



Unnamed Newsletter!

Volume One Issue One January 2021

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Welcome

by Editor, January 2021

Welcome to the Unnamed Newsletter!

The world wide events of 2020 forced our local fellowship to adopt more electronic technologies and platforms. At the November OIG meeting the board approved the newsletter to go electronic and here we are. The Unnamed Oregon Intergroup (OIG) newsletter is sporting a new look and needs a new name.

Please help name the newsletter by voting for one these four possibilities:

Sunlight of the Spirit

The Trusted Servant

Ladle of Love

Experience, Strength, and Hope

Please vote here.

The results of the vote will be revealed in the next issue.
May you find the experience, strength and hope you need today.
Your editor intends to offer a monthly issue containing some or all of these regular features:

- Step, Tradition, and Concept of the month
- Blast From the Past (previously printed elsewhere)
- Bookshelf/Library Corner
- Tool Box
- Meet Your Board
- Another State of Mind
- Guest writers

Sounds like a lot! It's a good thing that your editor leans on the will of the fellowship to do this job imperfectly. We will get "prettier" as we go along. Your participation is vital to insure the success of The Unnamed Newsletter. Please consider writing about your recovery and sharing it with your fellows. Please contact editor@oregon-oa.org for further information and encouragement.

Onward...

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**Introduction to the Twelve Steps**

*From The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition, page ix*

We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating. After years of guilt over repeated failures to control our eating and our weight, we now have a solution that works. Our solution is a program of recovery--a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively.

In OA we have no program of diets and exercise, no scales, no magic pills. What we do have to offer is far greater than any of these things--a Fellowship in which we find and share the healing power of love. Our common bonds are two: the disease of compulsive eating from which we all have suffered, and the solution that we all are finding as we live by the principles embodied in these steps.

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Step One

We admitted we were powerless over food--that our lives had become unmanageable.

Spiritual Principle

Honesty

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## HONESTY AND COMMITMENT

by Jan E.

What does it mean to take Step One in a healing, recovering manner?

It takes honesty to recognize AND admit I am a compulsive (over)eater. To begin to explore what a compulsive eater looks like. To determine if I fit the bill. To begin to get fleeting glances of what this has meant for me and the ones around me.

And yes, there is that pesky second part of Step One. Unmanageability. Our OA 12 and 12 and the Big Book both tell me that I may manage very well (thank you) in other areas of our lives... but my relationship with food may have helped make my life unmanageable. This TOO I must admit.

Hard stuff to admit and here is where the principle of Step One comes in. Honesty is needed. First with myself and then others.

For me, it took honesty first in little things as I worked each of the steps. Maybe it looks like: oh, I don't eat like \_\_\_\_ does. Or I used to be satisfied with less \_\_\_\_ and now it takes twice as much as I used to. But to sit in a group and say, "Hi, I am Jan, a compulsive eater" was something else. I had to hear it said a number of times in a meeting before I could bring myself to say it! Doing so was my first step toward honesty with others.

So where does commitment come in?

After 7 years of actively and sincerely working the program, I am finding a new need for commitment. Commitment needs to be present:

To my Higher Power  
To myself  
To my program  
To my fellows

Commitment to my Higher Power means, for me, that I am open to ALL of the principles of the program to be elements of my life in a growing manner.

Commitment to myself means I am practicing my program in all areas of my life: spiritual, physical, emotional.

Commitment to my program means that I am living in Steps 10-12 on a daily basis, that I actively make use of the tools of the program.

Commitment to my fellows means I am there for newcomers and other compulsive eaters, even taking it beyond OA and being there for others in my life.

Do I do all of these perfectly? If you think that you should read my nightly review!!! It is a learning, growing process to which I am committed.

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INVITATION

By Courtney B., Mt. View, CA

Today, fellow travelers and recoverers, hungry for wholeness,
Welcome.

The runners and the lame,
The broke and the billionaires,
The old-timers and the newcomers,
The binging and the abstinent.

