



JANUARY | 2020

The Abbie

Central Ontario Intergroup

This 24 hours

The beginning of a new year can come with a lot of expectations for most people, but I'm not like most people, I'm an addict in recovery. My name is Rose Marie and I'm a compulsive overeater. I want to begin with a thank you to everyone within the fellowship of OA, my fellow travelers. When I didn't have hope, and OA was my last option, I attended a meeting and what I heard changed my life, and provided the hope to start my journey of recovery.

There has been much change in my path of recovery, the one constant, has been the power of hearing another fellow share their experience, strength and hope. This shared experience was and always will be the game changer for me. It showed me I was no longer alone. That I belonged.

My approach to my recovery is to keep my focus on this 24 hours, this approach started when I first came in to the rooms, and it has allowed me to build my faith in my higher power, as I'm given the day, and all I need for the day.

When I'm faced with a challenge, this approach helps me to do the next right

thing, to keep my focus on the NOW and not project into the future, or morbidly reflect on the past. I stop, pause and ask for direction, slogans and tools are also a great part of the toolkit. You get good at something you practice.

I invite you to view this newsletter as our collective voice. It should reflect each of our individual experiences and how we approach our recovery. How we've applied the steps in our daily lives. The slogans we've used to navigate a challenge. As you share in the meetings you attend, think about also sharing in The Abbie, connecting the fellowship across our region. Whether it's an article, or a small nugget about a tool or a slogan. It will be welcome and provide hope to others.

If you are interested in sharing your ideas for The Abbie newsletter, you are welcome and encouraged to join me. This is just the beginning. Feel free to reach out to Abbie@oaontario.org.

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 we join hands, we find love and understanding beyond our wildest dreams.

From *I Put My Hand in Yours* ©1968...199
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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 at St. Timothy's Anglican Church (100 Old Orchard Boulevard, Toronto). To attend remotely, please contact chair@oaontario.org, vicechair@oaontario.org and webservice@oaontario.org with 3 days notice, and they will facilitate your remote attendance via Skype.



CLICK

Click for Central Ontario Intergroup contact information

WANTED



Chair for Calendar & Special Events - qualifications for the service are:

- Computer and computer literate
- Work with excel
- Enjoy working with computer applications and learning as you go- Work well with others
- Follow direction and timelines
- 6 months current continuous abstinence

Contact COI Chair at chair@oaontario.org for more information and how to apply for this service.

SPECIAL EVENTS

Overeaters Anonymous Central Ontario Intergroup

Annual Convention

“Building Your Recovery Toolkit”



Saturday January 25

9:30am - 4:30pm (Registration starts at 9am)

Agricola Lutheran Church ~ 25 Old York Mills Rd Toronto

Tickets: Early Bird \$15 or \$20 at the door

- *Speakers/Workshops/Group Presentations*
- *Wheelchair accessible, elevator available on demand*
- *Lunch - Bring your own/Fridge available/ restaurants nearby*
- *Free parking with additional paid lots nearby*

Questions? Want to volunteer, or host a workshop?

Contact Kendra at k.martin12@live.ca.

OVEREATERS ANONYMOUS

SPRING RETREAT 2020

Hosted by Central Ontario Intergroup

April 24-26 2020

OA Spring Retreat is coming soon!

This will be your week-end for Inspiration, Motivation, and Fellowship.
Learn how the 12 Steps can free you from the bondage of compulsive eating.

Registration is now Open and filling up.

More detailed information on the COI website oaontario.org



[Click for more information](#)

OA BIG BOOK STEP STUDY

Toronto - Bloor and Sherbourne area (Exact location TBA)

Sponsored by the Central Ontario Intergroup

Saturday Feb 22 and Saturday Feb 29 - 10am to 4pm

\$15 per day, \$25 for both days

CHECK THE COI WEBSITE FOR MORE INFORMATION

Please register ahead to make sure you have a space.

Pat - Email: p.guillet@sympatico.ca

Phone: 647-520-2742

The format is to read from the big book together, then write on the step, then share in small groups about the step. We will take the actions in the steps. For example, we will be doing a mini fourth step and some sample amends letters and scripts. Day One: Steps 1 – 5. Day 2: Steps 6 – 9. Great for Newcomers and Old-Timers alike! You may sign up for one day or for both days. Three half price scholarships available.

Facilitator has 26 years in O.A. and 13 years of abstinence.

Comments from previous workshops:

“This was a powerful catalyst to propelling my program to a deeper level.”

“Loving and experienced facilitator.” “Very well organized.”

“This workshop has been all and more than I could have hoped for.”

NUGGETS

I'm reminded in many ways that there is an endless opportunity for growth and learning. That I will never outgrow this program. Whether it's working a particular step, working on the removal of a defect of character, or being of service, there are choices I make each day that guide me on this path that I've chosen.

If you know me, you may have heard me use endless analogies – one of my favorites is that step work is like laundry.

It's something you do regularly, you complete the task, and then you repeat it, the laundry hamper never really empties, it fills up, and with that task we get some immediate results of freshly laundered piles of laundry.

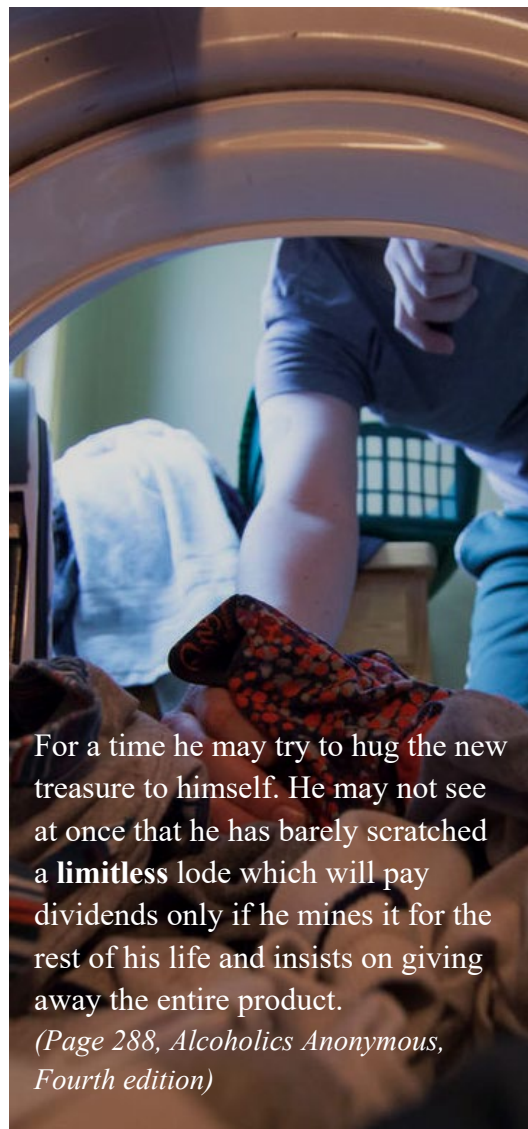
There is an immediate result that we can see. I never do laundry with the thought that when this is over I'm done!

And how I proceed with the task is up to me. I can do small loads through the week, or I can let it pile up, and the task is more onerous, but the task is still the same, and the result is still immediate.

So I just GO TO IT! And do the best that I can each 24 hours.

Grateful that this is what's asked of me, not to be perfect, but to walk that path with a forward movement (i.e., trudge).

Wishing you a peaceful day -
Rose Marie, A fellow traveler



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)