

May • June 2018

**OVEREATERS
ANONYMOUS®**
Connecticut Intergroup

SPONSOR AN ISSUE!
GIVE SERVICE WITH A SMILE!!!

www.connecticutoa.org

WHAT'S HAPPENING?

Wednesdays, MAY 16, 23, & JUNE 6, 13

QUICK STEPS

Sharon K at 860 770-1557
skupiec@hotmail.com

1:00 - 4:30PM, BACK TO BASICS WORKSHOPS
First Baptist Church

581 Meriden Avenue, Southington.

Sun. May 20, OA Steps 1, 2, & 3

Sun. July 8, OA Steps 4, 5, & 6

Sun. September 16, Sun. December 2

Saturday, May 5, 2018 9:30 AM - 3 PM

Twelve Steps in 5 Hours Workshop

Saint David's Episcopal Church

284 Stoddards Wharf Road

(corners of Rte. 12 & 214)

Gales Ferry, CT 06335

JUNE 1-3 OA WESTERN MASS
INTERGROUP 42ND RETREAT

Genesis Spiritual Life Center

53 Mill Street, Westfield, MA

Contact: call 413-885-0911 or

wmiretreat@omvn1ass.org

SATURDAY, MAY 5, 1:00 P.M. - 4:00 P.M.

Together We Can! Workshop

UNITY HILL CHURCH OF CHRIST

364 WHITE PLAINS RD.

TRUMBULL, CT

Information Lisa B. at 203-314-6033

June 22, 23, 24

Tranquility Through The 12 Freedoms

12th Annual Tranquility Retreat

Incarnation Conference Center

Ivoryton, CT- Information

BEATRICE (508) 596-0418

bmahr@aol.com or

ANNETTE (203) 671-4656

abchittenden@gmail.com

SUBMIT TO:

artistjudi@sbcglobal.net

860.840.2475 For Information

KEEPING CONNECTED

HUMILITY

Humility is important to my recovery because I need to stay right-sized on a regular basis by showing love and tolerance for myself and others. Be of service to my employer, my family, my friends and people I don't even know. My life goes better when I'm in total acceptance of my humanness and when I realize how imperfect I am. My recovery works when I'm working towards God's Will as much as possible. ~Anonymous

Connecticut Intergroup Strategic Plan 2018-2021

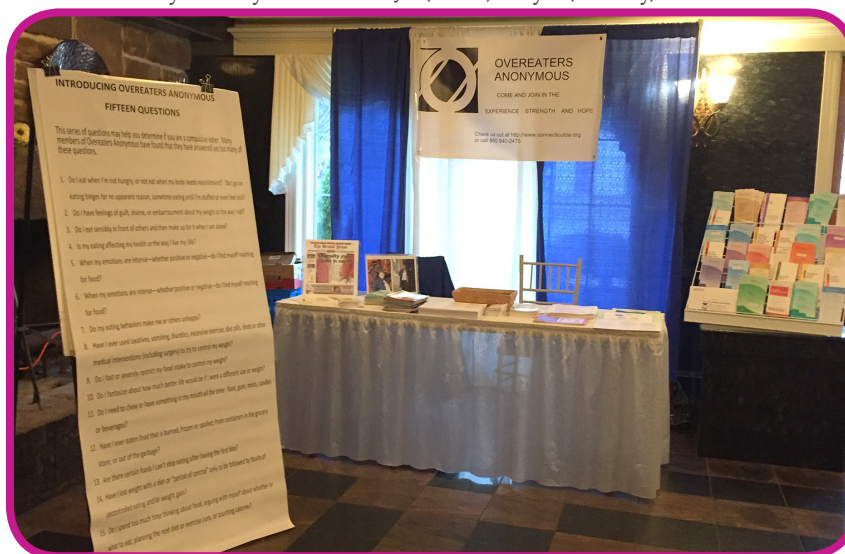
1. Help members strengthen their personal recovery.
2. Increase the number of sponsors.
3. Increase the number of newcomers.
4. Increase the retention of newcomers.
5. Help those in relapse.
6. Increase outreach activities especially to health care professionals.

www.connecticutoa.org

GREAT EXPOSURE FOR CT INTERGROUP

Sunday, February 25, at Hartford Hospital's Healthy Family Fun Fest

Thank you for your service Jen, Tom, Wayne, Nancy, & Sharon



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



OVERCOMING TRAUMA

Although I now weigh 126, my highest weight was 187. I was born in the 1950's, prior to the manufacturing of Plus Size styles available in stores today. My mother brought me to the Chubbette department in downtown Hartford to find an Easter dress. I had a choice between two equally unattractive garments, and was grateful when one of them fit me.

Throughout the sixties, I felt ashamed being overweight. I would isolate myself from other kids to avoid rejection. I found adults to be more compassionate, and they were my friends. At age fifteen, my life changed. I was five three and one hundred fifty five pounds. I dieted down to one hundred and twenty one pounds. Suddenly I was the center of attention by boys who previously ignored me. I was unprepared for such interest and overwhelmed with invitations for dates. To some, this might sound wonderful. I felt I had lost my identity. I was a stranger to myself and unable to set boundaries with boys. This seemed to have everything to do with my shape and nothing to do with me.

I am sure many young women are abused without regard for who they are. In my case, I was sexually assaulted at knifepoint at nineteen. Upon reporting the incident to the police, I was told that I was at fault for wearing provocative clothing. This was a double trauma for me since the authorities people I believed would protect me blamed me. I gained a great deal of weight until I was size twenty-two. Additionally, I became depressed and the episode created long term trust issues.

When one is traumatized without healing, it is difficult to move on. It was frightening to be attractive and I wanted nothing to do with it. I worked in a male environment, proud to be treated equally. Since it was retail, this meant spinning a hand truck around and unloading a trailer as fast as a man, but while wearing high heels.

I joined OA when I was thirty-seven. I found a sponsor and began working the steps. Within six months of joining, my brother and uncle died in a plane crash. Thankfully, my sponsor and I talked every day and she was a tremendous support.

My Higher Power is the love inside people with whom I interact. The Twelve Steps have helped me to learn ethical and adult behavior. The more successful I am in implementing these skills, the stronger my program. For those first years, I was averaging 160 pounds. A few years later, I was able to get to 140. I stabilized there, committed to a food plan I could follow, and maintained that weight for 23 years. In the past six months, I have dropped 14 pounds, making me that much more healthy. My home group is a spiritual support for me for which I am grateful.

~ Kathy K. Windsor

