



Sunlight of the Spirit!

Volume One Issue Two February 2021

In This Issue:

Welcome!
Introduction to the Twelve Steps
Creating My Own Second Step Prayer
Introduction to the Twelve Concepts of Service
Concept Two in Action
Meet the OIG Board
Introduction to The Tools of Recovery
My Retreat Story
Meeting of the Month
Announcements
Events
Website 101
Want Ads
About OIG
Highlights from January OIG Meeting
The OA Promise

Welcome!

by Editor February 2021

The votes are counted and the fellowship has spoken.
Your Oregon Intergroup Newsletter has a name:

Sunlight of the Spirit

Thank you to everyone who voted. The Sunlight of the Spirit moniker was the clear favorite with 50% of the votes cast.

There is always opportunity to share in the Sunlight of the Spirit. Please contact newsletter@oregon-oa.org for ideas, encouragement and support to share your experience, strength, and hope with the fellowship.

Onward...

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.

Step Two

Came to believe a Power greater than ourselves could restore us to sanity.

Spiritual Principle

Hope

CREATING MY OWN SECOND STEP PRAYER

By Jill K, Portland, Oregon January 15, 2021

When I came into OA, I thought the Second Step would be as easy as the first. I had no trouble admitting I was powerless over food and that my eating was unmanageable. I'd known that most of my life. And I'd been restored to sanity for more than 30 years in the AA program. But in OA, I found that the abstract, intellectual Higher Power that had worked for me with alcohol and the clear-cut nature of abstinence in that program was not going to work with the complexities of food and emotional eating.

So I turned to the program for help. I bought a copy of OA's Seeking the Spiritual Path: A Collection from Lifeline and added a story a day from it to my daily reading. I interviewed four members I'd come to respect about how they worked with the Divine Presence in their lives, and I listened intently when people shared at meetings how the Higher Power worked in their lives. One member had created a Wanted poster for her new concept of HP. Another had written a job description for hers.

I began to recognize that OA is not about what we have but about what we want. I can bemoan my relationship with food or I can create the relationship I want with it. For me that's peace and satisfaction. I can struggle with my relationship with God or I can create a relationship that works for me, one of peace and love.

So, like many others in OA, I redesigned my understanding of Spirit. The term "Higher Power" had never really worked for me—it was too much the old stern judge in the sky—so I decided on a Loving Power, an LP, who wanted only the best for me, who wanted the peace with food and loving care for me that I wanted too.

And with that shift in language and idea, I found myself able to pray in a way that was meaningful and rich. Here's my Second Step prayer, which I use throughout the day:

Spirit, please wrap your Loving Power around me and help me create a sane day.

Introduction to The Twelve Concepts of OA Service

From *The Twelve Concepts of OA Service* pamphlet

In Overeaters Anonymous, the Twelve Steps serve as the spiritual principles that support our personal recovery from compulsive overeating. The Twelve Traditions aid us, individually and collectively, in maintaining unity of purpose within the Fellowship. The Twelve Concepts of OA Service, adopted by the World Service Business Conference (WSBC) in 1994, help us apply the Steps and Traditions in our service work, which is an important part of the OA program. The Concepts define and guide the practices of the service structures that conduct the business of OA.

These concepts depict the chain of delegated responsibility we use to provide service throughout the world. Although they focus on OA world services, the Concepts direct all OA's trusted servants to well-considered actions for group participation, decision making, voting and the expression of minority opinions. The Twelve Concepts support our primary purpose of carrying OA's message of recovery to the still-suffering compulsive overeater.

The Concepts are rooted in our experience that we are best served when we trust in a power greater than ourselves. To trust means that we do not try to "run the show." Rather, we work in fellowship with other recovering compulsive overeaters and our Higher Power to carry OA's message effectively.

Concept Two

The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Spiritual Principle

Conscience

CONCEPT TWO IN ACTION

By Dorothy C.

Every year, motions for bylaw changes and additions or alterations to OA literature are sent out for consideration ahead of World Service Business Conference (WSBC) meeting. Oregon Intergroup members can tell our delegates how we think they should vote, but final the decision of how to vote at WSBC is left to the delegate. Once at WSBC, the delegates hear the views of other delegates, which they take into account when making their voting decisions.

