

January • February 2017

 **OVEREATERS
ANONYMOUS®**
Connecticut Intergroup

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www.connecticutoa.org

WHAT'S HAPPENING?

Saturday January 7, 2017

8:30 am to 3:00 pm

WMI OA Marathon

Keynote Speaker, Panel Discussions

St. David's Church

699 Springfield St. Agawam, MA

Friday January 13, 2017 6-7 pm

Source of Hope Meeting Anniversary

Candelight Meeting!

Southwick Congregational Church

10/202 and Depot St. Southwick, MA

February 10-12, 2017

Practicing these Principles

in All Our Affairs Retreat

Barbara Harris Convention Center

oanewhampshire.org/

Greenfield, New Hampshire

Sunday March 19, 2017

Put a Spring in Your Steps

13th Anniversary Celebration

Southwick Congregational Church

10/202 and Depot St. Southwick, MA

June 2, 3, and 4, 2017

WMI OA Retreat

A Weekend Walk through the 12 Steps

Genesis Spiritual Life Center

Westfield, MA

www.oawmass.org/

wordpress/events/wmi-retreat

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KEEPING CONNECTED

WALKING THROUGH THE OA DOORS

I didn't realize that walking through the OA doors would forever change my life, but it has, in ways I continue to be surprised about.

I remember my first meeting, in Easton PA, and the warm hugs I got to welcome me. I remember my tears when one member shared how he used to eat food out of the trash can. Finally, someone did the embarrassing things that I've done with food. And while my location has changed, the program hasn't. I still find myself surrounded by people who know me and love me in ways that feel great. My OA friends in CT are here to hug me, talk to me, share step work, give me a warm and welcoming smile, or remind me of my spiritual connection to my Higher Power. And my job is to fully participate in the friendship by sharing my experience, strength and hope.

I am so grateful that I continue to make that choice now six years into program. I ask for the willingness to continue to give to my sponsees and program friends for the next 24 hours.

~Lauren, CT

NEW TO THE PROGRAM

I'm fairly new to the program, a few weeks in, and so far have only used the meetings to provide motivation to stick with the program. This week's reading included talk about submission versus surrender, which was very illuminating in that I realized that's part of what has kept me from really getting started with the program, the steps, etc. The fact is that I know there's an eating disorder I need to deal with, but I haven't truly acknowledged the control it has over me.

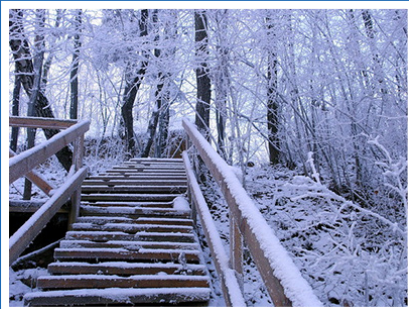
This week also provided me with a much better motivator, for me, to start eating habits. It didn't come as a surprise to after losing out on the opportunity to help someone else in a significant, life-changing way due to the health issues that go along with my obesity. But I am willing to take that opportunity and run with it if it gets me to the point where changes begin to happen. Then, down the road, maybe there will still be an opportunity to help this person.

~Sue, CT

• TOOLS OF RECOVERY •

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

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



ABSTINENCE DEFINED

Abstinence in Overeaters Anonymous is the action of refraining from compulsive overeating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

REMEMBER:

- EASY DOES IT
- ONE DAY AT A TIME
- JUST FOR TODAY
- KEEP IT SIMPLE



SURRENDER

We read about surrender in the OA meeting today. I believe that surrender coming out of a "Gift of Desperation" has helped me in the OA program. I think back over my life and realize that I have tried everything to get healthy. Unfortunately, in the past, it was more about dieting and body image, but as I'm getting older and presumably wiser, with the help of OA and my sponsor, it is more about being healthy.

In trying to stay abstinent with the help of my H.P. I have been able to achieve a more balanced life and strive for a healthy body. In fact, I'm in the best shape physically, spiritually and mentally in my whole life.

I am less self-centered and feel very good. I cannot give enough praise to the program of OA.

~Heidi H., CT

PROBLEM WITH FOOD

My name is Kimberly and I have a lot of problems with food. I am a binge eater. I have had a food problem since I was 13 years old. I thought food was my only friend. I went on diets and I did diet drugs for a while which didn't work. When I was older I lived in Maine for eight years. I was eating soda, candy and ice cream. Then I moved back to Connecticut, joined OA, got a sponsor and worked the Steps. I'm very grateful for OA and my friends. OA saved my life.

My Higher Power is God.

Thank you for listening.

~Kimberly B., Bristol



DUTIES OF AN INTERGROUP REPRESENTATIVE

- Attend monthly Intergroup meetings and send an alternate from your group when unable to attend
 - Participate in discussions and report your home group's needs, concerns and questions
- Vote on intergroup business, elect officers, accept reports, propose policies, review funds, assess business from Region 6 & World Service
 - Provide meeting information to your group such as special events, outreach opportunities, flyers, etc.

REPRESENTATIVES MAY ALSO - Serve on intergroup committees
 - Help organize OA events - Encourage participation in events & committees among group members --Contributed by Wayne R

For Today • February 8

All growth is a leap in the dark, a spontaneous, unpremeditated act without benefit of experience.

~Henry Miller

