

May • June 2021



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

KEEPING CONNECTED

860.840.2475 For Information

WHAT'S HAPPENING?

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



CHECK SOME PODCASTS
avision4you.info
Tabs for Recorded Meetings
Click & Play

New SECTOA Meeting
Sundays 10-11:15am

Topic: Body Image, Relationships
& Sexuality Book
Contact
secretaryCTIG@gmail.com
For Zoom Information

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

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

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

REMEMBEING MY VERY FIRST OA MEETING

I remember walking into my very first OA meeting with a friend in 2019. Something had changed about a week before while on vacation. Before the vacation I was dieting without binging and my plan was to do the same on vacation. I got to my vacation destination, made all my diet food, and proceeded to watch it all spoil in the fridge as I was on another bender with the food. One meal (my plan) turned into a week of eating (not my plan), where I couldn't stop. I came into OA with some acceptance that even with some clean eating under my belt I was powerless over the first bite no matter how much I prepared. Compulsive eating was a power greater than me. I couldn't go on anymore, I ran out of ideas on how to control my eating.

When I walked into my first meeting, I was afraid, judgmental, skeptical, and slightly unsure if I belonged. I was told if I had this disease it would only get worse. Right then I became sold I had it. I started my journey working the twelve steps of overeaters anonymous. I haven't needed to take a compulsive bite since that meeting over two years ago. Working with a sponsor through the twelve steps and being connected with a fellowship of people, who understand insanity around food, proved a match for compulsive eating. The obsession has been lifted from my mind. The twelve steps and this fellowship connect me with a power greater than myself that is inside me. By staying connected to others, God and continuously doing the work I am free of the obsession and the first bite.

David K., Bristol

CONNECTICUT INTERGROUP QUICK STEPS

°--°-- Quick Steps covers all twelve steps over a five week period.
Join us (limiteto six participants)

ARE YOU CURIOUS ABOUT WHAT THE STEPS ARE ABOUT?
IN NEED OF A CHECK UP?

WANT TO RELIEVE ANXIETIES BEFORE YOUR SPONSOR SAYS IT'S TIME?

More info/To register:
Sharon K. at 860 770-1557 or skupiec@hotmail.com

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

CT INTERGROUP WORKSHOPS - SERVICE

Each year, CT Intergroup sponsors a series of workshops to support members, in addition to celebrating Unity Day in February and IDEA Day (International Day Experiencing Abstinence) in November. In 2021, the focus of the 4 Back to Basics workshops is strengthening your personal recovery - one of the strategic goals of the CT Intergroup.

The dates and topics of the workshops are:

4/18/2021 Strengthening your recovery...steps, tools, and service
6/6/2021 Riding the waves of recovery...working program in good times and bad times
8/22/2021 Sponsorship Day
12/12/2021 Twelfth Step Within Day

Workshops are held on Sundays from 2-4pm currently on Zoom, which allows us to have speakers from across the country and the globe. Specific zoom information for each workshop is provided through email from secretaryctig@gmail.com. Please send an email to that address if you'd like to receive information from CT Intergroup. We hope that you will consider joining us as we all do together what we could never do alone.
Yvette L., New Britain

TOOLS OF RECOVERY

A Plan of Eating

Sponsorship

Meetings

Telephone

Writing

Literature

Action Plan

Anonymity

Service

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.

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Wisdom of the Big Book

OVERVIEW

The Doctor's Opinion: The nature of our affliction: illness of the body, mind, and spirit.

The first 103 pages: Clear-cut directions on how to recover; the program of action.

Pages 104-150: May look anecdotal but there are some real pearls of wisdom.

Pages 150-164: Summary of the book and program of action, a little history, a lot of hope.

Pages 165-560: Personal stories – 42 members share their experience, strength, hope.

Pages 567-568: Spiritual Appendix: the personality change sufficient to bring about Recovery in many different forms.

Compiled by Kimberly C., Bloomfield



SPEAKER BANK



Connecticut Intergroup has established a SPEAKER BANK to help connect speakers and meetings looking for speakers.

OA members with 60 days of abstinence and willing to qualify, or speak on OA subjects such as the Big Book or Steps are needed.