




AUGUST | 2020

The Abbie

Central Ontario Intergroup

Your story goes here ...



Please submit your story of recovery to Abbie@Oaontario.org
Or select the link below – to connect to the COI Web site – there
is a submission form and guidelines.

<https://www.oaontario.org/submit-material>

I look forward to receiving more submissions, reflecting the many
voices in our fellowship. Sharing the message across our region
Thank you to those of you who have submitted

Rose Marie

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 meeting will be held remotely on the Zoom platform.

Central Ontario Intergroup is pleased to announce that we can now accept electronic funds transfers (eTransfer) for literature payments!

To send an eTransfer to COI, set up a new payee using the email address: coitreasurertoronto@gmail.com.

IMPORTANT: In the message section of your eTransfer, please describe what the funds are for:

- o Literature – date of literature order, who the order is for personal or meeting.



[SEVENTH TRADITION](#)



**Mailing Address
Change**

**Central Ontario Intergroup
c/o A. Goodale
108 Waterloo Street
Waterloo, ON N2J 1X9**

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 or 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

COI Speaker Series

Central Ontario Intergroup is pleased to announce that we will be having a Speaker series on a variety of OA related topics to help support peoples' recovery. The first session will be **Program in Times of Uncertainty Due to COVID** being held on **Saturday July 25 at 3 pm**. All are invited to participate with no pre-registration required. The session will be held on Zoom. **The link and telephone details for the event will be placed on Central Ontario Intergroup website one day prior, July 24.**

Our Speaker series will be successful because of the involvement of fellows willing to share their experience, strength and hope! If you have two years of continuous abstinence, are actively working the steps, are participating in meetings and would be interested in speaking we would love to hear from you! Topics have been selected based on feedback that we received from our Intergroup's member survey. As with program, you are not alone in preparing for this session as we are here to work with you and have collected many ideas and samples from other Intergroups. Please contact us at COIIGOR@OAONTARIO.ORG if you are interested in speaking or would like to have a discussion about speaking or have questions.

Future Speaker Session will include:

- ◆ Sponsorship
- ◆ Strengthen Personal Recovery
- ◆ Back to Basics
- ◆ Working with Newcomers
- ◆ Plan of Eating
- ◆ Relapse
- ◆ Finding Your Higher Power
- ◆ Living the Steps

Mark your calendar for **July 25 at 3 pm** for this exciting speaker event and look here and on the Central Ontario Intergroup website for further details of upcoming speaker sessions!

e-WORKSHOP series

Every "2nd Sunday of the Month" 3-4:30pm (EDT until Nov 1 (UTC/GMT -4))

- 🌸 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

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

A Virtual Sponsorship Workshop (Ottawa District Intergroup)

Saturday, August 15th, 2020 – 1:00 pm to 3:00

This workshop is for Sponsors, Sponsees and all who want to learn more about sponsorship (4 panelists followed by Q&A session)

Meeting ID: **482 983 728** Password: **687840** For more information contact: Danielle G. (613) 591-3963

OAsis in the Desert @ Home

The Fall 2020 Region 3 Convention & Assembly “OAsis in the Desert” scheduled for August 7-9, 2020 is now OAsis at Home. Members of Overeaters Anonymous can participate virtually in a weekend of Assembly, Workshops, Marathon Meetings and Panels available via Zoom. Zoom training provided prior to the start of the event!

Registration is \$25 and now open at www.oaphoenix.org/register. A schedule of events will be posted soon. Join us in an OAsis of recovery!

If you have questions please contact info@oaphoenix.org.

To access most up to date information & dates for special events and zoom meetings – go to oaontario.org

NUGGETS

The keys of the kingdom

The Big Book has an important place in my stack of literature. Small pocket versions for reference and meetings, electronic versions for travel, and different editions from across my recovery.

Starting my morning with the 3rd and 7th step prayers. The passages in Chapter 6, starting with ‘On Awakening’ on page 86.

Reading a page or two as a practice each day, having an impromptu phone meeting – taking turns reading a story and then sharing on the passages. It is my instruction manual. And it works.

During challenging times, I’m drawn even more to those things which are constant in my recovery.

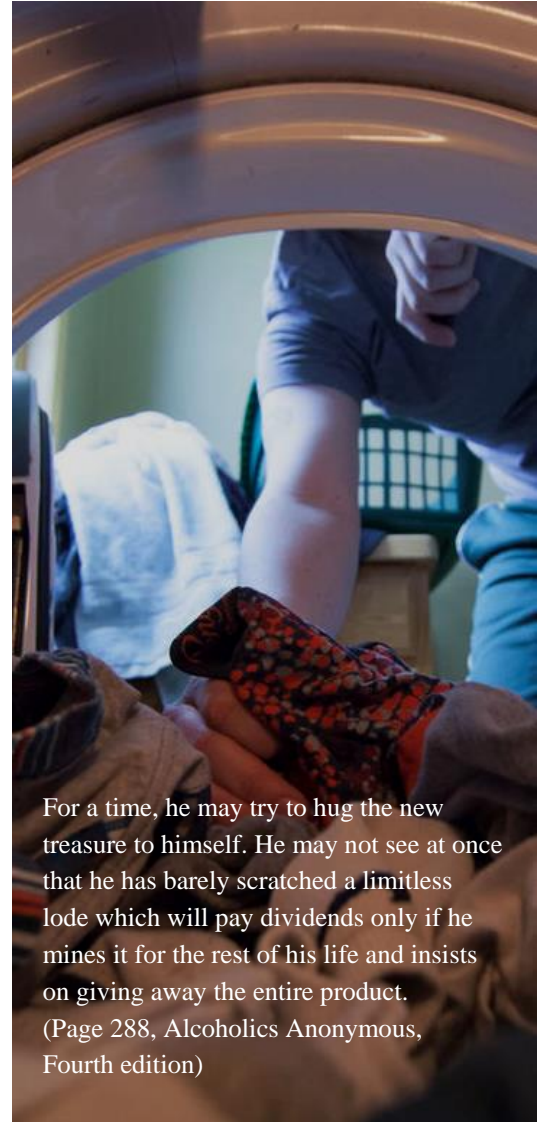
One of my favorite stories which starts on Page 268 reminds me about the kind of recovery I want, and the blessings of recovery that I receive.

...we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment ...

A complete change takes place in our approach to life. Where we used to run from responsibility, we find ourselves accepting it with gratitude that we can successfully shoulder it.

... And, as the years go by, working together, sharing our experiences with one another, and also sharing a mutual trust, understanding, and love – without strings, without obligation – we acquire relationships that are unique and priceless.

Excerpt from Alcoholics Anonymous 4th edition



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)