

A Serving of Hope

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Oregon Intergroup of Overeaters Anonymous

June 2017

Trust in the Progress

“It is really hard for God to guide you if you keep running out ahead of him!”

~From Overheard in Meetings, a collection of sayings commonly heard in the OA fellowship

It is not a quote from OA literature, but a quote forwarded to the newsletter in a collection of sayings we often overhear. I like it because it reminds me not just that one day at a time is important, but that there is a progress path we must trust in. Leaping ahead sounds great in theory, but doesn't always work out for compulsive overeaters.

How many of us decided we would start a rigorous diet and cut out every single compulsive behavior we ever did all at once, only to abandon the effort weeks or days—or sometimes hours—later? Our disease is not curable in a day. One day at a time, with the help and guidance of a higher power, IS, however, a way to address our compulsive behaviors.

When looking far into the future, it may seem impossible. But so many of us are finding progress—and the hope that comes with it—one day at a time.

If you have not already, ask an OAer how you can find hope and get help with your compulsive eating. It's not an immediate fix, but it is progress toward something wonderful.

~Ed.

Progress Not Perfection

We are now halfway through 2017...how are you feeling?

I have been working on my recovery for almost three years now. Some days are better than others, of course, but overall, I can definitely see that amazing things have happened. It's just like when you chart anything—the dips and plateaus don't matter nearly as much as the fact that the lines show an overall positive!



Yep—that's a good picture of what I mean...a lot of dips, but upward progress. It's hard to be in the midst of watching the arrow point down, but that's why we say “progress, not perfection.” I am just happy to know that I am doing something, even if it's just asking my HP for help with the direction of that darned arrow. That is still progress, to me—even if it's not the perfect direction.

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Upcoming Events

July 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.

July 12: Oregon Intergroup Meeting, 7:00 to 8:30 PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. Everyone is encouraged to attend.

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

GENTLE ABSTINENCE, FLEXIBLE FOOD PLAN...

One Day at a Time

All I can say is that has been working for over a year!

My gentle abstinence is that "I do not harm myself with food."

My flexible food plan takes into consideration my health needs.

Working the steps and using the tools has brought a heretofore unknown sanity into my life. They don't always bring dramatic overnight changes.

My experience has been more along the lines that all of a sudden, I wake up and realize that a problem I used to agonize over is gone.

When did THAT happen?

For example, one morning during my sponsor phone call, I shared that I no longer hated my body. The next day I awakened to that same feeling of acceptance of my weight and my body.

“Working the steps and using the tools has brought a heretofore unknown sanity into my life.”

These changes haven't made my life or myself perfect. But I have found a way to deal with the things life throws at me.

One day at a time.

~Warmly, Jan

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. 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 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 or call 971-317-6343.

The Miracle of World Service Business Conference

This year I attended my first World Service Business Conference. And, folks, it really is a business conference, dedicated to taking the message to those who still suffer. Because the green dots on our badges identified folks like me as green to this level of OA business, they called us “green dots.” I really appreciated the Region 1 board and Oregon Intergroup board for making sure that we green dots understood each issue and felt a part of the team.

As I walked the halls of the conference center and looked into the faces of my fellows, I realized what a miracle it was that even such an event took place. Our theme, “Growing OA Unity Worldwide” captured the spirit of the endeavor at every level.

Overeating as well as other compulsive food behaviors are done by individuals who usually are isolators, and here we were, together in true fellowship, eating together, chatting in the halls, and even talking in the elevators. Before OA, many of us were self-willed, selfish people, yet over 200 OA members—delegates and volunteers—gathered from 20 countries and many language groups, meeting in committees, forums, and business meetings, listening to each other, trying to work out what is best for each member as well as OA as a whole.

We came from such diverse places as Australia, New Zealand, Brazil, Israel, Greece, France, and the UK, Ireland, and Scotland. From Nova Scotia and Newfoundland on Canada’s east coast to British Columbia on the west. From Portland, Oregon and Portland, Maine, and everywhere in between.

In each session, we worked to balance group autonomy with the needs of OA worldwide. I learned “There are no stupid questions.” I realized, though, that there are irrelevant questions. There may not be any stupid questions, but sometimes a question showed who hadn’t been paying attention.

Although we had a lot of business items submitted for consideration, we couldn’t address them all. Yet, I felt that the key issues of importance had been taken care of satisfactorily. I am thankful that I had the privilege of going and representing Oregon Intergroup.

~Rosanne, 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 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

Camaraderie and a Report from WSCB

Going to WSCB is like no other experience. The camaraderie is unexplainable. To be with 200 OAers from around the world not only brings new stories and tools, but it also brings inspiration beyond words.

This being my second time to WSCB, I was filled with less fear and anxiety, but I also found I didn't have the awe that I had last year. I missed it, so I made a conscience effort to see it through the eyes of the first timer that I was mentoring. I put on a "beginners mind," keeping my mind open to experience things I missed last year.

The Wednesday forum this year was around unity through diversity. I was one of 20 folks who moved from table to table telling our recovery story and helping the table folks see the similarities in our experiences rather than the differences. Examples of the speakers included anorexia, bulimia, disabled, HOW, LGBTQ and non-traditional spirituality. Folks at the table spoke very highly of the experience, and I found myself wishing I could have experienced it from their side of the event. Then I realized that I got to see folks eyes brighten when they heard something from my story that they could relate to. That gift of relating to someone I normally wouldn't have thought I could connect to was touching, and I'm grateful for the experience I got.

The Business Meetings flowed back and forth from excitement to testing my patience. We were not able to get to all the business, but watching a huge room of people come to decisions was fascinating. Several times I voted opposite from the majority, but I respected the process, and I back the decisions made.

I worked on the Conference Approved Literature committee and we voted one proposed book idea down (12 Concepts of Service) and approved another (Sponsorship). The Sponsorship proposal now heads to the trustees for approval or denial. In my subcommittee, I will be working on re-working the Dignity of Choice and Questions and Answers pamphlets. I feel honored to work on such great pieces of literature.

WSBC is a lot of work and business, but it has its fun moments, too. I found myself in downtown Albuquerque on Cinco de Mayo, celebrating in a park with live music and dancing. And I will never forget the dancing at the banquet. We have some serious dancers in our region!

I thank everyone for the honor to represent you at WSBC. My recovery has been given a shot of energy, and I hope everyone who wishes to attend gets that opportunity some day!

~Kym, Portland

How has OA saved your life? Share your story of recovery. Email your submission to newsletter@oregon-oa.com

("Progress, Not Perfection," Continued from the front page)

That arrow used to just point straight down all the time. My life had become—you guessed it—unmanageable. So why should it bother me if I have experienced a few "downs" on the way up? I consider it all progress. I am learning from those times the arrow dips down a bit. I am learning from the arrow's steep climbs. I am learning to be calm and trusting when the arrow doesn't seem to want to go anywhere. How can I get moving again today? What can I do TODAY—this one day—to keep myself on the path I trust that I am meant to follow?

I don't concern myself with the slow, quick, or backwards progress of my personal arrow anymore. I trust that, overall, it is pointing upward. I just have to focus on today. And here, at the halfway point of our year, today looks pretty good thanks to the program and to all of you!

~Ed.