At a past WSBC, one of our delegates attended the conference intending to vote against a particular issue. When the delegate heard the other opinions, she realized that the opposing

view was valid and good. Based on this information she chose to vote for the issue. We trust our delegates to examine all sides of each issue, to pray for guidance, and to make their decisions based on what they believe is the effective conscience of Oregon Intergroup.

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## Meet the Oregon Intergroup Board

This month we meet Rosanne K. Oregon Intergroup Co-Chair

*Sunlight of the Spirit:* Please share with us a brief version of your personal OA story

*Rosanne:* The more I recover, the more I realize how insane my pre-OA behavior was around food. When I first came around, many years ago, I came in just to lose weight; I knew nothing about working the steps. After I had lost about 60 pounds, my sponsor left town and there were no other sponsors available. At this same time my life changed drastically and since I thought I knew how to do it, being on my own didn't seem that bad; the weight began to come back on.

In the fall of 2009, I began to work on losing weight by writing in a notebook what I ate every day. I had just begun searching for an OA meeting when a friend called and asked me to accompany her to a meeting. During that meeting they read the steps out of the *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. I recognized my own thinking and behavior in the readings. I quit bingeing right away and my weight stabilized. In June 2013 I realized I needed more structure, if I were to lose weight.

In July 2013, I became abstinent and began working the Steps. During that year I lost almost 60 pounds. At a wellness check, though, my healthcare provider said that at my age I needed a little cushion of weight in case of an illness. More weight went on than she suggested; now it is coming back off again as I work toward what is defined as a healthy body weight for me. I'm on my third journey through the Steps and I am experiencing a lot of healing.

*Sunlight of the Spirit:* Do you sponsor?

*Rosanne:* Yes, I have several that call me regularly, some who text regularly, and some who check in periodically, usually by phone.

*Sunlight of the Spirit:* Do you work with a sponsor?

*Rosanne:* I have a sponsor, but our contact has been minimal, as she has not been well. I do interact with more than one OA recovery buddy, and they fill several of the roles a sponsor normally fills, such as nightly Step 10 and abstinence check, Fourth Step work, etc.

*Sunlight of the Spirit:* What service positions have you held?

*Rosanne:* Lifeline rep for 6 years, Delegate/Representative 4 years, Intergroup rep, 3 years, Co-chair OIG since July 2020.

*Sunlight of the Spirit:* What service position(s) do you currently hold?

*Rosanne:* OIG co-chair – I am also on the bylaws committees of Region One and WSBC until their respective meetings in 2021.

*Sunlight of the Spirit:* What are your responsibilities as co-chair of the OIG Board?

*Rosanne:* I am to be available to groups/meetings, if they need me. I am encouraged to attend different meetings on occasion to get an idea of their meeting culture. I'm to help the chair by writing and/or editing letters, if the chair requests. I think of myself as an under-study, learning the ropes, in case I need to preside if the chair is unable to. Be available for meetings of executive board, if needed.

*Sunlight of the Spirit:* What brought you to this/these positions?

*Rosanne:* Back in 2016 the chair of the nominating committee encouraged me to run for Delegate. I did and I enjoyed being a Delegate very much. It is a privilege to gather with all

those recovering OA members and work on improving OA's outreach to those who still suffer with compulsive food behaviors. It is rewarding and helps my recovery.

*Sunlight of the Spirit:* What service do you want to do?

*Rosanne:* Encourage others to step out and do service.

*Sunlight of the Spirit:* Why is service important to you?

*Rosanne:* OA works because we all pitch in and carry the load. It is eye-opening to see the inner workings of OA and realize although we have the problem, we can be part of the solution, not only for ourselves, but for others.

*Sunlight of the Spirit:* What would you tell the newcomer?

*Rosanne:* Most important – Keep coming back no matter what. Attend several different meetings as each meeting has its own culture and one may fit your needs more than another. Get a sponsor and begin working the Twelve Steps as soon as possible.

