

November • December 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](http://www.connecticutoa.org)

## WHAT'S HAPPENING?

- CT. INTERGROUP Meets
- 3rd Monday of Each Month
- 7-8:30 PM



CHECK SOME PODCASTS  
[avision4you.info](http://avision4you.info)  
Tabs for Recorded Meetings  
Click & Play

### QUICK STEPS

Cover the Twelve Steps  
in 5 weeks with 6 others.  
For Info/To Register  
Sharon K. at 860 770-1557  
[skupiec@hotmail.com](mailto:skupiec@hotmail.com)



Intergroup  
Zoom Workshop 2pm - 4pm  
3 Speakers - Steps 10-12  
Sunday, November 22



Newcomer & Renewal Meetings  
Wed. 10 am Bristol: Zoom  
Wed. 7 pm Windsor: Zoom



To Be Added to  
**FRIENDS OF INTERGROUP**  
Announcements  
send an email to  
[secretaryCTIG@gmail.com](mailto:secretaryCTIG@gmail.com)



Connecticut Intergroup Announces a  
**SPEAKER BANK**  
for OA members with  
60 days of abstinence or more,  
to speak on OA subjects.

**PRODUCTION:**  
Judi G., Janet N.

SUBMIT TO:  
[artistjudi@sbcglobal.net](mailto:artistjudi@sbcglobal.net)

860.840.2475 For Information

# KEEPING CONNECTED



**12 TIPS FOR ABSTINENT HOLIDAYS AND PANDEMIC!**  
The holidays add stress - add Covid-19 and it could be extra tough!  
Emerge with Recovery intact - Live One Day at a Time -  
Work the Tools and Steps of Our Program.

*Here are Twelve Tips to help survive and thrive during this time of year  
which has more focus on food than other months:*

1. Line up extra OA activities (meetings, phone calls, service, intergroup).
2. Have a "Zoom party" with OA friends, especially newcomers - or a gathering via conference call!
3. Keep your OA telephone list with you at all times.
4. Try different virtual holiday meetings or celebrations around the world - or closer to home.
5. Skip any events (parties/eating occasions) you're nervous about.
6. If there's one you can't skip, take an OA friend or text someone before, during and after the event. Prepare ahead to have what you need to take care of your food and your health!
7. Don't think you have to stay late - whether it's in person or on a virtual gathering. (Plan an "important date" in advance.)
8. Go to special places that are meaningful to you... church, a park, the shore; if you can't go anywhere - find OA podcasts to listen to! And don't forget about extra virtual meetings
9. Don't sit around worrying or brooding; catch up on reading, OA tools, walks, letters and emails. Start a gratitude list and see how many items you can add during the holidays!
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 gratitude 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; adapted for OA and updated for 2020.)*

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



*happy holidays*

### THE TOPIC OF GRATITUDE....

I have not been a grateful person most of my life. My food obsession and the resultant pain was a form of pollution that blocked the healing light of gratitude.

As I attended meetings I heard that gratitude was important. I thought about it as a skill that must be learned and practiced. I'd remind myself to be grateful. I'd list to myself what I should be grateful for. It was an "act as if" approach because I didn't feel the gratitude deep down. I felt shame that I was not grateful like other OA members. Over the past couple of years I have started to work more towards being mindful. This has led to exploring mindful self-compassion. Being mindful is about noticing without judgement. I can notice when I am feeling fear, anxiety, anger or a sense of not being good enough. I can notice that these feelings are uncomfortable and cause suffering. Self compassion can be added in. For me this means my adult self lovingly parents my child self who has been overwhelmed and suffering all alone for years. When my suffering child self receives gentle compassion from me, I feel better, safer and happier. And sometimes I feel gratitude that comes from within. One day recently I was folding clothes. Out of nowhere I began to feel deep gratitude for each item as I folded it. I was caught off-guard by how natural this felt and, yes, I was grateful to be grateful. Thank you all for reading my share and for sharing your recovery too. Thanks to the editors for supporting our recovery by presenting this newsletter as an expression of their talent and their love.

Anonymous, Middletown

### A TENTH TOOL – GRATITUDE

To be clear right up front, OA only has nine tools. I just think that Gratitude would be a terrific tenth tool to add to our tool kit! OA has taught me I can change the way I feel by changing the sentences going through my head. If I'm feeling self-pity, judgmental or just out of sorts, nothing works better than thinking of things I'm grateful for. Here are some ways we could work the "tool" of gratitude:

- Think of 5-10 things we're grateful for right before closing our eyes at bedtime.
  - Take a gratitude walk. Whether walking in our neighborhood or in a park, spend the time thinking about things that are good in life.
  - Write a list of things we're grateful for every morning.
  - Keep one gratitude list and add to it every day, with different things...
- Share with our sponsor or friends as it gets longer and longer.
- Keep a gratitude journal; this can be for lists and also for just writing about all the gifts in the day.
  - Alphabet gratitude: one item for each letter of the alphabet.
  - Color gratitude: a list of all the things that are blue (for example).
  - Things we're grateful for that are related to themes - family, work (especially valuable on a tough day), recovery, living through hard times, etc.

Last idea: write an article on gratitude! I'm grateful for love, recovery, hope, freedom from the bondage of food, meetings via Zoom when we can't be face-to-face, each day a new beginning.... Too many things to list here, but I hope you get the idea. Now, if I can just figure out how to get Gratitude to be our official 10th tool!

Kimberly, Bloomfield

### TOOLS OF RECOVERY

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

