

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](http://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](http://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](mailto: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](mailto: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](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)

## 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](mailto: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.