



# A SERVING OF HOPE

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

## Serenity Retreat at Twin Rocks



Many of us know that the Oregon Intergroup hosts the Serenity Retreat at Twin Rocks, which is now open for registration. You may also know that the Serenity Retreat includes group sessions, fellowship, healthy delicious meals and comfortable lodging. But, here's something you might not know: Oregon Intergroup hosts

these Serenity Retreats purely as a way to give back to our fellowship. These retreats are not fundraisers nor membership drives; they are simply a way of extending a deep and heartfelt "thank you!" for your program of recovery. Here are some quotes from past attendees:

*I always, always, always get so much out of OA retreats! They are a wonderful jumpstart to my recovery. They help me see how far I have come and how far I have to go. —Melissa W.*

*I really like to spend the time focused on recovery and nothing else. My distractions are gone and I can just be with my OA community. I also love all the exposure to different levels of recovery and getting to meet so many new people. It's help me grow my network of OA friends around the state. —Angela D*

*This upcoming retreat is my first in years and I'm looking forward to it. After over 6 years in OA, I can feel my enthusiasm waning. I am anticipating turbo charging my recovery and finding fresh perspective and focus. —Rosanne*

*One of the most valuable thing I have gotten out of Oregon OA retreats has been my wonderful sponsor. I had been listening to her share at retreats and was very impressed with her program and honesty. A few years went by and I was in the position to find a new sponsor. With fear and trembling, I did so. And it has been a life changing experience! —Anonymous*

*Retreats are where we confront old attitudes that have been holding us back, and consider actions that we can take to restore balance and order that will make getting abstinent more likely. For those who are already abstinent, it validates all of the things that they are doing "right", and tends to energize us to do increased levels of service. Often, it increases attendance at intergroups, since they are most often sponsored by the local intergroup. —Neil*

*I have never been to a retreat and not heard something I really needed to hear...it was a retreat that made it possible for my recovery to move forward. [Retreats] let me connect with SO MANY wonderful OAs, not just locally but from all over the world. —Deborah*

## Upcoming OAORIG Events

- **Saturday, November 3<sup>rd</sup>**  
*ABSTINENCE: MORE THAN JUST A GOOD IDEA*  
10:00 am to 3:00 pm  
Bethany Lutheran Church  
4330 NE 37th Ave, Portland
- **Saturday, November 3<sup>rd</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, November 14<sup>th</sup>**  
*OREGON INTERGROUP MEETING,*  
7:00 pm to 8:30 pm,  
Girl Scouts Building,  
9620 SW Barbur Blvd, Portland
- **Fri-Sun, March 15-19, 2019**  
*SERENITY RETREAT @TWIN ROCKS,*  
Twin Rocks Conference Center  
18705 Highway 101 North  
Rockaway Beach, Oregon

## Marathon Phone Meetings

**Columbus/Indigenous Peoples Day, Monday 10/8.**

**Halloween, Wednesday 10/31.**

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

- **Weds-Friday, October 17-19**  
*REGION ONE ASSEMBLY*  
Hotel RL by Red Lion  
Spokane, Washington  
[www.OARegion1.org](http://www.OARegion1.org)
- **Friday-Sunday, October 19-21**  
*REGION ONE CONVENTION*  
Hotel RL by Red Lion  
Spokane, Washington  
[www.OARegion1.org](http://www.OARegion1.org)

## News from Literature Rep

### *First Edition of Overeaters Anonymous Twelve Steps & Twelve Traditions on Sale!*

Oregon Intergroup is selling the first edition OA 12x12 first at 50% off! Come while supplies last. Your meeting might want to follow suit and sell copies of the first edition at the same discounted price.

Please Note: You do not have to buy the second edition! Several people have commented that it's not difficult to follow along to the new edition using your trusted old first edition.

One meeting rep commented, "we decided to go ahead and sell the first edition at a discounted rate to make the OA 12x12 more affordable to some of our members."



