



A SERVING OF HOPE

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

Recovering My Heart: One Brick at a Time



I am a recovering anorexic and bulimic with over 8 years of physical recovery. Recently, I realized that while I am no longer starving my body, I still allow deprivation and perfectionism to control my relationship to my Higher Power.

I grew up in a church that not only told me what to think and how to act, but also informed me that to even question its authority would lead me straight to hell. Today, I no longer belong to that kind of church and instead find guidance in a congregation that encourages members to discover their own spiritual beliefs. With

such support, I have culled together a set of spiritual tenets that support me. Yet even today, I will find myself participating in old restrictive behaviors that seem to have its origins in the fire and brimstone of my childhood years.

Not many people in the rooms understand what it's like to be anorexic. It is, after all, the other side of compulsive overeating. We both are fixated with food and perfectionism, but the end results look drastically (and misleadingly) different. When I was active in my anorexia, I believed that I was not enough and that the solution to this problem was to have a thinner body. If I ate less and took up less space, then I would be okay. For example, if I ate a full meal, I would feel that I didn't deserve to eat again for the next 24 hours. I believed that punishing myself would create the perfect body. It was through punishment and rigid control over my eating that I would finally become who I was "supposed" to be.

Similarly, when I belonged to my old church, I believed I was to be meek, humble and self-sacrificing for others. If I would think too much of myself or was "too lazy" to take care of someone else's needs, I believed I wasn't suffering enough and therefore did not deserve to have a relationship with God. I had no inner sense of self. Instead, I would look to the church as the moral authority to tell me if I was doing the right thing or being the right person.

Recently I realized that I am still capable of falling into that type of dogmatic thinking using our program literature. A very prominent AA mantra is "get out of self and be of service to someone else." (See pages 86-87 and page 164 in the AA Big Book and the "Eleventh Step Prayer" of the AA 12x12.) Our OA literature, which derives from the original AA program, reinforces this concept of "reaching out and being of service to someone else." I took this simple mantra (which is designed to help me get out of obsessive thinking by focusing by connecting to a fellow) out of context, turned it into black & white/all-or-nothing thinking and then made it a measuring stick for who I should be and what I should be doing.

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Upcoming OAORIG Events

- **Saturday, January 5th**
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, January 9th**
OREGON INTERGROUP MEETING,
7:00 pm to 8:30 pm,
Girl Scouts Building,
9620 SW Barbur Blvd, Portland
- **Saturday, February 16th**
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

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Marathon Phone Meetings

12th Step Within Day, 12/12

Christmas Eve Day, 12/24

Christmas Day, 12/25

Kwanzaa/Boxing Day, 12/26

New Year's Eve Day, 12/31

New Year's Day, 1/1/2019

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

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Holiday OA Potluck Events

Christmas and New Year's Eve OA Potlucks & Meetings will be held at MerleAnn's. See page 2 for details.

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Holiday OA Potluck Events

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 this 2018 Holiday Events flyer at oregon-oa.org/meetings

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Oregon IG Yahoo Group

Did you know that the Oregon Intergroup of Overeaters Anonymous has a Yahoo Group? It's a great way to stay current with events happening within the Oregon Intergroup and region wide. To subscribe, email oregonoa-subscribe@yahoo.com

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Delegate Report for the 2018 Assembly

Thank you for sponsoring my attendance as an Oregon IG delegate to Assembly this year. It was my first experience of this service work. I found that I was very well prepared by all the phone meetings, emails, and by Roseanne K. who shepherded both Liz and I as green dots (newbies).

My understanding of R1 (Region 1) is greatly expanded! I am hoping and planning that throughout this coming year I will be able to share and transfer this wider knowledge of resources that R1 provides to our local meetings and ORIG (Oregon Intergroup). The notebook we received was literally like an old-time phone directory, as in the days before search engines on the internet. And then, on top of that, there were countless copies of what is in the notebook to copy and share. I have some organizing to do!

It was very inspiring and uplifting to be around so many fellows with strong recovery. I met several women who I had an instant bond as if we had known each other for years yet only just met. I am so very grateful for technology that is available to keep us in close contact from here on. I also connected with 3 women who asked me to sponsor them and so far 2 have started working the steps with me. It is my passion to carry the message and the side benefit is that it ensures my stronger immunity to the disease. Thank You God!

