



A SERVING OF HOPE

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

Looking Back: Creating a Recipe for Recovery



I have had the opportunity lately to meet some newcomers. I love walking down memory lane as they share their story; I'm reminded of how much my Higher Power has done for me over the past 8 years. Two of these newcomers have asked me, practically begged, for the first thing they should do.

Unfortunately I can't recall what that magic first step was for me.

I remember coming into program totally broken down. I had some abstinence because I was just leaving treatment, but my behaviors (bulimia and anorexia) were returning and I saw myself on the familiar road I had been on before....the road to relapse. While I can't remember what my first action was in OA, I do know that somehow the program has taken me off that road and back onto the road of recovery. I also know that the things I do, have somehow changed my life.

- 1) I have never left the rooms. No matter how distant I may feel, or how much I want to isolate, I have always attended meetings
- 2) I found a sponsor quite quickly and have maintained contact with her.
- 3) I read literature. I try to find the lesson in everything I read even if I can't related to the person who wrote it.
- 4) I give service. I started out with small thing and have increased my service as I have grown in the program.
- 5) I keep praying even when I feel distant from my Higher Power.
- 6) I do whatever it takes to hold onto my recovery. If it means attending 30 meetings in 30 days, I'll do it. If it means picking up that phone to reach out for help, I'll do it. If it means taking a walk, so I stay away from the toilet after a meal, I'll do it. If it means eating something I don't care for in order to avoid skipping a meal, I'll do it.
- 7) I write....a lot. Journaling and writing articles have become a life line for me.
- 8) I celebrate the little things. Walking away from a diet conversation may seem small to some, but for a compulsive dieter, it's a large step and needs to be celebrated.
- 9) I work the steps, study the traditions, and read the Big Book. Occupying my mind on these things leaves a lot less room for my eating disorder to talk.

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Upcoming OR IG Events

- **Saturday, October 6th**
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, October 10th**
OREGON INTERGROUP MEETING,
7:00 pm to 8:30 pm,
Girl Scouts Building,
9620 SW Barbur Blvd, Portland

Marathon Phone Meetings

Yom Kippor, Wednesday 9/19.

Marathon Meetings start every hour on the hour from 5:00 am to 9:00 pm PST. Call (712) 432-5200; ID 4285115#

Upcoming Region 1 Events

- **Friday-Sunday, Sept 14-16**
BIG BOOK WORKSHOP
Greater Seattle Intergroup
Issaquah, Washington
www.SeattleOA.org
- **Friday-Sunday, October 5-7**
2018 ST RITA'S RETREAT
Jefferson State Intergroup
Gold Hill, Oregon
www.SOOA.org/events.html
- **Weds-Friday, October 17-19**
REGION ONE ASSEMBLY
Hotel RL by Red Lion
Spokane, Washington
www.OARegion1.org
- **Friday-Sunday, October 19-21**
REGION ONE CONVENTION
Hotel RL by Red Lion
Spokane, Washington
www.OARegion1.org

Beaverton Meeting Change

See back page for details

News from OA

OA Virtual Region

Overeaters Anonymous has a Virtual Region. Check out their awesome website and newsletter at: www.oavirtualservices.org

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NEW Newcomer Page

OA world service has a new “What Is OA About?” page. This page is the result of the 2018 Strategic Plan Subcommittee’s goal to create a downloadable, translatable newcomer packet. Find it online at: <https://oa.org/what-is-oa-about/>

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OA 59th Birthday Party

Once again, the Los Angeles Intergroup is hosting the OA Birthday Party on January 18-20, 2019. This annual event celebrates the January 1960 founding of our program. More information and details found at: www.oalaig.org/oa-birthday-party/

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News from Region 1

Region 1 Raffle 2018

Another winner will be drawn on October 15th. **Win free registration and a banquet ticket to the Region 1 Convention.** For more information: 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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Tradition Nine: Least Possible Organization

Our group has no government, no permanent officeholders, no small committee that runs everything, and no authorities. Instead, we encourage rotation of service for all offices.

Our longest-term members are not even informal leaders. Instead, they are only members among members. (Sometimes longtimers’ are more sensitive to Tradition breaks, but we encourage everyone to speak up when necessary for the good of the group.)

Our biggest donors do not have any special influence. Instead, everyone is equal, no matter how rich or poor. Mostly we don’t even know how much people donate, and if we happen to find out, we ignore it.

Our members who have influential careers leave their outside status behind when they come into the rooms. People do not announce their jobs to us. Again, even if we find out, such outside issues do not make any difference to us.

Our members who have lost the most weight or who have maintained abstinence the longest don’t tell other people how to work their programs. Instead, they only say what worked for them.

Our members who sponsor have no greater status than anyone else. There is no status in our group. Instead, we encourage everyone to sponsor when they are ready.

Our group’s money does not give us any power. We don’t keep it. Instead, we give it away. Whatever money we have saved after covering expenses like rent and literature, we donate to OA’s service bodies: our intergroup, our region, and the World Service Office. If we donate more or less than other groups, it doesn’t make our group any more or less important.

So there you have it—Tradition Nine is indeed alive and well in our OA group.

—*Edited and reprinted from OA Today newsletter, St. Louis Bi-State Area Intergroup, September 2015*

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- 10) I plant reminders for myself stating that I and my HP can do this, e.g., computer screen savers, magnets, sticky notes, etc. Anything that can display a positive message to my weaker self is greatly appreciated.
- 11) I feel the feelings even when I don’t want to. I’ve learned to place feelings on the back burner until I can deal with them correctly (like not crying at work!). But I keep my promise to come back to them because if I don’t my feelings won’t trust me and next time it may be overwhelming.
- 12) I protect my down time....my time to rejuvenate. I get 7+ hours a sleep at night. I have removed the TV from my house because it kept me from going to bed on time and disturbed my sleep as I replayed the shows in my mind. Today my house is quiet.
- 13) I sponsor. Sharing and listening gets me out of any negative mood I might find myself in. It takes the focus off of me and onto someone else.

