



A SERVING OF HOPE

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

“Entirely Ready” Does Not Mean “Perfectly Ready”

Step 6 can be a tricky one, for me. What exactly does “entirely ready” mean and how do I get there? This step, maybe more than any other, brings out the perfectionist in me, and let me tell you, once she’s loose, she’s hard to get rid of.

Before program, I never thought of myself as a perfectionist; you had to be perfect in order to be one of those, right? Unfortunately, no. You can be very average, even below and be ruled by the thought that one day everything will be perfect. My thoughts usually started with once I was skinny, life would be better and then it could become perfect. I see it now for the lie it is, but for far too long it is the notion that ruled me. As long as I was fat, I couldn’t be perfect. As long as my life felt out of control I couldn’t be anywhere near perfection or anything that looked like it.

This lie of perfection kept me from doing and trying, anything at all really. It kept me in bondage. I couldn’t possibly achieve perfection, so why even bother trying? I was kept prisoner by my own warped sense of what was right and wrong; what was good and bad. I made my life very small indeed, because how could I, as imperfect as I was, deserve a life full of goodness, hope and love?

I didn’t know I was killing myself spiritually by thinking this way. I didn’t know that there was even a possibility of a different way of life. Hell, I didn’t even know I was a perfectionist, so how could I tell that perfectionism was killing me?

OA was my answer. It was through working the Steps that I realized I might be a tad bit demanding on myself. That yes, I was a perfectionist and that character defect had ruled my life for far too long. That there was a possible life, not only without excess food that was killing my body, but without the character defects the were killing my soul.

That brings us to Step 6 and that “entirely ready” line. As a recovering perfectionist, I of course wanted to get this step just perfect. So, I prayed and wrote and wrote and prayed about it over and over again, and I could never get to the point where I was “entirely ready,” or so I thought. Turns out what I was really trying for was to be “perfectly ready” and God knows there is no such thing. It took me awhile but I finally figured that out.

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Upcoming OIG Events

- **Saturday, July 6th**
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, July 10th**
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

- **7:00pm, Wednesday, June 19th**
REGION ONE CONFERENCE CALL
“Body Image Recovery”
<https://join.freeconferencecall.com/region1>
Call: (515) 606-5360
Access Code: 781502
- **Friday-Sunday, June 21-23rd**
GREATER COLUMBIA IG RETREAT,
“Higher Powered,”
Ellensburg, Washington
www.oaregion1.org/events.html
- **10am-2pm, Saturday June 22nd**
SUMMER SPEAKER MARATHON
“Sunlight of the Spirit”
University Methodist Temple
1415 NE 42nd St, Seattle, WA
- **Wed-Fri, October 16-18, 2019**
REGION ONE ASSEMBLY
&
Fri-Sun, October 18-20, 2019
REGION ONE CONVENTION
Monarch Hotel/Convention Cntr
12566 SE 93rd Avenue
Clackamas, Oregon
<http://oregon-aa.org/region-1-aa-convention/>

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.



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



Highlights From Our WSBC Delegate Report 2019

The Public Information & Professional Outreach (PIPO) workshop was excellent and fun. Lots of good ideas were shown us. Ways of sharing briefly about OA with someone were explored. The display boards were left out in the hallway all week for us to study for ideas.

Other Items of interest:

Forum: Each One Reach One -- Each table of delegates discussed ways to attract and retain newcomers. It was helpful. Generated ideas from all quarters. However, we tried to address too much in a short time. We may try to do it again at a regional level.

Consent Agenda:

Of the six motions taken off the agenda, 4 passed. Motion A concerning using clearer English was defeated and Motion 11, concerning deleting an extraneous sentence was withdrawn to save time.

Other Motions:

The big [motion that passed] is defining recovery as "the removal of the need to engage in compulsive food behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous 12 Step Program."

To me, the new statement on Anonymity is important since it admonishes all groups, but especially the virtual groups, to let members know that they are responsible for guarding their own Anonymity and directs them to Guidelines for Anonymity in the digital world, which can be found at oa.org.

The discussion on hybrid meetings made it quite clear that what we consider hybrid meetings aren't what others consider hybrid. Our so-called hybrid meetings aren't two meetings meeting together, but one meeting with some in the room and some on the phone.

The proposed new Dignity of Choice, A Plan of Eating pamphlet didn't get passed. I think the rallying cry of the opposition could have been: We are not a diet club. WSO is looking for suggestions to improve the new proposed pamphlet which is a combination of two other pamphlets: A Plan of Eating, and Dignity of Choice.

