

March • April 2016

 **OVEREATERS
ANONYMOUS.®**
Connecticut Intergroup



www.connecticutoa.org

WHAT'S HAPPENING?

- Wednesday Feb 24–7pm–8:30pm
New Friendship Group Anniversary
Church Of the Atonement
Westfield, MA

Sunday Mar. 20 3:30pm–4:30pm
Put a Spring In Your Steps!
OASIS Meeting 12th Anniversary
Southwick Congregational Church
Southwick, MA

June 3, 4, 5 • Fri. Sat Sun.
Welcome Summer with Serenity!
2016 WMI - OA Retreat
Genesis Spiritual Life Center
53 Mill Street, Westfield, MA
www.genesspiritualcenter.org/



**OA WORLD SERVICE
CONVENTION**
SEPTEMBER 1- 4
**Registration is
NOW OPEN!**

Join OA members from
around the world in
historic Boston on the
TRAIL TO FREEDOM!
REGISTER

[www.oa.org/world-service-
events/world-service-convention/](http://www.oa.org/world-service-events/world-service-convention/)
Early-Bird Registration Deadline:
July 1, 2016

PRODUCTION:

Judi G., Janet N., Kathryn M.

SUBMIT:

artistjudi@sbcglobal.net

WILL YOU BE MY SPONSOR?

I am new to OA, and I am confused. I hear about the importance of reaching out and breaking through isolation by calling people and working with a sponsor. But there are few people who indicate on the We Care list that they do sponsor. When I ask, they say they are not able to take new sponsees at this time.

Are you afraid to sponsor because you think you must have all the answers? Please remember the desperation you felt when you first came to OA and share the strength of your experience with me. I am told I have the answers inside, but how can I find the way out of this fear without help?

If you are committed to a plan of eating, you can help me overcome my fear of approaching a plan that can let me live sanely.

If you are working to be abstinent or are maintaining your abstinence, you can understand my difficulties and can support me through the rough spots.

If you have ever slipped, or even relapsed, you can share the lessons you learned and can help me accept myself while I regain my abstinence.

KEEPING CONNECTED

If you are working the Steps, you can sponsor me through the Steps you completed. Maybe our work will encourage you to work the Steps ahead.

You speak of spiritual experiences and your Higher Power. Maybe your connection can help me to find my Higher Power too. I understand that you are busy. I'm busy too. But I'll bet there's a schedule that can work for both of us.

I am ready and willing. Will you be my sponsor?

– Lifeline, September 1997

**CONNECTICUT
INTERGROUP**
IS YOUR GROUP REPRESENTED?
NO ABSTINENCE REQUIREMENTS

Monthly Meetings

3rd Monday at 7:00p.m.

Elmwood Community Church,
26 Newington Rd, West Hartford

Contact:

Tom M. o2rion@yahoo.com

ALL ARE WELCOME!!!!

Inspiration

My God knows me better than I know myself. He never gives me more than I can handle.

- Lifeline, July 2012

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

Overeaters Anonymous
www.oa.org



CONNECTICUT INTERGROUP

Join Us & Enhance Your Recovery.

IS YOUR GROUP REPRESENTED?

- Each OA group is encouraged to send a representative to CT Intergroup meetings to vote on matters affecting OA and relay information back to their home meeting.

- Representatives from all groups are needed for CT IG to be of the greatest service. Please be sure that every group you attend is represented. If a group has no representation, why not volunteer? You don't have to be an elected representative to come to CT IG meetings or to give service through our committees.

DUTIES OF AN INTERGROUP REPRESENTATIVE

- Attend monthly Intergroup meetings. When not able to attend send an alternate from your group.
- Bring any needs, concerns or questions from your home group & its members
 - Participate in discussions.
 - Vote on business that comes before intergroup; election of officers, acceptance of reports, proposed policies, expenditure of funds, Region 6 & World Service Business, etc.
- Make sure all information goes back to your respective group; any upcoming special events, outreach opportunities, flyers, OA news, etc.

REPRESENTATIVES MAY ALSO -:

- Serve on intergroup committees.
 - Help organize OA events.
- Encourage participation in these events & committees among members of their group. - *Contributed by Wayne R*

Contact:

Tom M. o02rion@yahoo.com

Monthly Meetings

3rd Monday at 7:00p.m.

Elmwood Community Church,
26 Newington Rd, West Hartford

ALL ARE WELCOME!!!!

WEBSITE UPDATES
www.connecticutoa.org
Info Help Line: 860-856-0303



OPEN LETTER TO FOOD

Ever since I can remember you have been the greatest love of my life. You were my bridge over troubled waters. Thousands of times my craving for you was uncontrollable and I ran to you with open arms. We made love everywhere – the car, the living room, the dining room, the bath room, even the office bathroom. But somewhere along the line, you devil, you turned on me. You made promises you couldn't keep and I began to grow up: and growing pains at any age are still painful. But I had to face some realities: your price tag was too high. You helped me bury all my feelings but you also buried me. Whenever we made love at night, I never respected myself in the morning. Although I loved you, I never wanted to be seen with you in public. I became a sneak just to be with you and it grew into a cheap back-alley affair. I'm writing this letter to let you know that the affair is over. I've found someone new and today I'm free, free at last, thank God, free at last.

Unknown