## Meeting Highlights

How about combining a meeting with an excursion up the Sandy River or the Columbia Gorge? There are two morning meetings in Gresham, the perfect jumping off point for a day of recovery. Attend a meeting and then explore nature or the Outlet Mall in Troutdale.

Before you go: Call the meeting contact person or delegate, so they can advise you on the best parking lot to use and entrance to buildings. Both meetings are easy to find with Google Maps or GPS. Each meeting has plenty of parking and a varied format.

Wednesday, 10:30 am,  
Saint Henry Church School,  
346 NW 1st St., Gresham; Ring doorbell; contact: Margie 253-222-5654

Thursday, 11:00 am,  
Metro Church of Christ,  
1525 NW Division St, Gresham  
Contact: Laneta 503-539-4799



## The Tyranny of the Scales

A tyrant is someone who rules others by force and cunning, waging a psychological warfare augmented by scare tactics and shame. Sort of like my self-will in the throes of the disease of compulsive overeating. As I began to "trudge this road to happy destiny", my sponsor suggested that I weigh only once a month. I had thought weighing daily would help me measure my weight fluctuation against my daily food intake. I followed her suggestion and even urged my sponsees to do the same. At meetings, I would hear others say they never weighed themselves except at the doctor's office and even then asked not to be told the weight. I was perplexed, "What was the big deal?"

Well, the tide changed. I lost a lot of weight and aimed to lose at least ten pounds more. When I went for my wellness check, proud of my new low weight, the health professional said, "Your weight is too low; in case of illness, you need a cushion." Need a cushion!? We chatted for a bit before I agreed not to lose any more weight and possibly gain ten pounds. That was a difficult idea to accept. My pride rebelled for sure.

Things went well until I began to have blood pressure and fluid retention problems. My new assignment from the physician: take my blood pressure and weigh myself—daily! I was to report any huge swings of weight (indicating excess fluid), so my meds could be adjusted.

It began routinely enough: drag myself out of bed, strip to weigh, take my blood pressure, shower, dress, and then into my day. As I weighed each day, I could see ideas forming in my mind trying to manipulate the numbers on the scale by making sure I didn't eat or drink anything and had used the toilet before weighing. I had heard that some folks who were in paid weight loss programs fasted and/or taken diuretics and laxatives to ensure that at weigh-in they hadn't gained any weight and perhaps even lost some since the last session.

As weeks stretched into months, my disease began to talk to *me* about diuretics, laxatives and fasting. I got a glimpse of understanding about the forces that drive anorexic or bulimic behavior. I kept thinking, "What if I did this or that before weighing, would the amount on the scale would be less?" It took a few days of mind games before realizing the folly of it.

The point of daily weighing was to see if I had retained excess fluids. I knew that if I continued to do this I had to separate my compulsive eater's mind from the scientific mind. If I wasn't careful, the scale would rule my thoughts and my actions. I didn't want that self-willed tyrant in my life, so each day I had to turn over my mind, my will, my scale, my weight, and my food to a loving God. That's the only way I can achieve serenity in this issue and victory over the tyrant.

Roseanne K, Beaverton



## Never “Too Broken” For Recovery

My first bout with anorexia came when I had a flash back of a childhood sexual assault that I had forgotten about. I was 30 and I was broken. I remember referring to myself as a rag doll, tossed to the side when I no longer served a purpose. The memory made me feel vulnerable again and I stopped eating in hopes that I would become so physically small that I would be invisible.

Treatment for me meant I had to dig around my past and pull out the core beliefs about myself which included not feeling like enough. Growing up with a learning disability I believed I would never be as worthy as everyone else and that I deserved the pain inflicted on me as a child. Sacrificing myself and making others happy was where I believed my worth was. At times I still struggle with that core belief.

