

# A Serving of Hope

Volume 6 Issue 7

Oregon Intergroup of Overeaters Anonymous

July 2017

## Powerlessness and Recovery

*"I am powerless over more than just food in my life. I am powerless over how things happen at work, over behaviors of family and friends, over how our pets act. Before I walked into these rooms, I would be unladylike with my choice of words and actions; often I would binge and overeat my many trigger foods."*

*~From Abstinence 2<sup>nd</sup> Edition, p. 25*

The OA program of recovery offers us a different kind of power. Instead of relying only on ourselves, we can rely on the power of the groups, the power of the tools, the power of outreach, the power of the steps, and—of course—our Higher Power, along with many other ways of finding strength and hope.

*We may have felt hopeless to handle our lives. We may have lashed out in our behaviors to cope. We may have been compulsively overeating or undereating for as long as we can remember.*

*None of that matters anymore.*

OA teaches us how to put the past where it naturally should be—the past. We learn to work one day at a time to find power again over those things that once seemed overwhelming and caused us to resort to unhealthy and inappropriate behaviors.

Believe it or not, you can find help by coming to meetings, working the steps, writing, and many other ways that work for you through the OA program.

*~Ed.*

## A Simple Approach to Writing and Recovery

I have never understood the hesitancy some people have about writing, especially as a tool of this program. Writing, for me, checks so many boxes when it comes to my recovery. Why then, wouldn't I use this simple but powerful tool?

I use writing to clear my head, order my thoughts, put a beginning and an end to my problems, and most importantly, I use my writing to "talk" with my Higher Power.

By writing down my thoughts and feelings, I feel closer to the real me and therefore closer to my Higher Power. I have found it doesn't have to be perfect for me or for my Higher Power. I don't have to worry about grammar, punctuation, or even clarity of thought when writing. Just so the thoughts come and are written down—that's all that's important about the writing process for me.

I take a simple approach to writing my Higher Power. Usually, it comes out in the form of a casual letter—one where I simply write the words I would say as if talking to a good friend. Once I start, I find the words flow almost effortlessly, and soon enough, I have written exactly what I needed to say or ask from my Higher Power.

*~Continued on Page 4*

## Upcoming Events

July 14-16: Serenity Retreat at Camp Arrah Wanna in Welches, Oregon. Email [serenityretreat@oregon-oa.org](mailto:serenityretreat@oregon-oa.org). Online registration can be completed through a form at [Oregon-oa.org](http://Oregon-oa.org). Click on the Events Calendar, go to July, and find the entry for the retreat to access the registration form.

August 1: Monthly speakers meeting, 7:00 to 8:30 PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. To attend by phone, call 641-715-3836, PIN 282586. Contact June at 503-452-3955.

August 9: Oregon Intergroup Meeting, 7:00 to 8:30 PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. Everyone is encouraged to attend.

October 13-15: Region One Convention at the Hilton Doubletree Suites in Seattle, Washington. Visit the OA Region One website or send questions to [Region1.Convention@gmail.com](mailto:Region1.Convention@gmail.com).

## How Does This Step Work?

I have a decision to make. I can choose the problem or I can choose the solution. When I came to program seven years ago, I never dreamed that I would choose the solution for one day, let alone six years. Steps One, Two, and Three are the key! I take them every day, every meal, every moment. When I wake up in the morning, HP has given me the gift of abstinence. I must choose to receive this gift. I must remember that I am powerless over food, and life, really (Step One). I must remember that I have the choice (Step Two). Then I chose my solution, my HP (Step Three). My HP doesn't have to be yours. Each of us can have a very different HP!

When I choose my HP, life is so much better! Before program, I had tried so many diets, bought so many diet books, and become a lifetime member of two different nationwide diet clubs. I would choose a diet with all my all or nothing thinking and work it hard, but the minute I went back to "normal eating,"

I was crazy and bingeing all over again. I was miserable. This was because I was choosing a diet and not my Higher Power.

Recently at a work lunch, I was discussing praying before choosing what to eat. People looked at me like I was crazy, but it's natural to pray about what I eat now. Yes, I choose to pray over my meal as well, but I mean pray about what HP wants me to eat.

Before planning my meals, I pray about what HP would have me eat. I pray before shopping for the food. I simply pray and choose HP, rather than ED—Eating Disorder, who is doing push-ups in the corner, waiting for me to mess up. I choose HP every day, every meal, every moment, one day at a time!

~Tami H.

---

The views expressed in the newsletter are of the person who wrote them and do not represent OA as a whole. Take what you like and leave the rest.

Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area. Find us online at [oregon-oa.org](http://oregon-oa.org) or call 971-317-6343.

## Young People's Phone List

Oregon Intergroup is assembling a contact list for young people in OA.

