



APRIL | 2020

# The Abbie

## Central Ontario Intergroup

## Our common welfare

Beginning each day, connecting with my Higher Program helps me plug in to my recovery. It serves as a reminder to me that I am turning my will over to my higher power for this 24 hours. Committing myself to be of service, be kind, loving and tolerant. And align myself as best as I can to the principles of our program.

These principles guide me, aligning me on a path forward. During times of challenge and difficulty, my program is even more important. I'm grateful for the principles to guide me, the tools I can draw on, the fellowship I can connect with, thanks to technology, and the message of hope that we share with one another.

**Step One** *Honesty*

**Step Two** *Hope*

**Step Three** *Faith*

**Step Four** *Courage*

**Step Five** *Integrity*

**Step Six** *Willingness*

**Step Seven** *Humility*

**Step Eight** *Love*

**Step Nine** *Discipline*

**Step Ten** *Perseverance*

**Step Eleven** *Awareness*

**Step Twelve** *Service*

Tradition One: Our common welfare should come first; personal recovery depends on OA unity.

I've asked fellows in program to announce at any virtual meetings they are attending, that The Abbie needs submissions.

During this time when face to face meetings are not possible, it is an opportunity to do your sharing on your recovery, within The Abbie – to connect with others and share your experience, strength and hope. We are responsible.

Please share your message of recovery, it may be the sign of hope that someone in our fellowship needs. Submissions can be signed anonymous and be of any length. There are writing prompts on the Overeaters Anonymous worldwide website:

- Share how you work your program
- How OA changed my life
- Service beyond the comfort zone
- Stepping up to sponsorship
- Outside addictions and OA recovery
- Abstinence and recovery
- Etc.

Have a peaceful day – Rose Marie G.

## THE OA PROMISE

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.

From *I Put My Hand in Yours* ©1968...1995  
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# GETTING IN TOUCH

## OA Central Ontario Intergroup Contact Information

OA members are cordially invited to attend the monthly Central Ontario Intergroup meeting, held on the second Saturday of each month from 10:00 AM TO 12:00 PM. The April meeting will be held remotely on the Zoom platform.



CLICK

*Click for Central Ontario Intergroup contact information*

## NEEDED



OA members for service opportunities at Intergroup

Have you attended Intergroup and would like to do service at the Intergroup level?

Do you have 6 months of current abstinence?

Would you like to learn a new skill or improve the ones you have, to help you expand your personal experience? ***We are looking for you!***

### Recording Secretary

What skills does the Secretary need?

- Word processing skills
- Access to email and internet
- Among others

### Special Events Committee

What skills do you need?

- Computer experience
- Access to email and internet
- Among others

### Convention Committee

What skills do you need?

- Organizational skills
- Work well with others
- Among others

If you think you are interested, and one of these roles might be the service for you please contact me at either of these emails: [chaircentralontariointergroup@gmail.com](mailto:chaircentralontariointergroup@gmail.com) or [lynda.brown@rogers.com](mailto:lynda.brown@rogers.com)



Watch this short video to learn more about how Overeaters Anonymous can help you recover from compulsive eating and compulsive food behaviours by following the Twelve Steps and Twelve Traditions of OA.

[Welcome to Overeaters Anonymous](#)

# SPECIAL EVENTS

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## e-WORKSHOP series

Every “2<sup>nd</sup> Sunday of the Month” 3-4:30pm (EDT until Nov 1 (UTC/GMT -4))

- 🌸 4/12 Spring cleaning: Inventory & Appraisal (see link below for recording)
- 🌸 5/10 Utilizing an OA Toolkit in a virtual world
- 🌸 6/14 Recovery through Grief and Traumatic times
- 🌸 7/12 ACCEPTANCE is the answer to all my problems today
- 🌸 8/9 New sponsor workshop
- 🌸 9/13 19 Symptoms to Relapse
- 🌸 10/11 Demystifying the OA service structure – What is the inverted Pyramid?
- 🌸 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating (EST (UTC/GMT -5))
- 🌸 12/13 Young persons in OA (EST (UTC/GMT -5))

## VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

Password: 120912

Suggested workshop contribution \$5 [oavirtualregion.org/region/seventh-tradition](https://oavirtualregion.org/region/seventh-tradition)

