



A SERVING OF HOPE

Giving of Thanks

November is definitely the month of giving thanks, so why not give your Oregon Intergroup a special thank you donation? You could log onto the website www.Oregon-OA.org/donate and make a special donation or send a check to Oregon Intergroup OA, PO Box 2429, Portland, OR 97208. Another common 12 Step recovery practice is to pass the basket a second time during the entire month of November. Proceeds from the second basket go directly to Intergroup. Here's a suggested preamble to read beforehand:

Oregon Intergroup serves OA groups from Longview to Salem and from the Coast to Mt. Hood. We provide liability insurance, a non-profit tax ID number for bank accounts, newcomer and speaker meetings, meeting directories and a CD library. We host special events, maintain the phone line, web site and Yahoo mail group, and sell OA literature, all so that the members and groups we serve have as many recovery resources as possible.

Thank you in advance for your efforts to maintain the financial health of Oregon Intergroup!

Step 11: A Personal Favorite

I consider it the greatest gift this program has given me, a Higher Power and the ability to commune with that Power throughout my day. I think that is why Step 11 is one of my favorite Steps. It gives me permission to spend time with my Higher Power on a daily basis.

I came into OA a spiritual novice and had no idea what a Higher Power even looked like for me, let alone how to communicate with it. It's taken time and patience, but I now have a routine when it comes to having conscious contact with my Higher Power.

When I wake up each morning, I remind myself I am a compulsive eater and that I cannot do this thing called life on my own. I then ask my Higher Power to be with me throughout my day and that I remember that it's my Higher Power's will I am seeking in all my endeavors from here on out. Then I go on from there knowing if anything pops up throughout my day, all I need do is ask and my Higher Power will be there for comfort, help, and support.

I like to write before I go to bed. I write to relax and to share with my Higher Power what I got right and what needs improvement from my day. Then I thank my Higher Power for letting me live yet another day in recovery and pray that the next day I can say the same.

Meditation, for me, has always been a bit of a dirty word. It's super difficult to slow down my mind and concentrate on anything, but with practice I am learning to do just that. I am learning that my Higher Power "speaks" in many different ways, whether it's that still quiet voice in the back of my head, or through others sharing their experience, strength and hope, my job is to listen for it and be willing to act (if that's what's called for by my Higher Power).

I am sure that it's not perfect and that others may have better prayers and meditation routines, but that's the wonderful thing about this program: it doesn't have to be perfect to work just right for me.

Christina

Upcoming Events

- November 18:** I.D.E.A. Day, OA's International Day of Experiencing Abstinence! Three opportunities to celebrate within Region 1: Coos Bay, OR, Spokane Valley, WA, and Coquitlam, BC Canada. Flyers for each event found on Region 1's website: www.oaregion1.org
- November 23:** Thanksgiving Day at MerleAnn's house, 4635 NE 33rd Ave, Portland. Come for gaming, socializing, jigsaw puzzling and an OA meeting. Bring a sack supper and beware that the resident cat does not welcome other 4-legged friends. Contact MerleAnne at 503-281-8947 or merleannz@yahoo.com.
- December 2:** Monthly Speakers Meeting, 7:00 pm to 8:30 pm 9620 SW Barbur Blvd, Portland To attend by phone call 641 715-3836, PIN 282586 Questions? Contact June at 503-452-3955
- December 13:** Oregon Intergroup Meeting, 7:00 pm to 8:30 pm, Girl Scouts Building, 9620 SW Barbur Blvd, Portland. Everyone is encouraged to attend!!

Special Points of Interest

- Twelfth Step Within Day** is Tuesday, December 12th. Talk to your group about ways to give Twelfth Step Within service. See page 4 for more information.
- Looking for a meeting to try? The Thursday 7:00 pm meeting in Silverton welcomes you! Come share your ESH (experience, strength and hope) and support your fellow OAs.

News from World Service

“Sponsorship Success Podcast”

Sponsoring others is a vital service in OA. WSO’s “Sponsorship Success” podcast series can help you prepare for your first sponsee or give you fresh ideas for your existing sponsorship service. Visit oa.org/podcasts to listen to these latest additions in the “Sponsorship Success” series:

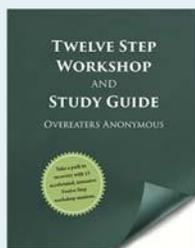
- Episode 7: What are some different sponsoring styles?
- Episode 8: How do you work the Twelve Steps with a sponsee?
- Episode 9: How do you work the Twelve Traditions with a sponsee?

