



A SERVING OF HOPE

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

A Member Shares Her Step One Writing



What does this disease cost me in all areas of my life?

Emotional: The tears and frustration over my body. My out of control eating. Shame from hiding what and how much I eat (although the evidence was all over my body). Fear of a life without all the foods I loved (but didn't love me).

Financial: Spending money on "healthy" foods I didn't eat. Instead, bingeing on other foods I didn't intend to eat and letting the healthy foods go to waste. Walking out into the freezing snowy night to walk to the store and buy my binge foods.

Mental: Spending too much time thinking about my body, my size, my shape, what I wanted to eat, what I should eat, what I wasn't suppose to eat, what I wasn't going to eat, what to tell people I ate, etc. Falling asleep to fantasies of tomorrow's meals. Always obsessing and bargaining and beating myself up. Ugh! So self obsessed!!

Physical: Obesity, diabetes, high blood pressure, massive pain and exhaustion due to foods that triggered my fibromyalgia, yo-yoing my weight only to lose it and gain back more. The stress I put on my organs to process all that excessive food. The stress on my muscles and joints having to carry around 100 plus pounds more than my body was designed to carry. Then the damage done through all the years of bingeing and purging.

Relationships: My low self esteem has wrecked every relationship I have ever had. My ex-husband said my weight was one of the main reason he wanted a divorce. He probably meant my extra weight, but now I believe he also meant my obsession with my weight, with losing weight, and my intense insecurity around other women who didn't appear to have my food issues (to whom he would give his attention).

Educational: I'm not sure. I guess it would mean that my disease has affected my attention span and my ability to learn and try new things. There are many things that I didn't do because I was waiting until I was the right size. Only "beautiful people" get to do fun things and have a big life. I kept my life very small because of this disease.

Anonymous

Upcoming OAORIG Events

- **Saturday, February 2nd**
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, February 13th**
OREGON INTERGROUP MEETING,
7:00 pm to 8:30 pm,
Girl Scouts Building,
9620 SW Barbur Blvd, Portland
- **Fri-Sun, January 18-20, 2019**
59TH ANNUAL BIRTHDAY PARTY,
LAX Hilton Hotel
5711 W Century Blvd
Los Angeles, CA
oalaig.org/oa-birthday-party
- **Fri-Sun, February 1-3, 2019**
SEATTLE IG'S WINTER RETREAT,
Camp Huston 14725 Ley Road,
Gold Bar, Washington 98251
www.seattleoa.org/winter-retreat-registration
- **Saturday, February 16, 2019**
LIVING IN THE SOLUTION, ODAT
1:00 pm to 4:00 pm
1st United Methodist of Bvrtn
12555 SW 4th Street,
Beaverton, Oregon
(located one block west of Bvrtn
Library at SW 4th St. & Watson)
- **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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*Day by day,
step by step I'm
becoming a little
more unbroken;
and although I may
fall, I'm forever
falling forward.*

~Kym, Aloha

Oregon OA Yahoo Group

Are you tired of waiting to see the event booklet at your meetings to find out the latest about OA activities, Intergroup workshops, meeting notices and/or changes? Or worse, the frustration of not finding the notices at your meetings and missing out on great news? Wouldn't it be great to have the information come directly to your email inbox? Yes, yes it would.

How Does Joining Help Me?

Our trusted servants spread information through the Oregon OA Intergroup Yahoo email. Every time an event is announced or flyer posted, you receive a notice in your inbox. Every time the agenda, reports, or minutes of Intergroup are posted, you receive a notice in your inbox. If the item or event doesn't interest you, simply delete it!

How do I join?

To subscribe, send a blank email to:
OregonOA-subscribe@yahoogroups.com

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Virtual Workshops

Listen to recordings of virtual workshops on a variety of topics, including *Sponsorship Success, Service & My Recovery, Take a Walk Down the Traditions, The Importance of Working All 12 Steps, OA Literature*, and much more! Members share their experience, strength, and hope to bring the Twelve-Step program of Overeaters Anonymous to life.

<https://oa.org/podcasts/>

Thinking Back on the Steps with a Sponsee.

When I finished the twelfth step with a sponsee, we looked at each other and said, "Now what?" It felt more like a letdown rather than a victory. No certificate or pin to award—no ceremony.

A few days later, I found a card for my sponsee that showed a house with a gigantic gold star in the garage and wrote in it: *If we awarded a gold star for finishing the steps, it would have to be this big; however, the gifts we have been given are much bigger.*

- ✓ We have had a spiritual awakening as the result of these steps.
- ✓ We have accepted that we cannot rewrite the past. We have been able to let go of its shame; it is over.
- ✓ Those events no longer have any power over us (unless we let them).
- ✓ We are not that person anymore.
- ✓ We have righted wrongs that have haunted us.
- ✓ We have forgiven wrongs against us and let go of anger and resentments.
- ✓ We have released some of our survival techniques that no longer work but had become character defects.
- ✓ We are free to become the person God created us to be.
- ✓ The promises are being fulfilled in our lives.
- ✓ Through steps ten and eleven, we can clear any wreckage of the day and start each morning with a clean slate and the guidance of God, *as we understand Him.*
- ✓ We are becoming happy, joyous and free.
- ✓ We can reach out to others who are suffering—in and out of the rooms.

