

# A Serving of Hope

Volume 6 Issue 9

Oregon Intergroup of Overeaters Anonymous

September 2017

## Upcoming Events

October 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.

October 11: Oregon Intergroup Meeting, 7:00 to 8:30 PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. Everyone is encouraged to attend.

October 1: Abstinence and a Plan of Eating Workshop, 1:00 to 4:00 PM in Conference Rooms C and D at Legacy Salmon Creek Medical Center, Vancouver, WA on the third floor of the main hospital building. Easy access from both I-5 and I-205. \$5 suggested donation, registration starts at 12:30 PM. Contact Karin at [Karin.k.oa@gmail.com](mailto:Karin.k.oa@gmail.com) or text or call Lori at 360-921-9558.

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).

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](mailto:sallyomally@gmail.com).

### **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 [5rfockern7@gmail.com](mailto:5rfockern7@gmail.com).

## Relapse and Recovery

When I was in the middle of my relapse, my disease had a firm grip on my thinking. That was not only my thinking about the food, but also all of my program thinking based on knowledge I had acquired since I had entered program—about 14 years' worth at the time.

Alcoholics have to give up drinking. Period. They have to pay a price of admission, and so do those of us in food programs. We have to give up the foods we cannot eat sanely. Yet, we tell struggling people to "start small" with the idea that recovery will grow—the road will get narrower. While I have occasionally seen this work, it is much more likely that starting with a loose abstinence—at the point of one's highest surrender—will NOT lead to a tighter abstinence, but a looser one as the pain subsides. This then leads to slipping, and then out the doors altogether. I have seen this happen over and over—many more times that I would like to admit.

In many ways, the hardest thing for program people to do with fellow members that are slipping is to be honest with them. A constant stream of "It's okay... don't beat yourself up" messages might feel good to the person saying them, but are they truly helping the recipient? Of course, there is truth in what those people are saying—beating yourself up after eating accomplishes nothing, other than reinforcing already well-entrenched self-loathing. At the same time, however, we need to remember we're talking to people with an active disease that will take all of our well-intentioned words and use them against the exact person we are trying to help.

What might sometimes be more helpful is to say, "Stop beating yourself up—by continuing to eat." The eating today—more than the self-recriminations tomorrow—is the real "beating yourself up" that needs to stop.

*~An excerpt from John K., leading the July retreat*

**\*From the isolation of food obsession, we have  
emerged into a new world.** ~p. 106 of The Twelve Steps and  
Twelve Traditions of Overeaters Anonymous\*

## Just One of Those Days

I'm a recovering anorexic and bulimic. I have over seven years of not purging, over six years of not weighing myself and over five years of not restricting. I'm a firm believer that with time, abstaining gets easier. What I learned this week is that there will be days when that doesn't feel true.

Three weeks ago, I had an honesty moment and realized my eating had strayed from my original food plan. As an anorexic, I have to use caution with strict food plans as it triggers dieting for me. But with my sponsor's support, we agreed it would be good to follow my original dietitian-issued food plan for a few weeks to "re-boot" back to where I should be.

Changing the food wasn't hard and actually felt comforting. But my eating disorder voices went ballistic, and I found myself fighting the voices all day. It truly felt crazy-making! The food plan became my anchor, but I found I was mentally tired after three weeks of fighting the voices. One morning, my alarm woke me in the middle of a relapse dream. In the dream, I was very high from hunger pains and my first waking thought was "I miss that." I realized I am truly an addict!! The tears started, and my day was filled with a mini mental meltdown.

The voices and sadness were so strong I could barely hear my wise mind, but I heard enough, and I followed my routine, including packing all my food for the day. I called my sponsor and talked to a recovery buddy of mine, but the tears were still keeping me locked in my office at work. Somewhere in the mist of the tears and overwhelming feelings, I was able to look up a meeting. There was one not too far from me, so I arranged with my boss to attend. Although I was new to that meeting, I knew many of the fellows attending. Between sharing and the hugs of support, I was able to pull myself together for the rest of the day. By the evening, I was emotionally stable and able to look at what happened, and the voices stopped.

That day, I had to accept that there will days when I will feel like a newcomer to recovery, and that doesn't mean I don't have strong recovery. There will be days when the only thing I can do is the next right thing. There will be days when I will need to be gentle with myself and be accepting of strong feelings. There will be days when I will have to trust that my HP is holding me, and there will be an end to it. The next morning, I had a headache, and my eyes hurt (I called it my meltdown hangover), and although my head hurt, I knew it was better than waking up the next morning knowing I relapsed.

