



A SERVING OF HOPE

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

Putting Down the Stick and Picking Up the Steps



My ideal weight was 126 pounds and I got that number from watching the Miss Universe pageant. I figured if the women in the pageant weighed 126 and were 5'11" like me, so should I. I married and divorced twice and each time there

was weight gain involved. Neither of my husbands could meet my perfectionistic standards. After I divorced them, I was convinced no one would ever want to marry me again because I was damaged goods (i.e., I was divorced) and was fat. Plus I knew what a rotten person I was inside and that I was just maintaining a false front to fool you. I was afraid to get too close to you because you would find out who I really was and not want to be my friend after that. When I got mad at myself I would slap my own face or hit my head, hard, until I cried. If I didn't keep myself in line by being harsh, punishing and judgmental, how was I ever going to get better?? And if I was lenient on myself then I was convinced I would eat and eat and eat and never stop and never get thin. That was my mental state when I joined OA.

So what happened to change me what am I like now? I know how to treat people better. I know how to treat myself better and I do treat myself better. I haven't hit myself or punished myself for being heavy by starving or over exercising for a long time. I am going to the gym to exercise for health and balance. I don't pretend that working out helps burn fat, but my attitude toward working out is different and I am losing weight slowly but steadily. More importantly, I am abstinent and I journal and I read and I meditate and I pray to a God that I didn't think existed.

How did I come to this place? By working the steps; by having a sponsor to commit my food every morning; by being willing to weigh and measure and, if there were changes, to let my sponsor know and not lie by omission; and, when I don't know how to do something, I say the words, "I need help!" In short, I don't try to do it myself anymore. I almost always bring my higher power and another person into the problem for help getting into a solution.

I have been a very sad, very angry and very frustrated person for most of my life. I am no longer willing to live that kind of life! By living in the 12 steps, I have discovered another way to live and I can use my Higher Power and rely on understanding and love. Also, I now know that Love is a verb and to love myself means to take care of my health: physical, spiritual, and emotional.

Liz S.

Upcoming OIG Events

- Saturday, April 27th**
 SALEM SATURDAY OA WORKSHOP
 "Happy Feet Bring Recovery"
 Registration at 9:30 am
 Event 10:00 am — 3:00 pm
 Salem Hospital, Building D
 Creekside Room
 939 Oak Street SE, Salem
- Saturday, May 4th**
 MONTHLY SPEAKERS MEETING
 7—8:30pm, Girl Scouts Building,
 9620 SW Barbur Blvd, Portland
 To attend by phone call
 (712) 770-5581, PIN 282586
- Wednesday, May 8th**
 OREGON INTERGROUP MEETING,
 6:45 pm to 8:15 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

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Region One Events

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

- Sunday, April 14th, 3:00pm**
 VIRTUAL REGION WORKSHOP
 "A Day In the Life of OA"
- Fri-Sun, April 26-28, 2019**
 LAKE COUNTRY IG RETREAT
 "Renew Your Inspiration"
- Fri-Sun, May 3-5, 2019**
 SEA TO SKY IG WORKSHOP
 "Big Book Weekend"
- Fri-Sun, May 17-19, 2019**
 CENTRAL OREGON IG RETREAT
 "Sunlight of the Spirit"
- Fri-Sun, May 31-June 2, 2019**
 SEATTLE IG RETREAT
 "Keep It Simple"
- Fri-Sun, June 7-9, 2019**
 VANCOUVER ISLAND IG RETREAT
 "Big Book Comes Alive for OA"

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.

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



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/>



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



What the Serenity Prayer Means to Me

To me, the serenity prayer is all about understanding what I can and cannot control. It helps me recognize that I cannot control the outcome of a situation, and knowing that I'm not helpless because of it. The prayer invites me to perceive beyond the rigid, black or white thinking that often precedes my compulsive overeating behaviors.