I don’t know which one of these was the magic first step; maybe the magic happens when I mix them together. I don’t know how to give a newcomer the answer to their question, but it is my hope that they can see past my lack of words and answers and believe me when I say “somehow it works.”

Kym L, Aloha

Newly Willing: Recovering from Slipping and Sliding

I joined OA in January 2016. Though I consistently attended meetings, I could not get more than four months of continuous abstinence. Program has been a miracle—I remember a time when I couldn't go more than twenty-four hours without bingeing, restricting, or over-exercising—but I still found myself frustrated. Slips began with compulsive habits creeping back: taking little nibbles of food as I was cooking or doing dishes, eating while standing, and eating while distracted. I would allow myself to skip an occasional prayer, journal entry, or reading. My honesty would waver as I rationalized not telling my sponsor that I was struggling. And, I'd convince myself I could eat what I wanted now and pray it off later. In this state, it would take only a small trigger to send me into a binge.

Recently, it happened. On a Sunday morning, there I was eating an extra thousand calories before 9:00 a.m.! The surprise attack of this binge was enough to make me reach out to program in a way I never had before. I'd always struggled to pick up the phone before or during a binge, but in that moment, my Higher Power gave me the willingness. I texted a friend: "I'm eating and don't know how to stop," and then felt as though I'd been pulled out from underwater. I could breathe again. I didn't take another compulsive bite that day.

I believe my action of reaching for help allowed me to take Step Three in a way that I only thought I had done before. Of all my slips in abstinence, this one was scary enough to send me rushing to an OA meeting. That night, my friend gave me

an OA worksheet: **From Slip or Relapse to Recovery**. Doing the worksheet allowed me to set aside fear and shame and logically analyze the processes that led to my binge. I realized I could benefit from meditation, putting my action plan down on paper instead of relying on my head, and better committing to my action plan on weekends.

The next morning, I began working the program with a new level of willingness. As I prepared breakfast, I suddenly found myself saying over and over, "God, please give me the willingness to refrain from compulsive food behavior." The prayer kept my mouth too busy to lick the bowl!

Now I say that prayer constantly. Now I possess willingness to make outreach calls even when I'm busy, complete my bedtime routine even when I get home late, and speak up at meetings. My heart is full of joy and love, my energy has improved, and I feel more deeply connected to my OA family. If a slip in abstinence is what it took for me to finally get Step Three, I will be forever grateful for that fateful morning.

—Elizabeth H, Florida

*Download **From Slip or Relapse to Recovery** at:
www.aa.org/files/pdf/From-Slip-or-Relapse-to-Recovery.pdf

Download **Been Slipping and Sliding? A Reading and Writing Tool now updated for the OA 12x12 second edition at:
www.aa.org/files/pdf/Been-Slipping-and-Sliding.pdf

New "Study Hall" Meeting Format Available!

Dear Newsletter,

I wanted to share something we are doing in North Vancouver that is working out very well. We've started a "Study Hall" meeting format using the tools of literature and writing in a self directed way. We each bring our OA literature (e.g., 12x12, daily readers, Big Book, etc.) and a journal, then set the timer for 15 minutes to read and write. We then set another 15 minutes to share on our work. We do 2 rounds of writing and sharing. I got the idea from a the Anchorage, Alaska intergroup blog back and cribbed together a meeting script which we have now refined and feel ready to share.

We've been having "Study Hall" meetings for 10 weeks now, with between 3 and 7 members each night, and very positive responses. One member commented, "this is the best meeting format ever for introverts!" About half of the members use the meeting to work on their step study homework; the others use it to work with the literature more generally. If people are new or returning, we also tell them about the traditional OA format meeting in the same location.

Jennifer S,
Sea to Sky Intergroup

Download the study hall meeting script at:
<http://oregon-aa.org/what-is-oregon-intergroup/other-aa-links/>

Beaverton Location Change!

Starting Tuesday, September 4th and Thursday, Sept 6th, both of the 9:30am groups in Beaverton will move from St Matthews to the First Methodist Church at 12555 SW 4th Street (next to the city park).

PLEASE NOTE: Both meetings will start at 10:00am (not 9:30am)! Also, these meetings are “infants and children welcome”, so bring the kids!

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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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. OA has a Young Persons Facebook page: www.facebook.com/OAinfo/

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Newsletter Submissions

Tell us your favorite step, tool, slogan, or fellowship moment. Also, send us any meeting updates or announcements. All submissions required by the 25th of the Month. Email newsletter@oregon-oa.org

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OPEN INTERGROUP POSITIONS

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 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
- **EVENT COORDINATOR**
Duties: Coordinates intergroup activities; formulates yearly calendar; works with OIG and any meetings sponsoring an event; updates the OIG website events and calendar up to date; serves as Ex-Officio on all event committees; serves in an advisory capacity with event chairs and the committee; maintains and updates event coordinator notebook
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



Does your meeting have an Intergroup Rep?

Serving as an Intergroup Rep offers you a rewarding opportunity to do service. Intergroup Meetings are at 7pm on the second Wednesday of every month at the Girl Scouts' Building in Southwest, Portland. You can better serve the members of your group **and** fellow reps by being an observer at as many meetings as possible.