



# A SERVING OF HOPE

## Miracle of Meetings

For me, meetings are the essential Tool, the base of the program. Without meetings, we would have nothing on which to hang the other Tools. Without meetings, we would have no ground from which to climb the Steps. Without meetings, we would have no hope of gaining serenity and no chance of attaining the abstinence necessary for recovery.



A meeting is much more than a group of compulsive overeaters sitting around a table with no food on it. It is a meeting of minds, hearts, and kindred spirits.

Meetings are lifelines that stretch from the insanity of disease to the serenity of recovery. Like people, meetings have different personalities and different focuses. Go to lots of meetings. Go several times to the same meeting. You will get different perspectives, ideas, and gifts of insight. The more you go, the more you'll get and the more you can give.

Members share their experience, strength, and hope at meetings, but they also share much more. They share sorrow and joy, courage and despair, pain and progress, spirituality and practical suggestions, friendship and camaraderie.

Not only can we receive all this at a meeting, but also we get to share our gifts with others. Nothing helps me remain abstinent like the boost I get when someone comes up after a meeting and says, "Thank you for what you said; it helped me so much." The true miracle of meetings is the opportunity to give back.

## Meetings Needing Your Support!

### Sunday, 2:00 pm

Alano Club (Clock room)  
909 NW 24th Ave, 97210  
(NOT wheelchair accessible)

### Wednesday, 6:30 pm

St Ignatius Church  
3400 SE 43rd Ave, 97206  
(Parish office white/red brick bldg)

### Wednesday, 7:15 pm

St Barnabas Episcopal Church,  
2201 SW Vermont St. 97219,  
(Lower level; church offices, Rm 1)

### Wednesday, 7:30 pm

Molalla Unitd Methodist  
111 Mathias Rd, Molalla  
(cross street is E Main St)

### Thursday, 7:00 pm

St. Edward's Episcopal Church,  
211 W Center Street, Silverton  
(cross street is Fairview St)

### Friday, 9:15 am

Sherwood Senior Center,  
21907 SW Sherwood Blvd  
(cross street is N Sherwood Dr)

### Friday, 10:30 am

Westside Service Center,  
12945 SW Beaverdam Rd  
(1 block East of Cedar Hills)



### NEW SATURDAY MEETING!!

Saturday, 10:00 am  
Colonial Heights Presbyterian  
2828 SE Stephens St, Portland  
(Entrance on SE 28<sup>th</sup> Ave)

## Upcoming Events

- April 7<sup>th</sup>**  
**MONTHLY SPEAKERS MEETING**  
 7:00 pm to 8:30 pm  
 Girl Scouts Building,  
 9620 SW Barbur Blvd, Portland  
  
 To attend by phone call  
 641 715-3836, PIN 282586
- April 11<sup>th</sup>**  
**OREGON INTERGROUP MEETING,**  
 7:00 pm to 8:30 pm,  
 Girl Scouts Building,  
 9620 SW Barbur Blvd, Portland
- April 21<sup>st</sup>**  
 Building Recovery Workshop  
 9:30 am to 3:00 pm  
 Salem Hospital—Creekside Rm  
 Building D  
 939 Oak Street SE, Salem

## New Meeting!

- Saturday, 10:00 am  
 Colonial Heights Presbyterian  
 2828 SE Stephens St, Portland  
 (Entrance on SE 28<sup>th</sup> Ave)

## Literature Spotlight

**A NEW EDITION OF THE OA 12X12 IS NOW AVAILABLE!**

After 28 years since its first publication, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* is updated and improved. Place your order at [bookstore.aa.org](http://bookstore.aa.org)

**More information about this new addition is available on the back page.**

## News from World Service

### *Non-Realtime-Meetings*

The **Find a Meeting** page at [oa.org](http://oa.org) has been expanded to include a variety of digital meeting options, including meetings via email or bulletin loops, social media pages, bulletin boards or forums, and mobile applications. OA calls these meetings “non-realtime” meetings because they do not meet in real time or have designated start and end times.



### *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](http://oa.org/podcasts).



### *Traditions Explained Videos*

“Take a Walk Down the Traditions” is a series of videos designed to quickly explain each tradition. Find the first [six](#) videos at [oa.org/podcasts](http://oa.org/podcasts), and stay tuned for more.



### *Access OA’s Lifeline Online at [www.oalifeline.org](http://www.oalifeline.org)*

For \$23, you get one year of access to new Lifeline stories published ten times per year, plus the archive of hundreds of stories published since January 2016



### *OA E-Books Now Available!*

Whether you prefer to read OA-approved literature on electronic devices or from a mix of e-readers and print books, you can now find OA e-books for popular e-readers and apps.



