



# A SERVING OF HOPE

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

## Tradition 11: Attraction, Not Rejection

*Tradition Eleven states, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."*

Recently I came home after running a bunch of errands and realized I had worn my name badge the whole time. Not only that, I had conducted my last transaction at a supermarket with mustard on the end of my nose. I couldn't help but wonder what people thought of me. What kind of impression did I make and what would people think about the organization whose badge I wore?

At a recent OA event the members presented a skit that portrayed OA members at a restaurant. During their interactions with the wait staff, the OAers made complete pests of themselves -- were rude, demanding, messy, and didn't tip well.

After the meal, one member said to the waitress, "We're from Overeaters Anonymous. If you have a problem with food, we invite you to come to one of our meetings." She fished a beat-up OA information card out of her purse and presented it to her in lieu of a tip.

After such a fiasco, what were the chances of that person coming to OA? Probably she told her friends how awful the OA members acted and warned them about OA.

In some situations, we are the only OA that people know. This carries a lot of responsibility. Many of our meetings are held in churches and meeting halls throughout the community. When I attend a meeting, a huge part of my service includes helping put the room back into as good as, if not better than, the condition it was when I arrived. I am careful not to touch anything that doesn't belong to OA, such as religious symbols, books, signs, etc. During my

interactions with the staff of the facility, I am always polite.

During a meeting, service means that while I may share my struggles, I also share how doing the steps and using the tools is helping me work through my difficulties without resorting to food or other compulsive behavior. Do others see that this program is helping me live happy, joyous and free? Or do they only see my hopelessness?

*(Continued on page 3)*

## Upcoming OAORIG Events

- **Saturday, December 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, December 12<sup>th</sup>**  
OREGON INTERGROUP MEETING,  
7:00 pm to 8:30 pm,  
Girl Scouts Building,  
9620 SW Barbur Blvd, Portland
- **Saturday, February 16<sup>th</sup>**  
LIVING IN THE SOLUTION ODAT  
1:00 pm to 4:00 pm  
12555 SW4th Street
- **Fri-Sun, March 15-19, 2019**  
SERENITY RETREAT @TWIN ROCKS,  
Twin Rocks Conference Center  
18705 Highway 101 North  
Rockaway Beach, Oregon

## 12th Step Within Day

Region One is hosting a **special speaker meeting conference call** in honor of OA's Twelfth Step Within Day on Wednesday, December 12th at 7:00pm. To download the flyer with details and instructions visit <http://oregon-oa.org/meetings>

## Marathon Phone Meetings

- I.D.E.A. Day, Saturday, 11/17
- Thanksgiving, Thursday 11/22.
- Hanukkah, Monday 12/3
- 12th Step Within Day, 12/12

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

## OA Holiday Potlucks

(See page 2 for details)

Lighthouses  
don't  
go running all  
over an island  
looking  
for boats  
to save;  
they just  
stand there  
shining.

Anne Lamott

## Holiday OA Events

**The 11th Annual Thanksgiving Day Open House, Thursday 11/22**  
1-5pm; Potluck at 1:15pm;  
OA meeting at 4pm

**The 27th Annual Christmas Day Gathering, Tuesday 12/25**  
1-5pm; Potluck at 1:15pm;  
OA meeting at 3pm

**The 18th Annual New Year's Day Celebration, Tuesday 1/1**  
1-5pm; Potluck at 1:15pm;  
OA meeting at 3pm

**Where:** MerleAnn's house at 4635 NE 33rd Ave, Portland, OR 97211. It's a yellow house half way between NE Going and NE Wygant streets.

**Odds & Ends:** Maple floors welcome bare, stocking, or slippers feet. Some footwear available. Candles and fireplace. Bobby kitty resides here and does not appreciate other four-legged visitors. Musical instruments and your favorite games are welcome.

**Also:** Someone will be available at all three events to take phone calls should you need extra support during your holiday. You can call MerleAnn at (503) 281-8947 and someone will answer.

**Please Note:** MerleAnn is asking for help with set up and cleanup. Please call her if you are able to help out any of these days.

**For questions:** Call MerleAnn at (503) 281-8947

Download MerleAnn's 2018 Holiday Events flyer for you or your meetings at [oregon-oa.org/meetings](http://oregon-oa.org/meetings)

↻

You can also download Region One's 12th Step Within Conference Call flyer with detailed instructions : [oregon-oa.org/meetings](http://oregon-oa.org/meetings)

↻

## Sponsor Sponsee Job Interview Questions

### For the Sponsor:

1. What do I need/expect from my sponsees in order to work with them?
2. What are my goals/intent as a sponsor?
3. What can I offer my sponsees?
4. What actions did I take as a sponsee that worked for me?