The serenity prayer has been an important part of my recovery, because when I repeat it to myself, I can see how overly attached I get to a particular outcome. It helps me see that I have the option to view a situation in a different light, to consider that there might be a piece of information that I don't have. For example when making assumptions about people's intent, I repeat the serenity prayer, and it helps me understand that I cannot know or control another person's behavior or thoughts, only how I choose to respond to them. I use the serenity prayer at work, when I am reacting fearfully or angrily to something my boss or coworkers have done. When I repeat the serenity prayer in these situations, it is a gentle reminder that there is an identity beyond that of victim.

Recently, I have been using the serenity prayer when I see a red light food in the break room at work. In this scenario, it allows me to acknowledge that I have the disease of compulsive overeating, which is something that I can't change. However, what I can change is my willingness to listen to my Higher Power to make food choices that promote my abstinence and health. Even if I sometimes end up eating something that I don't feel great about, repeating the serenity prayer when I am having a craving gives me that pause, a returning to the present moment. With it, I can see that there is a larger reality than my negative reaction to something, and that gives me a feeling of peace.

Bojana S.

Retreats Feed My Recovery and My Connection to God

I have been in program for almost 8 years, and one aspect that has become an important part of my "new found sanity" is going to the serenity retreat.

I have found that working for an entire weekend on me, helps me focus for several months more on OA tools. Just this last one I have learned the value of fun.

I build it into my day. I schedule it. In fact I tell my sponsor what I will do for fun, and then set a timer to ensure I do it. Sounds crazy, but it has helped me find a new "serenity."

The second thing that I have learned from the retreat is learning to breath more. I always thought "it was a new age religion thing" - this mediation. Now I understand that meditation is me being quiet so I can hear God.

Lastly, the OA retreat and the tools have taught me to take care of me. I now floss daily, take my vitamins, and move my body. I don't research laments that I am having on Google and then try to solve it myself. I in turn, call the doctor, dentist, therapist and eye doctor and make those appointments. I take care of me, including going to meetings, and calling my sponsor every day (I have to set an alarm to call).

I track my food and share it with her. This has taken me a long time but I make progress. Every retreat I go to, that is one more step towards the new and better me that God wants me to be. Retreats help me be more present in my life. So this week for fun, I watched a movie I wanted to see, I meditated, and I picked flowers for my table.

Kelly F.

Speaking Up For Myself is a Tool of My Recovery

Growing up with a mentally ill mother left no room in our family for sharing feelings or opinions. The world seemed to have revolved around my mother and how she was feeling on any particular day. We belonged to a particular religion which taught us to not seek things for myself, but to serve others. Society reinforced that with the message that men were to rule and women were to follow. I never learned my truth. I never learned to think for myself and speak up. I was praised for my silence and labeled “the good girl.”

Today I am paying the price for my people pleasing. I have become a compulsive conflict avoider. I will go to any length to avoid conflict with others, family, friends or strangers. My most common behavior is to run. I run either physically by leaving a situation or relationship or I'll withdraw emotionally and pretend that everything is OK. I believe the lies that I tell myself.....I'm doing the right thing by not causing conflict.

But it's not the right thing to do. By not expressing myself I can build the biggest resentments in record time. I try to deny my

resentments, but they always come back at the most inconvenient time, or they build up causing me to not trust the world and those around me. They tell me lies like I'm not worthy of speaking up for myself or that things will only get worse if I do. I isolate. And when I feel alone in the world, my eating disorder is always there to give me comfort.

One of the gifts of OA is that I have a safe place to try out new behaviors. I recently spoke my truth at a retreat about a prayer from the Big Book. I knew there were people who might get upset at my thoughts, but a friend urged me to share my perspective. As I spoke I didn't notice any disapproving faces but I saw heads nodding in agreement. It felt good to speak my truth. It felt good to not simply agree with the status quo. I rewrote the prayer to make it work for me and I took the courage I had that day and tucked it in my tool box. I pray that next time I have a truth that needs to be said, I can call on my HP, pull out the courage and do it again.

Kym L

Step Four: A Passage to a Life Beyond My Wildest Dreams

Using the term miraculous seems extreme, yet it is so true for me. I knew the 12 Step program was effective and powerful, yet never would have believed how much.

