

A Serving of Hope

Volume 4 Issue 5

Oregon Intergroup of Overeaters Anonymous

May 2015

USEFULNESS

*Noble be man,
Helpful and good!
For that alone
Sets him apart
From every other creature
On earth.*

~Johann Wolfgang von Goethe

One person helping another is a practice as old as humanity. Help is not telling another what to do, or even suggesting it.

Help is being there for someone; to share experience, to lend support, to do what needs to be done when a friend's burden becomes crippling. I need the awareness to keep my ego, my advice, my good intentions out of another's life, even though they appear in the guise of help.

If I want to help others develop their own strengths and realize their full potential, I cannot do it by telling them what to do.

For today: I am an instrument of my Higher Power. I carry the message, but I do not interfere with it.

~For Today, page 246.

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

Three Simple Rules in Life

1. If you do not go after what you want, you'll never have it.
2. If you do not ask, the answer will always be no.
3. If you do not Step forward, you will always be in the same place.

~Unknown.

Learning to Trust on the Back of a Horse

My last vacation included horseback riding. I hadn't been on a horse since my pre-teens, so it was like a new experience for me. The instructor matched me with a well-experienced, calm horse for which I'm grateful. As soon as I got on and tried to get use to the movements of the horse vibrating through my own body, I realized this was a test of trust.

The first thing I noticed was that the movement was not going to be of my making. To stay on the horse and not injure myself, I had to not resist the pattern of the horse. This reminded me of the 12 steps. At Step one I had no idea of where the Steps were going to take me, nor did I have idea how I was going to ever reach Step 12. I would have to trust the flow of the 12 steps just as I had to trust the flow of the horse's movements.

The next thing I noticed was that despite me holding onto the reins, steering was really only a suggestion to the horse and that if he didn't agree with my direction, we were going to go in his direction. This reminded me of the act of praying. I can ask my HP for what I want, or how I think things should happen, but the fact is that HP has more experience at this and my life will go in the direction He/She has planned for me. In this situation, as in many situations in my life, I am grateful that the horse and my HP are running the show or I would be lost in some field with an empty reign in my hand.

~Continued on page 2

Upcoming Events

May 2, Monthly speakers meeting, 7:00PM-8:30PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland; contact Ilene 503 268-3064.

May 16, Sponsorship Meeting: **CANCELED for May**. See you on June 20th.

May 16, The Road to Emotional Recovery, 9am-3:30pm, Paulist Center at St. Philip Neri. Contact Michael 503-351-4035.

May 29-31, Sunlight of the Spirit Retreat, sponsored by the Central Oregon IG. Suttle Lake, Oregon. Contact Linda O. (541) 815-2334.

July 31-August 2. Serenity Retreat. Alton L. Collins Retreat Center, 32867 SE Hwy 211, Eagle Creek, OR. Scholarships available. Email serenityretreat@oregon-oa.org, or call Vee at 449-6005.

September 18-20, Region 1 Convention: The Journey is the Destination, Riverhouse Hotel & Convention Center, Bend, OR.
<https://sites.google.com/site/region12015convention/home>

A Few Words About Service

Don't worry about whether you're good enough to do a service position. If you have the willingness, it's God who is going to do the work. I just have to put in the physical materials, so to speak, and make myself available. And I get to learn in the process of it. I get to grow.

If I already knew how to do it, I wouldn't need that service position. The whole purpose is that I am pushing myself beyond what I have done before. And that's with every service position that I've done. I've done lots of different service positions within the group, outside of the group, in the general service structure. And each and every one taught me something, helped me to grow in some area that I needed. So, if I only did what I was comfortable with, I probably wouldn't do anything.

I have to be able to push myself. It's the same with the Steps or anything else. If I only do what's comfortable, I wouldn't even be here (in OA). The reason I'm here is because I need to grow as a human being. I need to stop sabotaging my happiness with food. I need to quit crippling my soul with food. So this is where I need to be.

~Marcel, as spoken at the Alton Collins Serenity Retreat, 2008.

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.

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.