*Sunlight of the Spirit:* What do you do for fun?

*Rosanne:* I like to hop in the car with a friend and explore Oregon and Southwest Washington. I play on the Edgewood Eagles Bean-bag baseball team. Before COVID-19, we traveled to other retirement communities for tournaments. Now I enjoy Book Clubs and Bean-bag baseball practice.

*Sunlight of the Spirit:* What does an average day in recovery look like for you?

*Rosanne:* I get up about 6:30, and spend 30 to 40 minutes in program reading and meditation using the Region One Journal. In my journal I write gratitudes, as well as check my day's meal plan. Then I write down passages from Voices of Recovery and For Today that speak to me. I check my calendar for the day's activities before I shower and dress and begin breakfast prep at 8:00. During breakfast I read from the Bible and take calls and texts from some folks I sponsor. I quickly check email before I plunge into daily activities. At noon, four days a week I pause for an OA Zoom meeting. Usually at 11:00 a.m., 4:00 p.m. and after evening activities I take a short walk inside or outside depending on weather. Then, I deal out my pills for the next day, make preliminary plans for the next day's food, and read an article from Lifeline, and several program-oriented inspirational texts. I try to be in bed before 10:30.

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## **The Tools of Recovery**

From *The Tools of Recovery* pamphlet

### **Introduction**

In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found that a number of tools are available to assist us. We use these tools--a plan of eating, sponsorship, meetings, the telephone, writing, literature, action plan, anonymity and service--on a regular basis, to help us achieve and maintain abstinence and recover from our disease.

In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program." Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

### **Meetings**

*There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all.*

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. 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 solutions through the Twelve Steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings that are useful in breaking down the deadly isolation caused by distance, illness or physical challenges.

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### MY RETREAT STORY

By Christina, OIG Events Coordinator

Retreats, for me, have always been about fellowship. Being able to gather, with other people who share not only my disease, but have also found the solution to it, has always been a bright spot for me every year in my journey of recovery.

I come from a place where our biggest meeting is hardly ever more than 15 people, so to bring together a big group of 50 or more can be a little overwhelming, but awesome at the same time. To be able to gather, to listen and share our stories, our sorrows and our joys, our sufferings, and our recoveries is a humbling and joyous experience no OA should go without.

So, then what do we do in this time of social distancing, when we can no longer, for safety's sake, gather and commune with one another? How do we experience the fellowship, hear recovery, and learn from one another when we cannot get together?

It is coming up on the time we usually have our annual OIG sponsored spring Serenity Retreat at Twin Rocks, and like most events in this time of upheaval, the actual retreat weekend spent at Twin Rocks will not be happening this year. Instead, we will have a virtual retreat online. Different, for sure, but still hopefully packed with all the experience, strength and hope we have come to expect from our retreats from the Oregon coast in years past.

I will miss the hugs and closeness of my fellows, but as most of us have found out over the past year, Zoom affords us an amazing opportunity to "be together" even when we can't "get together." I might have to enjoy this year's retreat speakers from the comfort of my own home, but I do not have to be alone. This new format even allows for things that would not be possible with an old-fashioned face-to-face retreat. This year we will have multiple speakers, on a variety of subjects, from around the country; something we could never do before and without the virtual platform.

The visitors too, will be diverse this year. With the virtual platform we can invite people from literally around the world to come and be a part of our retreat. That is amazing, no matter how you look at it. So, no, it might not look or feel the same this year, nothing really does, but it can be something entirely new and exciting. No matter what, the thing I have always gone to retreats for will surely be there: experience, strength, hope and especially fellowship!

OIG's Virtual Twin Rocks Serenity Retreat happens March 12-14, 2021. For more information see [www.oregon-oa.org](http://www.oregon-oa.org)

Hope to see you all there!!!!

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## 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](mailto:motm@oregon-oa.org)

### February Meeting of the Month:

Monday Noon – Step Writing Meeting @ Virtual

Feb 22 @ 12:00 pm

Zoom ID 548 284 878 PW: 1200

Phone: 253-215-8782 or 301-715-8593

Contact: Connie (503) 282-8439 [ccleaton@ipns.com](mailto:ccleaton@ipns.com)

Writing meeting on the steps. First Monday of the month we discuss a tradition.