I began my journey in June, 2018. I quickly started working on the 12 Steps using the workbook. Upon reaching Step 4, I was advised to make a chart of columns to list the hurts of my life in chronological order. The far right column was for how I'd contributed to each. I balked at this thinking; they hurt me; I didn't contribute anything. And yet there developed a pattern. What emerged was that I was asking for love and getting hurt when it didn't look as I expected. Pride, ego, and an expectation of love was what had caused the hurt, and what had caused it to linger and define me.

I was always lonely and the only solace was food. I'd tried many diets, succeeded, and then needed 'a break'. We all know what that means. The 'I just want a few days of food I like' would turn into years of eating to feel better, eating to feel happier, eating just because. And of course the recrimination over the whys; why can't I stop, why can't I love myself enough to be strong, why, why why?

In Step 4 recovery, as soon as I realized what I was doing to myself it all went away, thus the miracle. I didn't have to cre-

ate a plan and work on solving this, it just went away. Really! I quit asking for love. I quit looking for love. I quit manipulating people so they would love me. (And of course not believing they did.) The rest of the miracle is that I now see love all around me. I can feel it, I can appreciate it, I can accept it. I'm no longer the lone person standing in the room waiting to be noticed, waiting to sense if anyone wants to speak to me. I'm the person who smiles first, talks first, is welcoming to all, and especially loves without expectations.

As a result I have a new serenity and acceptance of self. The serenity cannot be overlooked. It is positively amazing. I no longer assess everyone to determine what would make them like me. I'm just me, and their opinion of me is none of my business. Quite a novel idea. I think Miraculous is not an exaggeration because that's exactly how it feels. I wanted to lose weight, and have, but more importantly, I've found an inner peace I never dreamed possible. And in thanking God, on a daily basis, I have become closer to my Higher Power.

I thank my Higher Power and Overeaters Anonymous all day, every day.

Kathleen V

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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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-oa.org.

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

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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.

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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. The Newsletter is printed the second Wednesday of the month. Email newsletter@oregon-oa.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. Full job descriptions and qualifications are available at <http://oregon-oa.org/what-is-oregon-intergroup/intergroupdocuments>. In short, we need:

- ✓ **VISITORS:** Show up at Intergroup and join in discussion (or not); does not vote;
- ✓ **MEETING REPRESENTATIVES:** Represents your meeting at Intergroup; bring back materials posted; vote on matters related to Intergroup;
- ✓ **TWELFTH STEP WITHIN COMMITTEE MEMBERS:** Report monthly to Intergroup and upon project completion; Arrange project for December 12th, Twelfth Step Within Day;
- ✓ **PUBLIC INFORMATION PUBLIC OUTREACH COMMITTEE MEMBERS:** Issue press releases; coordinates OA poster campaigns; explains OA to those unfamiliar with the program;
- ✓ **WAYS AND MEANS COMMITTEE MEMBERS:** Conduct money making projects at OA events; prepare items for said projects; enlist helpers for said projects;
- ✓ **MEMBER AT LARGE:** Assume any board position during temporary absence or until replacement is elected; assist co-chair in contacting groups not represented at Intergroup;
- ✓ **EVENT COORDINATOR:** Coordinates intergroup activities; formulates yearly calendar; works with OIG and any meetings sponsoring an event;

TIME CHANGE #1

OA Intergroup Meetings

6:45 pm to 8:15 pm

Girl Scouts Building

9620 SW Barbur Blvd.

Portland, Oregon



TIME CHANGE #2

R1 Convention Planning

5:45 pm to 6:45 pm

Girl Scouts Building

9620 SW Barbur Blvd.

Portland, Oregon

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

Camp Arrah Wanna
Welches, Oregon

www.camparrahwanna.org

**This year's retreat leader is
Colleen T! Hear her pitch at
www.tinyurl.com/ColleenT-2017**



**Early Bird Rate (before 6/21)
is \$194. We now have \$50
scholarships available*. A
deposit of \$100 secures
your scholarship and your
rate, so register TODAY!**

For information or questions email serenityretreat@oregon-oa.org or call Nicole at 503 442-2777. Register on the Oregon Intergroup website or use this link: www.tinyurl.com/OAORIGCAW

*first come, first served, while funds are available