

Oregon Intergroup of Overeaters Anonymous  
PO Box 2429, Portland, OR 97208

971-317-6343

[www.oregon-oa.org](http://www.oregon-oa.org)

*"Are we afraid to express ourselves, to tell others how we feel?"*

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous.*

I have an emotional and physical disease with a spiritual solution. Hiding my feelings from myself and others is certainly one of the roots of my illness. A fourth-Step can bring me into the light of day. But other tools help shed that light as well. Every time I pick up the phone to call my sponsor or an OA friend, each time I take up my pen to write, I move myself along the path of freedom, awareness, acceptance, love and recovery.

*Voices of Recovery*  
Page 91

## **FILLING THE EMPTINESS WITH . . . ?**

Often I ask the question or hear the questions, "What is enough?" Usually, it has to do with why one bite is too many and 1000 bites not enough. Why can't I stop overeating on my own? What does the program have to offer me that will help?

There is an emptiness in me that I continually try to fill with food and it doesn't work. I've tried; goodness knows I've tried. I've eaten until I couldn't hold any more, walked around, stretches and maneuvered, then eaten some more, and still wasn't satisfied.

Since coming to OA, I've realized my hunger wasn't really for food, but for comfort, meaning, friendship, acceptance, and love. Yet, most of my life I've let fears, past experiences, and pain immobilize me.

Recently, I noticed that consuming a certain beverage caused me physical pain, so I had to eliminate it from my abstinent food list. Right on the heels of that came the thought, "*but I'm too lonely to stop drinking that.*" That brought me up short. Too lonely? What does drinking this beverage have to do with loneliness? Why is beverage

*continued on page 2*

## **Step Four**

*"Made a fearless and searching moral inventory of ourselves."*

## **UPCOMING EVENTS**

**Wednesday, April 13, Intergroup Meeting**, 7 pm to 8:30 pm  
Girl Scouts Building, 9620 SW Barbur Blvd, Portland, OR

**Saturday, April 23, Treasures of Recovery** 10:00 am-3:30pm  
Salem Hospital Building D, Creekside Room Salem, Oregon  
Contacts: Pat C. 503-580-5738 [patrseth@gmail.com](mailto:patrseth@gmail.com) or  
Christina [xabeth@comcast.net](mailto:xabeth@comcast.net)

## **Newcomers Meeting Sundays @ 1:30 pm**

Alano Club (Clock Room), 909 NW 24th Ave, Portland, OR  
*Newcomers are welcome at all OA meetings and do not need to register to attend.*

**WAITING IN THE ROOMS**

Have you ever had a desperate need to know something and answers either took forever... or perhaps have not YET come? I experienced this as I worked on my fourth step. I wrote this poem telling of my feelings.

**BETWEEN NOT KNOWING & KNOWING**

It is in these waiting times that I feel I have fallen between the cracks.

Moving onward

But not yet there.

Not where I was...

But no where I am going.

Not knowing.

Not knowing if I will ever know.

In the space of breathlessness.

How long can one continue breathless?

This scary hanging space needs tools.

Tools so I don't fall into familiar traps.

Traps of eating.

Traps of overeating.

Traps of compensating.

Traps of overcompensating.

HP there are so many traps!

I am scared.

I am powerless.

I have come to the right conclusion.

So what will keep me safe as I dangle?

Steps

Traditions

Concepts

Tools

Being out in nature

Fresh air

Dear HP letters

Music.

There are more tools than traps!

AND SO I DANGLE!

Warmly, Jan

**Emptiness**

*cont. from page 1*

consumption linked to loneliness in my mind? I pictured myself with this beverage in hand, going to my 'den' to isolate and get away from the undefined pain in my gut.

Ah ha! That's it; it's a comfort food for me. I noticed the same reaction with another food item that was causing me physical distress. Danger signs to me. Since coming to OA, I've been learning there is not enough food to cover my pain. I also learned one benefit of abstinence is to uncover my feelings, so that by using the steps and the tools with the guidance of God, *as I understand God*, my sponsor, and others in OA, I can deal with my emotions so they do not rule my life any more.

Each time, I feel down, lonely or unable to deal with the feelings, I have to remind myself that today I may need to get to a meeting, call someone, or write in my journal, or all the above. Most of all I have to remember that excess food will not defeat uncomfortable feelings or fill my emptiness. Usually consuming excess food adds to my distress, because once I begin eating compulsively, I add to my pain, shame, defeat and sorrow for following my will instead of my higher power's will.

So the question remains: Do I eat this stuff and feel defeated or do I surrender to God and my program and gain a new level of serenity? As always, the choice is mine.

Roseanne K.

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*God, grant me the serenity  
to accept the things I cannot change  
courage to change the things I can,  
and wisdom to know the difference.*

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Per OIG Bylaws, the following amendment is included in our newsletter to give due notice of the proposed change.

PROPOSED AMENDMENT TO THE BYLAWS OF OREGON INTERGROUP OF OVEREATERS ANONYMOUS

PRESENTED April 13, 2016 FOR CONSIDERATION OF THE OIG GROUPS, TO BE BROUGHT TO VOTE ON May 11, 2016

Motion: Move to amend the Bylaws of Oregon Intergroup Article IV – The Intergroup Board, Section 5 – Term of Office, by inserting and deleting as follows:

CURRENT WORDING:

Section 5 - Term of Office

- A. Board members shall be elected to serve for a period of 2 years, except if filling an unexpired term.
  - 1) On even-numbered years, chair, treasurer, newsletter editor and group coordinator shall be elected. On odd-numbered years, co-chair, secretary, member-at-large and events coordinator shall be elected.
  - 2) Newly elected officers shall begin service at the Intergroup meeting following their election.
- B. Board members shall serve no more than two (2) consecutive terms in the same office.
- C. After an interval of one (1) year, a member may again be eligible for election to their prior office.
- D. Upon election to the board, members shall cease to be a representative of their group and that group shall elect a new Intergroup Representative.

