

A Serving of Hope

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Oregon Intergroup of Overeaters Anonymous

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KEEPING AN OPEN MIND

“One aspect of this program that keeps us here is the promise of permanent recovery from this baffling malady.”

~The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 83

Day after day I admit my powerlessness over food and everything else in my life. By turning my powerlessness over to God, I am accepting help. I ask my Higher Power to show me his will for me and for my ability to concentrate on recovery.

Reading Twelve-Step literature reminds me that I have a disease and that I can recover one day at a time. The program teaches me that I must commit to work and live the Steps. Maintaining abstinence, being accountable to my sponsor, giving service, and making amends are some of the actions that keep me in recovery. As I keep these commitments each day, I receive the healing, happiness, joy, and freedom that eluded me before program.

I am grateful to God, to my family, to my OA family, and to all who love me unconditionally for their part in helping me become the person I am meant to be. Permanent recovery is possible, and I am worth receiving it.

~Voices of Recovery, p. 74

CLARITY WITH THE TENTH STEP

So much of my recovery depends upon me staying clear or, at least, recognizing when things are getting vague, then working towards clarity. In order to stay clear, I need to check in regularly with H.P., my sponsor, and myself. Sometimes this clarity fades if I don't reassess how my practice is going.

The first time through the steps I did a Tenth Step every night and felt great about it. After a few months, I gradually started to criticize every little thing I was doing during the day, and my Tenth Step started to turn into nightly punishment. After a while of that, I decided to only do a Tenth Step if I really needed one. This led me to getting out of practice with the Tenth Step and not doing it when I needed.

Luckily, going through the steps the second time, in a new way, was so refreshing and boosted the gratitude part of my program. This has reshaped my Tenth Step practice, and I have switched to doing a Tenth Step once a week, almost like a weekly review. Most of my practice now revolves around strengthening my assets, giving myself praise where I felt I grew my skills, and encouraging myself to practice where I struggled with others and my program.

Hearing the journeys, practices, struggles, and triumphs of my fellows helps me shape and reshape my practice as I grow. I am so grateful for this program for gifting me with such a great framework to grow.

~Joel T.

Upcoming Events

October 16: Gratitude Workshop 1:00 to 4:00 PM with registration from 12:30-1:00 PM at the Education Center in Peace Health Hospital, Vancouver, WA. Contact Judy W. at 360-601-8390.

November 1: Monthly speakers meeting, 7:00PM-8:30PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. Contact Ilene at 503 268-3064.

November 9: Oregon Intergroup Meeting, 7:00 to 8:30pm, at Girl Scouts, 9620 SW Barbur Blvd., Portland. Everyone is encouraged to attend.

November 12: Half-Day Marathon. More details to come. Contact Darleene Meyer at darleenem@hotmail.com.

November 12: Action Plan Workshop for the holidays, 9 AM to 12:00 PM, Westside Church of Christ, 5525 SW Menlo Drive, Beaverton. Bring your own beverage and suggested \$5 donation. Contact Janet at 503-747-5759 or Nancy at nancyhawk92@gmail.com.

December 12: 10:30 AM to 12:30 PM 12th Step Within Workshop at the Beaverton Library. Contact Jan E. at 12thstepwithin@oregon-aa.org.

We Don't Have to Do It Alone

The escape and pleasure derived from a binge is incredibly short-lived. It is one hour of "fun" in exchange for days of physical upset, shame, and frustration. For me, the apparent irrationality of my behavior was the most frustrating part of the disease. I often asked myself, "If all I want is to be in excellent shape and eat reasonably, why don't I *just do it?*"

I consider myself a very rational person, and there is no rationality in engaging in this behavior. But that's just it; this disease is cunning and baffling. My rational mind has gotten me 15 years of complete and utter obsession with food, weight, and physical appearance. From restrictive dieting, to episodes of binging, compulsive exercise, and purging, my relationship with food has been the cornerstone of my adolescent and young-adult existence.

Program has shown me that the food wasn't irrational. It soothed my fears, treated my social anxiety, medicated my obsessive brain, and relieved me from uncomfortable feelings. Unfortunately, it was always an illusory calm before a storm – a storm of sadness, extreme frustration, and regret.

Today, I have been forced to find healthy substitutes to manage these thoughts and feelings. Although I use a number of tools on a daily basis, nothing gets me away from the disease more than pouring my thoughts, actions, and self into another human being.

I now believe more than ever that we are not meant to do this life alone. When I am in my disease, I am living in complete isolation. I lack true human connection. I put on a show of what I believe the world wants of me, and it takes every bit of energy that I have. Program has given me the gift of opening up to those around me, serving them, and loving them as they are. I have such a long way to go, but I am so grateful for the gift of experiencing life with others.