### For the Sponsee:

1. List 5 things you want in a sponsor.
2. List 5 things you need in a sponsor.
3. List 5 actions you are willing to take to work with a sponsor
4. Why are you here today? What do you want out of working this program?

Jan E.

## Compulsive Overeating: The Disease of Isolation

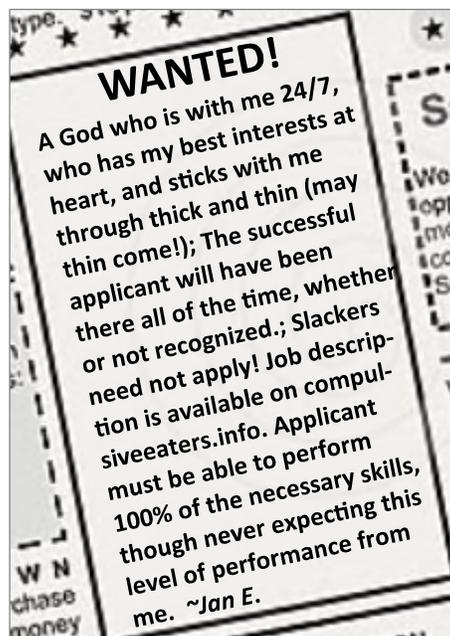
### What am I getting out of it?

- Quick enjoyment - release
- Numbs me from what's going on
- Habit – automatic no thinking required
- Social tool
- Allows me to function – drug

### What is it costing me?

- Remorse – Self hate
- Keeps me in denial – Keeps me from the Truth and Reality.
- Doing the same thing over and over again expecting different results - Insanity
- It's all about the food instead of who I'm with - Relationships
- Keeps me trapped - Self pity

~Cathy P



at Twin Rocks  
March 15-17, 2019

Twin Rocks Conference Center  
18705 Highway 101 North  
Rockaway Beach, Oregon

Use this link for the brochure and registration:  
[tinyurl.com/OAORIGTR](http://tinyurl.com/OAORIGTR)

## From Loathing to Liking

What is healthy self-esteem?

It is self-confidence and self-respect; serenity; speaking up for myself; treating myself as well as I treat others; having faith; being present for life; taking risks; trusting myself and others; being honest; pursuing dreams; being my own best friend; making decisions that are love based, not fear-based; liking my body and treating it with love. Have I achieved all this after seven years in OA? Not quite!

However, I entered program loathing myself: my body, my eating and purging behaviors, my obsession with weight and appearance, and my inability to do relationships. Now, I like my body and myself. OA saved my life and is teaching me how to live it. I have a more than four years of abstinence (with one six-month relapse), I'm at a normal weight and I have emotional and spiritual recovery. I'm sometimes happy, assertive, less judgmental, and more confident, and I take risks that result in less isolation.

As I care for myself by working

the program, my self-esteem increases. As I allow new OA friends into my life, my self-esteem increases. As I speak up for myself at the risk of losing love or being abandoned, my self-esteem increases.

When I was in the food, on the scale, or bent over the toilet, I wanted only to be thin, pretty, and happy. Gaining weight was one of my greatest fears.

Today, I still panic if I gain a few pounds and feel superior when I lose a few pounds. These feelings pass, however, as I work the program one day at a time. Alone, I was lost, insane, and depressed. With God, my OA friends, and the Steps, I am growing, one day at a time. I just keep coming back. Thank you, OA.

*Laura L., Hartford, CT*



POPULAR AND EASY TO USE

## 12 STEP SLOGANS

How important is it?

One day at a time

Keep it simple

Act as if

Let go and let God

This too shall pass

Easy does it

Think, think, think

Keep coming back

First things first

Live and let live

Progress not perfection

Turn it over

Principles before personalities

Do the next right thing

More will be revealed

Stick with the winners

CounselingRecovery.com

*(continued from page 1)*

Maybe a person sitting in the room is desperate for encouragement and needs to hear how this way of life can give them hope—not only for their food behaviors and self esteem, but even for life itself.

When we hold special events and workshops, we not only meet in churches and meeting halls, but in hotels and restaurants. That means when I use a hotel room, I take care of it. When I check in or have a need, I am polite—not demanding—to the staff. I am constantly aware that the facility is not there solely to meet my needs, but they have other clients and goals as well. I want OA to be respected and noticed as someplace that someone who is still suffering would check out on their own, or recommend to family or friends.

Since our public relations policy per Tradition 11 is based on “attraction rather than promotion,” it also involves not causing others to reject Overeaters Anonymous because of my personal behavior.

*Roseanne K, Beaverton*

## 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)

»

## 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)

»



## 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*