PROPOSED WORDING:

Section 5 - Terms of Office

- A. Board members shall be elected to serve for a ~~period of 2~~ two (2) years, except when filling an unexpired term.
  - 1. In even-numbered years, co-chair, treasurer, newsletter editor and group coordinator shall be elected. In odd-numbered years, ~~co~~-chair, secretary, member-at-large and events coordinator shall be elected.
  - 2. Newly elected officers shall begin service at the ~~Intergroup meeting following their election~~ end of the Intergroup meeting of their election.
- B. Board members shall serve no more than two (2) full consecutive terms in the same office.
- C. After an interval of one (1) year, a member may again be eligible for election to a previously-held office.
- D. Upon election to the board, members shall cease to represent their respective groups ~~and that group shall elect a new Intergroup Representative.~~

Submitted by: Penelope S. Bylaws Committee member, OIG Phone: 503-64-7671 Email: pasinor@frontier.com

Intent of Motion: Currently, both the chair and the treasurer are elected in the same year. As they are the only signers on the IG bank accounts, this change would improve continuity by having only one of them replaced in a given year.

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(Except for the sentence telling you we planned for it to be blank.)

## 7th PROMISE

I have gained so many gifts from the OA program. I recently came to realize that I gained a new one: Empathy. I'm not sure I have ever had true empathy, even before the development of my eating disorder, but I know my eating behaviors made me very selfish. I was nice and respectful to people, but only if there was something in it for me such as keeping my job, being liked, receiving thanks, and generally functioning as a "good" person in society. But if someone's pain seemed too much to handle, I put a wall up and isolated myself from them or the situation. My wall was more than keeping myself from becoming too enmeshed, it was keeping me from experiencing normal intimacy and connect with another person.

Recently I got some bad news about a friend of mine. She had been going through a dangerous situation at home for 3 years and I hadn't received any clues from her. My heart ached. My feelings were so heavy and I felt a connection with her that I've never

experienced. I had to pull out my OA tools in order to allow myself to be present and process the feelings without using my numbing food behaviors. It was in a way painful but I suspected it was something I needed to allow to happen.

Shortly after that first situation I was called by an OA fellow who shared some deep things she was going through. I again felt such a connection to her that I'm not use to feeling, especially with someone I hadn't known for long. This time I became excited as I recognized that I was having a normal human reaction to another person's pain. I have always struggled with expressing and accepting feelings and intimacy.

My new gift of empathy is a sign of the promises "We will have less interest in selfish things and more interest in our fellows." (AA promise #7). I understand that this gift may bring me some pain but nothing can be as painful as the isolation my eating disorder had put me in. I am grateful.

Kym ~ Portland, OR

## BENEFICIAL DIFFERENCES

Autonomy in OA is a really cool thing! I love how each meeting I to is a bit different. My home group is a literature meeting where we study Conference-approved literature each week. I go to a Big Book meeting too. I also attend intergroup meetings whenever I can. Sometimes I listen to a recorded meeting. Each type of meeting is different, but all start with the Serenity Prayer and a reading of one of more of our OA Steps and Tradition.

I find it comforting that the underlying principles of each meeting are the same. We use the same Steps and Traditions; each group wants nothing more than the recovery of its members; and we base our program on spiritual matters rather than diets.

I trust that each meeting I attend submits to the Principles of OA as a whole. We all do our best to represent the OA program consistently, in a way that will not damage OA as a whole, and still meet the needs of individuals who attend each meeting.

I hope someday to be able to travel and visit OA meetings in other states-maybe even in other countries. I trust that those meetings will protect our precious OA program the same way.

*Reprinted from the April 2016 Lifeline magazine Page 22*

### Tradition 4

*Each group should be autonomous except in matters affecting other groups or OA as a whole.*

## NEW MEETINGS

### Tuesdays @ 11:30 am

West Valley Hospital  
525 SE Washington St., Dallas, OR  
*upon entering the hospital, take an immediate right; proceed to first conference room on the right.*

Meeting Contact: Dee Ann 971-718-6444

### Sundays @ 7:00 pm

St. Vincent Hospital  
Anorexia/Bulimia Focus  
9205 SW Barnes Rd, Portland, OR  
Room 6 (second floor near cafeteria)  
Meeting Contact: Kym 503-544-5955

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***“Always to extend  
the hand and  
heart of OA.  
For this, I am  
responsible.*”**

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## SEND A REP TO INTERGROUP

Do you want to help strengthen OA in your area and throughout Oregon? Make sure your voice is heard by sending an Intergroup Rep to your monthly Oregon Intergroup meeting. Give your members an opportunity to serve and help all of us benefit from a strong and diverse OA organization. OIG meets the second Wednesday of every month at the Girls Scouts building, 9620 SW Barbur Blvd, Portland, OR 97219

## THE TWELVE TRADITIONS

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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The views expressed in this 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.