



A SERVING OF HOPE

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

I Am Enough

I recently got in an argument with my co-manager. She said that my trying to help out sent a message that I didn't think she could do her job. This was further from the truth but it took some soul searching to figure out my side of issue; after all, I was doing nice things for her...right?

I found myself dealing with my anger towards her by cleaning. I was determined to keep my side of the street clean...literally. I avoided conversations with her by purging files and old paperwork. At home I cleaned every day.

Once my office, house and car were spotless I realized I was only using cleaning to numb from the feelings I had brewing inside. And as my HP does quite often, those feelings came to a boil one night at midnight when the tears would not stop.

I started writing and what I realized was that my core belief is that I'm not enough. Growing up and attending special education classes I was told by my classmates that I was not enough; I was told by teachers that I wasn't worth their time or attention. Every time I read something wrong, I'm reminded that I'm not enough. I grew up believing that it was what I did for others that made me worth anything.

Recently my dyslexia had worsened. It does that once in awhile when I'm stressed. I've learned not to panic because I know it will go to baseline after a while. But what I hadn't learned was that I was letting my core belief of having to prove my worth, determine my actions. I know in my wise mind that I have more to offer than doing things for others, but I wasn't being honest with myself about it; I wasn't looking at those things. I felt comfortable in that "I'm not enough" place. I believed that helping people would make them like me. And while doing things for others and cleaning kept me from doing negative things with food, it doesn't serve me well as I'm not allowing the others things I do have to offer, come through.

I have shared this new discovery with my co-manager and we can now laugh about my need to do acts of kindness and her insecurity which views them as a negative message. I can now say my side of the street is clean.

I have always thought of honesty in this program as being around food but I now find myself in a place where I need to look honestly at myself and what I have to offer. I have to believe that my HP gave me gifts that dyslexia can't take away. My goal is to get to the place where I can see offering myself, just as I am, as enough.



Kristen Jongen

Upcoming Events

- Saturday, June 2nd**
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 June 13th**
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

Meeting Spotlights!

Stretch yourself and your program by attending a different meeting! Mix it up and meet new people.

- Tuesday, 9:30 am**
 St Matthew Lutheran, Rm 209
 10390 SW Canyon Road,
 Beaverton 97005
(For Today literature focus)
- Thursday, 9:30 am**
 St Matthew Lutheran, Rm 209
 10390 SW Canyon Road,
 Beaverton 97005
(OA&AA 12x12 literature focus)
- Friday, 9:15 am**
ALL AGES WELCOME!
 Sherwood Senior Center,
 21907 SW Sherwood Blvd
(cross street is N Sherwood Dr)

Meeting Change

- Thursday, 11:45 am moved!**
 The new location is at the
PENINSULA CHURCH CENTER
 5000 N Place, Seaview WA
(Please contact Diane B 503-318-6608 before attending.)

Kym - Aloha, OR

News from Region 1

First Skype Meeting Recorded

The first Region 1 Skype Speaker meeting happened on April 30th. The recording is available at <https://www.oaregion1.org/audio-recordings.html>

Region 1 Raffle 2018

One winner will be drawn on October 15 in Seattle and one winner will be drawn August 1, 2018. You can win a free registration and banquet ticket. Complete as many tickets as you want and each ticket is \$5.00. Visit: <https://www.oaregion1.org/>

Retreat! Retreat! Retreat!

Like to travel? There are several wonderful retreats happening around Region 1. Check out the events page: <https://www.oaregion1.org/events.html>



News from World Service

Lots and Lots of Support

The OA.org website is full of tools for groups and members, including audio recordings of the **Steps, Traditions**, and many special topics, including **Abstinence, Recovery from Relapse, Primary Purpose, 12 Step Within**, the **Tools**, and much more. Don't miss out! Visit OA.org/podcasts.



Celebrate Good Times

Abstinence Shout Out!

Would you like to celebrate your abstinence or is a fellow celebrating an abstinence date? Send us an email newletter@oregon-aa.org and we'll post it in the next newsletter.



Choosing A Food Plan

Lots of people in OA are told to “go to a nutritionist” to get a food plan. So begins a period of trial and error that relies on the professional’s grasp of food-addiction concepts like complete abstinence from foods that they might consider benign. Research these people carefully.

There’s nothing wrong with getting a food plan from someone in OA who firmly adheres to their food plan commitments, is moving towards or at a healthy body weight, and seems sane and consistent in their thoughts, words and actions. They’ve earned those capabilities.

I was brought up in OA to “starve the beast”—which doesn’t mean not eating enough food—it means identifying and eliminating foods and quantities that feed the disease’s insatiable call to get you to do things that result in us feeling physically, emotional and/or mentally sick.

I weigh and measure—a lot of people do and a lot of people don’t. It insures that meals will be of a consistent size, which most people quickly acclimate to and become comfortable with.

Of course, removing trigger foods, or foods that you struggle to eat in modest portions will make being contentedly abstinent easier. That can also include looking at spices, beverages, foods that aren’t really foods (snack foods, mints, gum) and the like.

I have sensitivities to spicy foods, black pepper, and acidic foods (e.g. caffeinated beverages, cooked tomatoes, rye, tempeh to name a few)—and when I become symptomatic (stomach aches, gassiness, bloating, burning all the way down the line) I remove them completely—and am very careful about what I eat until the symptoms fade. I believe that everyone eats things that “make them sick” (i.e., causes symptoms) and are totally oblivious to it. However, it takes time to reach levels of willingness to “go all the way” towards clean eating. Be patient, but alert.

