



A SERVING OF HOPE

The opinions expressed herein are those of the individual and do not represent OA [Oregon Intergroup] as a whole.

Trust.



Trust has never come easily for me. There are some reasons for this—facts from past trying to influence my current reality. Just in case the world still can't be trusted, you know.

But here I am in this twelve step fellowship, which asks me to TRUST on a million levels....far beyond my level of comfort. Is there any way to work the steps (or even the tools) of OA without

at least some measure of trust? Is it even possible for me to abstain from compulsive eating without trust?

Faith seems to be a prerequisite to trust, but even if I don't have much faith, our literature tells me I can "act as if." So, I try to figure out what trust would look like in a given situation. I try to turn "TRUST" into an action, because trust doesn't always exist within me as a feeling.

The ultimate trust, for an addict, is to not use. Even when feeling angry, stupid, ashamed, rejected, tired, hurt, bored...whatever, I can step into the knowledge (the trust?) that I am capable and strong enough to feel completely awful and (eventually) come through to the other side, without turning to food. This is a big deal, but it's based on a growing volume of experience which tells me that every feeling I've ever had has been temporary. And it's never been the feeling that's hurt me, anyway. It's what I've done to not feel that has hurt me the most. I can express trust by reaching out to others in program. I do have to face life, but I don't have to do it alone.

I need to speak and be visible in the world. As a child I sought safety in invisibility. Later, I learned to censor myself carefully, trying to hold or gain my place on that "imaginary ladder of worth" by saying exactly the right words. Trust for me is acknowledging that as an adult, I am safe to speak. Sure, sometimes I say the wrong thing, or I'm awkward or don't feel heard, but it's pretty amazing to just speak. If I mess something up, I can work steps four through nine to clean things up.

One of my biggest character defects has been control—controlling me, controlling you, controlling outcomes. It is trust for me to let go of control. Sometimes I watch myself letting something be "average" and feel surprised. Other times, I feel a sense of agitation and realized I've started to stray into controlling behavior, and I'll say out loud to another person, "I'm letting go of the outcome on this. I'm committing to you that I'm leaving it alone, and that any more input from me would be control. And...I'm guessing the sky won't fall."

(continued on page 2)

Upcoming Events

- **Saturday, June 16th**
UNITY & CARRYING THE MESSAGE: TRADITION 1 & 5 WORKSHOP
9:30 am to 2:30 pm,
Girl Scouts Building,
9620 SW Barbur Blvd, Portland
- **Sunday, June 24th**
PASSPORT TO UNITY WORKSHOP
1:30 pm to 4:30 pm
Alano Club of North Shore,
North Vancouver, BC, Canada
- **Saturday, July 7th**
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
- **Wednesday July 11th**
OREGON INTERGROUP MEETING,
7:00 pm to 8:30 pm,
Girl Scouts Building,
9620 SW Barbur Blvd, Portland
- **Friday-Sunday, July 13-15**
SERENITY RETREAT AT
Camp Arrah Wanna Retreat Ctr
24075 E Arrah Wanna Blvd.
Welches, Oregon
- **Weds-Friday, October 17-19**
REGION ONE ASSEMBLY
Hotel RL by Red Lion
Spokane, Washington 99201
www.oaregion1.org
- **Friday-Sunday, October 19-21**
REGION ONE CONVENTION
Hotel RL by Red Lion
Spokane, Washington 99201
www.oaregion1.org

Meeting Changes

- **No longer meeting:**
Friday, 9:15 am
Sherwood Senior Center,
21907 SW Sherwood Blvd

News from Region 1

Region 1 Raffle 2018

One winner will be drawn October 15th and one will be drawn August 1st.

You can win a free registration and banquet ticket. Each ticket is \$5.00.

Visit: <https://www.oaregion1.org/>

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Free Workshop Study Guide

The Strong Recovery Project Team can offer a free copy of the Workshop Study Guide to people who host a Step Study. Only one copy of the Study Guide is needed because it contains all the material and a script for each session. For info contact strongrecovery@oaregion1.org

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News from World Service

What If I Don't Believe in "God"?

OA has discontinued sales of the pamphlet *What If I Don't Believe in "God"?* and made it available as a free download from the OA website. Find it at OA.org/documents under "Discontinued Literature."

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Unity Day Podcast

A new ten-minute podcast to support OA unity worldwide is available for download. It explores the Principle of Unity as seen through OA policies, Traditions, and quotes. Find it at OA.org/podcasts under "Interviews, Readings, and Meetings."

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OA Spanish Literature

After 2018, WSO will no longer sell Spanish pamphlets and books. All existing inventory is now available for only cost of shipping. To order, call the WSO at 1-505-891-2664. Orders must be placed by phone so correct shipping charges can be calculated.

