



# A SERVING OF HOPE

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

## This Month Attend a Different Meeting!

Every once in awhile we like a change in our meetings: maybe a different format, different shares, or a variety of topics. Sometimes we actually need new meetings for the health of our recovery program. Perhaps we've stopped listening as attentively to the readings and shares as we did when we first entered the rooms. Maybe we've noticed that we've become the unofficial authority of a meeting. This is not good for our program as it can break our twelfth tradition of anonymity: "There are no VIPs in Overeaters Anonymous. There are just compulsive overeaters needing recovery. Everyone is equal in the fellowship."

Below are some meetings with a different focus. If none of these appeal to you, check out our directory and find some that work with your schedule at [www.Oregon-OA.org/meetings](http://www.Oregon-OA.org/meetings)

### Thursdays, 9:30 am, St Matthews Church

Room 209, 10390 SW Canyon Road, Beaverton

This meeting is child friendly and studies the OA Twelve Steps & Twelve Traditions and Alcoholics Anonymous Twelve Steps & Twelve Traditions.

### Tuesdays, 6:15 pm, Kaiser Medical Center

4th Floor, Mt. Hood Room, 2875 NW Stucki Ave, Hillsboro

This meeting studies the Overeaters Anonymous Twelve Steps & Twelve Traditions

### Mondays, 6:30 pm, All Saints Episcopal Church

372 NE Lincoln, Hillsboro, (enter from Westside parking lot off NE Lincoln)

This meeting studies Alcoholics Anonymous Twelve Steps & Twelve Traditions

### Sundays, 7:00 pm, St Vincent Hospital

Room 3 on 2nd Floor, 9205 SW Barnes Road, Portland

This meeting has an Anorexia and Bulimia focus. All members are welcome. Also, you can call into this meeting at (515) 739-1458 and enter PIN 781502

## HOW-OA MEETINGS

HOW stands for "Honesty, Open-Mindedness and Willingness". HOW-OA is a subgroup of OA and is considered a special focus group that offers a structured approach to working the 12 Steps of OA. Please note that all OA members are welcome at HOW meetings!

### Fridays, 12:00 pm, St Barnabas Episcopal Church

12201 SW Vermont, Portland (Lower Level, Red Door Room)

### Saturdays, 10:00 am, St Paul Lutheran Church

3880 SE Brooklyn @ Caesar Chavez, Portland (Side door off wheel chair ramp.)

Both meetings are topic/discussion meetings.

*Rosanne/Nicole*

## Upcoming OR IG Events

- Saturday, September 1<sup>st</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
- Wednesday September 12<sup>th</sup>**  
**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](mailto:davebirge66@gmail.com)
- Saturday, August 18<sup>th</sup>**  
**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](mailto:annevs07@gmail.com)  
 (503) 560-1020
- Friday-Sunday, September 14-16**  
**BIG BOOK WORKSHOP**  
 Greater Seattle Intergroup  
 Issaquah, Washington  
[www.SeattleOA.org](http://www.SeattleOA.org)
- Weds-Friday, October 17-19**  
**REGION ONE ASSEMBLY**  
 Hotel RL by Red Lion  
 Spokane, Washington 99201  
[www.OARegion1.org](http://www.OARegion1.org)
- Friday-Sunday, October 19-21**  
**REGION ONE CONVENTION**  
 Hotel RL by Red Lion  
 Spokane, Washington 99201  
[www.OARegion1.org](http://www.OARegion1.org)

## OA 59<sup>th</sup> Birthday Party!

January 18-20, 2019

Come early at a LOWER rate than last year! Attend OA early am and pm meetings at hotel and then play in LA, the city where OA was BORN!

We hope you will join us in 2019 as many hundreds of compulsive overeaters (over 800 last year!) from across the United States, Canada and other countries gather in Los Angeles for a weekend of recovery and fellowship. The annual Overeaters Anonymous Birthday Party celebrates the January 1960 founding of our program. The party is the main Special Event of the year for the Los Angeles Intergroup. Its purpose is to enhance personal recovery in OA, raise funds to keep the intergroup thriving, and highlight fellowship and service

[www.oalaig.org/oa-birthday-party/](http://www.oalaig.org/oa-birthday-party/)

## Young People in OA

Overeaters Anonymous has a Young Persons Facebook page. Check it out here: [www.facebook.com/OAinfo/](http://www.facebook.com/OAinfo/)

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## News from Region 1

### Region 1 Raffle 2018

One winner will be drawn October 15<sup>th</sup> and one on August 1<sup>st</sup>. **You can win a free registration and banquet ticket.** Visit [www.oaregion1.org/](http://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](mailto:strongrecovery@oaregion1.org)

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## Tradition Eight, “Forever Nonprofessional”

Why in OA does everyone have to do service? What if we changed OA by deleting Tradition Eight: “Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers”. Wouldn’t it just be easier to pay a professional to run a meeting

for us instead of having to rotate service commitments amongst ourselves? Why not hire someone who does this all the time for a living – They would be really good at it!

