

September • October 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

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

VIRTUAL REGION WORKSHOP

Meeting ID: 891 6554 0024
Password: 120912

The Promises of the Program
September 12 - 3- 4:30pm

CTIG WORKSHOP

Hold the date: Nov. 21, 2-4pm ET
Join us to celebrate IDEA Day
International Day of
Experiencing Abstinence
More Info to come!

CARRYING THE MESSAGE

CTIG has information on several
Greater Hartford Transit buses.
Be sure to ask newcomers how
they heard about us.

NEWCOMER & RENEWAL MEETINGS

Wed. 10 am Bristol: Zoom
Wed. 7 pm Windsor: Zoom



SUBMIT TO:

artistjudi@sbcglobal.net

860.840.2475 For Information

KEEPING CONNECTED

CONFESSIONS OF A CONVENTION ADDICT

I am an addict; I was born with a gene that ensured I would eventually have the phenomenon of craving. My primary addiction is food – certain foods, ingredients and eating behaviors. BUT, I have another addiction... a positive addiction! I am a convention addict! I am powerless over the urge to attend – whether in person or on Zoom! The good news is... they make my life more manageable! Here are some of the things I love about conventions:

- I get to hear speakers I would never meet in my local meetings!
- There are so many great workshops to choose from!
- Everything is focused on living in recovery!
- I make new OA contacts and reconnect with friends I only see at conventions!
- Topics range from serious to fun – plus there is terrific entertainment!

I wasn't sure I would get the same "recovery hit" when we had the Region 6 convention on Zoom last year. BUT IT WAS GREAT!

Here are some things that I really like about holding conventions virtually:

- It's safe. I don't have to worry about the pandemic - or a long drive!
- There is TONS of recovery and I can attend more workshops!
- It is easy... no lines for the bathroom, no worries about the buffet running out of salad before I get there, always a good seat for the keynote speakers!

You don't have to be a convention addict to attend a convention, just a desire to soak up recovery with a few hundred OA members! This year's theme is "Together, We Can!" – please join us October 22-24 for another great convention! More information is available at www.oaregion6.org.

*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



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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HOW DO YOU BEST USE YOUR SPONSOR?

I talk to my “main” sponsor once a week and I bring to her what has been issues for the week as well as high points. We continue to grow with each other. Sometimes we will read from literature and sometimes I will discuss issues that are bothering me and she will ask me what Step am I working on. She shares ideas with me and gently reminds me to forgive myself and helps me find confidence in my problem solving. This is one of my sponsors. I also have a food sponsor who I send my food and gratitude list to. My main sponsor has a very strict food plan and she felt it was too difficult to take my food. My food plan is much more flexible and so I got a food sponsor who has a more flexible plan. This has been great for me.—Karen F.

**JULY 26, 2021 FREEDOM FROM BONDAGE
REGION 5 OVEREATERS ANONYMOUS SHAKER HEIGHTS., OHIO**

CONCEPT 1

The ultimate responsibility and authority for OA World Services reside in the collective conscience of our whole fellowship. Spiritual principle: Unity The definition of “unity” is “being one undivided entity.” A major highway gets you from A to B (Suffering to Recovery) but there are also side roads that are slower; they may have pit stops (relapses) but the meandering side roads also lead to Recovery. All OA members are united in working toward Recovery but at different paces and with different stops along the way. Some people take U-turns and start over but we are all united in our destination of Recovery from compulsive eating disorders. So even though we are perhaps taking different roads to Recovery and going at different speeds, we are united in our destination. This Road to Recovery that we are on has a foundation and rules. These are our 12 Steps and 12 Traditions. This road also has “information centers,” where there are people who have traveled the road and who can help you if you get lost. The foundation and rules and information centers are united in helping us successfully get to our destination—Recovery. There are also “emergency call centers” along the road—these are our tools of recovery. Unity does not have to mean that we all take exactly the same trip in exactly the same time. OA unity means that all the parts of the “road” work together in unity to get us to our destination, Recovery.—Margaret, Wilmington Wednesday

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