(formerly St Paul's Episcopal Church, Portland)

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## Announcements

### **NEW MEETING:**

“Progress Not Patriarchy”

Monday Nights at 6:30pm starting February 8<sup>th</sup>

This meeting welcomes all people interested in creating a safe space focusing on the 12 step recovery experiences of people of marginalized genders including but not limited to cis and trans women, non-binary folks, and trans men.

Meeting ID: 981 0151 4197

Passcode: 350901

### **SCHOLARSHIPS ARE AVAILABLE:**

At the end of 2020, Oregon Intergroup set up several dedicated funds for supporting our members and groups in our recovery. One of those funds is a scholarship fund, to help our members who want to attend OA events.

If you would like to attend an OA event (such as a workshop, retreat, Region convention, the OA birthday party, or the like), and you find you are unable to pay all or part out of pocket, please contact our treasurer, Deborah, at [treasurer@oregon-oa.org](mailto:treasurer@oregon-oa.org). We want to help!

### **ZOOM LICENSE CONVERSION UPDATE:**

Transition accomplished!

By the time you read this, the transition of zoom licenses to Oregon Intergroup will be underway. So far 22 zoom meetings in Oregon Intergroup have made the switch. Any meeting that did not switch can elect to come under the OIG umbrella when they choose.

As of February 1st the web site [oregon-oa.org](http://oregon-oa.org) "find a meeting" is the place to go to click into your meetings. All the new Zoom links are there. It will "feel" seamless to you. **Do not** use a search engine to find the meetings, it could take you to outdated links. Use the website directly and you will be fine. Thanks to Lisa our webmaster and to Phyllis our Zoom coordinator for all the work to get OIG transitioned over.

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## 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 via the Zoom platform.

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](mailto:Events@oregon-oa.org)

Remember, only together do we get better!

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## Upcoming Events

### OA Virtual Region Convention

February 20-21, 2021

“There is a Solution”

For more information and to register go to: [www.oavirtualconvention.org](http://www.oavirtualconvention.org)

### Young People’s Retreats

March 6, 2021

“Entire Psychic Change”

For more information and service opportunities, contact: [oapretreat@gmail.com](mailto:oapretreat@gmail.com)

### OIG Serenity Retreat at Twin Rocks

March 12-14, 2021

For more information go to [www.oregon-oa.org](http://www.oregon-oa.org)

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Website 101

By Lisa J., OIG Webperson

I’ve gotten a few inquiries about how to use the meeting calendar, so I thought I’d provide some info here (see graphic below):

For each meeting, clicking the + at the right expands the listing so you can see either the location, or the Zoom info, as well as a description of the meeting.

The Categories drop down lets you choose just virtual meetings, face-to-face, or both.
The Tags let you select focus or format of the meeting (literature, step study, etc)

Below those, the calendar symbol with < and > on either side, let you move forward or back to see different days.

To the right,

The **printer symbol** lets you create a printed version of what’s on the screen. (most of the meetings are currently online, it’s unlikely you would need to print a meeting list, but I’ve been asked about this, so apparently someone wants to).

Collapse/Expand all, lets you see the complete listing for each meeting, including location, if it’s face-to-face, and meeting contacts, focus/format, etc

Agenda lets you change how you look at the calendar: Daily, weekly or monthly views are available.

Check out the website for some new stuff: The newsletter *Sunlight of the Spirit* is posted there as is information regarding how to purchase *Program in My Pocket*. Stay tuned for info on the upcoming Serenity Retreat. There is contact information for every member of the OIG board and committees, the OIG meeting minutes, and more.