Several motions were defeated. You can find a list of them on the full **WSBC Delegate Report 2019** hosted on the Oregon Intergroup website at:

<http://oregon-oa.org/what-is-oregon-intergroup/intergroupdocuments>

Rosanne K, Delegate

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My sponsor says we are "perfectly imperfect human beings" and I have to remember that, especially when I am working the 6th step and becoming ready to have my Higher Power remove my character defects from me. I have had the miracle happen with some of my defects, other's not so much. But I remember that my recovery is not a race and that my Higher Power will remove these things, including my need for perfection when HP sees fit. No matter if I'm entirely, perfectly, 100% ready or if I am just doing my best one day at a time; HP picks when the defects get removed, not me. I just have to be willing, waiting and working my program. That sounds just about perfect!

Christina V.

World Service News

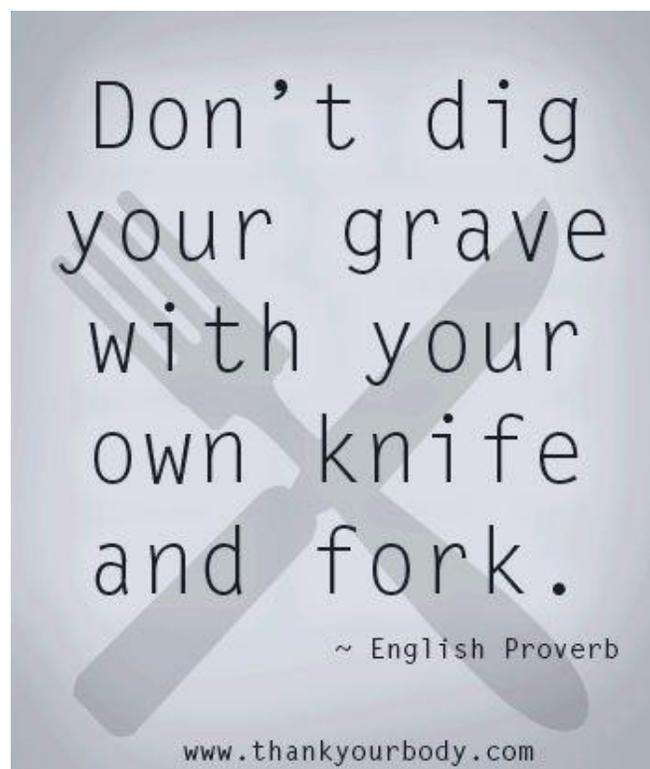
Updated definitions of “abstinence” and “recovery” in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states:

1. Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
2. Recovery: Removal of the need to engage in compulsive eating behaviors.

Spiritual, emotional, and physical recovery is achieved through working and living the OA Twelve Step program.

Pitch Your Idea for OA’s Next Book Cover! The OA Board of Trustees is asking for help. They need ideas for the cover of OA's forthcoming book, *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*. It's important to note that this is not a contest but a search for creative ideas that will interpret and inspire an attractive book cover. To learn more and send your ideas, download the flyer and release form. The deadline for submissions is July 31, 2019. Thank you for your service!

<https://oa.org/files/pdf/book-cover-release.pdf>



Registration Open: Serenity Retreat at Camp Arrah Wanna July 26-28, 2019

Oregon Intergroup hosts Serenity Retreats purely as a way to give back to our fellowship. These retreats are not fundraisers nor membership drives; they are simply a way of extending a deep and heartfelt “thank you!” for your program of recovery. Here are some quotes from past attendees:

I always, always, always get so much out of OA retreats! They are a wonderful jumpstart to my recovery. They help me see how far I have come and how far I have to go. –Melissa W.

I really like to spend the time focused on recovery and nothing else. My distractions are gone and I can just be with my OA community. I also love all the exposure to different levels of recovery and getting to meet so many new people. It's help me grow my network of OA friends around the state. –Angela D

This upcoming retreat is my first in years and I'm looking forward to it. After over 6 years in OA, I can feel my enthusiasm waning. I am anticipating turbo charging my recovery and finding fresh perspective and focus. –Rosanne

One of the most valuable thing I have gotten out of Oregon OA retreats has been my wonderful sponsor. I had been listening

to her share at retreats and was very impressed with her program and honesty. A few years went by and I was in the position to find a new sponsor. With fear and trembling, I did so. And it has been a life changing experience! –Anonymous

Retreats are where we confront old attitudes that have been holding us back, and consider actions that we can take to restore balance and order that will make getting abstinent more likely. For those who are already abstinent, it validates all of the things that they are doing “right”, and tends to energize us to do increased levels of service. Often, it increases attendance at intergroups, since they are most often sponsored by the local intergroup. –Neil

I have never been to a retreat and not heard something I really needed to hear...it was a retreat that made it possible for my recovery to move forward. [Retreats] let me connect with SO MANY wonderful OAs, not just locally but from all over the world. –Deborah

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:

- ✓ **MEETING REPRESENTATIVES:** Represents your meeting at Intergroup; bring back materials posted; vote on matters related to Intergroup;
- ✓ **NEWSLETTER EDITOR:** Create the monthly intergroup Newsletter;
- ✓ **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