## What We Have in Common



### *Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.*

When I first came into OA, almost thirty years and 200 pounds (91 kg) ago, I heard Tradition Three and had mixed feelings. First of all, I felt so low I wasn’t sure I wanted to be part of a club that would have me as a member. Yet, at the same time, I was thrilled. I did belong somewhere, and no matter what, I couldn’t be kicked out! At that time, I was like a newborn, and it was all about me.

Then I began to see how this Tradition impacted my relationships with other people in the rooms. “Hey,” I said to myself, “if I belong, no matter what, maybe everyone else does too.” Truth be told, I used to do a very good job of taking other people’s inventories—much better than my own. I found it easier to look at what was wrong with you rather than what was wrong with me. There were many days when I really didn’t want to stop eating compulsively—I just wanted to be free of the consequences of eating compulsively. But I kept coming back, because I was welcome to. Eventually, I realized that if I felt this way, maybe other people did too; I realized it wasn’t all about me.

Really this Tradition is all about unity, isn’t it? I know the spiritual Principle associated with Tradition Three is “identity,” which makes sense too. I can still find my individual identity while being true to the common goal: to stop eating compulsively. It doesn’t matter how we achieve this goal, as long as we reach out and help others along the way. I really love that about OA: there is no one right way—we all have the dignity of choosing. We choose our Higher Power, how we will work the Steps, our favorite OA-approved literature, our plan of eating. No one has the right to tell me I’m doing it “wrong.”

Tradition Three teaches me to look at what we have in common. In OA, it is our desire to stop eating compulsively. Simple. But what about out in the real world? How do I carry Tradition Three out there? As a member of the human race, I often wonder what makes us all the same, and I think I’ve figured it out. We all make mistakes! That’s our common goal: the only requirement for being human is to learn from our mistakes. If we could all embrace this, just think how much more we would accept ourselves and others.

— Lyn C., Massachusetts USA

## Diversified Social Portfolio a.k.a. a Sponsor Suggestion

I can only imagine what you are thinking: What is a sponsor doing dispensing financial advice? Did I just pick up the Wall Street Journal?

No. This really is a Serving of Hope.

My thoughts ran along similar lines last night as I was listening to a radio program. But as sometimes happens I began thinking with my OA brain (would that I do more of that!).

I recalled my sponsor's suggestion early on in working with her. "Call three people a day." I thought to myself in the words of Alfred E. Newman, surely you jest! But I had a handy excuse in mind. I had not yet started OA service: I only went to one meeting a week. "I am not sure I know three people to call" I confidently stated. She was armed and ready for that one. I will send you a list of names and numbers.

No more excuses!

Although the topic of last night's broadcast was marriage, what was said could apply to any situation in life. The point of the phrase was not to put ALL of your expectations in ONE person. I was being taught by my sponsor that putting all of my eggs in one basket was never wise.

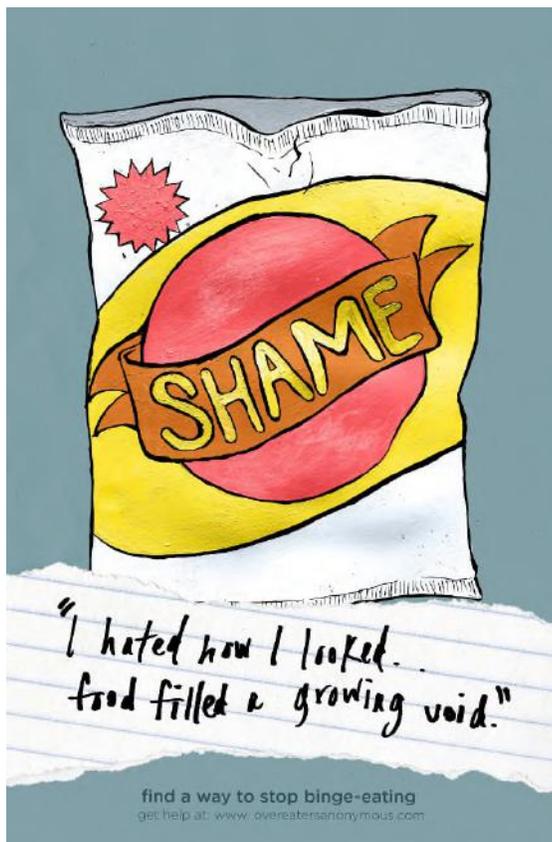
I learned different lessons from these outreach calls. I learned



how different people worked their program. I learned who to call back a second or third time. I learned who I could laugh with; who I could cry with.

