



A SERVING OF HOPE

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

A Pitch for Doing Footwork

My name is Christina and I am a compulsive eater.

I have been in program for 13 years, but abstinent, consistently, if not perfectly, from compulsive eating for only the past year. I still don't like to count numbers and days, but I consider my first 12 years in program as vital to me and my recovery as this past abstinent year has been. Recovery isn't a race; it's a journey. I don't have to feel guilty if it takes me longer as I have a lifetime to recover and I plan on using every moment to do just that.

There is no one definition of footwork in recovery. However, for me, footwork is the action steps of this program. It is the work that I can do to help me and my Higher Power lead me to abstinence and a recovered way of life.

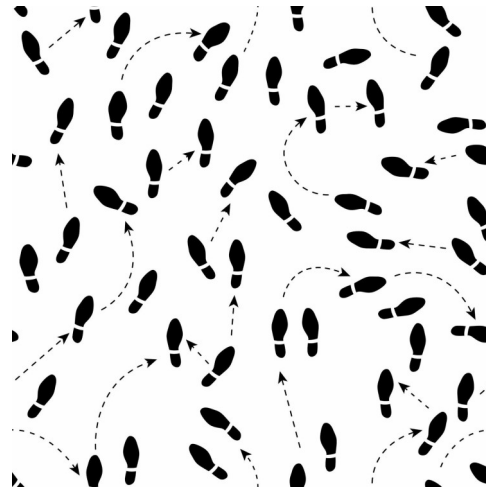
To start, I vigorously use the 9 tools of the program (anonymity, action plan, a plan of eating, meetings, literature, sponsorship, service, telephone and writing). These things are as vital to my program as the air I breathe and without them I would be lost.

Of the nine tools, writing is the vital lifeline between sanity and my compulsive nature. Writing provides a couple key things: 1) I feel closest to my HP when I am in the act of writing or when I am writing directly to or from my Higher Power; and 2) Writing gets all the crazy stuff inside of my head out and onto the page where I can look at it with a little more clarity and reason. Writing works to release me from the crazy and let it go. Otherwise that stuff will wander around inside my head until it drives me mad or back to my compulsions.

Writing may be my favorite tool, but I couldn't be without the rest either. Even the 1,000 pound phone has become vital to my program through daily phoning of an OA buddy and the use of texting others in OA. There is power in 140 characters when used for recovery. Never forget that another COE is just a phone call or text away. It can and will save your life!

Besides the official tools of the program there are what I call the "unofficial official tools" of the program. This includes vital things like working the Steps and Traditions, prayer and meditation, surrender, willingness, trust and faith, being honest, and carrying the message. Without these things my program would be hollow and meaningless. It just doesn't work, unless you work it.

Working the principles behind the Steps and Traditions is how I work my program. I use these principles: Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-



Upcoming OIG Events

- **Saturday, June 1st**
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, June 12th**
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



Region One Events

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

- **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"

*A retreat is a place
to focus on recovery
and spiritual
growth; it can en-
hance your program
and reaffirm your
commitment to your
recovery.*

(continue on page 2)

New Podcast Series

A new nine-podcast series features speakers who share their experience, strength, and hope from diverse perspectives, including coming to OA for binge eating, bulimia, and relapse, and finding recovery through OA HOW, 90 Day meetings, A Vision for You, and virtual OA plus many other kinds of compulsive food behaviors and means of finding recovery. Go to oa.org/podcasts and look under "2017 Forum" to listen to the first four podcasts in the series with more to come soon.

R1 Speaker Conference

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

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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/>

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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

Breaking Isolation in Recovery

Below is an excerpt from the Sea to Sky Intergroup's May Newsletter, found here: https://oaseatosky.files.wordpress.com/2019/04/seatoskyig_newsletter_2019_05.pdf

"Recently in Vancouver [British Columbia], about 50 OA's attended a workshop on breaking isolation in recovery. Here are some take-aways with thanks to the organizers, Susan A and Greta H:

One of the primary aspects of addiction is isolation – the inability to connect emotionally and spiritually. Our isolation stems from pain, especially self-inflicted pain. As our addiction worsens, our isolation intensifies to the point of feeling completely alone in the world. We are trapped in a bubble of self, completely absorbed in our pain. In OA, we no longer have to be alone. The first word in the Steps is "WE". When feeling overwhelmed by life, a connected person turns to friends, fellows, their Higher Power for understanding, support and solutions. The isolated addict turns to alcohol, drugs, or food for temporary relief. No one recovers from addiction by simply stopping using their substance of choice. We recover by creating a new life where it is easier not to use / abuse."

[Click on the link above to finish reading this very powerful article, complete with warning signs and tips.]

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Discipline, Love, Perseverance, Spiritual Awareness, Service, Unity, Trust, Identity, Autonomy, Purpose, Solidarity, Responsibility, Fellowship, Structure, Neutrality, and Anonymity in all my affairs now. Working the Steps and even the "boring" Traditions is HOW I recover. Old-timers say the same thing, but I was stubborn and tried working a program without really having to put in the effort and I can tell you from personal experience THAT DOES NOT WORK! If you want a program that works then WORK IT! It really is as simple as that.