The Assembly emphasis was "Strong Personal Recovery, Strong Meetings, and Strong Intergroups". There were 49 fellows in attendance and of the 25 Intergroups within R1, 19 were represented. I had no idea until I saw the Notebook that ORIG is the largest intergroup within R1!

Before Assembly commenced, a survey was emailed about the different Project Teams available and a description was also shared of each. I knew immediately which one I wanted to be on: Sponsorship (including Virtual Sponsorship). Sponsorship has become my passion, and I have sponsored several through the Virtual program. I am now the new team leader for this group and we have identified beginning goals and set upcoming phone meetings to continue the work through this year. We have a R1 Board liaison working with us and have the input of those who have been on this committee in the last year. I am excited for what we might be able to add to and improve upon this coming year.

During Assembly, we learned stronger use of Robert's rules and used them to work thru all the motions and the new budget. All were passed. I got over my fear of standing at the microphone asking questions. For the most part the work done before Assembly prepared me well. I literally understood what they were talking about! We re-elected for 2nd terms, the vice chairperson and the secretary. We had a contest between 2 equally qualified fellows for Member at Large. (She prefers "Member at Small"!).

It was all so well planned and organized that it went by quickly despite the marathon long days. I literally did not leave the building from Wednesday afternoon until Sunday afternoon when the convention ended. Thank you for allowing me to attend and now the work begins of sharing at our local meetings what has been passed on thru me to you.



Poems and Announcements

Learning to Stay

The demon knows it's dying
So it's fighting
To keep it's hold
Pushing away all who would help
With cruelty, disdain, and disregard.

But my new friends
They do not run away
My new friends stay.
They fight for me
Until I can fight for myself
They love me
Until I can love myself
They care about me
Until I am able to care about my own life.

They stay for me.
So I will always stay for you.

Alice W.



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:
<https://tinyurl.com/OAORIGTR>

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Sadly, I've been using the literature to punish myself. The consequence is a belief that once again I'm not enough for my Higher Power. Using the stick and not the carrot, I have been striving to be the "perfect" OA member: reading all the literature, following all the program guidelines, doing all forms of service, and keeping my mind very, very busy. Nowhere in here have I allowed myself to simply BE because deep down I believe being is not enough. I have made my soul as anorexic as I once made my body. I do not allow myself to receive my HP's love until I'm "perfect". I punish myself by not allowing my HP to hold me when I need holding because I'm still making mistakes and not living my life exactly like this line of the big book says. I'm restricting and controlling how much I will accept from my HP just as I did with my food.

Lest I fall into another form of black & white thinking, I do know I have a relationship with my Higher Power or I wouldn't have 8+ years of abstinence. With growing awareness from being abstinent, I can see how I'm still emotionally and spiritually restricting; I'm still controlling and limiting how much of HP's love I allow myself to take in. It's like I'm standing with a shoulder height brick wall circling around myself: HP and I can still talk over the wall, but I won't allow Her to come too close. My anorexia was always fueled by fear that people would reject me, so the solution was to reject me first and thereby reject you. (I can't have a relationship with someone if I'm not there to have it.) And yet, here I am today having the exact same fear that I'm not good enough, except this time it's that I'm not good enough for my HP and therefore, not being "good enough", She will reject me. As I write this, I know how untrue this is and I know that the promises of the program, not the stick of the program, will bring me closer to my Higher Power. She is already loving me and accepting me – exactly as I am today and not who I will be tomorrow if I work my program hard enough. That's how simple it is and I have made what should be simple into something very complicated with a lot of made up rules and expectations.

For today, my goal is to remove the bricks from my wall one brick at a time. I am trusting this part of my spiritual journey just I once trusted the "one meal at a time" process with my physical recovery. Each time I sit with my HP and accept and embrace my perfectly flawed humanity, I am throwing a brick away. Each time I accept and believe that I'm good enough, I am removing a brick. Each time I keep it simple I have one less brick in the wall.

Kym, Aloha

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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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.

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

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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

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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-aa.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
- **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