Trusting: Another Fascinating Growth Opportunity

Some time back, I told a trusted person that I didn't want to admit to my sponsor that I had eaten [fill in the blank]. I didn't want to lie, but I really didn't want to hear what my imagination thought she would say. I was shamed as a child and can come up with a long list of possibilities.

My trusted person suggested an information-gathering call. "When you have not been eating [blank], and you feel calm, call your sponsor and ask: 'I need to know what you would say if I called and said I had eaten [blank].'" This will allow you to learn what your sponsor would say, when you are feeling safe." So, I did just that. I called my sponsor and asked the question. I got a caring, compassionate reply, and now feel that I can call her when my food isn't going well, or life is in my way, and I won't be shamed, yelled at, or treated in any other negative manner. I also know now that if I got a negative, shaming, answer, it would be high time to examine my relationship with that sponsor.

take a small step every day



What might the next step in trusting be for me? The sky didn't fall in this experience, so what can I test out next? How can I step a tiny bit outside my comfort zone? One step has been to write this article. I told a friend that she should write up something and she said she'd write about trust. Then she turned it around on me and said, "If I have to do it, so do you." And, I took a breath and did it, and as a retreat leader said "I didn't die."

Dorothy C.

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And the sky doesn't fall and I learn to trust a little more. There's a balance between speaking up and letting go—I'm definitely allowed to speak, but I don't have to make sure things go a certain way. There's peace in this approach, regardless of the outcome.

There are people ahead of me on the path—people who are not only surviving, but thriving. People who come to meetings and share hope. Trust for me is hearing their stories and choosing to believe that if they can recover, I can, too. And, if I can trust enough to let some of these people really know me then I'll find out that we're all very much the same; that what has worked for you can work for me. Maybe trust in OA is to remain as open as I can be and to cooperate with the guidance I receive here.

As I have learned to trust others in our rooms, I've received an unexpected gift—I am learning to trust myself. OA gives us quite a few ways to practice being trustworthy. Finishing all twelve steps is a big deal for a person with a history of not finishing things. Keeping commitments in sponsoring and service gives us practice in being a person who can be trusted. And, of course, there's the other side of trust, which has to do with safety. I've been helped by so many people in OA – they've answered my phone calls, listened to my shares, food struggles, parenting struggles, fifth steps, tenth steps and more. They've given me the gift their time and they've offered the safety of patience and kindness as I've worked things through. And, as I've learned that I can safely trust, I've been able to give this to others, as well. I know I have more to learn about trust, but I believe it comes down to this day. In what ways can I act on the trust I have in the twelve steps and in the OA fellowship today?

Beverly M.

Dear Newsletter,

Step 6 & Character Traits I Want to Keep

Dare I admit that four years into working a vigorous OA program there are character traits that I would like STILL like to hold on to. Thankyouverymuch.

Things that still cause me pain and shame...things like compulsive eating, things like negative self talk, things like BELIEVING my negative self talk.

Four years in OA and I am not perfect yet? (Ya think my expectations might be a smidge too high?) Maybe I have the syndrome I heard about this morning:

Frantic
Effort to
Appear
Recovered

If you are anything like me, all I have to say is “Welcome Home.”

Jan E.

Self Will vs God’s Will

One of the questions I was to answer in working Step 3: How do I know what is my Higher Power’s will as opposed to my self-will?

The answer I wrote: God’s will completely abides with spiritual principles while my will attempts to skirt around them. God’s will flows naturally without need for explanation while my will is forced and driven by rationalization/justification. God’s will is subtle, quiet, unimposing while my will is loud, harsh, obtrusive and obnoxious. God’s will feels foreign, coming from outside my own limited brain, while my will is a familiar default, enabling my same old destructive habits. God’s will is humongous while my will is small. God’s will is concerned with the greater good while my will only serves my short-term desires. God’s will is oriented toward growth while my will only seeks comfort. God’s will gives purpose to pain while my will can only see the suffering. God’s will is to spread His glory while my will is to bolster my ego.

Anonymous

Just Keep Swimming

Food and eating is like swimming in the ocean—there’s no END. There’s no middle and no beginning (unless we’re talking about my first drink out of the womb.) There’s no stopping. Eating is a *constant*; it is ever present in life. There’s always

a next meal, for better or for worse.

I think for that reason, I have to focus on the positive; I have to focus on what I’m doing *right* because I have to keep swimming. It wastes my energy to think about meals or eating that’s already happened. I have meals coming toward me from the future; I don’t have time to spin out over meals of the past. I’m a food addict and if I engage in that shame-based regurgitation of my mistakes my life can get ugly real fast. I have to stay grounded in the present and, if I make poor choices, I have to share about it, let it go and move on. Otherwise, I’ll just keep making poor choices and end up in relapse.

