



JULY | 2020

# The Abbie

## Central Ontario Intergroup

### Overcoming fear

I am so grateful for my OA program and my HP. I have been in OA since 1982 and abstinent since 1992. I've had many challenges throughout my 38 years, but nothing compared to the last 8 months.

In December I left a pot on the stove, causing severe smoke damage to my home. My feelings ranged from absolute humiliation and how could I have forgotten to turn my stove off to I made the mistake I must clean it up. I had to work my program in a way I have never experienced before and the slogan **"I made a mistake, but I am not a mistake"** kept popping into my head. I began cleaning and I was stubborn and not willing to admit I needed help, I wrote on it and as time passed, I realized I needed help and I reached out and took guidance from my family and called the insurance company. I was so afraid I was going to lose things and when I found out I had to leave my home and everything in it I was filled with fear.

I talked about it a lot and then finally I left with my pets and moved in with son and his family. I had not shared a home with 5 other people since I was 18.

I was able to continue my OA routines, get to meetings and be of service to my family and OA during this time. I was not always comfortable and wanted my space back, but I expressed my feelings, used the tools, and stayed the course returning to my home in 2 months.

Then came the pandemic! We were in lockdown and I had no supplies. I will say that I was extremely disappointed that fear drove excess purchasing, making it difficult to find items but I again stayed the course and slowly I was able to get the items that I needed. In the beginning it was like being on an adventure and I was working the tools diligently, reading my OA materials, keeping up with my chores and getting my OA service commitments done, feeling optimistic. Helping get virtual meetings going, and listing them with Intergroup as well as keeping them updated was a true gift helping me keep my focus on how I can be of service to others instead of living in fear.

I would hear people on meetings feeling isolated, so I began helping a group start a virtual newcomers

meeting that was especially important to me. Then everything got very real and I became incredibly sad. I was sad because the life I knew was leaving and I was not able to see the opportunities. For a several days I mourned this loss, talking about it at meetings and slowly letting go and trusting God with the outcome.

My life, along with others, has been reset in ways I am yet to learn. I have always liked change after I heard the slogan "nothing changes if nothing changes" and as I return to my positive place trusting God as I understand God, I no longer need to know what is going to happen. I am back to looking at each day with fresh hope of something new and I am so grateful for the journey that I am on.

It is not easy to write a story for the Abbie and I truly hope that everyone will take the opportunity to write their journey and send it to the Abbie, it is very freeing.

- Lynda B., Waterloo ON

# 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 (EFT) for literature payments!

To send an EFT to COI, set up a new payee using the email address: [coitreasurertoronto@gmail.com](mailto:coitreasurertoronto@gmail.com).

**IMPORTANT:** In the message section of your EFT, 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

## 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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## 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](mailto: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 "2<sup>nd</sup> 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](http://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

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## 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](http://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](mailto:info@oaphoenix.org).

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

## NUGGETS

### Silver Linings

In conversation with another fellow recently, the topic of silver linings came up. All of the things that have become possible, or more prevalent during the current pandemic.

I've had more time and focus to connect with other fellows, with texts, phone calls, video calls. Step work has become more prevalent, there has been more time, less distraction. Guided meditations have made their way again into my routine. And the list goes on.

Attending meetings virtually has been a blessing. I've connected with meetings in our Region that I wouldn't otherwise have attended due to geography. And have benefited greatly by the different formats, and wonderful fellowship. Spreading the message across our entire region has been made more possible – as a result of this pandemic.

Rose Marie

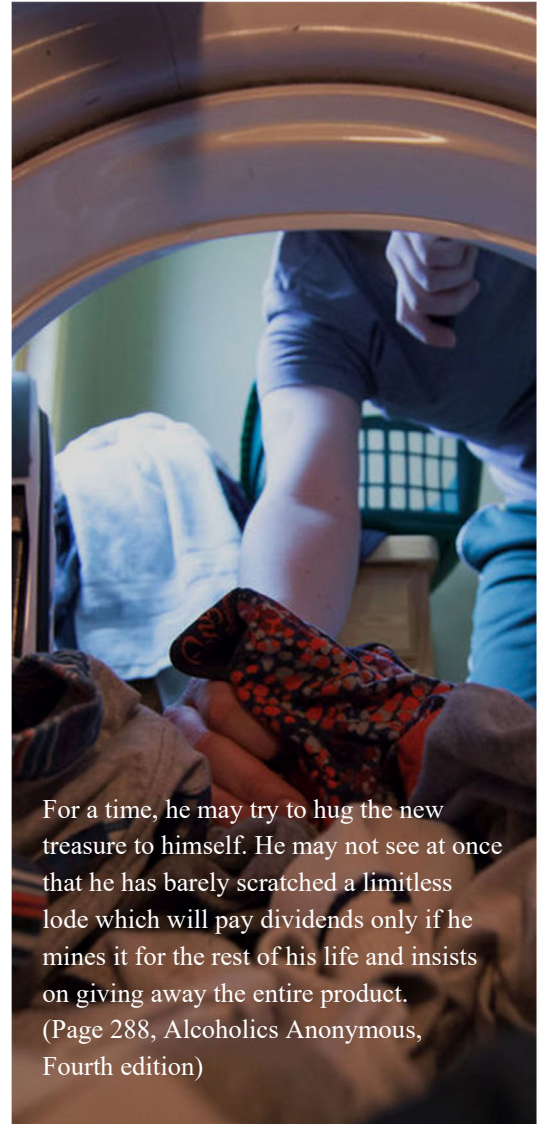
I came across the 'Just for Today' mini pamphlet this afternoon, and there are many 'nuggets' there that I thought I would share.

**Just for Today** I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes, and fit myself to it.

**Just for Today** I will be agreeable. I will look as good as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody but myself.

**Just for Today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Overeaters Anonymous



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)