While most compulsive eaters aren’t alcoholics, a majority of us don’t drink alcohol, and certainly don’t use recreational drugs, since it lowers inhibitions and is a mind-altering substance—why would an addict opt for that if they are trying to live in reality with a clear head? I happen to take meds for ADD/anxiety/depression tendencies—nothing wrong with it—I’m 20+ years abstinence, and have traveled a long and winding road for answers that included going without them and having a very hard time when I did.

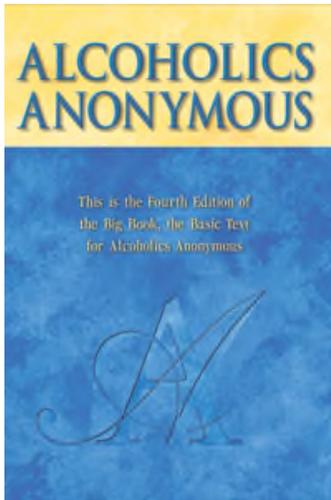
My food plan has evolved as I gained the self-awareness that inventories bring, with an increased reliance upon a Higher Power for guidance, strength and inspiration. I have more flexibility now with my food, but my primary objective is to keep things simple, make sure my sponsor knows exactly what my food disciplines are, and I don’t make any changes without checking it out with my sponsor or others with long term abstinence first.

Abstinent compulsive eaters know a lot. Don’t be afraid to trust one with your food.

Neil R, Baltimore, MD



AA Big Book, Appendix II: "Spiritual Experience"



The terms "spiritual experience" and "spiritual awakening" are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in many different forms.

Yet it is true that our first printing gave many readers the impression that these personality changes,

or religious experiences, must be in the nature of sudden and spectacular upheavals. Happily for everyone, this conclusion is erroneous.

In the first few chapters a number of sudden revolutionary changes are described. Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they must acquire an immediate and overwhelming "God-consciousness" followed at once by a vast change in feeling and outlook.

Among our rapidly growing membership of thousands of alcoholics such transformations, though frequent, are by no means the rule. Most of our experiences are what the psychologist William James calls the "educational variety" because they develop slowly over a period of time. Quite often friends of the newcomer are aware of the difference long before he is himself. He finally realizes that he has undergone a

profound alteration in his reaction to life; that such a change could hardly have been brought about by himself alone. What often takes place in a few months could hardly be accomplished by years of self-discipline. With few exceptions our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.

Most of us think this awareness of a Power greater than ourselves is the essence of spiritual experience. Our more religious members call it "God-consciousness."

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual principles. He can only be defeated by an attitude of intolerance or belligerent denial.

We find that no one need have difficulty with the spirituality of the program. WILLINGNESS, HONESTY AND OPEN MINDEDNESS ARE THE ESSENTIALS OF RECOVERY. BUT THESE ARE INDISPENSABLE.

Alcoholics Anonymous, Appendix II, page 567-568

"There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance--that principle is contempt prior to investigation."
HERBERT SPENCER

Fear, a Poem

*I feel the fear rising within me.
Out of nowhere.*

*How can this be?
Wasn't I just happy?
Wasn't I just calm?*

*Haven't I spoken the truth?
Haven't I done the hard work?
Why is there still fear?
Where is my freedom?*

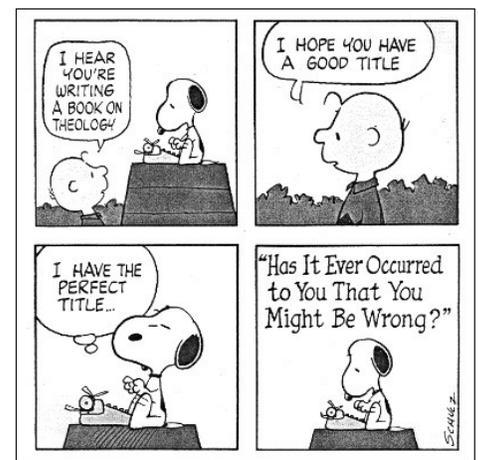
*Then in the stillness,
I hear a whisper.*

*Who promised you no fear?
Is fear not the sign that growth is near?
Limitless expansion is a promise I make.
But the courage to move through it
Is the action you must take.*

*A gentle smile appears on my face
As the warming glow of my HP
Chases away the fear.*

*And the answer comes to me:
Where is my faith?*

A.W.



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

»

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/

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

»

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

»

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.

»

Service is Slimming! Open Intergroup Positions

Intergroup 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 12th, 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*

Serenity Retreat Registration Is Now Open!!

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

At our last Intergroup meeting, we decided to use up some of the extra money in our Serenity Retreat Checking account and lower the price of the retreat by \$40.00! If you act fast and sign up by our Early Bird Registration date of June 8th, you'll only pay \$150.00! (\$50.00 scholarships are available if needed; just email serenityretreat@oregon-oa.org)

This low rate won't happen again, so sign up early and save while you can! This is a smaller event, so first come, first served on the

lower bunks. (Note that all singles rooms have already been booked.)

Register at www.oregon-oa.org. 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.