Welcome

I invite you to know that the journey from shame to serenity
Might be paved by potholes, sinkholes, assholes and restholes
and whatever it takes to make you whole.

You are a beautiful human being

I invite and accept you today.

Knowing that the invitation to heal in this shame free space
may be done at your pace.

Within these steps and fellowship is offered acceptance,
wholeness and worthiness.

You belong. Just as you are.

Welcome!

Introduction to the Twelve Traditions

From The Twelve Steps and Twelve Traditions of Overeaters Anonymous, First Edition, page 107

When we first came to Overeaters Anonymous we were focused on our own recovery. Most of us took for granted the OA group we attended and the OA Fellowship as a whole, not thinking much about how they operated and whether they would continue to be there for us in the future. Soon, however, as we left behind our dependence on food, we began to rely on OA. We felt it was our only safe haven, and we reacted with fear any time we thought this Fellowship might be threatened.

Yet we quickly found that we did not need to be afraid for the health of OA. Overeaters Anonymous has twelve traditions which are designed to keep our meetings and service committees on track, functioning in such a way as to nurture the recovery of all compulsive overeaters who seek help in this Fellowship. This study of the traditions shows how these twelve suggestions have worked to help individuals, groups, and OA as a whole solve problems, thrive, and be effective instruments for carrying the message of recovery to those who still suffer.

Tradition One:

Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle:

Unity

ZOOMING TO OA IN PORTLAND

By B. Tempe, Arizona

The first time I went to Portland I had a list of places to visit. Over the course of three days, I made several stops throughout the downtown area. With the exception of a few stores (and of course Powell's), all the visits were food or alcohol related. That was over ten years ago.

Now, I dearly want to return to Portland. Not to go back and visit the parks, landmarks, or to go for a run on the many trails in the area, no (although that would happen later). And I certainly don't want to revisit the food and alcohol places. This time, I want to go to Portland to physically meet the people I have only met online in Zoom OA meetings. A silver lining to this pandemic has been the rise of Zoom OA meetings and consequently, the number of new connections that I have made through a computer screen.

I live in Arizona and over the last 8-9 months I have attended online OA meetings from across the country. The ones I look forward to the most are based in Portland. I'm not sure why. Maybe it's the palpable sense of hope. Perhaps it's the excited feeling I have before, the welcoming feeling during, and the sense of joy after those meetings. It's probably because of the people and their authentic and sadly familiar stories told across a computer screen. I am nearing my two-year abstinence anniversary with OA and it took me a while to realize, but this is true recovery and deep connections happening online.

Would it be better to attend meetings in person? Would I prefer to grasp the hand of another and say the serenity prayer? Do I desperately crave a hug after a meeting? Yes, to all of the above. Would I rather sit at home alone with no meetings, waiting for the face-to-face fellowship to return? Absolutely not. I will excitedly take a computer monitor and a digital face any day of the week rather than be alone with four walls closing in on me.

Whether you're in Phoenix, Portland or anywhere else via computer, there is something good to be found in online meetings. Even across a cell phone screen or computer monitor, there is comfort hearing the stories, saying your fears out loud, and seeing supportive faces nod back at you. The recovery happens because we are together – whether in person or digitally. These faces who were once strangers and odd, little boxes on a screen, they see you, hear you, they understand what you're saying. And there is connection, sometimes spilling out of the meeting and onto texts and phone calls. That is powerful stuff, that is recovery, and I'm now feeling and understanding it.

Yes, I will keep attending these Zoom meetings for as long as they're offered. And the next time I visit Portland I will have another list. This will be a list of all the hugs I want to collect from all of the people I haven't physically met yet.

Meet the Oregon Intergroup Board

This month we meet the OIG Chairwoman Liz S.