You can listen to all previously recorded workshops at

<https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

To view the OA Virtual Region poster, and further information to join by phone – go to [oavirtualregion.org](https://oavirtualregion.org)

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# OVEREATERS ANONYMOUS

## SPRING RETREAT 2020

Has been cancelled for 2020

**Region 6 Assembly** has been cancelled for this Spring.  
Representatives will be voting electronically

**World Service** Due to unprecedented global public health concerns, WSBC 2020 will now be conducted online via email notification and online voting services. The election of trustees and consideration of literature proposals will be the only business conducted during this year's Conference. The Conference will officially open April 13 via email and will continue until the business is completed, anticipated to be by the end of April.

To access most up to date information and dates for special events and a list of zoom meetings – go to [oaontario.org](http://oaontario.org)

# NUGGETS

## For Today

*True miracles are created by men when they use the courage and intelligence that God gave them – Jean Anouilh*

“I have been granted a gift which amounts to a new state of consciousness and being,” wrote Bill W. With the courage and intelligence God gave them, the founders of Alcoholics Anonymous created the miracle of the great AA Fellowship – and changed the lives of millions.

As a member of Overeaters Anonymous, I owe my recovery – and my life – to that miracle. To think of the efforts of these early AA members to share the gift of their spiritual awakening is to be filled with awe and inspiration. There are surely as many thousands of compulsive overeaters who are open to this same simple message, and who have yet to hear it.

**For today:** It is my responsibility to carry the message of spiritual awakening and recovery to compulsive overeaters, wherever they may be.

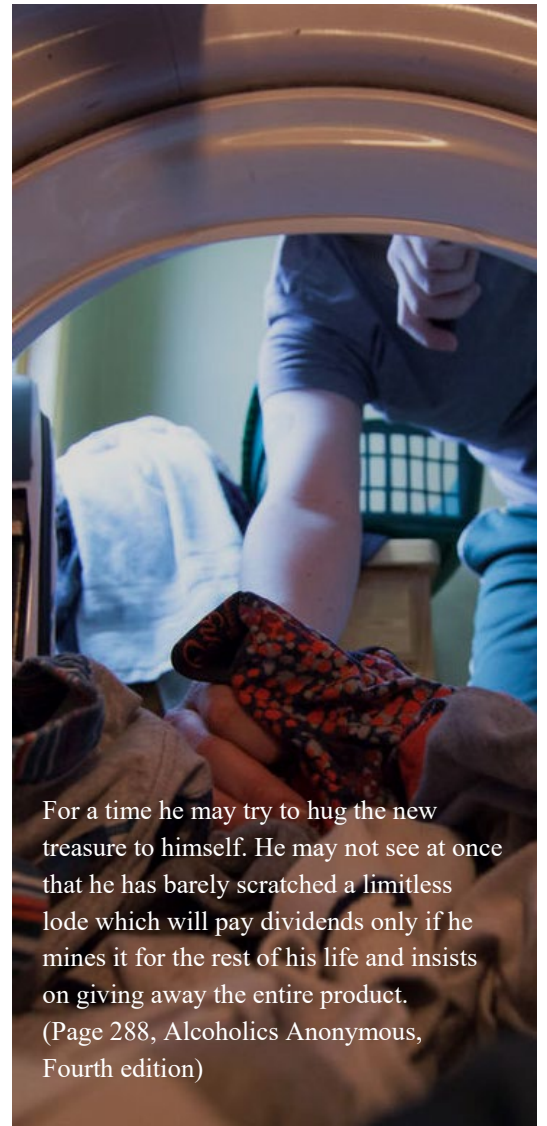
Excerpt from For Today – September 24<sup>th</sup>

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## Gratitude

Thank you to everyone who has submitted a story or a sharing. Your submissions are an important lifeline across our fellowship. And Thank you to those of you who are submitting to The Abbie in the future. I am not an author, and the newsletter is not a reflecting of a single voice, but the voice of all of us. We are all responsible to share the message of recovery. So, thank you in advance

Rose Marie



For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product. (Page 288, Alcoholics Anonymous, Fourth edition)