play

QUICK STEPS 12 Steps/5 Wks.
Sharon K. 860 770-1557
skupiec@hotmail.com

March 1, 2020 2:00 – 4:00 PM
UNITY DAY
Gratitude-Unity-Recovery!
St. John's Episcopal Church
679 679 Farongton Ave.
W.Hartford

March 20 - 3:00 pm - 4:30 pm
16TH ANNIVERSARY
Southwick Congregational
Church, 10/202 & Depot St.
Southwick, MA

March 28 - 9:30 am - 11:00 am
OA Sponsorship Workshop
Baystate Franklin Medical
Center, 164 High Street
Greenfield, MA

PRODUCTION:

Judi G., Janet N., Kathryn M., Nancy T.

SUBMIT TO:

artistjudi@sbcglobal.net

ALL MY LIFE I USED FOOD

All my life, I used food as a fix, to deal with life's ups and downs. I came to OA unequipped to know how to live and behave without my fix. The 12 steps and 12 traditions of OA are teaching me how to function as a responsible adult member of society.

This fellowship offers me, and all of us, a safe place to learn and grow through trial and error. I can test out different ideas, explore, identify and express my thoughts and feelings, practice the principles I'm learning about in program, make mistakes, take suggestions, attempt to be helpful, ask for help, discuss spiritual concepts, admit my shortcomings, ... and so on and so on. Sometimes quickly, sometimes

slowly, lessons are being learned and skills are being developed and strengthened in here that then can be applied out there.

A big part of this process happens in the course of doing service. My willingness and calling to step up to the plate and offer to be of service in a large part comes from the fact that we are not organized, there is no hierarchy, I'm no worse and no better than the next compulsive overeater. I have a responsibility, also known as an opportunity, to pitch in even if it's uncomfortable and even if I have fear of not being good enough. If I want this program to continue to exist for me and other people with my affliction, I don't have to do it perfectly, but, I do have to do it.

~Rebecca F, W.Hartford, CT

Humility isn't thinking less of yourself, it's thinking of yourself less.

Connecticut Intergroup is Looking for Speakers

Connecticut Intergroup announces the establishment of a SPEAKER BANK to help connect speakers and meetings looking for speakers.

OA members with 60 days of abstinence and willing to qualify, or speak on OA subjects such as Big Book or Steps are needed.

Look for the Speaker Bank Signup Flyer

The opinions expressed here are the writers' and do not necessarily represent OA as a whole. We reserve the right to edit all submissions.

CHALLENGING MY FELLOW INTERGROUP MEMBERS

When I challenged my fellow Intergroup members to write articles for our newsletter I wasn't thinking I would have "writers block" when it came time for me to submit an article to Judi!

Today is the day. I've started twice already and deleted my writing. So this is the third time. One day in June 1987 I saw a paragraph in the Bristol Briefs of the Bristol Press Newspaper in Bristol, CT. It was titled Overeaters Anonymous. It said something like OA is for people who have problems with overeating, and where it met, time, etc. There were no dues or fees.

That surely was me and it sounded good. It was a Tuesday night. Did I go? No. Then it wasn't in the paper again. Then it appeared again but changed locations. I decided before it moved again I better go. That was July 23, 1987. What I can tell you is 32 years ago when I walked through the doors of OA I had absolutely no idea what would happen to me. At that time I weighed 183 pounds – way above my imagination and then some. You see I dieted and had kept my weight under control but that wasn't working anymore. I was miserable and really scared. That first meeting there were three "older" women and a man who was also a newcomer. I was 37 years old and these women didn't look the way I wanted to look. They told me it was a wonderful program and it really works. I questioned that. They told me I had to get abstinent. Abstinent? I was too embarrassed to ask them what they meant and what that had to do with losing weight. I was given a Big Book of Alcoholics Anonymous and told to read it changing the words alcohol to food and alcoholic to compulsive overeater. I wasn't an alcoholic (so I thought) – how could I relate to this? Then they told me to try six different meetings before I decided if OA was for me. And then they

told me if it wasn't for me they would gladly return my misery. I really thought they were crazy but so was I. I don't remember what the meeting topic was but at the end of the meeting they suggested I go to a meeting on Saturday morning in West Hartford at St. Marks Church. They told me it was a really good meeting and there were younger people there. I showed up Saturday to find a meeting of some 30+ people. As each one spoke I cried, then I sobbed. Since I did say I was a newcomer they asked me if I wanted to share. All I could do is cry. How could people talk about all those things I felt inside? So began this journey. I asked someone to be my sponsor and she said "I never say no". Wasn't sure if that meant she would be my sponsor or not but I never called her. I did find a sponsor and worked my steps the first time. I got abstinent and reached a healthy body weight once again.

Unfortunately for me relapse has been a part of my recovery. The most painful one was when I was caring for my mother who had alzheimer's disease and I got back into the food, didn't get to as many meetings and got really sick emotionally. After she died it took me several years before I got a new sponsor. That was 2007. By then I had reached another all time high in weight of 215 lbs. the last time I weighed. My new sponsor suggested a food plan she said would definitely work to drop the weight if I followed it and worked the steps. I was very desperate and did everything she suggested and lost the 95 pounds I needed to lose. The program does really work. It takes a lot of work and I have to work it. Sorry I'm out of space and time.

More will be revealed...

Robin L. - Canton



NURTURING NEWCOMERS – A Check List

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| 1. Program of attraction. | 9. When sharing meeting identifies & celebrates recovery | 15. Available Sponsors |
| 2. Proactive with newcomers | 10. Suggest to newcomers to go to six different meetings before deciding on OA | 16. Phone calls to newcomers who do not return |
| 3. Pre-assigned newcomer greeters and follow up with a phone call? | 11. Meeting is interesting and helpful | 17. Phone list for newcomers |
| 4. Start on time | 12. No mention of outside sources? | 18. Group inventory |
| 5. Newcomers leave meeting knowing how to start the program | 13. Avoid cross talk and advice giving | 19. Format focuses on solution, discourages "dumping" |
| 6. Befriend newcomers | 14. "We Care" phone list passed and explained... with paper to facilitate taking numbers. | 20. Maintains Anonymity |
| 7. Avoid cliques | | 21. Transportation assistance |
| 8. Meeting reflects OA properly | | <i>Compiled by Don C., Bloomfield, CT</i> |