Unnamed Newsletter: Please share with us a brief version of your OA personal story

Liz: Born in the mid-50's in Nebraska, when my parents had to get married because of a bun in the oven, me. Moved and grew up on the east coast, parents divorced and split the kids up, Dad remarried and I had three new stepbrothers, then Utah, then California for undergrad and grad school, then finally made it to this seemingly promised land of good people and gorgeous nature. Gained weight from puberty onward despite overexercising, throwing up and a good deal of hiding food. I found another Anonymous fellowship which in my opinion was grey sheet on steroids. Lost all my weight in 2 years. Took a 10 year hiatus and gained it back plus. OA found me and here I've been for almost 5 years now. Was probably 100 lbs from goal at my top weight, and am now sometimes quickly, sometimes slowly, regaining goal weight.

Unnamed Newsletter: Do you sponsor?

Liz: Yes

Unnamed Newsletter: Do you work with a sponsor?

Liz: Yes

Unnamed Newsletter: What service positions have you held?

Liz: Treasurer; Intergroup Rep for a group; Secretary of Intergroup; Delegate to Region and WSC. Worked a lot on the 2019 Convention here in Portland.

Unnamed Newsletter: What service position(s) do you currently hold?

Liz: Currently Chair of this Intergroup and still a Delegate.

Unnamed Newsletter: What brought you to this/these positions?

Liz: Seeing that they needed doing, a Type A personality and my ego.

Unnamed Newsletter: What service do you want to do?

Liz: Being on the OA Literature Committee at World Service level and the PIPO committee at Region level.

Unnamed Newsletter: Why is service important to you?

Liz: Without service positions, I would probably just go my own way – back to the food – and forget to implement the 12 steps in my day.

Unnamed Newsletter: What would you tell the newcomer?

Liz: It's not a sprint, it's a marathon. Keep at it. New and wonderful things are bound to happen if you keep going along this path.

Unnamed Newsletter: What do you do for fun?

Liz: I throw pottery on a wheel for fun.

Unnamed Newsletter: What does an average day in recovery look like for you?

Response: Talking to my sponsor every weekday morning to commit my food, adhering to the 3-0-1 mostly, texting my sponsor with significant changes during the day to my plan, or just picking up the phone to help me deal with problems I can't handle myself. Then a 10th Step at night texted to my sponsor.

Unnamed Newsletter: Any final thoughts?

Liz: Embrace all you can because you may not ever get another chance. Learn who you are deep inside and accept it. It's OK to be me and OK to be you.

Announcements

Zoom Licences and Zoom License Coordinator Position

Good News for the new year! Oregon Intergroup wants to organize and pay for the zoom licenses for all our meetings. Your meeting can choose if it wishes to "come under" OIG's Zoom umbrella. If your meeting would like to be on one of the OIG licenses, please contact the Zoom License Coordinator no later than January 15, 2021. The rollout of all such meetings will begin on February 1, 2021. Each meeting that uses one of the OIG owned licenses will have **new Zoom links posted on the oregon-oa.org web site.**

The Zoom License Coordinator position is filled by Phyllis. Phyllis has sent a TRANSFER REQUEST form to all existing zoom license holders. Fill it out and return it to her by January 15th. If you have any questions about the transfer to an OIG Zoom license, contact Phyllis at: OIGZoom1@oregon-oa.org

If a meeting decides not to be included, it means they are choosing to pay for all of their own Zoom fees. OIG will not be reimbursing for Zoom fees from here on out. Brand new meetings can be added to the OIG license as we go along. Ongoing meetings who opt to switch later will

be accommodated. Workshops and virtual retreats can be scheduled and room size can be expanded when needed.

There will be a training on January 30, 2021 for hosts on security options in zoom. Stay tuned for more details.

Mailchimp the new Yahoo Groups

by Pat O. OIG Secretary

"Hello Wonderful OA members in the Oregon Intergroup!"

Due to the demise of Yahoo groups, Oregon Intergroup (OIG) has switched our entire mailing list over to a mailing service called Mailchimp. As secretary I am the facilitator/sender for notices to go to the fellowship in Oregon Intergroup.

