



JUNE | 2021

# The Abbie

## Central Ontario Intergroup

### A Power Greater Than Myself

This is truly I am grateful recovering food addict, and have been abstinent for over four years, maintain a weight loss of 20 - 30 pounds, and have a healthy weight. When I first got into OA, I had trouble with the 'God' word due to my earlier experiences with religion, and OA literature is full of the word 'God.' Thankfully, this literature also tells me that this is the God of my understanding, a Higher Power. I felt a little more comfortable using 'Higher Power' or 'HP' than the word 'God,' but still had misgivings. When I brought this up with my sponsor, she said, "If you don't like the God that you have been brought up with, fire him. Get a new one."

I thought this was wonderful – I could define my own Higher Power.

So, who or what is my HP? I know what it is not - it's not something that I need to please, and it is neither punishing nor judgmental. My HP understands, accepts, and respects me, and has compassion for me.

But still, who or what is it? Answering this question has been a challenge for me, because even though I consider myself to be an agnostic who often leans towards atheism, I still need to

imagine some being for my HP. Over the years I have tried to find one image/concept to be my HP. But I have finally come to accept that my HP can be different images, things, or beings, depending on what settles into my heart in that moment. So, I have imagined my Higher Power to be a group of people, congregating within a glowing white fog, putting their heads together to discuss how to help me. I have also imagined my Higher Power to be a more traditional God-like figure. Then at other times my HP is a tree. The wind. The tides. Or the sun. Sometimes it's Science, or all of Nature.

Each of these entities is a power greater than myself. And each holds mystery.

It is so freeing to accept that I don't need to choose the same image every time, that it doesn't matter whether I believe in God or not. What matters is this: developing and using the skill of 'giving it up' to my HP. Letting go.

'Giving it up' is not about doing nothing and just praying for what I want. I still have to do the work to address a problem. Beyond that, I know that it's out of my hands, so I don't hold on to the anxiety or worry of making the decision – if I do, it will lead to over-eating.

I give it up to my HP, and then trust that whatever happens next is meant to happen.

This trust is very important, because without it, I can't let go. Many times I have given up a problem to whatever HP reveals itself in my heart, and within 24 hours my intuition came up with a solution, or friends or family came through with help, or events happened all on their own that fixed everything – all without my obsessive input. I couldn't have gotten through my year of unemployment without trusting that where I was, was where I was supposed to be; that as long as I did the work I needed to do, everything would work out. And it did. This was truly amazing and miraculous.

I know that I will never be cured of my addiction – the addiction pathways in my brain are never erased. But by trusting my Higher Power, new and healthy pathways for living are being laid down as I work this program. I am humbly grateful for that power greater than myself and am grateful that I am developing a relationship with it, whoever, wherever or whatever it is.

Jane B.

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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 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: [coitreasurerontario@gmail.com](mailto:coitreasurerontario@gmail.com).

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

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

CLICK  [SEVENTH TRADITION](#)



## Mailing Address Change

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



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](#)

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## Been Slipping and Sliding?

Take action now with this reading and writing tool

<https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>

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## 1-Day Convention Recordings now posted

<https://www.oaontario.org/announcements/2021/2/2/have-you-checked-out-our-podcast-section-yet>

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## CENTRAL ONTARIO INTERGROUP'S E-BLAST HAS A NEW NAME!



### *BE IN THE KNOW.*

Stay up to date on what's happening at Central Ontario Intergroup.

And don't worry—your details are private and we promise not to spam you!

Sign up to **FAITH - Friends At Intergroup Talking Hope**

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## SPECIAL EVENTS

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### Virtual Region WORKSHOP – “2<sup>nd</sup> Sunday of the Month” 3 – 4:30pm

*EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)*

*EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)*

**Jun 13** The Sponsor – Sponsee Connection

**July 11** What does it really mean to surrender?

**Aug 08** A Threefold Disease: Physical, Emotional and Spiritual

**Sep 12** The Promises of the Program

**Oct 10** Applying the Traditions in Daily Life

**Nov 14** “To carry the message to other compulsive overeaters”

**Dec 12** Connection is the Opposite of Addiction



Meeting ID: 891 6554 0024 Password: 120912

For more information: [oavirtualregion.org](http://oavirtualregion.org)

(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

**Suggested workshop contribution \$5**

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## QUICK STEPS – OUR NEW STEP STUDY SERIES

Introducing a new Step Study series. Each session consists of 4 workshops, once per week for 1 1/2 hours, that will guide you through the steps.

[CLICK HERE FOR MORE INFORMATION](#)



**NEW BIG BOOK NEWCOMER  
&  
RETURNING MEMBER  
MEETING**

**Topic: Different speakers  
every week  
followed by Q & A**

**Time: Every Sunday  
7:15 pm EST  
Begins May 16, 2021**

**Zoom ID: 571 680 7989  
Password: 545069**

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# Back Together: Step by Step (Zoom Workshop)

Sponsored by the Nassau County (NY) Overeaters Anonymous Intergroup

Friday, June 4, 2021 - 7:00 PM 8:30 PM

[Back Together: Step by Step - Sponsored by the Nassau County \(NY\) Overeaters Anonymous Intergroup — Central Ontario Intergroup \(oaontario.org\)](#)

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## Dallas Metroplex Intergroup - 2021 Virtual OA Convention

**June 12, 2021** – 8am to 5pm (with 7am meditation hour)



<https://www.oaontario.org/events/2021/6/12/dallas-metroplex-intergroup-2021-virtual-oa-convention>

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## 2021 Region 6 Virtual Convention October 22-24th

Registration is now OPEN!

Region 6 is delighted to invite you to their annual convention, which will once again will be held virtually via Zoom. Join us on October 22nd to the 24th for a variety of workshops, keynote speakers, entertainment, and worldwide fellowship!

Registration is online only, until October 24th (that's right, last minute will be registration available!):

<http://oaregion6.org/2021/>

**For the most up-to-date listings of special events, meeting lists, please go to <https://www.oaontario.org/>**

# NUGGETS

*Nothing contributes more to peace of soul than having no opinion at all.*

- Georg Christoph Lichtenberg

An old-timer spoke on opinions at a meeting and this is what she said: “I had a great many opinions: ‘advocates of positive thinking are stupid; there’s nothing in this world that justifies optimism or cheerfulness; there is definitely no God’. I held onto these opinions, stoutly defending them as my disease progressed. In the end, there seemed to be nothing good anywhere, no satisfaction in anything except food.

“That was the bottom I had to hit before finding OA. I was one of those hard-hosed ones who got zapped right away with a spiritual awakening. As a result, I quit the debating society and put aside my opinions. I can’t describe to you the peace of mind I’ve had since then.

**For today:** A peaceful soul is more important than having opinions.

Excerpt from ‘For Today’ – March 5<sup>th</sup>.  
Overeaters Anonymous, Inc.

## OA Document Library – Did you know ...

You have FREE access to the OA Document Library?  
The OA Document Library is an extensive resource at your fingertips!  
Have a look at OA Is Not A Diet Club pamphlet from our free Document Library – OA  
<https://oa.org/app/uploads/2019/12/111-oa-not-diet-club.pdf>



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)*