

July • August 2020



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

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

860.840.2475 For Information

KEEPING CONNECTED

WHAT'S HAPPENING?



CHECK SOME PODCASTS

avision4you.info,

Tab for Recorded Meetings,
Click & Play

QUICK STEPS 12 Steps/5 Wks.
Sharon K. 860 770-1557
skupiec@hotmail.com

BACK TO BASICS Workshop - Zoom
SUNDAY, August 9 - 2-4pm - Steps 1, 2, 3
3 Speakers From Around the Country
with Q&A and Sharing

TEMPORARILY AVAILABLE MEETING VENUES
**EMAIL SECRETARYCTIG@GMAIL.COM
FOR MTG IDS AND PASSWORDS**

- SUN 7 pm, Unionville: Zoom
- MON 1 pm, East Hartford: Phone
- MON 5 pm, Manchester: Zoom
- MON 6:45 pm, Middletown: Zoom
- MON 7 pm, Avon: Zoom
- MON 7 pm, Canaan: Zoom
- TUES 7 pm, New Britain: Zoom
- WED 10 am, Bristol: Zoom
- WED 10 am, East Hartford: Phone
- WED 5:30 pm, Southington: Zoom
- WED 7 pm, Thomaston: Face to Face
- WED 7 pm, Windsor: Zoom
- WED 7:30 pm, Great Barrington: Zoom
- THURS 5:45 pm, West Hartford: Zoom
- THURS 7 pm, Collinsville: Zoom
- THURS 7 pm, New Britain: Zoom
- THURS 7 pm, Sharon: Zoom
- FRI 10 am, New Hartford: Zoom
- FRI 5:30 pm, Southington: Zoom
- SAT 9 am, Torrington: Zoom
- SAT 9:30 am, West Hartford: Zoom
- SAT 10 am, Rockville: Zoom
- SAT 10 am, Willimantic: Zoom

PRODUCTION:

Judi G., Janet N., Kathryn M., Nancy T.

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To The Editor

Dear Editors

I'd like to express my gratitude for OA, for the program, for the fellowship, for all those who give service and make things tick. That includes you, the newsletter editors, who consistently and lovingly carry the message of recovery to all of us in print.

Just in case it's a thankless job, I thought I would take it upon myself to thank you from the bottom of my heart.

With Love, Anonymous

Haiku

One day at a time
I stay happy, joyous and free
Sugar is left behind.

Gone are the mornings
Feeling hopeless, fat and sad
Grateful for O.A.

Amy W., Southington

To Everyone

Dear All

Just to let you know that OA has saved my life. It is the first place in my entire life that I felt I belonged no matter what!!

I did not understand at first what this was all about but I did understand that some way, some how food was an issue in my life. But of course it was an issue, I had to eat to stay alive... right???

Well, yes ...however I did not have to eat and sleep my life away because I was so scared!!! After a while, a long while... it did not happen with a click of my fingers... I kept coming, I kept listening... and finally I started doing what was suggested by my fellows and what was stated in the AA Big Book.

Then and only then, did things begin to change -- and today, over 30 years later, I have a life beyond my wildest dreams. Thank you OA. Thank you My Fellows.

In Gratitude, Anonymous

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

THE DOCTOR AS PATIENT

Anonymous

How did it come to this? I was 40 years old, sitting across from a leading weight-loss doctor. But I was the patient! After five years, I was returning to his practice. My weight had gone up and down 30 to 60 pounds (14 to 27kg) every year. There I sat, a well-respected physician, graduate of Johns Hopkins University, board certified in two specialties, noted lecturer here and abroad, and now I was a desperate patient. I weighed 290 pounds (132 kg), 50 to 60 pounds (23 to 27 kg) more than when I left his practice. I had developed malignant hypertension with proteinuria, severe sleep apnea and debilitating arthritis.

After reviewing my records, the doctor, knowing I had succeeded on his diet before, asked a question that cut through my fat and into my soul: "Are you stupid?" I turned red and could not answer; I had asked myself that question after each binge.

One year after that doctor's visit, my father passed away. My depression and anxiety increased with the feelings of restlessness, irritability and discontent described in the Big Book (Alcoholics Anonymous, 4th ed.). My eating increased, my binges got worse, and my weight went up to 330.

In December 2001, I rediscovered OA. There I learned I was not stupid and had more than adequate willpower to my life, except when food, feelings, meals, relationships, discomfort and snacks came together. I was a food addict. Food, like alcohol for an alcoholic, was more powerful than I was with all my medical knowledge.

I surrendered to the program and began to work the Twelve Steps, use the OA tools, follow a healthy food plan and be accountable to my sponsor, who was my mentor and spiritual guide. One hundred thirty pounds (59 kg) came off in 15 months, and I have maintained a 120- to 130-pound (54- to 59-kg) weight loss for more than 10 years.

The miracle is that I don't obsess over my binge foods. I have been sugar, flour and fried food free for 99.9 percent of 4,350 days in program. OA has helped restore my mental, spiritual and physical health. I continue to go to meetings, surrender, do service, work with a sponsor and follow a food plan. All my medical numbers look good, and my compliance as a patient has improved.

I recommend OA to my obese patients; discuss my experience; encourage them to visit the OA Web site, www.oa.org, try six OA meetings within one month and find a sponsor.

My medical knowledge now includes accepting that certain foods and eating habits can be addictive. The neurobehavioral brain-scanning research continues to prove this, and hopefully, that information will reach more members in the medical field.

The knowledge that I am a food addict and the program of OA have saved my life.

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