If you came into program at age 30 or younger and would like to offer your experience, strength, and hope to a young person in our program, please send your contact information to [youngpeople@oregon-oa.org](mailto:youngpeople@oregon-oa.org). Include your name, phone number, email address, and the age you were when you came into OA. WSO defines a young person as someone who is 30 years or younger.

If you came into program when you were older than 30 years old and would also like to be a resource to the younger members of our fellowship, you are also welcome to add your name to the young people's phone list.

**The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good times and hard times, transforming us and our companions in recovery.**

~The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 102

### A Dialogue Between Two Sides

#### My Wise, Confident Side

#### My Less-Confident, Needs-Reassurance Side

<p>I can, and I will.</p> <p>Why are you always so afraid?</p> <p>I know there is always light at the end of the tunnel. I want YOU to know that too.</p> <p>But my dear, those are only feelings. Give yourself room to grow and time to change.</p> <p>How about if you apply the faith you have that you will be a failure, and turn it into "I can and will."</p> <p>You bet. You can and you will.</p> <p>Rest in the feelings that hope can produce in you. Let's talk again before you go to bed.</p>	<p>Too many obstacles. Who, me?</p> <p>I don't think I will make it through this challenge. How do you always stay so calm?</p> <p>But it doesn't feel that way. I feel things will never change.</p> <p>But I have always been this way.</p> <p>I can do that?</p> <p>You have given me an inkling of hope!</p> <p>I'd like that!</p> <p><i>*The wise/confident side of my brain sounds strangely like the calm voice of my sponsor.</i></p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

*~Jan E., Portland*

### Region 1 Needs Virtual Sponsors!

The Virtual Sponsorship Committee is in urgent need of more sponsors. Virtual sponsorship is a great way to get your foot in the door if your sponsor says that you're ready to start sponsoring yourself, but you are a little unsure.

This is a great way to meet people from across the region!

Many people still live in areas where OA is new and not well established, so being able to bring your recovery to someone who is struggling is an amazing gift! It will enhance your recovery and strengthen the program as a whole. Your anonymity will be respected at all times. Please consider virtual sponsorship today! To apply, go to <http://www.oaregion1.org/sponsor-application.html>.

## The Seventh Step: MY EXPERIENCE, STRENGTH AND HOPE

The first time I took a Seventh Step, I did not know what it meant to turn my will over to my HP. What I did, physically, was to get down onto the dining room floor on my hands and knees and recite the Seventh Step Prayer out loud. I stood up, hoping against expectations that I would now be freed forever of all my character defects. I suppose that just having such hopes showed how much I had to learn.

I remember doing something similar the second time I took a Seventh Step. It was when I was one of two sponsees – namely, another woman and me – who were going through the Seventh Step with our common sponsor. We were on a phone call, a conference call, the three of us. And we read the Big Book about the Seventh Step, and then recited the step together. Once again, I hoped for immediate absolution and that my character defects might disappear into thin air right then.

This is my third time through the steps. And now I have gained a different perspective of what it means to go through the Seventh Step, to turn my character defects over to my HP.

To me, right now, it means that I need to stay in fit spiritual condition through abstinence, meetings, reading and writing so that I can even hear my HP or so that I can even remember to ask my HP for help.

This time, I know that I have to stay in synch with my HP and to take HP-directed action so that my character defects can be removed—they are removed to the same extent that I stay aware of them, to the same extent that I ask for help, to the same extent that my HP acts to remove them. For no changes can be made until I turn my character defects over to my HP. To do this, I need to accept that I will be a better person without them weighing me down. I need to be brave enough to accept who I am becoming.

This time, I very much doubt my character defects will be removed all at once and immediately. But at least I have an idea of what I need to do: I need to remember HP, ask HP for guidance, and then act as I am HP-directed.

~Liz, Portland

---

How has OA saved your life? Share your story of recovery. Email your submission to [newsletter@oregon-oa.com](mailto:newsletter@oregon-oa.com)

**“Today is yesterday’s pupil.”**

~Thomas Fuller

For Today: What my experience as a compulsive overeater teaches me is priceless when I use it as this program directs.

~From For Today, p. 273

*(“A Simple Approach to Writing and Recovery,” continued from the front page)*

Sometimes I use the same process, with a little meditation, to write back to myself what I think my Higher Power would say. Often though, just having my thoughts and questions out there in the universe brings answers and contentment. I find this all helpful to my recovery and to my soul.

Writing is a simple and effective tool. That's why it's included in our "tool-belt" I hope that in writing this it would give some encouragement to those who struggle with even the thought of writing. It works, it really does! Go ahead, try it. You may surprise yourself and find you actually like it.

~Christina