Working through the feelings that I had neatly stuffed into the corners of mind, meant a lot of hard work. Doing it without my eating disorder made it even harder. There were times when I thought I'd never move pass the pain. People spoke of hope but I had no way of seeing it. I will be honest, there were moments when I didn't care if my eating disorder killed me. If it wasn't for my children, I may have done it myself.

With professional help I was able to move pass the worse of the pain. Today it is the OA program that guides me to hope when I'm feeling like I'm not enough or when I feel like damaged goods. It is service that gives me purpose when I'm feeling low. I have found that when I give support, I am given support. When I reach out to a fellow, I am always touched by

that person in return. It is the steps, especially step 11 that reminds me that my Higher Power is holding and rocking me when my inner child needs nurturing. I am not defined by what happened to me but rather, my experiences give me gifts to share and relate to others. I can now see that when my abuser tossed me to the side, it was my HP who caught me.

Do I wish I would never feel like the rag doll again? Sure, but that's not the way healing works. Like an onion I must revisit hurts, layer by layer with different maturing eyes. Each layer is easier as I have built confidence in myself and the process. It is the OA program that keeps me from using my eating disorder as a way to numb when it's time for me to revisit the events. OA has given me tools to stay on the road of recovery even during a storm of feelings. I have come to believe that feelings won't kill me; after all, I lived through the events, I can handle living through the memories.

By listening to the stories of my fellows I have come to realize, we all have something we're carrying with us, but we are all enough. I need to share my pain and be honest when it's tough; this opens the door to others to share their pain. We don't have to travel this journey alone and while sometimes I am carried by my fellows, other times I will be called to carry them. With the love of our High Power and of our fellows, our burdens become lighter. Thank you OA for giving me safe space and safe people so I can heal.

*Kym L, Aloha*

## Tradition Ten: No Opinions, No Controversy!

[OA has no opinion on outside issues; hence the OA name ought never be brought into public controversy.](#)

Outside issues. Everybody's got them, so why can't we bring them up in an OA meeting? The answer is because by aligning ourselves with certain causes or other issues, we would alienate a whole host of people who could be helped by OA and the recovery we offer. I ask myself: which is more important the compulsive eater who still suffers or my outside issues?

If our primary purpose is to carry the OA message to those who still suffer, then the answer is simple. I leave outside issues at the door of my OA meetings when I'm sharing and when I am discussing OA with a fellow or a newcomer.

I know it's easier said than done, especially when we seem to be bombarded by outside issues from every direction. Person-

ally, there are several outside sources that have helped me in my recovery journey. There are also many causes I stand behind in my personal life. I'm sure the same can be said of many of my fellow OAs and that's wonderful. It's part of what makes OA work; all that diversity is what makes us great. *Alloys are stronger than pure metal.*

An OA meeting is like an oasis where I can hear experience, strength and hope about recovery. We don't need to muddy the waters with outside issues of any kind. That's why the tenth tradition is so important for our fellowship. Tradition ten lovingly reminds us what we're here for: *to achieve recovery and to carry the message of recovery to those who still suffer from this terrible and life threatening disease.*

*Anonymous*

## WANTED: Intergroup Reps

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.

»

## 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-aa.org](mailto:youngpeople@oregon-aa.org). OA has a Young Persons Facebook page: [www.facebook.com/OAinfo/](http://www.facebook.com/OAinfo/)

»

## 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](http://www.oaregion1.org/find-a-sponsor-or-sponsee.html)

»

## 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-aa.org](mailto:newsletter@oregon-aa.org)

»

## 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)

»



## 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 12<sup>th</sup>, 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*
- **SERENITY RETREAT CHAIR**  
Serenity Retreat chair shall coordinate our two annual retreats and work with the Serenity Retreat Committee Registrar. You must submit a report to Intergroup monthly and at the end of any specific event coordinated by that committee. You shall include an itemized list of expenditures with the committee report. And, the Serenity Retreat Chair's registration is paid for by the Oregon Intergroup!  
*Qualifications: 9 months abstinence; worked through step 7*