Members can subscribe to these mailings by enrolling on our Oregon-oa.org website. (Select "Join Our List" on the upper right corner of the Home page and follow instructions to subscribe.)

Another exciting new means of communication is this very newsletter (soon to be named).

Writing submissions or questions can be sent to Newsletter@oregon-oa.org

Through both of these means, we hope more of you will feel informed and involved with the "goings on" of our fellowship in the greater Portland/upper Willamette Valley/North Oregon Coast/South WA state area/Mt Hood area (WHEW)!

We are looking into some new bulletin board functions too that would more easily replicate our old Yahoo groups. Stay tuned for more on that soon. Meanwhile, please contact me, Pat your friendly OIG secretary at secretary@oregon-oa.org with any info you want sent out.

Meeting of the Month

Meeting of the Month (MotM) was started to support small groups, meet new people and share our experience, strength and hope. Thank you to those who support MotM. If your group wants to be MotM, please contact: motm@oregon-oa.org

January's MotM:

Tuesday from Salem (normally meets at Salem Hospital)

January 26, 2021

Zoom ID: 618284606

Password: OARocks

For additional information, see oregon-oa.org

Events

It's a new year and the local event calendar is looking pretty bare. Let's fix that! OIG is looking for groups interested in hosting events, on Zoom, for the local OA fellowship and beyond. OA is a "we" program. Only we can do it together. Only we can keep the fellowship together. But to do that we must get together, even if we're apart through Zoom.

Groups willing to plan and host an event for OIG during 2021 are needed. The OIG Event Coordinator is available to help schedule an event, offer ideas and support preparations. Hosting an OIG event on Zoom is not as difficult as you might think.

If you can host a Zoom meeting, you can host a Zoom OA event. Just because we can't be together in person, doesn't mean we can't get together in fellowship and support. Please share this information with your group and seriously consider putting on an OA Zoom event.

Oregon Intergroup is blessed with so much great recovery in our area; let's share that recovery with the fellowship.

Any questions, ideas or event plans contact Christina at: Events@oregon-oa.org
Remember, only together do we get better!

Another State of Mind

Available technology and circumstances of our world provide us with the opportunity to attend meetings we might otherwise miss. Consider adding an out of state meeting to your program. If you have an out of state meeting that you would like to recommend, please contact newsletter@oregon-oa.org

This month's suggestion comes from Region 8 and the Central Alabama Intergroup:

OA Literature Meeting
Sunday 2:00 PM CST
Zoom ID: 847 9100 7919
Password: CAIG2020
Call In Number: 1-312-626-6799
Password: 42502031

This meeting was the first OA meeting in Alabama more than 30 years ago. In August of 2020 this meeting was set up on the Central Alabama Intergroup's Zoom license. The meeting hosts speakers and topics from the big book of Alcoholics Anonymous. Consider adding an out of state meeting to your program.

"There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program." From *The Tools of Recovery* pamphlet

Want Ads

Open Positions at OIG:

Member At Large
Delegate
12th Step Within
Young People
Ways and Means
Public Info/Professional
Serenity Retreat Chair (available after March 2021)

*If you are interested in one of these positions, please attend the next OIG meeting.

Group Reps:

Every OA group in Oregon Intergroup is entitled to 2 Intergroup Representatives

Writing for the Unnamed Newsletter:

Contact newsletter@oregon-oa.org if you have questions, submissions or topic suggestions.

Virtual Sponsorship Program

Do you need a sponsor? Are you an available sponsor willing to help someone via phone, email, Zoom, or FaceTime? To help members unable to find a local sponsor, Region One offers "Virtual Sponsorship." How does it work? Submit an application as a sponsor or sponsee. We will try to

find a “match” and share contact info so you can talk and decide if you’d like to work together. For more information or to fill out an application, visit: oaregion1.org/sponsorship.html Or email VirtualSponsorship@oaregion1.org

Webmaster Trainee

The Oregon OA Website needs an assistant/backup/trainee webmaster. The current webmaster will have served two years next December, and in order for the service to rotate, it would be good to have someone start learning the ropes now, and also be available as a backup. Some technical knowledge helpful, especially with WordPress, but we will train. Please contact Webmaster@oregon-oa.org for more information or to volunteer.