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“Traditions Explained Videos”

“Take a Walk Down the Traditions” is a series of video presentations designed to quickly explain each tradition. The Traditions can be applied effectively to all human relationships and help with problem-solving. These videos support our strategic effort to grow OA unity worldwide. Do your part by watching these videos and encouraging fellow members to do the same. Find the first five videos at oa.org/podcasts, and keep an eye out for more to come.

Literature Spotlight



Everything needed to lead a journey through the Steps, including leader scripts, 4th Step Inventory Worksheets, and literature references.



The Hitchhiker

If my body was a car....

Nine years ago, I was driving my “car” down the road of life enjoying the warm weather and listening to my music. Things were good, but not perfect: I had a house, but the neighborhood was getting difficult to stay in; I had a nice partner, but she returned to school giving me a lot of alone time; and I had a good job, but recently changed departments and was feeling inadequate. I could hear my mother’s voice: if my car was a compact, then I would be loved. Over the years, I had let my compact car turn into a midsize model, so why not work to get my compact car back again? Then I would feel loved and my life would be perfect. Reacting, I took a sudden turn down Diet Lane.

Fairly quickly, the weather turned cold and the road lonely. Ahead, I saw a friendly and inviting hitchhiker, Ed (aka eating disorder). Ed was a fun guy and a car expert. With a 100 pound weight loss, he quickly converted my midsize car into a sporty compact again. With Ed, I could handle detours and pot holes; he gave me confidence. Others noticed my new attitude and compact car and fueled me with compliments.

One day the weather turned from gray to stormy. Driving felt very strange and alien. My health was deteriorating and I was falling asleep at the wheel. My weight was dropping too low and consequently my brain was foggy. Ed seemed to turn on me. He said I was lazy, so I worked out more. When I thought I was driving well, he pointed out that I was not. With his relentless criticism, I became afraid of other cars and started driving only on deserted back roads. Ed had me believing that I was a nothing and could not drive without him. As I continued to starve myself, I eventually let go of the steering wheel and Ed took over. I was no longer in the driver’s seat. Worse, I wasn’t always in the passenger seat. Sometimes Ed put me in the trunk and sometimes he strapped me to the hood. No matter how loud I screamed, no one heard me; I had lost my voice. I went where Ed wanted me to go. He was my focus. More confusing still, Ed wasn’t always abusive and there were times he would hold and comfort me, singing soft lullabies.

One day, I noticed people outside the car trying to help me. Thanks to them, I eventually went into treatment, my car was fixed, but I had forgotten how to drive. Again, people reached out to me and one told me to give OA a chance. With Ed, I took my newly fixed car to my first meeting. It has been a hard journey, but OA has taught me how to drive again.

Today OA provides a road map. The steps show me the directions to go and the tools keep me focused on the journey. Now, I am selective about the roads I take, avoiding temptations

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A Reflection on Tradition Eleven

I believe one of our most important spiritual guidelines is imparting a simple message to the outside world that we exist as a spiritually-based fellowship of individuals, and confining our message to publicizing our guidelines and where our meetings are held.

We can explain and enlighten, but we must never cross over into the slippery slope of promotion. When we do, we slowly become desensitized to the immense value of sharing our individual recovery experience more humbly and privately in our meetings, OA-sponsored events, and one-on-one with spouses and fellow OA members.

When we share our transgressions, reveal our vulnerabilities, and talk about our relationship with the G-d of our understanding in private venues, we inspire those who have already made a decision to give OA a chance to help them. Those unfamiliar with our methods and message, hearing them publicly, might interpret these revelations in a negative light, and lacking context, might avoid coming to OA.

Tradition Eleven: 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.

Years ago, at the World Service Business Conference, OA adopted a mission statement that by a future date, OA would be recognized as the number one solution to the problem of compulsive eating.

Almost immediately, a heated dispute ensued that resulted in the reversal of that decision at the very next annual WSBC.

You see, in articulating this vision, we were encouraging the general public to compare OA to the other alternatives. We were promoting ourselves over another approach.

In our enthusiasm, we forgot that our greatest strength is in our personal power of example. We rise and fall on the basis of our individual recoveries. We represent one voice, not a Fellowship.

When we reveal our identities on the public level, we expose our beloved fellowship to a host of risk factors that have proven detrimental over the course of our history.