~Julie

Looking for a new meeting?

The Saturday 10:00 a.m. meeting at St. Philip Neri Paulist Center is in need of attendance and support.

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.

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>.

ANOTHER LOOK AT STEP TEN

"Continued to take personal inventory and when we were wrong promptly admitted it."

I find it most instructive that step 10 does not begin "From time to time took personal inventory." It is a continual action we take day after day. And that is one of the troubles with life--it gets so daily. On the other hand, that can be one of the blessings of a life in recovery. As we day-by-day walk the steps and pick up the tools, our life improves. Days of abstinence and serenity mount up.

And we learn we are no longer alone. I consider it important that I share what is going on in my life (or more specifically, that day) with three entities: myself, my Higher Power, and my sponsor.

Myself? Don't I already know what occurred that day? I find that if I don't take time to evaluate my day, parts of it are simply off my radar. I need time to process my day...to consider what I did well in the day. What could I have done better? What commitments did I fulfill? What commitments do I need a booster shot on? An important element is writing about what I uncovered during the day: what disturbed my peace? What discoveries did I make during the day? I make specific notes on these that I want to talk about the next day with my sponsor.

Secondly, it is important to me that I bring Higher Power into my consideration of the day. This is NOT to inform HP of what happened in the day. No, not at all. It is to allow me to bring Higher Power into the events of the day, perhaps gaining clarity and peace about issues.

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

Lastly, I email my 10th step to my sponsor. I am being 100% honest with one person on earth. I haven't hidden from myself, my God, or my sponsor...as much as is humanly possible. I have allowed an extra set of eyes into the intricacies of my life.

If I find I am having difficulties with my abstinence, or sanity and serenity seem a long way off...then that too becomes a part of my 10th step. I can take my newly discovered fear, harm, resentment, or problem to the columns of the 4th step inventory, share it with someone, pray for God to remove any defect that comes up and prepare to and make amends, as is appropriate.

Does this process make my life a bed of roses from that point on? Do all of my struggles go away never to return again? Oh no! Many, many times I have had to say, I am still struggling with x,y,or z. And I pick myself up and go on. And I learn how to deal with life on life's terms.

~Warmly, Jan

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 views expressed 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.

This is a list of the groups which have donated funds to Oregon Intergroup in 2016 with the total amounts donated. If the information is incorrect, or if your group donated and isn't listed, please contact the treasurer at treasurer@oregon-oa.org.

Group #	Day/time/location	Total in 2016
38550	Sun 10:30 AM Portland NW	55.00
51093	Sun 2:00 PM Portland NW	100.00
54433	Sun 7:00 PM Portland	134.10
53628	Mon 9:30 AM Woodburn	128.57
22065	Mon 12:00 PM Beaverton	110.00
6652	Mon 12:00 PM Portland SE	500.00
18333	Mon 7:00 PM Milwaukie	470.00
16216	Mon 7:00 PM Portland NE	285.00
11259	Mon 7:00 PM Vancouver, WA	212.00
45836	Tues 10:00 AM Canby	604.00
53900	Tues 12:00 PM Newberg	7.00
53364	Tues 6:15 PM Hillsboro	300.00
00236	Tues 7:00 PM Salem	204.00
33814	Tues 9:30 AM Beaverton	279.00
7901	Wed 10:30 AM Gresham	178.19
33618/33913	Wed/Fri 12:00 PM Lake Oswego	180.00
51751	Wed 6:30 PM Portland SE	148.67
38889	Wed 7:15 PM Portland SW	278.19
41103	Thur 9:30 AM Beaverton	100.00
50504	Thur 1:00 PM Portland Dntn	140.00
52810	Thur 12:00 PM Ocean Park, WA	220.00
48990	Thur 12:00 PM Portland NE	50.00
00046	Thur 6:00 PM Tualatin	100.00
51565	Thur 7:00 PM Silverton, OR	30.00
51512	Thur 7:00 PM Vancouver, WA	503.49
18225	Fri 9:00 AM Sherwood	205.82
00706	Fri 10:30 AM Beaverton	50.00
49171	Fri 12:00 PM McMinnville	115.00
49679	Fri 12:00 PM Portland SW	410.00
49678	Fri 7:00 PM Portland NE	495.82
23622	Sat 7:00 AM Portland SE	988.93
29424	Sat 9:00 AM Salem	530.00
36544	Sat 10:00 AM Seaview	522.00
34274	Sat 10:00 AM Vancouver	440.00

"As we repeatedly act on step ten, we begin to see the remarkable way the steps will, from now on, continue to remove unnecessary turmoil and pain from our lives."

~*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 89*