



A SERVING OF HOPE

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

How Pride Was Nearly My Undoing



Several years ago I had an experience which illustrates how pride and an unwillingness to accept help was nearly my undoing.

I was vacationing on the island of Kauai and went snorkeling alone. I'm not a strong swimmer or an experienced snorkeler, but I felt safe as I was in a bay sheltered by a rock jetty. Also, there were a lot of other people around, so I felt it was safe for me to go out by myself. As I was going out to snorkel, another couple, seeing that I was by myself, invited me to join them. I declined their offer because I didn't want to "bother" them.

After snorkeling for about an hour, I decided to go back to shore. Lifting my head out of the water, I realized that I was the only person still out in the bay. I started swimming back, but could make no progress. I tried swimming at several different angles to find a way to work with the current, but that didn't work either. Finally after about an hour I remembered the advice that when you're in trouble, you should raise your hand up to signal for help. As I raised my hand in the air, I had the thought, "God, if you're going to save me, now would be a good time!" Suddenly a man with a surfboard appeared and he helped me to climb onto it. He also told me that water rescue had been called.

This experience relates to my experience with compulsive eating. Prior to coming to OA, I tried to conquer my weight problem by so many different methods—from "weigh & pay" plans, to liquid protein diets and everything in between. When I came to OA and became willing to ask HP for help, I finally started making progress and have released over 60 pounds. I still have a long way to go physically, spiritually, and emotionally, but I hope I never stop learning and growing.

Lastly, the next time a couple wants me to join them for snorkeling, I'm going to say "Yes!"

Jenice G

Upcoming OIG Events

- **Saturday, April 6th**
MONTHLY SPEAKERS MEETING
7—8:30pm, Girl Scouts Building,
9620 SW Barbur Blvd, Portland
To attend by phone call
(641) 715-3836, PIN 282586
- **Wednesday, April 10th**
OREGON INTERGROUP MEETING,
7:00 pm to 8:30 pm,
Girl Scouts Building,
9620 SW Barbur Blvd, Portland
- **Friday-Sunday, July 26-28th**
SERENITY RETREAT AT
Camp Arrah Wanna Retreat Ctr
24075 E Arrah Wanna Blvd.
Welches, Oregon

☪

More Region One Retreats

For more information, please visit:
www.oaregion1.org/events.html

- **Fri-Sun, April 5-7, 2019**
NORTH CASCADES INTERGROUP
SPRING RENEWAL RETREAT
Camp Casey Conference Center
Whidbey Island, WA
- **Fri-Sun, April 26-28, 2019**
LAKE COUNTRY INTERGROUP
ANNUAL RETREAT
"Renew Your Inspiration"
Lake Coeur d'Alene, Harrison, ID
- **Fri-Sun, May 3-5, 2019**
SEA TO SKY INTERGROUP
"Big Book Weekend Workshop"
Burnaby, BC, Canada
- **Fri-Sun, May 17-19, 2019**
CENTRAL OREGON INTERGROUP
"Sunlight of the Spirit"
Lake Coeur d'Alene, Harrison, ID
- **Fri-Sun, May 31-June 2, 2019**
SEATTLE INTERGROUP
"Keep It Simple"
Gold Bar, WA
- **Fri-Sun, June 7-9, 2019**
VANCOUVER ISLAND INTERGROUP
"Big Book Comes Alive for OA"
Nanaimo, BC, Canada

R1 Spring into Success!

Region One is excited to announce its hosting of several special speaker conference calls for 2019. Please join us for these one-hour meetings. Our speakers will share experience, strength and HOPE for approximately thirty minutes followed by open sharing. If possible, please dial in a bit early to join the call. The conference call will tell you that you are on MUTE until it's time to start the meeting.

March 21, 7:00pm

"What do you mean you want me to be a sponsor?"

June 19, 7:00pm

"Body Image Recovery"

Please visit the Region One website to find the flyer with instructions. You can find it on the Events tab at: www.oaregion1.org/events.html



Oregon OA Yahoo Group

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!

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



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/>



Reflections on Step Three

Made a decision to turn our will and our lives over to the care of God (Higher Power) as we understood him (It).

Once I realized that my Higher Power (HP) was benevolent with my best interests in mind, it was easy to trust It. HP made the earth and made humankind. Humankind made refined sugar which the human body does not know what to do with.

It became clear to me that eliminating this substance from my food was a first step to abstinence. It seemed to me that once I was clear of this substance, I could approach food in a saner manner. And it worked.

