

January • February 2019



Share your Experience, Strength and Hope on a Step or Tradition - A Great Way to do Service. Service is Important to Abstinence and Recovery.



www.connecticutoa.org

860.840.2475 For Information

KEEPING CONNECTED

WHAT'S HAPPENING?

CT Intergroup • NEW ADDRESS
Monthly, 3rd Monday • 7-8:30 PM
St. John's Episcopal Church
Hubbard Hall
679 Farmington Ave, W. H.

WMI Marathon
Saturday January 12, 2019
8:30am to 3:00pm
St. David's Church
699 Feeding Hills Road
Feeding Hills, MA 01030
www.oawmass.org

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

WMI OA Retreat 2019
May 31, June 1st, 2nd, 2019
A Guided Journey Through the
12 Steps of OA
Genesis Spiritual Life Center
53 Mill Street
Westfield, MA 01085
genesisspiritualcenter.org

QUICK STEPS
Feb. 2, 9, 23, Mar. 2
Saturday Morning, 9am
The Grove, Chapel St.
New Haven
Covering 12 Steps in 5 weeks.
Sharon K. 860 770-1557
skupiec@hotmail.com

PRODUCTION:

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CURE VS. HEAL

I have been thinking a lot about the difference between curing and healing. As a compulsive overeater, I know that I will never be cured, but there is a solution. I can heal from the ravages of the disease by following a program of recovery.

For decades, I blamed myself for not being able to stop eating. Why couldn't I stop when I had enough? Because, I never had enough. I was eating to be emotionally and spiritually nurtured and it was a good coping mechanism. Food was a convenient substance for me as a child, when I didn't feel safe in my family setting. I was afraid and believed that only if I was perfect

could I be loved. I needed to numb myself out of a desperate need for self-preservation.

Now I see that healing involves acknowledgement of my history and an ongoing examination of how my old behaviors got me to where I am today. Each feeling, each loss, and each situation in which I felt helpless to react appropriately have been woven into my being and become a part of who I am. I feel that I have integrated ALL that I have been into wholeness. I now try to see my life as a reflection of

Joanne F. , West Hartford



Connecticut Intergroup STRATEGIC PLAN 2018-2021

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

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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.



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

LIFE LESSONS
FROM
SPONSORSHIP

SPIRITUAL, EMOTIONAL, PHYSICAL

CALLER ID

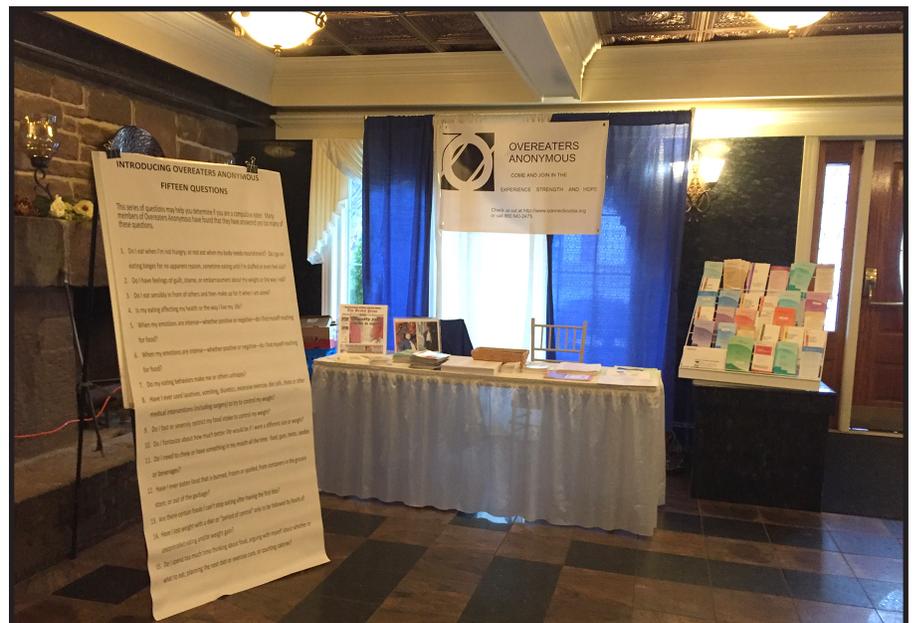
When I heard someone in today's meeting talking about how the food had been calling, I wondered if the concept of "caller ID" could help me screen out my disease just like I sometimes screen out unwanted telephone calls...

I need to check the caller every time a food thought crosses my mind – is it the disease calling me or my recovery??? If the little voice in my head says, "it won't hurt if you have it at a meal," or "it's sugar free, after all" or "this food's on your food plan – does it really matter that it's fried?", it might just be a caller I don't want to listen to! If the voice is reminding me to "leave

it out when I'm in doubt" or to "check with my sponsor before I eat that", then it may be a 'call' I want to pick up!

I haven't yet found a way to stop having crazy food thoughts, though they do come much less frequently now. And sometimes, I actually hear the voice of recovery instead of that of the disease. The concept of "checking caller ID" – taking the time to stop when a food thought enters my head, and check to make sure it makes sense to listen – can only help me screen out the disease and screen in recovery!

Kimberly, Bloomfield,



Hartford Hospital's Healthy Family Fun Fest
Took place on Sunday, February 25 from 10 - 3PM.

Great exposure for CT Intergroup.

Thank you to Jen, Tom, Wayne, Nancy, and Sharon for their service.