As I grew in my program, in my reality that I was worth talking to, I developed my OA God Squad. Then when mornings like today's conversation goes, "I will not be able to take calls from this time to that time, I don't panic because I have learned the value of a DIVERSIFIED SOCIAL PORTFOLIO.

~Ann O Nymous



## Twelve Step Plan for Compulsive Overeaters

### GOD'S PART

1. Abstinence
2. Healing bonds of fellowship
3. Spiritual awakening

### MY PART

1. Ask for a sponsor  
Design practical nourishing food plan;  
Commit to follow plan  
Call said sponsor
2. Attend meetings  
Become involved in service
3. Put doubts/fears aside  
Place reliance on HP of MY understanding

Together we can do anything.

~Jan

## Oregon Intergroup

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.

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## 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. Visit the OA Region 1 website at [www.oaregion1.org](http://www.oaregion1.org) and click on the "Find a Sponsor or Sponsee" link located on the right.

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## 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](mailto:youngpeople@oregon-oa.org).

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## 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.

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## Newsletter Submissions

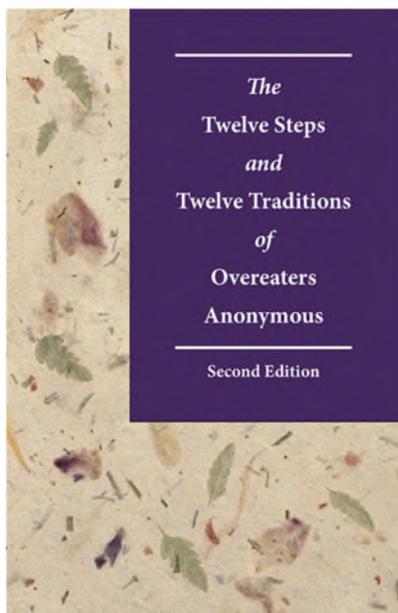
Practice the tool of writing and tell us your recovery story. Write about your favorite step, tool, slogan, and/or fellowship moment. **Have a meeting update, need support or have an announcement?** Send all writings and/or information to: [newsletter@oregon-oa.org](mailto:newsletter@oregon-oa.org)

# Service is Slimming! Open Intergroup Positions

As you can tell from the list below, **Intergroup needs YOU!** It needs your recovery, your twelfth step-service, and your experience, strength, and hope. Perhaps you have newly come to Overeaters Anonymous and have no clue what Intergroup is all about. Maybe you even think you are not sure you want to be of service...let your curiosity guide you to see if this service might be a good fit for you. We need:

- **VISITORS:** Duties: Show up at Intergroup and join in discussion (or not); does not vote. *Qualifications: Desire to be of service and curiosity*
- **MEETING REPRESENTATIVES:** Duties: Represents your meeting at Intergroup; bring back materials posted. *Qualifications: Selected by group they represent*
- **TWELFTH STEP WITHIN:** Duties: Report monthly to Intergroup and upon project completion; Arrange project for December 12<sup>th</sup>, Twelfth Step Within Day; specific projects (e.g., Affirmations Project). *Qualifications: 90 days abstinence; worked through step 7*
- **PUBLIC INFORMATION PUBLIC OUTREACH:** Duties: Issue press releases; coordinates OA poster campaigns; explains OA to those unfamiliar with the program; publicize meetings. *Qualifications: 9 months abstinence; worked through step 7*
- **WAYS AND MEANS:** Duties: Report monthly to Intergroup, as projects occur; conduct money making projects at OA events; prepare items for said projects; enlist helpers for said projects. *Qualifications: 9 months abstinence; worked through step 7*
- **MEMBER AT LARGE:** Duties: Assume any board position during temporary absence or until replacement is elected; assist co-chair in contacting groups not represented at Intergroup. *Qualifications: 9 months abstinence; worked through step 7; Familiar with 12 traditions; Regular attendance (2 years) at a home group; have/be a sponsor; familiar with Roberts Rules of Order; present for nomination and election*

## Stop the Presses! A New Edition of OA 12x12 Available!



*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition* is updated and improved, 28 years after its first publication. This new edition was created specifically as a study of the OA 12 Step recovery program. The OA 12x12, 2<sup>nd</sup> Edition, was revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the 12 Steps and studying the 12 Traditions, members have found “physical, emotional, and spiritual healing that we don't hesitate to call miraculous.”

As to your old first editions, they certainly may continue to be used. A good suggestion is that each meeting have a group conscience on when they wish to switch to the 2<sup>nd</sup> Edition. Perhaps, once you make the switch, you could gift the first edition to hospitals, clinics, libraries and other public access points in your own community to get the OA message in circulation.