

November • December 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

CTIG Workshops Recordings
connecticutoa.org/favorites2.html

**15-WEEK STEP STUDY
BEGINS JANUARY 9**
email Don C. to register
fobb1234@verizon.net
603-305-0684

Need to be abstinent and
have a sponsor

SATURDAY MORNING WH MEETING

The meeting voted to resume
in person meetings.
The church is available
December 4th

Celebrate OA's holiday: IDEA DAY

International Day of
Experiencing Abstinence!
Sunday, 11/21, 2 pm - 4 pm ET
Zoom ID 865 6432 0834
Password 789577

Newcomer & Renewal Meetings

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

PRODUCTION:
Judi G., Janet N.

SUBMIT TO:
artistjudi@sbcglobal.net

860.840.2475 For Information

KEEPING CONNECTED

Holiday Pocket Guide

During holidays, I can almost feel the frenzy in the air: my fellow compulsive eaters' worry. Holidays can bring stress, require travel, demand hosting duties, or carry us to strange kitchens and dining tables. Holidays confront us with our love-hate relationship with food and may require stocking up for family feasts at unfamiliar grocery stores. Great anticipation about being with loved ones mingles with dread about the raw emotions and dysfunctional behavior that such propinquity can provoke. Holidays disrupt familiar and trusted routines. No more.

I am so grateful for a program that teaches me how to live abstinely with serenity and clarity of mind, using Tools, working spiritual Steps, and tapping into a Power greater than mine that sustains me. If I take certain actions daily, I can trust my Higher Power to reward my actions with "a life of sane and happy usefulness (Alcoholics Anonymous, 4th ed, p. 130). Program teaches me to look at any holiday as just another day: a day to plan my food, eat what I commit, talk with my sponsor, pray and meditate, make outreach calls, attend a meeting, read program literature, write, and be of service. All I have to do is stick to my plan of abstinence, work my Steps, and use my Tools, and I will be okay—as okay as I've been all this time, doing these same things daily! So, no shaking; holiday or not, it's just another program day.

The program literature that best encapsulates this philosophy and action plan for me is our pocket guide Just for Today. Reading this wallet card is like saying a simple prayer; it's a meditation, a pick-me-up, a quick meeting, an outreach call. Just for Today sets forth the reasonable expectations and actions that make my program work. It reminds me to plan one day at a time rather than tackle all my problems at once; it tells me I'll be as happy as I choose to be. Just for Today suggests I adjust myself to what is, strengthen my mind, exercise my soul, be agreeable, look good, and not find fault. Just for Today lets me know I have a program plan (even if I don't follow it perfectly). It says I will meditate to get a better perspective on my life. Most importantly, it says I will not be afraid.

For me, the Just for Today wallet card is an extended Serenity Prayer that reassures me I can be abstinent by the grace of God, just for today, one day at a time. I have other favorites among our literature, but in a pinch, I'll take that pocket-sized Just for Today to live holidays as joyously as I've lived other abstinent days. I know our OA program works if you work it. I've heard stories of miraculous recoveries. I am living one! No shaking, I say, a holiday is just another day—and we have the perfect plan for it.

— Edited and reprinted from SGVIE Briefs Newsletter,
San Gabriel Valley Inland Empire Intergroup, November/ December 2016

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

IF THEY CAN, I CAN



happy holidays

SEASON'S GREETINGS FROM PROGRAM

Happy, joyous, and free is what we can be in this Twelve Step program.

Attitude change—the only person we focus on changing is ourselves.

Prayer is suggested as a form of meditation—a strong component of the Eleventh Step.

Problems begin to lose the magnitude they once had (when we do the necessary Step work).

You need never be alone again—we have a Higher Power to guide us, and we have other people around who understand us.

Hunger will become physical hunger, not emotional hunger.

Occasions such as holidays are about friendship and family instead of food.

Love for self is about self-caring—taking care of ourselves, setting healthy boundaries, and saying “no” when necessary.

In the beginning (and as long as necessary), it is important that our recovery come first in all we do.

Do you have a sponsor and a support group? Both are necessary for recovery. If not, find them. You won't be disappointed.

Accepting what cannot be changed is a stepping stone to changing what can. **Y**es, our recovery is dependent on actively working the Twelve Steps.

Start and continue working Steps One through Twelve to be amazed before “we are half way through” (Alcoholics Anonymous, 4th ed., p. 83)

Size and weight are not our real issues. The Big Book says clearly, “When the spiritual malady is overcome, we straighten out mentally and physically” (p. 64).

— *Norinne M., Fort Myers, Florida USA*

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

Anonymous

Twelve-Step program.

REMEMBER:

- EASY DOES IT
- ONE DAY AT A TIME
- JUST FOR TODAY
- KEEP IT SIMPLE

