



A SERVING OF HOPE

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

Serenity and Step Seven

When I first came back around Overeaters Anonymous in November 2011, I was more of an observer than a participant. OA had changed enough in the intervening thirty years, I barely recognized it. I came, sat, read, put away literature, received and gave hugs, and learned the Serenity Prayer. Slowly I began to learn about acceptance and courage. With it came more and more wisdom and healing.



Over two years prior to returning to OA, I had opened my home to a woman who begged me to let her stay with me temporarily while she found a

place to live. Gradually she began taking over the place and my life, wanting me to buy certain things, remodel, repaint, etc. Yet she never wanted to do the things I thought she agreed to do when she moved in. I didn't feel accepted, but neither did I accept her.

As I attended more OA meetings, I began to realize I needed to apply the Serenity Prayer to my home life. I began to feel better about her as I accepted her for who she was, and also that I could set boundaries. It worked and by the time she moved out in 2013, I even felt empathy for her in certain situations.

After that I began to pray the Serenity Prayer in any situation where fear and worry, anger and resentment began to take over. It took me through as I got a sponsor and worked the Steps, when I moved, and as I learned to eat abstinently.

Up to this time I had applied the prayer only to present and future situations. Only recently as I sat in meetings and listened to others' stories did I realize that I could apply the Serenity Prayer to my past. It took awhile for me to recognize the hurt and distress I had caused others by my deep desire to bury my fears and hurt by isolating, eating, and zoning out. In order to fully recover, I had to accept my past misdeeds and the havoc my eating behaviors caused the people closest to me. Facing my past wrongs has been painful. Although I cannot rewrite the past, I could admit it, accept it, and let it go. With the acceptance came serenity.

In Steps Four and Five, I have listed my shortcomings and the wrongs they have caused me and others. Before I could right the wrongs through Steps Eight and Nine, in Step Six I had to become willing to let go of the character defects that caused many of the distresses in my life. Then in Step Seven I humbly ask God, as I understand Him, to take them away. This prepared me for the next Step in recovery: willingness and courage to make things right as much as possible. The acceptance brings an attitude of forgiveness for myself, especially,

(continued on page 2)

Upcoming OR IG Events

- Saturday, August 4th**
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 August 8th**
OREGON INTERGROUP MEETING, 7:00
 pm to 8:30 pm,
 Girl Scouts Building,
 9620 SW Barbur Blvd, Portland

Upcoming Region 1 Events

- Friday-Sunday, August 17-19**
OA MEN'S RETREAT
 Old Mission San Luis Rey
 Retreat Center
 4050 Mission Ave.
 Oceanside CA 92057
 Email: davebirge66@gmail.com
- Saturday, August 18th**
OA SPONSORSHIP DAY WORKSHOP
"Sponsors: Your Guide to Freedom"
 10:00am — 4:00 pm
 (registration starts at 9:30am)
 First Baptist Church
 125 SE Cowsls Street
 McMinnville, OR 97128
 (Social Hall, Lower Level)
 Questions? Contact:
 annevs07@gmail.com
 (503) 560-1020
- Friday-Sunday, September 14-16**
BIG BOOK WORKSHOP
 Greater Seattle Intergroup
 Issaquah, Washington
 www.SeattleOA.org
- 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

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

Amazing Recovery Passport to Unity Workshop

Enliven your next meeting or event and “experience the unity we all depend on for continued recovery.” Participants in this interactive two-hour workshop become OA “travelers” on a journey of sharing and reflection activities designed to find commonalities in others’ different experiences. Workshop materials include a leader’s guide, a slideshow presentation, and printable “passports” and stickers; find them at oa.org/documents under “Workshops and Skits.”

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Twelve Step Workbook, 2nd Ed.

The second edition Workbook has updated Fourth Step inventory questions and page references and is designed to accompany the new Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition. Find both the print and PDF editions of the Workbook at bookstore.oa.org

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Higher Power Job Description

Looking for a Higher Power with a sense of humor. Who willingly sends a lot of signs, be they rainbows, purple flowers, lines of poetry, music, and/or words said by others.



Looking for a Higher Power who is in cahoots with my mother but doesn’t let her voice take over completely.

Looking for a Higher Power whose voice comes to me through my own. Whose voice comes to me through my own writing.

Looking for a Higher Power who doesn’t pressure me to forgive, but lays it on the table in the gentlest way possible. I need a Higher Power who lets me reject everything at first, knowing it doesn’t take me long to loop back around and say yes.

Looking for a Higher Power who lets me know everything will be okay. That it already is okay.

Looking for a Higher Power to comfort me in the middle of the night. To reassure me that I am worthy of love, to remind me that I have found a home and it is within myself.

Looking for a Higher Power who trusts my process and simply observes kindly until asked for advice. I need a Higher Power to be there all the time, though sometimes is comfortable waiting in the shadows.

Looking for a Higher Power who is already impressed with me. Who has seen what I have been through and can reassure me that I am strong enough to face whatever is coming.

Looking for a Higher Power who will deliver the people and messages I need at the times I need them.

Looking for a Higher Power who helps me find the meaning, all of the meaning. Looking for a Higher Power who reminds me everyone has their own pace. And to focus on how to be a leader. My Higher Power needs to meet me exactly where I am, fully present, never rushing me to move faster.

Camila M.

(continued from page 1)

and the willingness and courage to ask forgiveness from others. Through the Steps, I am learning to see myself, accept myself, be willing to change and have recovery, peace, and healing on all levels.

The Steps on the road to happy destiny have been “trudged” with more peace when I remember to pray the Serenity Prayer for the memories of my past, present and future.

Rosanne K.