*~Kym, Beaverton*

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

## Safety and Recovery

OA meetings can be the safest place in the world to be for anyone with issues around food. Our literature assures us that this can be reality. *Voices of Recovery* speaks of the "healing bonds" of the fellowship and "comfort in the fellowship" (pp. 34, 73). However, there is a caveat that must be taken into consideration: the adherence to the OA traditions.

The first tradition speaks about personal recovery depending on OA unity. Is this to say we each must work our recovery in exactly the same way? By no means. *Voices of Recovery* emphasizes that "The program is broad enough for all of us to do whatever is necessary" (p. 5). And we do this as we remember that "Unity is not uniformity." The first tradition is broken when members insist that everyone do it their way. The role of a sponsor is not to dictate what you must do, but be a loving witness to what works for you. For example, my first sponsor had the exact opposite problem with her food than I did. But boy, could she help me because she understood the disease of food addiction, however it manifested itself.

I needed to find another sponsor as my first sponsor had family and work issues that needed her time and attention. So I got a new sponsor. Early on in working with her, I asked what her food plan looked like. She wisely didn't answer that question, but guided me to discover, in consultation with my health care providers, what would work for my physical needs. And what did I find was THE RIGHT literature to use in working the steps? ***I soon learned there was NO right way to work the steps!*** I have done it using the OA 12 and 12 with the OA workbook. I have used the Big Book. I have used the OA pamphlets on sponsoring. I personally have found recovery in every method I have used.

I have had differences and similarities with both sponsors around a spiritual path. Both lovingly shared their conceptions with me, and I was allowed hours of discussion of what did and didn't work for me. I was accepted and allowed to have my own experience. I did not have to fit in their cookie cutter mold.

Adherence to these traditions makes our meetings places of security and safety. I thank my Higher Power my meetings have been such a place for me. If others have different experiences, there is always someone to discuss this with: your sponsor, meeting secretary, intergroup representative, meeting delegate, trustee. Our meetings need to be available for future generations with safety.

~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 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.

***Remember: You can feel better! Recovery is possible, one day at a time.***

**OIG GROUP DONATIONS SUMMARY: 1/1/17- 7/31/17**

Meeting #	Intergroup - 100%	60-30-10	Oregon IG	WSO	Region 1
00176		\$116.26	\$69.76	\$34.88	\$11.63
00236	\$60.00				
00706	\$130.00				
06652	\$130.00	\$70.00	\$42.00	\$21.00	\$7.00
07901		\$103.00	\$61.80	\$30.90	\$10.30
11259	\$70.00	\$200.00	\$120.00	\$60.00	\$20.00
16216	\$440.69				
18333		\$200.00	\$120.00	\$60.00	\$20.00
22065	\$323.00				
23622	\$383.25				
23753	\$383.25				
26872		\$80.00	\$48.00	\$24.00	\$8.00
29424	\$96.00				
33618	\$92.94				
33814		\$408.63	\$245.18	\$122.59	\$40.86
33913	\$92.83				
36544		\$120.00	\$72.00	\$36.00	\$12.00
38889	\$50.00	\$75.00	\$45.00	\$22.50	\$7.50
39448	\$120.00				
45836		\$300.00	\$180.00	\$90.00	\$30.00
48990		\$300.00	\$180.00	\$90.00	\$30.00
49171	\$160.00				
49678		\$200.00	\$120.00	\$60.00	\$20.00
49679	\$40.00				
50504	\$15.00	\$15.00	\$9.00	\$4.50	\$1.50
51512	\$100.00				
51565		\$30.00	\$18.00	\$9.00	\$3.00
52186	\$22.45				
52810		\$160.00	\$96.00	\$48.00	\$16.00
53019		\$250.00	\$150.00	\$75.00	\$25.00
53364		\$60.00	\$36.00	\$18.00	\$6.00
53526		\$60.00	\$36.00	\$18.00	\$6.00
53554		\$170.00	\$102.00	\$51.00	\$17.00
53628	\$45.00				
53900	\$108.00				
54125		\$200.00	\$120.00	\$60.00	\$20.00
54472	\$100.00				
Unknown	\$50.00				
	\$3,012.41	\$3,117.89	\$1,870.73	\$935.37	\$311.79
Col B + D	\$1,870.73				
Totals to					
Service Bodies	\$4,883.14			\$935.37	\$311.79

**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.**