Send questions, feedback and corrections OR if you are interested in the assistant/backup webperson position please contact me at webmaster@oregon-oa.org

< JANUARY 2021 > Collapse All Expand All Agenda

JAN 28 Thu

- Thursday Noon @ Virtual
Jan 28 @ 12:00 pm – 1:00 pm
- 5:30 PM Longview WA – Keep Coming Back @virtual and Face to Face @ Faith Family Christian Center
Jan 28 @ 5:30 pm – 6:30 pm
- Thursday 7:00 PM Step & Tradition @ Virtual
Jan 28 @ 7:00 pm – 8:00 pm

JAN 29 Fri

- Friday 10:30am. Cozy, Comfy Readers @ Virtual
Jan 29 @ 10:30 am – 11:30 am
- Friday Noon Step Study @ Virtual
Jan 29 @ 12:00 pm – 1:00 pm
- Friday Noon- Freedom Fridays @ Virtual
Jan 29 @ 12:00 pm – 1:00 pm

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)

Group/Meeting Coordinator

*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 Sunlight of the Spirit:

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.

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

HIGHLIGHTS FROM JANUARY OIG MEETING

Comprehensive minutes are available at www.oregon-oa.org

Serenity Retreat:

Planning for the upcoming virtual retreat is in the works. A draft of the retreat's flier is close to complete and will be available later. No registration is planned. Co-hosts are needed to staff the retreat. Please contact

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

Cathy will look into advertising on www.oaregion1.org

Meeting of the Month:

December MotM was Milwaukie OA friends

MotM for January is yet to be determined

Newsletter:

On track to be published February 1st. Voting for newsletter name closes on 1-15-21. There appears to be a clear favorite.

Oregon Intergroup Zoom Rollout:

Important dates to take back to your meetings:

January 15th is the deadline for submitting meeting names and person/people from the meeting being responsible as Zoom contact person.

February 1st is the date all new Zoom licenses become effective. Website will have all new links input and ready to launch on the first date in Febuary that each meeting convenes.

Oregon-oa.org website

Lisa J., Webperson is happy to answer any questions or aid in navigating the website. Please contact her at webmaster@oregon-oa.org for assistance.

New Business

- 1 Audit teams are forming for OIG finances and Serenity Retreat finances. Please contact treas@oregon-oa.org or vicetreas@oregon-oa.org if you are interested in service on one of these committees.
- 2 What is to be done with the OA literature owned by OIG and curenly stored at a member's house
- 3 What is to be done with the Ways and Means for sale items currently stored at a member's house

From Our Literature

For Today, February 29, page 60:

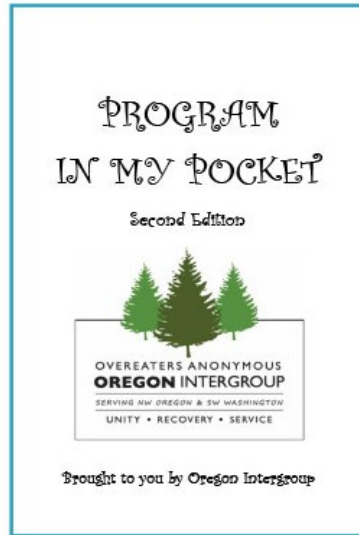
A single arrow is easily broken, but not ten in a bundle. Japanese Proverb

Compulsive overeating is largely a solitary pursuit. When I was out there eating, I scorned the idea that I needed people. I ate alone and thought I was ruggedly independent. In truth, I was pathetically deluded and seriously ill.

The relief of finding OA can hardly be described. Here is strength that does not threaten or demand or pat me on the head. In the instant I made myself part of that strength, I became whole.

For today: The quality of my recovery and my life, depends on something I can only find at OA meetings: contact with other recovering compulsive overeaters.

PROGRAM IN MY POCKET



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 to order your copy today.

OA Promise

From www.aa.org

I put my hand in yours,
and together we can do what we could never do alone.
No longer is there a sense of hopelessness,
no longer must we each depend upon our own unsteady willpower.
We are all together now,
reaching out our hands for power and strength greater than ours,
and as we join hands,
we find love and understanding beyond our wildest dreams.

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OVEREATERS ANONYMOUS
OREGON INTERGROUP

SERVING NW OREGON & SW WASHINGTON

UNITY • RECOVERY • SERVICE