Soon it became easier for me to turn everyday things over to my HPs care. I got a god box and I put issues that I needed HPs help with into the box. They turned out to be ok. It has been a good decision, this turning my will and my life over to the care of my Higher Power, because It really does have my best interests in mind.

I don't have to control the outcome. Lucky for me to realize this because I never was able to control other people. I can shut off my monkey mind and let HP lead me. I have peace and can let people just be as I let my self just be. We can BE together or apart.

Michael H



Peace in Our Times?

There is no question we live in troubled times. Our challenge is not so much to fix the troubles, but to find peace and balance despite the troubles. I think God, as we understand God, through our OA program has given us tools to do just that.

No, I'm not saying, "Just pray the Serenity Prayer and relax." We don't want to hide our heads in the sand, nor do we want to obsess about people, situations, and events that are beyond our control. So what am I saying?

There is a song that says something like, *"let there be peace in the world and let it begin with me"*. As our program shows us again and again, peace does begin with me. And you. And turning situations over to our higher power.

Program principles help us learn to live at peace with ourselves and *within* ourselves. Once we have some inner peace, we can be more peaceable with our families, and then the folks in our immediate circle of influence. By changing the atmosphere around us by our actions, demeanor and love, we can affect gradual change in our communities.

Every time I live by the principles, I am finding more peace. Every time, I share a solution this program has given me, there is a possibility someone else may use that principle to find a solution and more peace in their life. Every time I sponsor and encourage someone in their recovery, I help someone to find more peace.

By the ripple effect, this love and acceptance spreads in ways that we cannot imagine or possibly measure. We may not change the whole world, but we can change the world around us, one day at a time, and find more peace.

Rosanne K

Dear Newsletter,

Beyond Blame

I am not perfect. One of the most profound gifts of this program is that others love me just as I am today. This helps me see that I, too, can love myself just as I am today. I recently got off the scale and saw that I had gained weight. This put me into a panic and the negative self talk immediately started about how bad and disgusting I was.

Then I thought of my program and what my OA fellows would say to me. They wouldn't shame me or tell me I was defective. They would ask me how I was doing and how I was taking care of myself. They would listen and offer support.

I am not perfect. I lose and gain weight, even while working the OA program. Does that mean I have failed? No. But it is a time to step back and ask some program questions and dig a little deeper. Not in a blaming or shaming way, but in a gentle and curious way.

I have found that when I can carve out a few minutes for myself each day to use the tools of the program (such as writing, attending a meeting, or calling a fellow) gradually the overwhelming urge to overeat sugar goes away. And instead of getting on the hamster wheel of future tripping and binging on sugar, I can choose instead to work my program and change the outcome of my day, one breath at a time.

Bojana S

Recovery Quotes to Live By

"Instead of directing the show for my benefit and letting self-will run riot, I will stop today and put aside thoughts of what I want...God's will for me is not greedy or envious, dependent or complaining....I need not waste time on worry and fear, but find a new joy in living."

For Today, February 16

"If we are to experience recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us so much healing.

Through the first nine Steps of our program, we have made a beginning on an entirely new way of life, one of sane eating and successful living. Step Ten calls for daily repetition of the actions we took in the first nine steps. As we do so, these actions become patterns that will enable us to thrive, grow spiritually, and be happy without excess food or compulsive food behavior."

OA 12&12, pp 69, 70

"It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong *with us*."

AA 12x12, p90

Jan E.



Serenity Retreat at Camp Arrah Wanna on July 26-28, 2019

**Camp Arrah Wanna Retreat Center
24075 E Arrah Wanna Blvd.
Welches, Oregon**

Sponsored by Oregon Intergroup of OA

For information, including scholarships, email serenityretreat@oregon-oa.org or call Nicole at 503 442-2777. To register, visit www.oregon-oa.org and look for the "Register for a Serenity Retreat" drop down menu on the home page. You can register online or you can download a registration form and mail it in with your payment. Full instructions are available on the website.

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

↻

Young People's Phone List

Did you enter OA at age 30 or younger? If you can offer support to a young member, email your name, phone, and age you came into OA to youngpeople@oregon-aa.org.

OA has a Young Person's Facebook page: www.facebook.com/OAinfo/

↻

Resources for Men in OA

OAMen.org is a website to find resources for men in OA, such as phone meetings and online meetings.

You can join an email-based discussion group Tuesday@OAMen.org. To join the Yahoo group, visit <http://oa12step4coes.org/loops/male> and submit your email address.

↻

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

↻

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. The Newsletter is printed the second Wednesday of the month. Email 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 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 live 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