Learning to Trust on the Back of a Horse (continued from front page)

I had no idea of the paths we would follow to make our 4-mile trip, but my horse seem to know every turn and obstacle in the way. While I was sure he should have gone different ways around the holes and tree roots, the horse knew what he was doing and I was along for the ride. Worrying about whether the horse was making the best decision wasn't my job; it was his. The same holds true with my HP. How many times have I thought I had could solve a situation on my own only to find myself in a worse situation or find that I have been missing out on the pleasures of life because my focus was where it doesn't belong.

The instructor for our trip reminded me of my sponsor. The instruction couldn't make my horse do what it didn't want to do any more than me, but she was aware of the trail and knew some of the patterns the horse might take like galloping if the space between her horse and my horse grew too big. She gave me a heads up of what might happen so I could be prepared. She gave me instructions to make my relationship with the horse more meaningful and productive and she explained what paths we would take. Her best instruction to me was "although it may seem obvious, don't jump off your horse!" Seems like a good rule for my recovery journey too!

My horseback riding trip wasn't all fun. There were moments that the saddle and the angle of my feet became uncomfortable. Just as in recovery, there are moments when I wonder if I made the right decision. But despite the fears and the aches, I learned that by trusting, the ride was beautiful, exciting and something I'll be glad I did in days to come. So it is with my recovery journey.

~Kym

Got CDs?

Our Intergroup CD library needs your help! A lot of our CDs have been checked out for a long time. We all need a chance to hear the experience, strength and hope found in our CD library.

If you have a CD from our library, please return it so others can strengthen their recovery. You can return a CD by either giving it to your IG Rep or mailing it to the PO Box on the front of the CD package.

Thanks so much for your help. For questions, contact Marie at 503-351-0917.

That's Spirituality!

Turning over to God the first disappointment of the day is spiritual. Walking to a store to buy abstinent food is spiritual. Walking farther to save ten or fifteen cents is spiritual. Straightening up the apartment is spiritual. Accomplishing what I set out to do is spiritual. Turning a problem over to my Higher Power is spiritual.

Watching a children's TV show with a little neighbor is spiritual. Writing these thoughts and sending them to *Lifeline* is spiritual. Completely a daily OA reading so it's etched in my memory is spiritual too.

Striving for abstinence and achieving it one day at a time is spiritual. Waiting for an OA friend to call or visit is spiritual. Sharing abstinent food and abstinent thoughts over coffee is spiritual. Taking a bath, washing my hair, polishing my nails, and showing up to a meeting is spiritual.

Going to a movie in a new theatre is spiritual. Staying abstinent with all the tempting goodies sold there is the utmost in spirituality. Singing, dancing, and whistling for joy is spiritual. Enjoying the simple things in life is another miracle of spirituality.

Spirituality is a newcomer reaching out to me because she hears the strength in my voice. Spirituality is really listening when a child speaks to me because sometimes God has a child's face. Receiving Lifeline in the mail today and devouring it from cover to cover instead of a food item I once coveted —that's spirituality.

~Nevada, *Seeking the Spiritual Path*, page 123.

Honesty & Myself

After thirteen years of abstinence, I had a binge one night, about 20-30 minutes. I woke up the next morning and my thought was that if I didn't tell anyone, who would know? Well, I would know and my Higher Power would know. I would then "talk the talk" but not be "walking the walk."

The principle behind Step One is "honesty." The principle behind Step Five is "integrity." How could I live a lie, soothe my conscience, if I pretended it didn't happen? I prayed, as I usually do, that morning, and then called my sponsor. My gut told me to do it. My recovery told me to do it. I began day one again. Aren't we always at day one every single morning we wake up?

In this new abstinence, which is a little under four months old, I feel reborn. I have clarity and a release from anxiety that I never had before, even with my thirteen years. I am blessed and thankful to OA for teaching me about rigorous honesty. It has never let me down.

~Andrea F, *Greater New York Metro IG*,
reprinted from *Lake Country OA*, April/May 2015.

WSBC 2015 Approves Changes to Preamble

The intent if the approved change is to make the OA Preamble more inclusive and welcoming to all members in our Fellowship. The change is underlined below. Our new preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Carrying the Message: What a Concept!

Hi, I am a compulsive overeater. I have been in OA for 26 years, abstinent for almost 3 years and have lost about 200 pounds.