Part of my recovery program is that I focus on the success of my future. I have faith in that because I have the experience of it. And I can build on it. I can build on the healthy abstinent choices I’ve made in the past and see myself making those choices again. How I can insure that I make those choices is that I engage in the process of recovery. Paradoxically, I take my focus off the food and onto my program connections (my meetings, my sponsor, my sponsees, and my fellows)—all of which are a power greater than myself. With that power, I find myself making healthy abstinent choices and I just keep swimming and pretty soon I hear a stupid little song about swimming in an ocean in Ellen Degeneres’ voice.

Anonymous

Meme of the Month



Oregon Intergroup

Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area. Visit our website at Oregon-OA.org

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Newsletter Submissions

Practice the tool of writing and tell us your favorite recovery step, tool, slogan, and/or fellowship moment.

Have a meeting update, need some support or have an announcement?

Contact newsletter@oregon-oa.org

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CD Lending Library

Oregon Intergroup provides a library of audio CDs of OA speakers from past retreats and conventions. For more information, go to: oregon-oa.org/cd-lending-library/

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Virtual Sponsors Wanted

The Virtual Sponsorship Committee is needs sponsors. Many people live in areas where OA is not well established. For more information: www.oaregion1.org/find-a-sponsor-or-sponsee.html

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Young People's Phone List

Did you enter OA at age 30 or younger? If you can offer support to a young member, send your name, phone, email and age started OA to youngpeople@oregon-oa.org.

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First Quarter Financials

Below are contributions made to Oregon Intergroup during the period of 1/1/18 to 3/31/18. If you have questions, please email treas@oregon-oa.org.

Sun 7:00 AM Portland SE Unity	\$67.49
Mon 12:00 PM Beaverton	\$350.00
Mon 12:00 PM Portland SE	\$75.05
Mon 7:00 PM Milwaukie	\$250.00
Mon 7:00 PM Vancouver, WA	\$30.00
Mon 7:30 Newberg YOOP	\$110.00
Tues 5:30 PM Hood River	60.00
Tues 6:30 PM SE Men's Focus	\$420.00
Tues 10:00 AM Canby Smyrna	\$100.00
Wed 12:00 PM Lake Oswego	\$70.50
Wed 6:30 PM Portland SE St Ignatius	\$75.00
Wed 7:00PM Oregon Intergroup	\$159.47
Thurs 11:45 AM Ocean Park, WA	\$60.00
Thurs 5:30 PM Longview, WA	\$100.00
Thurs 7:00 PM Vancouver, WA	\$37.83
Fri 12:00 PM Lake Oswego	\$70.50
Fri 12:00 PM McMinnville	\$200.00
Fri 7:00 PM Portland NE Bethany	\$550.00
Sat 7:00 AM Portland SE Unity	\$67.48
Sat 9:00 AM Salem St. Paul's	\$60.00
Sat 9:00 AM Portland SW St. Barnabas	\$218.00
Sat 10:00 AM Long Beach, WA	\$40.00

Total Income = \$3,171.52

60% for Intergroup = \$2,256.31

30% for WSO = \$686.27

10% for Region 1 = \$228.74

Serenity Retreat at Camp Arrah Wanna on July 13-15, 2018

**Camp Arrah Wanna Retreat Center
24075 E Arrah Wanna Blvd.**

Welches, Oregon

Sponsored by Oregon Intergroup of OA

For information, including scholarships, email serenityretreat@oregon-oa.org or call Loriann at 503 704-8571. To register, visit www.oregon-oa.org and look for the "Register for a Serenity Retreat" drop down menu on the home page. You can register online or you can download a registration form and mail it in with your payment. Full instructions are available on the website.

A retreat is a place to focus on recovery and spiritual growth; it can enhance your program and reaffirm your commitment to your recovery.

Open Intergroup Positions

Intergroup needs your recovery, service, and Experience, Strength & Hope. All positions require attendance at monthly intergroup meetings:

- **MEETING REPRESENTATIVES:** Duties: Represents your meeting at Intergroup; bring back announcements and materials posted. *Qualifications: Selected by group they represent*
- **TWELFTH STEP WITHIN:** Duties: arrange project for December 12th "Twelfth Step Within Day"; *Qualifications: 90 days abstinence; worked through step 7*
- **PUBLIC INFORMATION PUBLIC OUTREACH:** Duties: press releases; OA poster campaigns; publicize meetings. *Qualifications: 9 months abstinence; worked through step 7*
- **WAYS AND MEANS:** Duties: conduct money making projects at OA events; prepare items and enlist helpers. *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*