We could hire someone to open and close the meeting room, to run the meeting, to collect the money, to relay intergroup in for mission back from meetings. Why not?

Or better yet, why not hire someone at intergroup or world service level who’s a professional and who can make sure that we are doing it “right”: no cross talk, no ignoring the timer and having run-on shares, no late starts, no outside literature, etc. It seems like it would be a whole lot simpler than having to do this “group conscience” thing over and over.

What gets in the way of this working for OA?

Well, it seems that there is this thing called “money” that gets in the way of a lot of seemingly good ideas or solutions to so-called inconveniences. First, do you really want to listen to an OA “employee” —even one that is a member tell you the rules? Or would you rather listen to a story from someone who does acts of service from their love and their need and their desire to help others? Who would you believe and why would you believe them?

I guess it comes down to a difference between book learning and life learning. My experience in OA is that I don’t really hear people who aren’t one of us and I don’t want to listen to someone who gets paid to tell me what to do. I’m a little bit stubborn and ornery that way!

As much as I would like to be able to turn the whole thing over to a professional, I know doesn’t work. A paid professional can’t stand in for my higher power. My higher power gets realized and expressed in the love and sense of community that meetings offer because people are there by need and choice—most assuredly not for money.

What about halfway houses or treatment centers? Aren’t they paid professionals in contradiction to tradition eight? Nope. Employees at a halfway house or treatment center are doing the *administrative* work that makes hosting a 12-Step meeting, and thus 12th step work, possible. There’s a big difference between paying utility bills, stuffing envelopes, or filing versus answering newcomer calls, drafting response letters or emails to fellow sufferers. Only a fellow member of OA can carry the message of recovery. Also, OA has no other affiliation and is in no way dependent on halfway houses or treatment centers. All an OA meeting needs is a location and a big book or OA 12x12.

And, as pointed out to me by an OA friend, giving service is actually part of the seventh tradition. Giving of ourselves is part of what makes OA effective in spreading its message. We don’t just spread the message; we are the message! Also, let’s be real. If we tried to hire all the people we needed as professionals, OA would be broke in a minute and not just monetarily. We would be spiritually bankrupt because we put money into the position of our Higher Power. OA recovery works because we limit the professionals to our world service administrative office and the rest we keep to a fellowship of compulsive overeaters helping each other to help themselves find and maintain recovery from the disease of compulsive overeating and other compulsive food behaviors.

Elizabeth S.

## We Do This 24 Hours at a Time—For a Reason.



As I begin to work through Step 6 my sponsor has challenged me to write an article for the newsletter. As I ponder this opportunity, my mind keeps coming back to one of my most prevalent character defects: Fear. Fear of so many things can be so debilitating and holds me back from being what I want to be and what my Higher Power (God) wants for me.

**Fear of failure** I have tried so many diets or forms of losing weight, including surgery, and nothing has seemed to work long term. I have lost weight over the years only to gain it back. The word diet has a connotation of a short term fix. We will 'diet' to get to our goal weight and then we can quit and go on with life like normal. The problem is I have not dealt with the reasons behind my issues with food so any short term fix has not worked. I am so fearful of starting another program only to have it fail again. In turn my self-esteem gets hit hard and makes me to turn to food to numb the problems and the failure.

**Fear of feeling the feelings** I have numbed myself with food for so long I am not sure I will be able to handle feeling the feelings. I will be losing my constant companion and friend. I am not even sure of what is even out there to feel. I am going to deal with life out there when my companion is no longer there to numb me.

**Fear of going hungry** I am working on getting a food plan in place and it is scary to think I may not get enough food. I don't seem to have a fear of starving to death but just going hungry. The spoiled little girl in me is screaming, telling me she wants all the food I have been eating and telling me she will go hungry. Although logically I *know* that I will not die from hunger if I am eating three meals a day. Still, I am afraid I will go hungry.

**Fear of being noticed** I am afraid of the comments, praise and questions with losing weight. I am more of an introvert and feel more comfortable sitting in the corner watching others. Now, I am noticed for being heavy and all that goes along with that body type. When I have lost weight before, people would say how nice I looked or ask how much I had lost. Both experiences of being heavy and being thin were uncomfortable. The

praise (not being used to having praise) was hard to deal with. People asking how much I lost brings up the fear of failure again. If I tell them and then gain it all back, they would know how much I gained or, worse, how much I weigh.

