



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

### WHATES HAPPING

CT Intergroup • NEW ADDRESS **Meetings Monthly on** 3rd Monday • 7-8:30 PM St. John's Episcopal Church **Hubbard Hall** 679 Farmington Ave West Hartford, CT 06119

#### **OUICK STEPS**

Covering 12 Steps in 5 weeks. Sharon K. at 860 770-1557 skupiec@hotmail.com

#### **IDEA DAY**

Sunday, November 18, 1:00 - 4:30Jason at 860-384-3658 Kimberly at 860-206-8828

#### **BACK TO BASICS**

workshop on Steps 10 - 12 SUNDAY, DECEMBER 2ND 1:00 - 4:00 PM

ST. JOHN'S EPISCOPAL **CHURCH** 679 FARMINGTON AVE. WEST HARTFORD, CT 06119

Journey Through the Steps January 23 – May 1, 2019 15 week Step Study Wednesdays, 7:00 - 9:00 pm; Don C. 603-305-0684 (cell) fobb1234@ verizon.net

#### **PRODUCTION:**

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#### HOW THE STEPS HELP ME TO BE ABSTINENT

I was desperate when I came to OA. I had been a vo-vo dieter and was petrified of gaining the weight back again after my last weight loss program. Once I started eating I couldn't stop until all the binge food was gone. Then I discovered that my life was unmanageable when I was in the food. To believe there was a higher power that could restore me to sanity was a lifesaver.

I learned that my HP cared about what I ate because when I was in the food I couldn't hear HP giving me guidance. When I turn my life, my will, my weight, my food over to the care of my HP my day goes easier. When I take back control I get into trouble so I have to say the first 3 steps every morning. If I don't do that I forget I am a compulsive eater and then my disease can step in and take over.

The 4th and 5th Steps help me to understand my part in whatever is bothering me and then I have a chance of not using the food to make me feel better. The 6th and 7th Steps help me to see I have character traits that are not helpful anymore and that I have HP to help me let them go and replace them with more positive traits. I come to realize that I am human. I make mistakes and I am not a mistake. Does Steps 8

and 9 give me a way to deal with my mistakes without having to eat over them. I can make amends with help of my sponsors, my OA friends and OA literature. Step 10 keeps me current, taking a look at the day and giving myself credit where due and making amends when needed. Step 11 helps me to keep in contact with my HP so that when I get in trouble I can hear the guidance of the moment.

Step 12 helps me to be abstinent in so many ways. To do service helps my self esteem and to keep a service position I need to be abstinent. Service gives me the opportunity to get out of myself, to share what I have been given, to help a fellow sufferer and to have something to do instead of eating.

I am so grateful to OA for saving my life that I have no trouble giving back through service. I could not do this alone. I am grateful to my sponsors and OA friends. Together we can do what we could never do

I wish you all abstinence one day at a time. If I can do it for 24 years one day at a time, so can you.

~ Meg H. from

WHAT'S NEW? Overeaters Anonymous Region II Carrying the message in California, Mexico, Hawaii & Northern Nevada • Spring/Summer 2014

If you always do what you always did, you'll always get what you always got.

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

- ★ Focus on the true meaning of the holiday or event rather than the food orgy that sometimes accompanies it.
- Don't set yourself up to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family, sometimes with friends, sometimes we are alone. Face the reality of the situation beforehand. For example, if a family occasion almost always turns unpleasant, plan not to be part of the unpleasantness. If you're going to be alone, face that you may face sadness. Plan to deal with it, without excess food.
- ★ Build up your recovery bank account before and during the holidays by attending lots of meetings, working extra hard on your 12 Steps and using all the tools, especially service. Keep in constant contact with your sponsor. The disease doesn't take holidays. Nor should our recovery.
- \* Keep your OA phone numbers with you at all times. Use them.
- \* Know the limits of your recovery. When in doubt, avoid persons, places and things that have in the past triggered overeating. The party is not worth it. Choose not to attend if you feel it may be a major problem. Remember that abstinence, one day at a time, has to be the highest priority in your life. Without it, all other things suffer.
- \* From the perspective of food, treat the holiday like any other day. Our disease never takes a holiday.
- 7.Plan something special for yourself when other people are eating sugary desserts that you choose not to include in your food plan. Special teas, hot water and lemon, fruit, anything that's a little special for you.
- Whether a holiday gathering or ordinary party, choose to focus on the people rather than the food. Pick out people and engage them in "real" conversation. If they don't want to play, go to the next one. People like to talk about themselves. Ask them about themselves, their life, their work and really listen.

#### **HOLIDAY ABSTINENCE**

- \* Try to really connect with people at the holiday table. Make food a secondary thing.
- \*At Halloween there is no law that says you have to give out candy. We're not doing these kids a favor by giving them junk food. Give nutritious things or money. Do not give out things you would not consume yourself. Then there's no problem with leftovers.
- ★ Set an extra place beside you (in your mind or for real) at the table for your Higher Power.
- Remember step two. It says that with the help of a Higher Power we can be restored to sane eating behavior. Call on your Higher Power. HP can keep you sane, one day at a time, one meal at a time.
- ★ During the holidays get out of yourself by giving service, any service, whether it's to Program, to needy individuals, or to the community. Do something that may be a little hard for you, but that you know you will feel good about later. Give yourself something to respect yourself for.
- \* Plan! Plan! Plan! Be proactive toward the holidays and the meals. Don't just lay back and hope for the best. Rehearse in your mind over and over exactly what you will do, particularly what, where and when you will eat. Pray just before sitting down to the meal.
- ★ Just before sitting down to eat, or just before being served, go to a private room somewhere in the house or restaurant, call your sponsor, and commit what you are about to eat, as well as what you will choose not to eat. It makes no difference whether you get your sponsor or an answering machine. It's your commitment.
- \* If you're visiting others for a holiday dinner, it's up to you to know what is being served and whether it is something that you choose to eat. Call the host. Plan accordingly. People understand others' food limitations. Even people without our disease have foods they don't eat for one reason or another. Volunteer to bring something that's good for you. The host thinks you're gracious and you're taking care of yourself!