Who needs a certificate when we have received gifts like these?

Roseanne K, Beaverton

Men of OA: You Are Not Alone!

Are you the only man in your meeting? Do you have trouble freely sharing in meetings of mostly women? The World Service Survey done in 2010 revealed that only 13% of our fellowship consists of men. If you want to connect with other men in OA, there are phone meetings as well as several other ways you can connect with men in the program.

OAMen.org is a website to find resources for men in OA. Visit OAMen.org/meetings to find phone meetings and online meetings for Men.

You can also join an email-based discussion group. To join the Google group, email Tuesday@OAMen.org (include your first name and last initial). To join the Yahoo group, visit <http://oa12step4coes.org/loops/male> and submit your email address.



Members Explain Their Favorite Slogans

Living in the Solution

If I live in the problem, the problem gets bigger; if I live in the solution, the solution gets bigger.

OA teaches me how to live life on life's terms without inappropriate foods. Pain comes and goes in my life, but suffering is optional. I enlist my HP to give me guidance on the action steps I need to take and the power to carry them out (Step 11). Then I use my free will to make choices.

My intention is like throwing a rock into a pond: a ripple effect happens. For example, if I delve into self-pity, then I drag those connected to me into relating to my self pity and then *their* reactive behavior affects me and increases my feelings of self pity.

Another example is fearfulness. Acting as if I am courageous helps reduce my fear. Similarly, if I focus on the fear, it increases and I become less willing to take positive action.

This "magnifying mind" is the same for the four horsemen of obesity: Fearfulness, Resentment, Egotism, and Dishonesty. I call the four horsemen FRED and I strive each day to distance myself from him.

In short, a negative attitude makes my problems bigger and a positive attitude makes them smaller!

Suit Up and Show Up

It means just do the work, and don't worry about your doubts or the results.

Red Light Foods

Red foods are strictly off limits. Yellow foods are ones we are not willing to give up yet. Green foods are okay for us at all times.

My Eskimo

It's a simple story about two men drinking in a bar in Alaska. One was a very religious man and the other was an atheist. Eventually the conversation swung around to God. The atheist looked at the religious man and said, "I don't believe in your God." The religious man says, "Why not?" The atheist says, "I gave your God a chance to prove Himself to me once and He didn't do it." The religious man says, "In what manner did you give God a chance to prove himself?" The atheist says, "Well, about six months ago I was walking about 150 miles north of town in a blizzard. I knelt in the snow and I looked at the sky and said, "God, if there is one, I'm lost and I'm going to die." The religious man smiled a very knowing smile and said, "Why you must believe; you're here." The atheist said, "Nah, some goddamn Eskimo came along and showed me the way back to town."

From this story, you can see that the term "my Eskimo" is generally used to describe an individual who introduced you to 12 Step.

Chop Wood, Carry Water

Back in the day, your life depended on getting water and making a fire to stay warm and cook your food. It was something you had to do no matter what else was happening. No matter how you felt or what time of year it was, you needed water and firewood. In my program, "chop wood, carry water" means I do whatever I need to do for my recovery no matter how I'm feeling or what else is happening in my life. I go to my regular meetings, follow my food plan, check in with my sponsor, text my fellows, and do step work. End of story.

Welcome Home!

At a recent OA meeting, a member greeted a newcomer with the words, "Welcome Home!" How strange that must have sounded to this new person. Yet that morning, I had told one of my sponsees, "OA is more like home than any other place I've been."

In each of us we have an image of an ideal home where we are welcomed, loved, and respected as we are, and not shamed. OA meets that standard for me more than any other place where I have lived or visited.

So, "Welcome Home!" I hope that soon you will experience why we say that.

HALT

HALT means Hungry, Angry, Lonely and Tired. Watch out for addict mentality at times like this.

I personally changed the "hungry" to hurt because I don't know what hunger really feels like.

Keep Coming Back!

All you have to do is keep coming back to meetings. You don't have to do anything you don't want to do. Recovery will take however long it takes. Just keep coming back to meetings. Don't stop because when you do, you are walking back into the disease. Also, it's harder to come back after you've been gone. Even if you're in relapse, just keep coming back to meetings.

**Do you have a favorite slogan?
Please send me your writing
on what the slogan means in the
context of your OA recovery.**

Newsletter@orgeon-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

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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 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. We need:

- **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)

- **PUBLIC INFORMATION PUBLIC OUTREACH**

Duties: Issue press releases; coordinates OA poster campaigns; explains OA to those unfamiliar with the program; publicize meetings

- **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

- **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

- **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

- **SERENITY RETREAT CHAIR**

Serenity Retreat chair shall coordinate our two annual retreats and work with 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.

Position duties and requirements available on the Oregon-OA website at:

oregon-aa.org/what-is-oregon-intergroup/intergroupdocuments



Celebrating Our 59th Year!

**JANUARY 18-20, 2019
THE 59TH OA BIRTHDAY PARTY WEEKEND CELEBRATION**

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!

* Deluxe Location *

The LAX Hilton

Luxurious 4 star hotel @ \$133 / night up to 4 people

Rooms come with free WiFi!

Refrigerators can be ordered (limited amount, first-come, first-served).

This price is good for 3 days on either side of the event.

www.oalaig.org/oa-birthday-party/



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>