

May • June 2020

# OVEREATERS ANONYMOUS<sup>®</sup> Connecticut Intergroup


*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](http://www.connecticutoa.org)

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

## WHAT'S HAPPENING?

 CHECK SOME PODCASTS  
at [vision4you.info](http://vision4you.info),  
Tabs for Recorded Meetings,  
Click & Play

QUICK STEPS 12 Steps/5 Wks.  
Sharon K. 860 770-1557  
[skupiec@hotmail.com](mailto:skupiec@hotmail.com)

Events Affected  
by the Pandemic:

2020 World Service  
Business Conference  
will not be held in  
Albuquerque - it will be  
held virtually  
April 13 -April 29 -  
Register until 4 Thursday

OA Western Mass  
Intergroup 42nd Annual  
Retreat  
June 5 - June 7- CANCELLED.  
Refunds issued.

MORE MEETINGS ON  
PAGE 2

### PRODUCTION:

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

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860.840.2475 For Information

# KEEPING CONNECTED

## MY TRUTH

Hello!  
I'm Laura, food addict and bulimic. I entered OA in 2001. In 2006 I received the gift of abstinence, one day at a time! I've let go of 55 pounds. Though it sounds cliché this is my truth: OA saved my life - literally- on these levels: physical, mental, emotional, and, spiritual. I entered the rooms desperate, disgusted, depressed; entombed in a body I hated; and, destroyed myself with food, criticism, negativity, obsessive/ compulsive thinking and behaviors. I didn't know I had an incurable disease, nor that recovery was possible. Despite a life with many blessings, wonderful experiences and loving people, I received messages and treatment early on which inculcated fear, panic, relentless self-criticism and soul-destroying beliefs. Before entering program at 41 my life was somewhat manageable: I led non-profits, travelled, volunteered, and knew loving people. But I was on a slow path to emotional and physical death. My obsession with food, eating, appearance and weight outweighed everything. (unintended pun!) I did not have faith in a higher power but wanted to. It took me years, patient sponsors, and a 6 month relapse to finally "get it." The miracles had already started- I just

hadn't recognized them! Early on in OA I stopped bingeing, throwing up, and, spitting out food after chewing. Many miracles followed that I can't claim credit for. I came to OA fiercely self-willed, self-righteous, and self-absorbed. Escape was my middle name- I wanted to continue eating without the fat result. Identifying as a victim, I had no sense of self. I rued the past, feared the present and future. But the 2005 relapse kicked my a--- into gear! I worked OA hard, embraced the steps, admitted powerlessness and surrendered daily to a higher power I choose to call God- dess. I chose life! The result? I am less anxious, more centered, kinder, less critical of myself and others, and maintain a healthy weight. To cope with life without my drug I need to work OA day and night for the rest of my life. Fine with me! I keep coming back. It works if you work it. My eternal gratitude for being led to the rooms and staying; for dear OA friends; for Rozanne, Bill W. and Dr. Bob; for OA.org, literature, sponsees, service opportunities; and, for my loving sponsors. My favorite OA words that always elicit tears are: "You are not alone. Welcome to OA, Welcome Home!" ❄️❄️❄️❄️❄️

With Love & Serenity, Laura L.

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

EVENTS AFFECTED BY THE PANDEMIC:  
**FOR PASSWORDS**

**EMAIL SECRETARYCTIG@  
GMAIL.COM**

Mon 1 pm - East Hartford: phone  
only 605-313-5109, PIN 446468

Mon 5 pm - Manchester:  
Zoom Mtg ID 969 325 201

Mon 6:45 pm - Middletown: phone  
only 425-436-6321, PIN 375893

Mon 7 pm - Canaan:  
Zoom Mtg ID 608 200 4802

Mon 7 pm - Avon:  
Zoom, Mtg ID 979 609 958

Tues 7 pm - New Britain:  
Zoom Mtg ID 658 757 897

Wed 10 am - Bristol:  
Zoom Mtg ID 967 1616 7593

Wed 10 am - East Hartford: phone  
only 605-313-5109, PIN 446468

Wed 7 pm - Windsor:  
Zoom Mtg ID 875 0710 5107

Thurs 5:45 pm - West Hartford:  
Zoom Mtg ID 155 015 821

Thurs 7 pm - Collinsville:  
Zoom Mtg ID 528 211 875

Thurs 7 pm - New Britain:  
Zoom Mtg ID 299 568 300

Thurs 7 pm - Sharon:  
Zoom Mtg ID 608 200 4802

Fri 10 am - New Hartford:  
Zoom Mtg ID 853 6996 1662

Sat 9 am - Torrington:  
Zoom Mtg ID 886 948 306

Sat 9:30 am - West Hartford:  
Zoom Mtg ID 722 233 944

Sat 10 am - Rockville:  
Zoom Mtg ID 249 295 227

Sat 10 am - Willimantic: phone only  
425-436-6328, PIN 543610

Sun 7 pm - Unionville:  
Zoom Mtg ID 577 952 711

## WISDOM OF THE BIG BOOK

Overview The Doctor's Opinion:

The nature of our affliction: illness of the body, mind, and spirit.

The first 103 pages: Clear cut directions on how to recover,  
the program of action.

Pages 104-150: May look anecdotal but there are some  
real pearls of wisdom.

Pages 150-164: Summary of the book and program of action,  
a little history, a lot of hope.

Pages 165-560: Personal stories –  
42 members share their experience, strength, hope.

Pages 567-568: Spiritual Appendix: the personality change  
sufficient to bring about Recovery has many different forms.

Steps: Step1 Doctors Opinion, Bill's Story, First ½ of There is a  
Solution(P.17-25), More About Alcoholism, How It Works(p.60-64)  
Step2: There is a solution(2nd half, p,29), We Agnostics, Step3  
How It Works Step4 How It Works, Steps5-11 Into Action,  
Step12 Working With Others  
Kimberly C., Bloomfield

### **2 NEWLY FORMED MEETINGS!**

Thursday 7 PM Meeting - Topic Varies

Sharon Hospital - Via Zoom

Meeting ID: 608 200 4802

PASSWORD 400427

Phone: 646 558 8656

Friday 10 AM Meeting -

Big Book - Via Zoom

Iron Horse Strength & Fitness

Meeting ID: 853 6996 1662,

PASSWORD IS "Ironhorse"

Phone +1 929 436 2866

### **SPEAKER BANK SIGNUP FLYER**

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 will-  
ing to qualify, or speak on OA subjects such as  
Big Book or Steps are needed.