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## **About Oregon Intergroup (OIG)**

Oregon Intergroup (OIG) is an OA service body. We serve OA groups from Longview to Salem and from the Coast to Mt. Hood. We provide liability insurance, newcomer and speaker meetings and a CD library. We host special events, maintain the phone line, web site and sell OA literature.

We meet the second Wednesday of each month from 6:45 pm - 8:30 pm. (opens at 6:30 pm)  
Meeting ID: 878 2705 5010 Passcode: 059779

Each OA meeting may send two elected representatives who may vote. All OA members are welcome and encouraged to take part.

For further information please see: [www.oregon-oa.org](http://www.oregon-oa.org)

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HIGHLIGHTS FROM DECEMBER OIG MEETING

Serenity Retreat: A virtual retreat will be scheduled for mid to late March. Plans for the retreat are in the works. There are multiple service opportunities available and if you are interested in assisting, please contact SerenityRetreat@oregon-oa.org

The current Serenity Retreat Chair will be stepping down after the virtual retreat in March. If you are interested in filling this valuable service position, please consider attending the next OIG meeting on January 13, 2021 (Zoom login information is posted on oregon-oa.org) or contacting Nicole at the email address above.

Program in Your Pocket:

Pricing:

\$12/copy for USA (includes shipping)

\$20/ copy for Canada (includes shipping)

Copies of Program in Your Pocket may also be obtained from Dorothy and Cathy directly at \$10/copy

Contact: progpocket@oregon-oa.org for further information

Meeting of the Month:

Small meeting in Nov. in Longview, WA but they appreciated 5 additional attendees.

December Meeting of the month is Monday, Dec 21st at 7PM in Milwaukie.

Please contact: MotM@oregon-oa.org

Newsletter:

Top four choices for the newsletter’s name:

Sunlight of the Spirit

Ladle of Love

Trusted Servant

Experience, Strength and Hope.

These names will be voted on via the first issue’s publication.

Please consider writing for your newsletter.
Please contact: Newsletter@oregon-oa.org

Oregon Intergroup Zoom Rollout:

Phyllis H. has agreed to take on the new service position of Zoom Coordinator. Oregon IG will purchase at least three zoom licenses for 2021. All meetings who wish to be included and covered by these licenses must let Phyllis know by Jan. 15, 2021. These are the only zoom services that OIG will cover. Meetings can still choose to cover their own zoom costs if that is their group decision.

IMPORTANT DATES TO BRING BACK TO YOUR MEETINGS:

January 15th deadline for submitting meeting names and contact info for meeting hosts, of those meetings wanting to be included under OIG Zoom licenses.
February 1st as date all new Zoom licenses become effective – website will have all new links input for meetings that requested license by Jan. 15 deadline.
Please contact OIGzoom1@oregon-oa.org

Disruptive members discussion:

(Methods of dealing with sexual predators or other forms of disruptive behavior by participants at OA meetings.)
One of the meetings impacted how they handled this issue. This was an issue with a member NOT a zoom disruptor. The individual sent sexually inappropriate texts and chats to at least 3 members of the meeting. He has been excluded from their meeting. It was suggested that he seek recovery in men only meetings.
The OIG Board is working on a suggested method for dealing with disruptive members. An Action Plan was drafted. The OIG Board requests member input to help refine the process. This is an opportunity to educate your meetings about how to protect the safety and integrity of our meetings.