Feeling Small



I've always had a problem with feeling like I'm taking up too much space. I even cringe when I have to take a left-hand turn and cause the cars behind me to apply their breaks. I struggled with having a sponsor because she was giving her time

to me for free. Only because of desperation did I agree to get one but it bothered me until I started to sponsor...then all was balanced in the world.

Part of my anorexia was the pleasant feeling I got when I was under weight and not taking up so much space. I felt like if I got small enough no one would notice me and I could just hide from the world.

Recently I had a health issue and my Wise Mind knew I needed to see a doctor that day, but my old beliefs told me there was nothing wrong with me and chided I may waste the doctor's time. These feelings of shame coupled with the fear that something could be wrong with me had me in tears.

I know I'm not the only one who struggles with issues of worthiness. Seems that no matter how many times I work on this

issue there remains a core belief that I'm not as worthy as others. I hear my fellows sharing similar stories and, while I can't believe they could ever think they aren't worthy, I struggle to give myself that same respect.

Using the steps, I tell myself I am powerless over the feelings of unworthiness. I believe my HP can and would take this away from me. For the sake of recovery, I have to hand over this core belief and allow my HP to replace it with a belief that I'm as worthy as anyone. As a person who believes my worth comes from what I do for others, I have to get to the place where I see my worth just because I am a creation of God.

I spoke with my sponsor and she challenged me to look beyond the *act* of kindness to my motivation. I seldom think, "I need to do this so I'm worthy." Rather, after I do it I think "wow, maybe now I'm worthy". So what are the characteristics in me that draw me to do nice things for others? This way of thinking is a game changer for me.

Thinking of the good qualities of myself has given me some confidence and peace. I can focus on just being me and not holding up a mask of who I think I should be. Praying to my higher power to help me use my skills and talents has given me a small sense of being worthy.

I thank my HP for giving me this program and for letting my sponsor be my HP with skin just when I needed it.

Kym L

Me and Meditation

This is a story of my relationship with my Higher Power, whom I choose to call God. I did all of my steps up to Step 11. It said to pray and meditate. I was good at praying and asking for what I wanted, but staying quiet and listening was all new to me. I knew some religious monks meditated, but that was all I knew about meditation. I went and talked to someone about meditation and got some literature. After practicing deep breathing and repeating or concentrating on a word (like "mercy") I was on my way. Well, I could clear my mind for about 30 seconds, but then my mind was off on numerous thoughts unrelated to meditation. I sometimes fell asleep because I was so relaxed. Then finally I had an experience meditating in which I understood how much God loved me and all of the ways I was loved. I understood that "I was cherished" and "I would be loved throughout eternity". I was absolutely overwhelmed by this feeling because I didn't believe I was loveable. As I continued my meditation practice, I began to

understand new things from God and all of it was uplifting.

However, I never got past 3 minutes of meditation after almost a year. I felt frustrated about the length of time and I asked God to help me meditate longer. I then understood from God it wasn't the length of time I spent in meditation; the important thing was that I tried to meditate. This took all of my burdens and struggles away about the amount of time I meditated. I now just meditate and focus on the message God is communicating to me. I am so blessed. I look forward to my time of meditating regardless of how long it lasts or how long my mind can be still. It is the quality of the interaction with God and not the quantity of time spent. I thank You God for this new experience of You and I thank Overeaters Anonymous for the 12 Steps which led me to a life beyond my wildest dreams!

Char L

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 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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Abstinence and the Salt Factor

We all know about the factor that salt plays in recreational foods. In listing trigger foods, many of us come up with some from each of the major groups – sugar, salt, and fat. Usually once we have learned to live without delving into these food aisles, and find a workable food plan, cravings for these items fade. Yet we know that sometimes one bite of these foods can begin a slide down a very slippery slope.

Once we achieve abstinence and are working our food plan, what other things can stimulate cravings for more than we need? For me, circumstances have come about that have shown me another angle I hadn't considered.

Once upon a time a few years back, I neared what I considered a healthy body weight – a place where my Body Mass Index would be within the acceptable range – or was my mind really telling me I had to get below the weight that my mother told me I was too fat? Either way, I felt I hadn't reached my goal. I still wanted to lose another five pounds. My healthcare provider thought differently. She said I shouldn't let my weight get so low that I wouldn't have a cushion in case of illness.

Once my healthcare provider began modifying my food plan, weight came back on and my blood pressure rose. Then my legs began swelling again. Another food plan modification was in order; the PCP said, "No more added salt in your food!"

I quickly realized that many of the foods of my food plan, while abstinent and acceptable, I ate because I enjoyed the salt enhanced flavor. Craving salt had been one of the factors triggering my eating. Once the added salt was gone, I found I didn't shovel food in as fast, or crave as much. Luckily I grew up with no salt on raw veggies, so I still enjoy them. But cooked foods...? Bring on the salt! Since that is no longer an option for me, I find that I am not eating as large portions of cooked food in my 3-0-1 moderate meal food plan. I see salt has been a major factor in my continuing desire to overeat.

I also realize that it takes more than following a food plan to find real recovery. Without attending meetings, working the steps, and using the tools, I am just dieting. It takes a spiritual awakening and emotional healing as well to find recovery. This is a whole person recovery program and for that I'm thankful.

And –oh yes—the weight is slowly coming off.

Without attending meetings, working the steps, and using the tools, I am just dieting.

Anonymous



Does your meeting have an Intergroup Rep?

Serving as an Intergroup Representative offers you a rewarding opportunity to share in Overeaters Anonymous' Third Legacy—Service. Intergroup Meetings are at 7pm on the second Wednesday of every month at the Girl Scouts' Building in Southwest, Portland. These monthly business meetings are open to any member. You can better serve the members of your group **and** fellow reps by being an observer at as many meetings as possible. Even if you have no vote, you have a right to voice your opinion.