

A Serving of Hope

Volume 6 Issue 10

Oregon Intergroup of Overeaters Anonymous

October 2017

Upcoming Events

October 31: Halloween Meeting at 4635 NE 33rd Ave., Portland, 97211, MerleAnn's house, for gaming, socializing, and jigsaw puzzling and an OA meeting. Bring a sack supper and beware that Bobby cat is a resident and does not welcome other non-human animals in his house. Contact MerleAnne at 503-281-8947 or merleannz@yahoo.com.

November 4: In the Solution meeting workshop—Creative Engagements with Steps 1, 2 and 3 from 10:00 AM to 3:00 PM at Immanuel Lutheran Church, 7810 SE 15th Ave, Portland, OR 97202 Contact Sally at sallyomally@gmail.com.

November 4: 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.

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

WANTED: Sponsors and Other "Seasoned" OAs

At the Sherwood meeting, we are getting one or two newcomers a week!

But with few exceptions we don't have any "seasoned" OA members to show them how an OA meeting is run, and to be available to mentor and sponsor newcomers.

Please consider stopping by for a few Fridays in the next few months to reach out to those who still suffer. We meet Friday mornings at 9:15 at the Sherwood Senior Center, 21907 SW Sherwood Blvd, Sherwood, just opposite Hopkins Elementary School. Any questions, contact Rosanne @ [503-828-4693](tel:503-828-4693) or 5rfoxkern7@gmail.com.

Stepping Into Life With Step 10

Step 10 is fresh in my mind, having come home not long ago from my OA meeting's discussion on Step 10.

Several people shared the different ways they worked Step 10 in their own life, some on a daily basis, some not so daily, and some have not been around long enough to have gotten to Step 10. It reminded me we are all at our own place in the steps, and we all work them differently. There is no right or wrong way to work this program. As long as we are moving forward, growing, and most importantly, continue to show up...we are okay.

For one person, Step 10 was something they mentally did each time in the day a situation arouse that caused discomfort. One person shared about having gotten away from Step 10 for a season of her life, but then returned to the practice seeking the recovery they had known when more vigorously working the steps. Another person shared how it was her procedure 99% of the time to do a written inventory at the end of the day, gaining clarity about her life and program. She went on to say that it was very meaningful to her that another human being knew what was going on in her life and how astounded she is that someone else cares enough to know!

Another share was focused on the nature of Step 10 being a process of going back to Steps 4 through 9 over deeper issues and sometimes even using the process in the OA pamphlet "Twelve Stepping a Problem."

Each decided to continue on with the steps wherever they were in the process!

~Anonymous

Some Questions to Ask for Step 10 in Month 10 This Year!

A local OAer offered this fantastic template with questions regarding Step 10 to help everyone through this 10th month of the year, and every other month, too!

Tenth Template:

What happened? (one or two sentences)

Was I selfish?

Inconsiderate?

Dishonest?

Resentful?

Afraid?

Did I ask God to remove these defects?

How does what happened affect me (self-esteem, relationships, security, ambitions)?

Do I need to make amends?

If so, when will I do that?

Did I make a 12th step call to get out of myself?

What's the next right action?

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

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 Power of Forgiveness

As a result of certain events in our lives, unexpected losses, and changes in relationships, healthy parts of us began to shut down; we became addicts and adopted survival skills designed to insulate us from further harm. Many of us became extremely sensitive to the possibility that we might be hurt again. We sabotaged relationships, pushed people away, or rejected them before we felt that they might reject us. Some of us became angry, and that anger hurt the people around us. We caused pain in others and acted resentfully when they responded in kind or didn't want us in their lives.

Some of us developed deep wells of shame. Shame for things that weren't our fault, shame for becoming an addict, shame for our weakness and our inconsistencies. Shame for just being.

In Step Five, we learned that despite our emotional deformities and past acts, **we were worthy of forgiveness and acceptance**. We saw that we were pretty much like other people. We began to rejoin the human race. We found empathy and kindness for others who, like us, struggled.

We reached a point in our step work that we had to address the harms that we had done others.

It required us to take responsibility for our actions, and to demonstrate sensitivity to the people who were affected by our behavior – whether it was overt harm, or more passive in nature.

Here is where, with G-d's help, **we surrender our anger or lingering resentment for others** who have hurt us because WE are the ones who need to be free from the destructive toll that it has taken on our hearts, minds, and spirits.

We must trust that by letting go of this negative energy and seeking forgiveness for the harms that we caused, **we will finally be able to fully forgive ourselves** and let go of the regrets and the cumulative damage that our descent into active addiction had wrought upon us.

We engage our Higher Power, once again, to walk through this difficult path with us, so we can move beyond self-doubt and begin to become the people that G-d intended for us to be.

Without the healing power of forgiveness, our spiritual potential will be forever dampened.

After making our amends, we no longer need to look over our shoulders.

Our heart becomes full—first with self-love, then with a love of others.

We begin to enjoy a freedom that we never felt before.

We feel more fully connected to our Higher Power.

A sincere effort during this part of our step work brings a whole new level of consciousness.

It takes courage and may be hard-earned, but it is well worth the investment in our recovery.

~Neil R., Twin Rocks Retreat Leader

Looking for a meeting to try? The Thursday 7:00 PM meeting is Silverton welcomes you! Come share the experience, strength, and support of your fellow OAs.

There's temptation everywhere in the 10th month, but we still have our tools!

Yes, it's true that Halloween is here, and everywhere we turn, there will be an opportunity to abandon our food plan. But that does not mean that we have to do it. OA provides us with many ways we can continue to experience the joy, relief, and comfort that comes when we do not engage in compulsive behaviors.

We can make a call. We can find a meeting. We can read some literature. And most importantly, at any moment, anywhere, we can ask HP for help!

Holidays are coming, but they can be about fellowship, thankfulness, and beautiful things to see and do. This time of year doesn't have to be about compulsive eating! It's just a time to have a happy Halloween and enjoy life!

~ Ed.

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 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.

Remember: One Day at a Time...you can get better and experience the joy of recovery.

New Meeting Announcement

There is a new meeting starting in Oregon City!

The first meeting in Oregon City will be held Thursday, October 19. The regular meeting time will be 12:00 PM every Thursday, and the location is at Atkinson Unitarian Church, 710 6th Street, Oregon City, Oregon, 97045 in the annex. Contact Jenice at [503-705-5599](tel:503-705-5599) for more information. The delegate is scheduled to be Jan E. at 971-338-1275.

The codes for the meeting and topics are Brn Bag, H, V. There is not yet a meeting number assigned to this meeting.

Share the news! It's always good news to have a new meeting available!