Being noticed can also trigger people to make some comments which are not on the positive side, e.g., "you want to lose weight just to get a man". What some folks might not realize is that when an overweight person loses weight, there may be very intense fear of being noticed by the opposite sex. In my case, I was molested as a child and have been abused in adult relationships. As a heavy person, I get noticed by the opposite sex, but just not as much. And I have the protection of my weight. If I lose the weight, I have a fear my protection will be missing. What do I have in place to help protect me if I lost weight? I don't want to be hurt again. When I was in counseling, my counselor told me I have been hurt anyway even with my weight which is true. That insight doesn't exactly free me from the fear.

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*I have numbed myself with food for so long I am not sure I will be able to handle feeling the feelings. I will be losing my oldest companion and friend. I am not even sure of what is even out there to feel.*

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**Fear of the unknown/change** How will things change for me? How will my personality change? I know all the positivity I read about in OA literature, but not knowing what is in store for me or exactly how my life will change is a scary prospect. In truth, I don't feel as though I am a fearful person. I am not afraid to try new things, meet new people, travel (sometimes alone) or start a new job. However, when it comes to my body and weight, it is indeed a very scary adventure.

Working through the steps can be scary in themselves and I let myself get overwhelmed with the process, getting a food plan, reading, meetings, journaling and talking to my sponsor. And feeling the feelings. What I am trying to focus on is that I only need to worry about today and what I need to deal with today. By literally taking this program one day at a time (sometimes one meal at a time), it seems a little less overwhelming. There are people out there to work through the changes, fears, successes and life in general. Today. Just for today.

*Anonymous*

## 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](http://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](mailto:newsletter@oregon-oa.org)

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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](http://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](mailto:youngpeople@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/](http://oregon-oa.org/cd-lending-library/)

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# Financial Report for Second Quarter

MTG #	NAME	TOTAL	OR IG 60%	WSO 30%
06652	Mon 12:00 PM St. Paul Luth SE 39th & Brooklyn	\$50.00	\$30.00	\$15.00
09043	Wed 7:00PM Oregon Intergroup	\$197.00	\$197.00	
11259	Mon 7:00 PM Vancouver, WA	\$30.00	\$30.00	
18225	Fri 9:15 AM Sherwood Senior Center - Closed	\$135.00	\$81.00	\$40.50
18333	Mon 7:00 PM Milwaukie	\$200.00	\$120.00	\$60.00
19903	Mon 12:30 PM Forest Grove	\$60.00	\$60.00	
22065	Mon 12:00 PM Beaverton	\$435.00	\$261.00	\$130.50
23622	Sat 7:00 AM Ptld SE Unity Church 45th Stark**	\$13.50	\$13.50	
23753	Sun 7:00 AM Ptld SE Unity Church 45th Stark**	\$13.50	\$13.50	
29424	Sat 9:00 AM Salem St. Paul's Episcopal	\$120.00	\$120.00	
33618	Wed 12:00 Lake Oswego UCC**	\$210.00	\$210.00	
33913	Fri 12:00 PM Lake Oswego UCC**	\$210.00	\$210.00	
34274	Sat 10:00 AM Vancouver, WA St. Andrew	\$150.00	\$150.00	
36544	Sat 10:00 AM Long Beach, WA	\$60.00	\$36.00	\$18.00
38889	Wed 7:00PM Ptld SW St Barnabas	\$40.00	\$40.00	
50311	Thurs 5:30 PM Longview, WA	\$40.00	\$24.00	\$12.00
52186	Sat 7:00 PM Ptld SW Speaker Mtg (1st Sat)	\$75.00	\$75.00	
52810	Thurs 11:45 AM Ocean Park, WA	\$40.00	\$24.00	\$12.00
54125	Thurs 11:00 AM Gresham MCC	\$200.00	\$120.00	\$60.00
54472	Tues 12:00 PM Dallas WV Hosp	\$75.00	\$45.00	\$22.50
54553	Wed 7:30 PM Molalla	\$48.00	\$28.80	\$14.40
56116	Mon 7:30 Newberg YOOP Ctr. 100 E 5th St	\$72.00	\$43.20	\$21.60
56189	Thurs 12:00 UUC 710 6th St. Oregon City	\$150.00	\$90.00	\$45.00
56341	Sat 10:00 AM Col Heights Pres 2828 SE Stephens	\$50.00	\$30.00	\$15.00
		<b>\$2,674.00</b>	<b>\$2,052.00</b>	<b>\$466.50</b>



## OA Holiday: Sponsorship Day

Join OA members worldwide for a day to appreciate sponsors and focus on the Tool of sponsorship

OA Sponsorship Day Workshop

"Sponsors: Your Guide to Freedom

10:00am — 4:00 pm (details on front page)

(Phone Marathon, 8am to Midnight; 712-432-5200 Pin: 4285115#)



## 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.