

NOVEMBER | 2020



The Abbie

Central Ontario Intergroup

IDEA DAY (Nov 21-22)

I walked into an OA meeting the evening of April 9th, 2002 – I was looking for a solution to the overwhelming obsession and compulsion I had with food, and this meeting was recommended to me.

I left that meeting with a newcomer's package, a list of meetings, and a feeling of hope that I had found what I had been desperately searching for. That night, I knew I needed to put down some foods that were impossible to eat without starting a binge. Foods I hadn't thought I could live without.

The people I met at that meeting provided me with such a sense of belonging, they were helpful, and they understood. I felt I belonged... in a room of strangers.

Some received coins marking certain days of abstinence, and they shared how they had achieved it. I wanted what they had, and followed the simple suggestions they provided, keep coming to meetings, get a sponsor, don't pick up the food, pick up the phone and call someone.

I try not to think about what would have happened if I had not been introduced to OA, I am simply grateful that I came into the rooms, and was ready to commit to this program, which was absolutely "a way of living that works". What I had been doing was no longer working. I had hit bottom.

I do believe that the food is but a symptom. And my commitment to abstinence was the beginning to my recovery.

After attending a few meetings, I approached someone who I had listened to at meetings and asked her if she would be my sponsor. Thankfully she said yes.

My sponsor was abstinent, she was able to answer my questions, and get me started on defining my plan of eating, provided encouragement and shared openly how she worked her program. Her openness, and honesty were an inspiration to me.

IDEA Day is International Day of Experiencing Abstinence. And as such, I thought I would write this story in November's Abbie.

Working with a sponsor was and is key to maintaining my abstinence. In our new environment of virtual meetings. There are more opportunities to encourage attendees to connect with sponsors if they need one. And a wealth of meetings available to attend, and draw experience, strength and hope from.

If you need a sponsor, consider announcing it at meetings you are attending. Or sending a message in the chat, asking if anyone is available to sponsor, or if there is a temporary sponsor list.

Encourage your sponsees to consider becoming a sponsor, when they are ready to take on that service. We all need encouragement.

As a meeting – have you discussed having a temporary sponsor list available for newcomers. Do you encourage connecting with newcomers after the meeting ends, to answer questions, and talk about the role of a sponsor in our program, and how to find one.

In service, Rose Marie
Have a peaceful, abstinent day.

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.

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 or lynda.brown@rogers.com

2020 elections are being held on Saturday November 14th. [Click here](#) for the announcement on available positions and how to apply.

Boost your service by **joining a committee**: Any OA member can join a committee, *no abstinence required* (see the position descriptions on the COI website; some restrictions on one role of the Telephone-Email committee). Write to the chair of the committee you are interested in. A full list of committees and contact information can be found on our [Contact page](#).



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



Strengthening Personal Recovery

Hear one fellow's experience, strength and hope on strengthening their personal recovery

Zoom – session links will be placed on Central Ontario Intergroup website one day prior to the event.

No pre-registration and no maximum number of participants.

e-WORKSHOP series

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

- 🌸 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/>

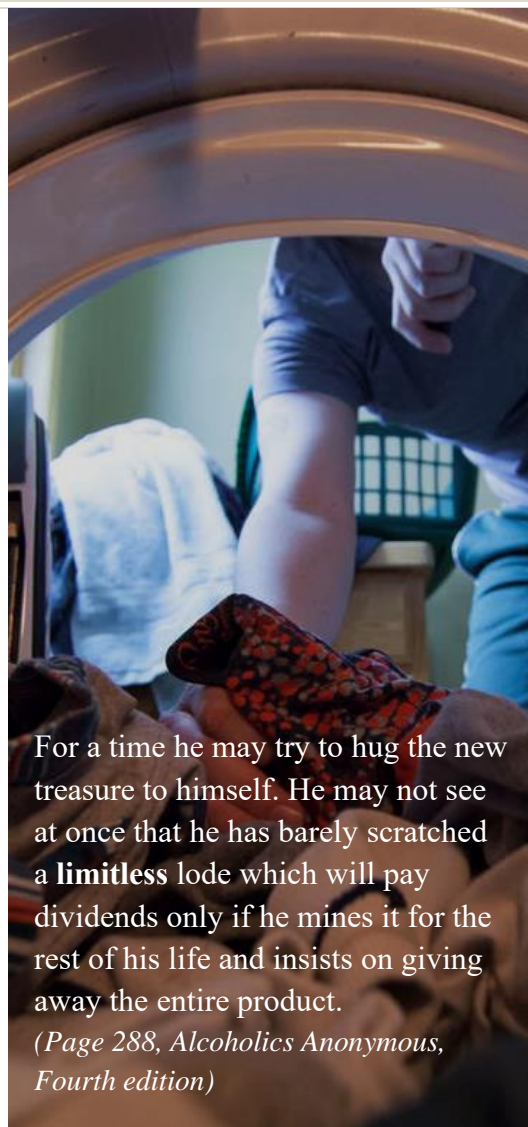
For the most up-to-date listings of special events, meeting lists, please go to <https://www.oaontario.org/>

NUGGETS

Your short story or sharing
about a slogan, step etc.

GOES HERE

Without your contributions,
there is no Abbie!



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)