The tools of prayer and meditation are also especially vital to my program. However, I don't really "pray and meditate" in the traditional sense. I had (and still have) an aversion to those words, but I have learned a way that works for me. I talk to my HP through my writing, which is a bit easier for me. Listening to my HP can be tough because I have a mile-a-minute brain. Over time, I've learned to listen for that still small voice of my HP throughout my day. It doesn't take much for me to hear from my HP. I also write letters to myself from my HP. This process helps quiet my mind and I can "listen" to my HP's love and guidance.

Other things like willingness, surrender, trust, and faith come in baby steps for me. If I can come up with even the tiniest amount of any of these, a well spring follows. It's amazing that it works and, truthfully, I have no freaking clue how or why it does work!

The final piece of footwork I'll touch on is *Service*. Service is key to staying in program, achieving and maintaining abstinence. I know I owe my life to OA; therefore, it's my duty and responsibility to give back to the organization that saved my life. Whether it's big stuff (volunteering at Intergroup) or small stuff (sharing my experience, strength and hope at a meeting), I would not be here today if it wasn't for the service that kept me coming back, kept me accountable, kept me out of my own head, and got me to focus on helping others who in turn help me. Service isn't just slimming; service saves lives!

Remember, footwork isn't hard. It's what we do to recover. It is the action of our program and according to a quote used in our literature, "faith without works is dead." In other words, it doesn't work unless you work it...so work it because you **are** worth it!

Christina V.

The Power of Choice

I am in a love-hate relationship with my life. Some days I wake up renewed. I am so grateful for my husband and kids, a good, stable job with awesome benefits, strong community ties. Life is light and joyous and full of love. I see my purpose and the day flows effortlessly.

Other days I see only what I am not. What I see as lacking. That I am not enough - that I will NEVER be enough. Every mistake and humiliation that is my life starts to play like a movie reel in my head. Despair seems to follow me, weighing me down, making the simplest task feel overwhelming. These are the days that drag me toward the false relief of my eating disorder. These are the days I start to believe the old lies that I left in my past when I began my recovery. Cunning, baffling, powerful - words written almost 85 years ago are my reality.

So why do days like this continue to happen to someone who just celebrated 24 years of abstinence? My answer? These days occur when I forget that I live a practiced life of daily surrender.

The Big Book tells us "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - They will (not mine) be

done." These are thoughts which must go with us constantly." (page 85).

In the moments that I "forget" to surrender, my life is torture. When I decide that I am in charge - that I know what's best for me, my disease is all too happy to drive a wedge between me and my Higher Power. As the voice of my disease gets louder, the memory of my higher power continues to dim. And the weight of my life without the Sunlight of the Spirit quickly becomes more than I can bare.

My saving grace? I am in OA! I have people in my life who understand and care enough to shine a light into my darkness. Who remind me that OA promises a life that is happy, joyous and free! They remind me that there is a solution! I can surrender my will and place this moment into the care of the loving hands of a higher power who only wants the best for my life.

What it boils down to is I have a choice! I may be powerless over my disease, but I am not helpless in my own recovery. I have the power to choose how I live my life. And I choose recovery! When I choose recovery with every decision I make, the overwhelming burden of a life with no relief is lifted and replaced with the hope and joy of the miracle that is me.

What will you choose today?

Alice W

Retreats Work My Courage Muscle

A highlight of my OA recovery journey is attending a yearly weekend retreat. The retreat center is on the Pacific Coast. The connection I have with my Higher Power whom I choose to call God is always magnified when I am near the ocean.

The Retreat gives me many opportunities to eat sensibly with a group of new people. Before program, the idea of eating food with strangers struck fear in my heart. I always felt extremely self-conscious. Negative self-talk was my constant companion.

I once heard a saying that "Some things are caught and NOT taught". This is how I have mostly navigated through OA during my time in program. (2002 to present) I have learned to see repetition as my best friend instead of my biggest foe. In the beginning, my new healthy behavior felt very jarring and uncomfortable. I keep coming back no matter what. And there are many days that I still feel like a beginner.

Making a tradition out of my annual retreat helps give me a clearer perspective on my emotional, physical and spiritual growth. I get showered in validation by my retreat friends. They see the gradual changes that have transformed my psyche. Fear is being replaced with joy and a new found freedom. Freedom to express my vulnerability and simultaneously strengthen my "Courage Muscle."

God was especially generous to me this year. I found a sponsor last March. She "waters my roots" and is teaching me how to prune my dead branches. I have a new found sense of belonging. For years Roseanne's Prayer sounded cliché and phony. I can honestly say that through the power of this fellowship I have found "love and understanding beyond my wildest dreams." So I will keep coming back! It works!

Stephanie K

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;

Region One OA Convention October 18-20, 2019 Free Registration for Newcomers!!

We don't think any OA member should miss Convention, but we want to be extra sure that newcomers know that they can **BE OUR GUEST** at this event! Please help us by sharing this information with anyone who has come to your meetings as a newcomer in 2019, and encourage them to contact our Registrar by emailing registrar@oaregion1.org or by calling (503) 520-1855. The registrar will be able to give them a special online code that will waive their \$125 registration fee. (The Saturday evening banquet, hotel and transportation costs are not included in this offer).

Registration (for everyone) is open at oregon-oa.org/region-1-aa-convention/

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