[World Service info on this topic.](#)

Some observations from attendees: OA Members should bring to the attention of the group the occurrence of any use of OA contact info for non-program uses. There was acknowledgment that this was a very sensitive subject and hard to bring out into the open but that it was important to do so. Zoom has a number of security options that can help keep the meeting focused on recovery only. (disabling chat except to host, mute all with only hosts able to unmute, etc.) A training session for all OIG zoom hosts to highlight meeting safety will be scheduled early in the new year.

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## Open Letter from Oregon Intergroup Executive Board

Dear Oregon Intergroup Members:

There has been much talk recently about a male OA member who sent extremely unnerving and disturbing sexual comments to female OA members. Some of the recipients have asked the Intergroup to do something to prevent further similar acts.

Although as a board, we have real empathy for women who have been triggered by this OA man's behavior and understand and share some of their fears, unfortunately, we cannot take action.

According to Tradition 4, "Each group should be autonomous except in matters affecting other groups or OA as a whole." Each individual group through group conscience can take whatever

action they feel appropriate. We recommend they click on this link for the pamphlet "[Dealing with Disruptive Behavior](#)" available at oa.org.

*I request that each and every person in OA who has been affected by this member's sexual messaging SAVE THE MESSAGE and contact Liz S., OIG Chair **immediately** by text or Phone at 310-433-6494.*

Some OA members have labeled him a "sexual predator". Please be aware that calling someone a "sexual predator" can be the basis for a libel and slander charge. Language is a very powerful weapon. Please, for your own protection, use it carefully.

The OIG Board has sent some recommendations to this man about changing his behaviors including:

- 1) Attending male only OA meetings;
- 2) Bringing his sponsor to any mixed OA meetings he attends, to check on his actions during meetings;
- 3) Sending an apology to the affected group; and
- 4) Discarding all contact information of female OA members.

Further, any individual who received one of these messages SHOULD ABSOLUTELY SAVE THE MESSAGE and may choose to use it as the basis for a police report. So far, I have seen only one message in writing with the others saying that "he said something like so-and-so." Police are much more likely to act with hard evidence in front of them.

What can a group do to prevent this type of behavior in the future?

- 1) They can and should take a group conscience about what BEHAVIOR should not be tolerated. While an individual may not be permanently banned from a meeting, behavior can be banned.
- 2) Reconsider how you share contact information. A contact information keeper could be a new service position. If the keeper gets a request for a member's information, the keeper can ask permission from the member whether their information should be released to the person who requested the information.
- 3) Change the meeting to women only.
- 4) Encourage each potential Zoom host or co-host to take the Zoom training in January 2021.

Since this is a spiritual program, we each have the power to pray for him. There is the "resentment prayer" on page 552 in the AA Big Book and the "sick man's prayer" found on page 67 of this Big Book.

With love and understanding,

Liz S., Rosanne, Pat O., Deborah R, Executive Board, OIG

December 29, 2020

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# PROGRAM IN MY POCKET

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The Program In My Pocket revised edition is now available for purchase online. This booklet was first introduced at the 2019 Region 1 Convention in Portland, Oregon and has been updated to correct some errors in the first printing. This booklet is a meeting on the go.

### **COST INCLUDES SHIPPING:**

- Pickup locally in the Portland metro area USD \$10
- Ship to USA USD \$12
- Ship to Canada USD \$22.25

Contact: [progpocket@oregon-oa.or](mailto:progpocket@oregon-oa.or) to order your copy today.

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Footsteps

From *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, First Edition, page 106

We who began working the steps in order to recover from compulsive eating now find that through them we have embarked on a lifelong journey of spiritual growth. From the isolation of food obsession we have emerged into a new world. Walking hand in hand with our friends and our Higher Power, we are now exploring this world, using the great spiritual principles embodied in the twelve steps as the map to guide our way. We gratefully follow in the footsteps of many

others who have walked this way before us, and we're gratified to be making footprints of our own for others to follow.

Those of us who live this program don't simply carry the message, *we are the message*. Each day that we live well, we *are* well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time.

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