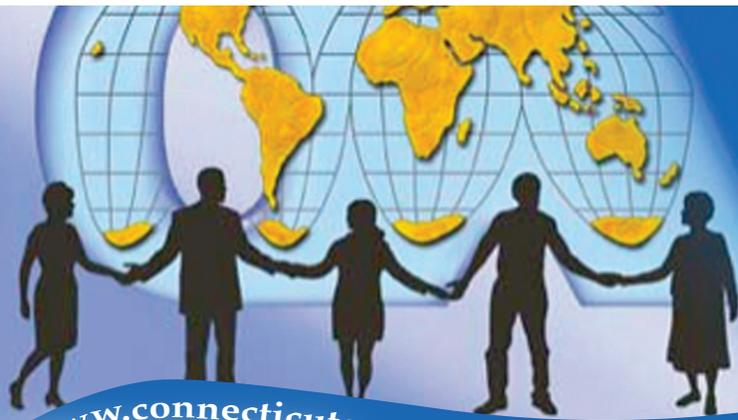


January • February 2016



West Hartford, Thursday 6PM
Big Book Meeting.
SPONSORS THIS ISSUE



WHAT'S HAPPENING?

- Saturday January 9, 2016
(Snow Date 1/16/15)
8:30am to 3pm
WMI Marathon
Spirit of Fellowship:
Getting All You Can from OA
St. David's Episcopal Church
699 Springfield Street
Feeding Hills, MA
- Friday January 15, 2016
6pm to 7pm
Speaker / Candlelight Meeting /
Fellowship
SOURCE OF HOPE 10th Anniversary
Speaker / Candlelight Meeting / Fellowship
Southwick Congregational Church,
Southwick, MA
Corner of rte 10/202 & Depot St
Wheelchair Accessible.
Suggested Donation \$3



Sept 2, 3, and 4th, 2016
OA WORLD SERVICE CONVENTION
Boston, MA

PRODUCTION:

Judi G., Janet N., Kathryn M.

SUBMIT:

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KEEPING CONNECTED

I OWE MY LIFE TO OA

I owe my life to OA, so why not write an entry to the newsletter? Too busy. Nothing worthwhile to say. Food's good. Weight's good.

Head and heart, not so good. Resentment and fear looming large. Spiritually and emotionally sick sister moved in with Mom and is now calling the shots. She doesn't talk to me. She emails and texts her orders and barbs.

This is a sick person. Please save me from being angry. Please grant me the kindness, tolerance, patience, love, compassion and pity I would cheerfully grant a sick friend. Please show me how I can be helpful to her. Thy will be done. This helps me get through the day and to respond to her with grace.

God and my fellows help me with my thoughts, words and deeds. "We have ceased fighting anyone or anything". How have I been selfish? Dishonest? Self-seeking? Afraid? So hard to see the forest through the trees. Eureka! That's it. I can't see what I can't see when I'm in self.

Whenever I am disturbed there is something wrong with me. Yes, me. I'm wanting my way. I'm wanting to control. I'm wanting to look good. I want to be right. I'm being threatened. I can't see God's role in this when I'm all me, me, I, I and she, she, her, her.

I admit it. I am willing to surrender to a power greater than myself. God please remove this malignancy and shine your light in me and through me. Laser cut it out so that I may know and do your will for me. Give me strength to do your bidding.

Have I caused harm? Do I owe amends? Stay close to my Source of Inspiration. Trust and rely and depend on this Infinite Higher Power. Be open. Be quiet. Be humble. Be loving. Help others. Relax and take it easy. Keep writing. The answers will come. They always do.

Rebecca F., W. Hartford., CT



ABSTINENCE IN OVEREATERS ANONYMOUS IS THE ACTION OF REFRAINING FROM COMPULSIVE OVEREATING & COMPULSIVE FOOD BEHAVIORS WHILE WORKING TOWARDS OR MAINTAINING A HEALTHY BODY WEIGHT. SPIRITUAL, EMOTIONAL & PHYSICAL RECOVERY IS THE RESULT OF LIVING THE OVEREATERS ANONYMOUS TWELVE-STEP PROGRAM



Six Emotions That Lead to Compulsive Overeating

- Anger
- Fear
- Dishonesty
- Resentment - Expectations
- Self-pity - Selfishness - Self-centeredness
- Intolerance - Critical, Judgmental

– © Oasis Central Midland Intergroup of Overeaters Anonymous, April 2011



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

STEP UP

1. **Wise Up** - Admit powerlessness and unmanageability.
2. **Look Up** - To a power greater than myself.
3. **Give Up** - My will and my life, surrender to God
4. **Dig Up** - All the sins I have suppressed, rationalized, and/or denied. Write down exactly what I've done wrong and why.
5. **Fess Up** - To God, myself and another.
6. **Loosen Up** - My hold on my defects and be willing to let go of them.
7. **Lighten Up** - The burden of carrying around my defects. Allow God to remove the load
8. **Own Up** - To the harms I have done to myself and other people.
9. **Clean Up** - The past hurts by apologizing, trying to make them right and settling the debts owed to others.
10. **Check Up** - Regularly to see if I am still on track. Get rid of stuff that doesn't work for me and reorganize my priorities by putting God and Abstinence first.
11. **Lift Up** - My mind and heart and voice to God in prayer and meditation. Line up my will with His.
12. **Grow Up** - Behave like a mature abstinent adult. Live up to the principles of the steps, speak up, carry the message and abstinence can happen.

LIFE CAN CHANGE

Anonymous

RECENTLY REVAMPED
Website
www.connecticutoa.org



I AM DETERMINED TO RECOVER

“How Many Thousands of Men and Women Have Recovered from Alcoholism” These were the first words me and my new sponsor opened up to in the Big Book. I am Natasha. I am a recovering compulsive overeater and I am determined to recover. I can already see that these plain and simple directions are going to be a challenge to implement. Sometimes the shame and frustration from making unwise choices distract me from my main focus. The point is that “thousands of men and women have recovered from” this disease of addiction. Why not you? There is nothing more settling than to know that there is an existing solution to my problem. To all people still suffering out there, my heart goes out to you because I understand the defeat that self-will brings. The only person between you and your recovery, is you. Don't hold yourself back anymore and give it to God.

Natasha, Hartford, CT

- **Inspire Other Members With Your Journey**
 - **Share the Story of How OA Helped You**
 - **Describe Your OA Experience**
- Please email Your Stories to:
artistjudi@sbcglobal.net