- ☞ We risk the perception of individuals as “spokespeople” for OA as a whole. Should they do something controversial... should they lose their recovery... should they become enamored with their notoriety, OA could be deemed ineffective, or worse, the cause of their personal failures.
- ☞ We undermine our most important spiritual guideline – to place principles ABOVE personalities. We have no “typical” OA member. We welcome all members, irrespective of any demographic that might suggest otherwise.
- ☞ We risk giving the appearance of an internal hierarchy, or a professionalism that does not exist.
- ☞ We may accidentally misinform or confuse someone whose conception of OA is different from the perspective of the individual carrying a public message perceived as representing OA as a whole.

With Tradition Eleven, we agree to trusting that the collective group conscience gives the public everything it needs to know to bring them to a meeting and make a decision on their own based upon the sharing of a group of individuals, each one speaking only for themselves, about their personal recovery.

Neil R.

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and potholes and getting regular check-ups at meetings. I work with a sponsor who checks my engine and fuel levels to assure I'm running smoothly. She also helps me see again when life splatters mud on my windows. Instead of compliments, I use HP as my fuel, making sure my spiritual practices keep me adequately filled.

Step 1 reminds me that Ed will always be in my car, but, with my HP's help, I get to decide where he sits. I like to keep him under the back seat! Today, I decide whose voice I listen to by reading literature and hearing the words of hope spoken by my fellows. I know that no matter how bad the weather or the roads get, I am not alone and together we can do what I could not do alone.

Kym, Aloha

Young People's Phone List

If you came into program at age 30 or younger and can offer support to a young OA member, send contact information (name, phone, email and age you were when entered OA) to youngpeople@oregon- oa.org.

Virtual Sponsors Wanted

The Virtual Sponsorship Committee is in urgent need of more sponsors. Many people live in areas where OA is new and not well established. Virtual sponsorship is a great way to start sponsoring and a great way to meet people from across the region!

Go to the OA Region 1 website at www.oaregion1.org and click on the "Find a Sponsor or Sponsee" menu to the right or go directly to www.oaregion1.org/sponsor-application.html

Newsletter Submissions

Practice the tool of writing and tell us your recovery story. Write about your favorite step, tool, slogan, and/or fellowship moment. Have a meeting update, need special support or an announcement? Send all writings/information to: newsletter@oregon- oa.com

Tradition of Anonymity

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.

Find us online at oregon- oa.org or call 971 317-6343.

Call Out for Support

- Ready to up your game? Perfect timing because Oregon Intergroup needs support! Several service positions are available. Please come to the next Intergroup Meeting on December 13th, 7:00 pm to 8:30 pm, Girl Scouts Building 9620 SW Barbur Blvd, Portland.
- The Sherwood Friday morning 9:15 am meeting needs sponsors and other long-timers to attend. Please consider stopping by for a few Fridays in the next few months. The meeting is located at Sherwood Senior Center, 21907 SW Sherwood Blvd, Sherwood (opposite Hopkins Elementary School). Any questions, please contact Rosanne at 503 828-4693 or email 5rfockern7@gmail.com.

Know Your Service Structure

Region One is our OA service body. Its one of ten worldwide geographical regions organized to help groups and intergroups communicate within and between each Region and with OA as a whole.

The primary purpose of Region One is to aid those with the disease of compulsive eating through the Twelve Steps of OA, and to serve and represent the OA groups and intergroups from which it is formed.

Where is Region One? Region One consists of OA meetings and Intergroups in the Pacific Northwest of North America: the Canadian Provinces of Alberta, British Columbia, and Saskatchewan; the Yukon and Northwest Territories; and the States of Alaska, Idaho, Montana, Oregon, Washington, and Wyoming.



Coming Up Next

December 12th is **12th Step Within Day**. The Twelfth Step Within (TSW) Committee would like to suggest celebrating the whole month of December by "Taking It To Your Meetings." Rather than taking one day to celebrate Twelfth Step Within, take the whole month of December to celebrate by including a paragraph in your format with one of the quotations from the TSW Handbook.

Here is one suggested reading:

"Everyone needs a safe and caring environment to achieve progress in recovery. Newcomers and those in relapse are particularly vulnerable, and they need us to talk with them with the utmost sensitivity. When working with those who are still suffering, we must remember that relapse is not contagious; in fact, working with others will strengthen and reinforce our own recovery." (TSW Handbook, pg. 3)

For other suggested readings, contact the Twelfth Step Within Committee at (971) 338-1275 or email 12thStepWithin@Oregon-OA.org