- \* Remember that you are responsible for what you eat. It's easy when sitting with family to slip into old childish roles where you feel you must eat whatever you're given. It's not true. We are adults and responsible for our own choices. It's up to us to take care of ourselves. It's up to us to set whatever parameters or boundaries we need to set with our families.
- \* Gratitude, gratitude, gratitude. There is nothing as good for staying abstinent-particularly during the Thanksgiving seasonthan focusing on the many things we have, rather than what we don't have. Do gratitude lists frequently.
- \* How about writing a little card/note to each person who will be at the Thanksgiving dinner table telling them why you're grateful to know them? Leave it at their dinner place. The focus will quickly get to the real meaning of Thanksgiving rather than on the food.
- period for our abstinence is after we have successfully gone through a difficult occasion. The insanity of our disease subconsciously or consciously tells us to reward ourselves with food because we did so well yesterday. Or, we suffer some kind of letdown about the occasion. It didn't meet our expectations. Some of us feel an emptiness after holidays that in the past we have tried to fill with food. For these reasons, plan to go to meetings the next day after the holiday.
- \*A holiday is not a crisis. Holidays come every year. They are simply calendar times set aside to honor certain things. We deal with the holidays just like we deal with the rest of the days in the year. You can do it. Relax and work your program the way you know how.



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Is this time of year the "Bermuda triangle" of recovery?

The theory is that Halloween-Thanksgiving-Christmas or Chanukah

can be rough sailing for recovery – you might come out abstinent, but not everyone does.

But everyone CAN emerge from the holidays with their recovery intact,

by living one day at a time and working the tools and steps of our program.

Here are Twelve Tips that have helped me and many others survive and thrive in this time of year that seems to have more focus on food than other months:

- 1. Line up extra OA activities (meetings, phone calls, service, intergroup).
- 2. Entertain OA friends, especially newcomers, at home or at a coffee shop.
- 3. Keep your OA telephone list with you at all times.
- 4. Find out about holiday meetings or celebrations in local groups.
- 5. Skip any parties/eating occasions you're nervous about.
- 6. If there's one you can't skip, take an OA friend or keep literature and a gratitude list handy or text someone before and after the event.
- 7. Don't think you have to stay late. (Plan an "important date" in advance.)
- 8. Go to special places that are meaningful to you... church, a park, the shore.

  And don't forget about extra meetings!
- Don't sit around worrying or brooding; catch up on reading, OA tools, museums, walks, letters.
- 10. Don't project about holiday temptations; remember "One day at a time."
- 11. Even if you cannot give material gifts, you can share the gift of your recovery and enjoy the beauty of the holidays.
- 12. Carry the message. Give joy away, and it will be yours to keep.

(Gratefully borrowed from a 12-step friend and adapted for OA.)

# 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.
- Increase outreach activities especially to health care professionals.

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### MENTIONING FOOD IN MEETINGS

"In our belief, any scheme of combating alcoholism which proposes to shield the sick man from temptation is doomed to failure. If the alcoholic tries to shield himself, he may succeed for a time, but usually winds up with a bigger explosion than ever. We have tried these methods. These attempts to do the impossible have always failed." - BB, 4th Ed., Working With Others, pg.101

Mentioning food in meeting: I believe not mentioning foods in meetings enables denial. It's a disservice to the people still struggling with getting honest about specific foods that cause them trouble. Mentioning specific foods makes it much harder for these folks to not see the truth. It helps them get honest when they hear other people who have the same problem with these foods. Seeing the truth puts us a step closer to taking the actions suggested by the Program.

Background: The idea behind this ban is that mentioning of a specific food may trigger the obsession in some people. However, since the 2000 World Service Business Conference concluded in essence that food and food plans are not an outside issue in OA and decided to bring back food plans to OA through our Dignity of Choice pamphlet, a lot of meetings around the country have eliminated their meeting's rule on not mentioning food. It's seems a little incongruous not to be able to read an OA pamphlet (Dignity of Choice) in a meeting because it discusses food and food behaviors in detail.

OA meetings are free (if they want) to discuss food and food plans within the framework of Tradition 6 and copyright laws, i.e., no endorsement of

particular plans, and no copying of commercial plans for distribution in the meeting. Some meetings have revised their rule to say that members can mention a food, but should not 'dwell' on it. The idea is that there's quite a difference between saying I ate the whole cake or the whole container of ice cream, versus going into an extensive, almost erotic, description of the process. Speakers struggle to describe sweet things that come in packages, or celebrate round things, or crunchy things that come in bags. These disguised descriptions cause more turbulence in some brains than simply saying cookies, cake, ice cream, or chips. Nevertheless, this is an issue subject to group conscience.

Business Motions: The meeting business motion I have used many times is the following: I move we replace the sentence saying we don't mention food in this meeting to: It's okay to mention specific foods in this meeting but we ask that you not dwell on them. It has passed every time.

~Don C., Bloomfield

## 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