In the beginning, Bill W. turned away from the bar and made a phone call to carry the message of recovery to Dr Bob. And one person to another, one service to another, OA eventually came into being. We now have our own Steps, Traditions and Concepts of OA Service. Our preamble asks us to "carry the message of recovery through the Twelve Steps of OA to those who still suffer." Step Twelve says we "tried to carry this message to compulsive overeaters and to practice these principles in all our affairs." Tradition Five says "Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers." And our Concepts guide us in how to do it.

The message we carry is simple: there is a proven, workable way to recover through the Twelve Steps of OA. It is said at every meeting in the preamble, and our meetings are guided by the Traditions. ~ Continued on page 4

Calling All Meetings: Is Your Voice Being Heard?

Do you want to strengthen OA in your area and throughout Oregon? Make sure your voice is heard in full force 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. Oregon Intergroup meets the second Wednesday of every month at the Girls Scouts building, 9620 SW Barbur Blvd, Portland, OR 97219.

Q1 2015 Contributions to Oregon Intergroup

At the April 2015 Intergroup meeting, those present agreed to publish the donations received from our member groups. This report will appear here quarterly and posted to the Yahoo group. If your group made a donation that is not included below, please contact the treasurer at treas@oregon-oa.org. A special thank you to all of the groups for their donations to help carry the message and support our OA service structure.

Date Received	Group Number	Amount	Meeting Location/Day
3/10	00046	100.00	Tualatin Thur 6 PM
2/23	06652	150.00	Portland Mon noon
3/1	11259	50.00	Vancouver Mon 7 PM
1/15	22065	60.00	Beaverton Mon noon
1/7	23622	43.31	Portland Sat 7AM
2/5	23622	35.40	Portland Sat 7AM
2/25	23622	20.40	Portland Sat 7AM
2/2	33618 /33913	180.00	Lake Oswego Wed/Fri
	33618 /		
3/23	33913	120.00	Lake Oswego Wed/Fri
3/10	33814	440.00	Beaverton Tues 9:30AM
3/17	34274	600.00	Vancouver Sat 10 AM
1/15	36544	20.00	Seaview Sat 10 AM
3/9	36544	20.00	Seaview Sat 10 AM
2/12	38889	60.00	Portland Wed 7:15 PM
2/2	39448	60.00	Hood River Tues 5:30
1/15	40678	108.00	Portland Tues 6 PM
1/15	45836	100.00	Canby Tues 10 AM
2/12	49679	30.00	Portland Fri noon
2/12	50311	20.00	Longview Thur 7:30 PM
3/12	51093	100.00	Portland Sun 2PM
2/5	51751	40.00	Portland Wed 6:30
1/15	52810	20.00	Ocean Park Thurs Noon
3/9	52810	20.00	Ocean Park Thurs Noon
2/12	53019	70.00	Portland Weds 1 PM
1/7	53115	50.00	Seaside Thur 4 PM

Carrying the Message: What a Concept! *(Continued from page 3)*

How we carry it is through service, which is guided by the Concepts. I remember sitting in an intergroup meeting reading in the pamphlet "The Twelve Concepts of OA Service" and something clicked: it was talking about me! Not just "Them"- as in The Board of Trustees, (by the way - there is no "Them" in OA, only "We" and "Us.") It was telling me to butt out of someone else's job. To let them do it their way and not do it for them.

Even if they were not doing it "right!" Translated - my way. I realized there might just be something to this pamphlet and I started reading it in earnest.

So I took the liberty of making the concepts a little easier to swallow - if you will forgive the pun.

- Bring God into everything I do - I can say a Prayer at any time. (Concept 1, 2)
- Make sure I know what I am doing and I am clear in what I need. (Concept 3, 9)
- I have a voice - Make sure everyone else does too. (Concept 4, 1)
- It is not only okay to make a mistake, it is expected. (Concept 5, 3)
- Try not to do too much. (Concept 6, 7)
- Ask for help when I need it. (Concept 8, 11)
- Do NOT do something I asked someone else to do. (Concept 10, 3)
- Trust the process. Don't judge the judging. (Concept 12)
- Do NOT think "You're all that!" (Concept 12)

This isn't only for my Service work, this helps me in my everyday existence. Even in just setting up my plan of eating and my action plan for the day. As with all of Program, it is all about relationships. I hope you find it as helpful as I do.

~ Western Mass, USA