

September • October 2020

OVEREATERS ANONYMOUS® 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

WHAT'S HAPPENING?

- CT. INTERGROUP Meets
- 3rd Monday of Each Month
- 7-8:30 PM



CHECK SOME PODCASTS

vision4you.info
Tabs for Recorded Meetings
Click & Play

QUICK STEPS

Cover the Twelve Steps
in 5 weeks with 6 others.

For Info/To Register
Sharon K. at 860 770-1557
skupiec@hotmail.com

September 13 3-4:30 PM
- 19 Symptoms to Relapse -
workshop@oavirtualregion.org

October 23-25
Region 6 Convention
- Focus on Recovery -Virtually
oaregion6.org/2020

WEDNESDAYS 7:30 PM
Public Information Orientation
20 min. Presentation with Q&A.
Zoom ID: 854 7196 7153
Passcode: 964255
Phone: +1 929 205 6099

Connecticut Intergroup Announces a
SPEAKER BANK
for OA members with
60 days of abstinence or more,
to speak on OA subjects.

Newcomer & Renewal Meetings
Wed. 10 am Bristol: Zoom
Wed. 7 pm Windsor: Zoom

PRODUCTION:
Judi G., Janet N.

SUBMIT TO:
artistjudi@sbcglobal.net

860.840.2475 For Information

KEEPING CONNECTED

MY SINCERE GRATITUDE

Dear OA fellows

I would like to express my
sincere gratitude for this fellowship.

First, I appreciate the OA Fellowship
as a whole. I appreciate that it took
action to set up zoom meetings
during this pandemic to keep the
message of HOPE to compulsive
over eaters like me alive.

Second, I appreciate the fellows who
continue to share at the meetings.
Their experience, strength and
HOPE help my program and keep
me coming back.

Third, I appreciate all the things
in this fellowship that are given so
freely. Some of which are: another
OA fellow's time, workshops,
speakers, fellowship, and
opportunities to use the OA tools
(service, sponsor, phone calls, etc.).

I am so grateful that I am not alone
anymore and feel welcomed in this
fellowship.

Donna G., Connecticut

SOOOO GRATEFUL

Yes, I am SOOOO grateful for having
discovered what was wrong with me
before it was too late!

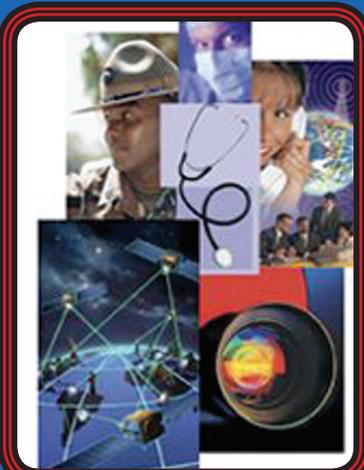
I have outlived all of my immediate
biological family, and am thoroughly
convinced that God has a plan for
me... one that does NOT include
wallowing in misery and feeling
victimized. I came to OA to find a
new way of living, fully believing I
was here (on earth) through God's
Will and that I had no time to waste
in discovering His way of living...
one that brought me peace and
happiness.

In this twilight of my life I am
blessed to have learned how to
be present, taking in all that is
happening and enjoying every
moment with those I am with.
What a gift, to have my compulsion
removed and replaced with this
new Spiritual Life that is providing
me with all I need. My life today is
filled with life rather than obsession,
and, boy, does it feel good.

Dale L., Connecticut

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

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



"VOICES OF RECOVERY"

The quote from the July 25 Voices of Recovery says "We have what we need any time we are willing to let go of self-will and humbly ask for help."

I love this quote. It makes me think about what I think I NEED and what I actually NEED. Totally different from what I want (which I already know isn't usually a need at all.)

I also love that the key to program and to my life (IN GENERAL) lies in giving up my self-will (one of my "bondages of self") and reaching out to my Higher Power. It's one of those simple --but not easy-- jobs that will bring me further into recovery.

My junk food addiction was a source of negative energy fuel that drove my character defects and my disease. My self-will is another source of fuel that drives my negative energy, which in turn drives my disease.

My recovering frame of my mind has changed many of my ideas. First, fueling negative energy is of no good use to me. It is the fuel for the behaviors, ideas and disease that I am trying to recover from! I would not pull up to a gas station and ask for gas that would destroy my car and my ability to use it. Why would I purposely fill up on negative energy that would destroy my life and my ability to use it productively and joyfully?

My Higher Power has the fuel that I need to fill up on in order to live a life of balance, positivity, joy, courage, love, acceptance, sanity and peace. I'll be pulling up to His pump!

Rachel L., Connecticut

Not even on my darkest days, food isn't going to hug me, support me, listen to me, or help me. *Melanie*

2019 WORLD SERVICE BUSINESS CONFERENCE NEW DEFINITIONS OF ABSTINENCE AND RECOVERY

ABSTINENCE:

The action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

RECOVERY:

Removal of the need to engage in compulsive eating behaviors. Spiritual, Emotional and Physical recovery is achieved through working and living the OA Twelve Steps.

TOOLS OF RECOVERY

*A Plan of Eating • Sponsorship • Meetings
Telephone • Writing • Literature • Action Plan
Anonymity • Service*