

November • December 2014

CT Intergroup



# KEEPING CONNECTED

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

## WHAT'S HAPPENING?

- Saturday, November 8, 2014  
10am-2pm Mini Marathon  
St. David's Episcopal Church  
284 Stoddards Wharf Road  
Gales Ferry, CT 06355  
Corner of Rt. 12 and 214  
Park in lot behind church,  
enter at signs

Sponsored by SECTIG (S. E. CT OA Intergroup)

- November 12, 2014  
5:30 -7:00 pm 21st Anniversary  
of Wednesday Step Meeting  
St. Paul Episcopal Church  
145 Main Street  
Southington, CT

- October 23-25, 2015  
Friday-Sunday Region 6 Convention  
Hilton Hotel Hartford, CT

**NOW UNTIL 11/11/14  
REGISTER FOR CONVENTION ONLINE  
ONLY & SAVE UP TO \$30.00 AT WWW.  
OAREGION6.ORG/2015 FOR \$25.00**



*Production: Judi G,  
Laurie T. & Janet N.*

Submit to: [artistjudi@sbcglobal.net](mailto:artistjudi@sbcglobal.net)

## MY NAME IS

### LINDA...

I am a food addict and binge eater. My journey with food started when I was 10. One day I was afraid to eat so I ate very little. I went to sixth grade and started getting picked on. I gained 17 pounds by the time I had to be weighed by the school nurse. When I went to junior high, I got picked on, when I went to high school, I got picked on - I learned to deal with life by eating. From there it was a downward spiral - diet, lose weight, gain weight. Food was my best friend. A friend told me about OA. In the beginning my husband didn't want me to go. I kept coming anyway and never stopped. On December 28, 2009 a member of OA called and said she could get me started. I was scared - a saying I like is "do it afraid," I did it afraid. On January 29th 2014, I had 4 years abstinent. October, 2014, is 7 years since I came into OA. I lost 142 pounds.

In August 2010 I went to Misquamicut weighing 142 pounds more than I weigh now. I went to Misquamicut again in August, 2011 - it was wonderful not to hate myself. It was a miracle to go to the beach, be free, joyous, happy and love life in my new body.

When I go to a restaurant I make sure there is food that I can eat, if not, I do not go. I call ahead to see if they can prepare food the way that I need it - mostly they

can. When I go out for breakfast I bring fruit, some people don't like it but I do it to take care of myself. When I go to a party I ask about the food. Sometimes I bring my food, eat before or wait till I get home. I do my homework.

I put down sugar and flour and started weighing and measuring. I was scared. When I did it, I lost the cravings. It is amazing how I feel. I only eat when I am hungry. I do eat when I take my pills. Sometimes I think about foods I used to eat. Sometimes I dream I ate those foods and wake up thankful that I didn't. I think more clearly and better deal with things.

My life has changed physically, emotionally and spiritually. I am learning not to people please, progress not perfection and who Linda is. I crochet, go on FaceBook, watch tv, sit and read. When I am bored, lonely, angry, tired, I crochet instead of eating. I am stronger and healthier.

I read and pray every day, listen to phone meetings, call in my food and have a cosponsor. I volunteer to do the timer, which used to scare me - no longer am I afraid. I am grateful to God for this new life. I will always have this disease but by the grace of God I can stay abstinent.

I am still afraid but I do it afraid.

— Linda CT

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

## Volunteers for ALL Committees Needed

### The CT Intergroup Newsletter WOULD LIKE TO HEAR FROM YOU

- Inspire Other Members  
With Your Journey
- Share the Story of How OA Helped You
  - Describe Your OA Experience

#### GUIDELINES

- 300 WORDS OR LESS
- Focus on your OA journey & recovery
- Relate how the Steps, the Traditions, the Concepts, and/or the Tools aided in your recovery.
  - Share how you maintained your abstinence, weight loss and/or weight gain.
  - We also accept original poetry, humor, and photos

.....  
Please email  
Your Stories of Recovery to:  
artistjudi@sbcglobal.net  
.....

**RECENTLY  
REVAMPED  
Website  
www.  
connecticutoa.org**



### GREAT RELATIONSHIPS

Three years prior to coming into OA, my life was one long nightmare. A thundercloud was constantly following me around.

I didn't have a job, and I didn't have any scruples. Being fat, I was very lonely and dissatisfied with life, and my only companions were the pills and other stimulants I used regularly because I thought they made the world a little easier to live in.

I had rejected God entirely, but I was so despondent that I finally had to ask him for help. He surely heard me because in February of 1969, I changed my environment and went to work.

In March, I started dating a girl named Kathy, whom I had known since high school days, and was I ever lucky she happened to be in the OA program. On March 28, 1969, Kathy took me to my first OA meeting. My top weight was 225 pounds (102 kg) and I had a 44-inch (112-cm) waist. By September of 1969, I weighed 165 pounds (75 kg) and my waist was down to 33 inches (84 cm).

I have maintained my weight loss ever since.

This program has changed my life completely. I'm very happy, and I love life. I married Kathy, and we work the program together daily. I have a great relationship with my Higher Power, and I have a good job. I live life only one day at a time, and to get me through trying times, I work the Steps and just keep turning things over. This program really works for me because I work it!

— *Lifeline*, May 1970

*When you have faults, do not fear to abandon them.*

—Confucius

I did not deliberately choose my faults, but neither do I have to be afraid of letting them go. I can establish what they are (I have many more faults than I am aware of) by taking steps four and five, and I can abandon them in steps six and seven. What would any thinking person give for such simple, direct therapy? And it doesn't cost a dime. Do my faults include any of these: sloth, bad temper, promiscuity, rudeness, dishonesty, child abuse, violence? God, who loves me and wants me to be free, will accept them all. For today: I need not be afraid to admit anything to God and to another person, under God's guidance.

*For Today*, page 308

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### *Inspiration*

All I have to do is stay in the solution. Sometimes that solution may seem difficult but it is so simple.

— *Lifeline*,  
July 2006

