

SEPTEMBER | 2020



The Abbie

Central Ontario Intergroup

I cannot have that which I do not seek

Seeking God's will has undoubtedly been one of the most challenging aspects to my recovery. The intense thoughts and fear followed by the very real actions of putting down the food were incredibly challenging my first 6 months in OA. Uncovering and working through the deeply buried, untouched, and very raw emotions was even harder.

The hardest thing I find myself coming face to face with, however, is making that conscious daily contact and moment to moment decision to turn my will and my life over to the care of God, as I understand Him.

In my childhood home there was no speak of religion or God, unless it was to laugh at or snidely comment on those that chose to believe. It never occurred to any of us that we could put good thoughts and intentions into the world and receive good things in return. What a concept!

As I got older, I heard of these things called prayer and meditation, but I dismissed them both quickly and entirely. As it turns out, I dismissed a great many things throughout my life simply because I could not understand them, including my compulsive eating and behaviours.

By the grace of my Higher Power, I found my abstinence July 2nd, 2018 and have kept it. Some of those days it feels like I'm one tear away from relapse, and others I may have an unshakable stance. I'm human. It truly amazes me that after living the first 29 and a half years of my life brutally tethered to food and an incredibly wonky self-will, all it took was 6 months of loving acceptance from my fellows and my Higher Power to begin cutting that rope once and for all.

Today, I am no longer tethered to food in the way that was going to have me dead before the age of 40. Today, admittedly, my self-will is still hanging on by a stubborn thread, that I admit I'm a little frightened about cutting. It's kind of odd asking my Higher Power to give me the will to be more willing, to listen to his will. You know what I mean.

The day I understood the power that my Higher Power possesses was when my Grandfather, a hard-ass fella that was a teenager in the 50's, tearfully and genuinely connected with me over his concerns about my weight. Typically, Grandpa was a little rougher around the edges when it came to his pleas for me to get healthy. They often showed up in the form of cruel jokes that were "funny" if

you weren't offended, and misunderstood interpretations for a person that feels things different from himself. But this time, not only was he right (don't tell him I said that!), his plea felt very different. My time in program was grooming me for this conversation with my Grandpa, and you could've never told me that this was Higher Power's plan the whole time. My Higher Power and this program has shown me that my heart is capable of hearing a person's intentions rather than my head spinning their words into a familiar hate.

My Higher Power spoke to me through my Grandfather that day, and from that day forward I have tried my best to listen more intently. Okay, maybe not every day was my best. It's taken yet another hard inventory about a difficult situation to reveal to me that I'm always just a few honest moments away from serenity and the ability to truly feel God's will. If I want it, I must go get it. I cannot have my wildest dreams come true if I am unprepared to ask, action, and receive them with true intention.

Katie N.

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:

- 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



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



Your IGOR Committee is busy planning our September Speaker Session. Once details are available, they can be found on Central Ontario Intergroup website [here](#). Information will be available in the next few weeks. Join us in September as one of our fellow's shares their journey of recovery, strength and hope!

e-WORKSHOP series

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

- 🌸 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/>

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.

NUGGETS

Leveraging the tools of my OA program has become even more important at this difficult time. I've gravitated more to prayer, guided meditation, gratitude list, and the phone.

These tools are essential to keep me focused on this 24-hours and get me OUT OF MY OWN HEAD. It's easy for me to start drifting, projecting into the future, being fearful of the countless unknowns, and feeling angry, lonely, or tired.

Focusing on Step 1, 2, 3 has also been important the past few months. Acceptance IS the answer to all my problems.

I continue to get demonstrations that my reliance on my Higher Power restores my sanity, and my serenity.

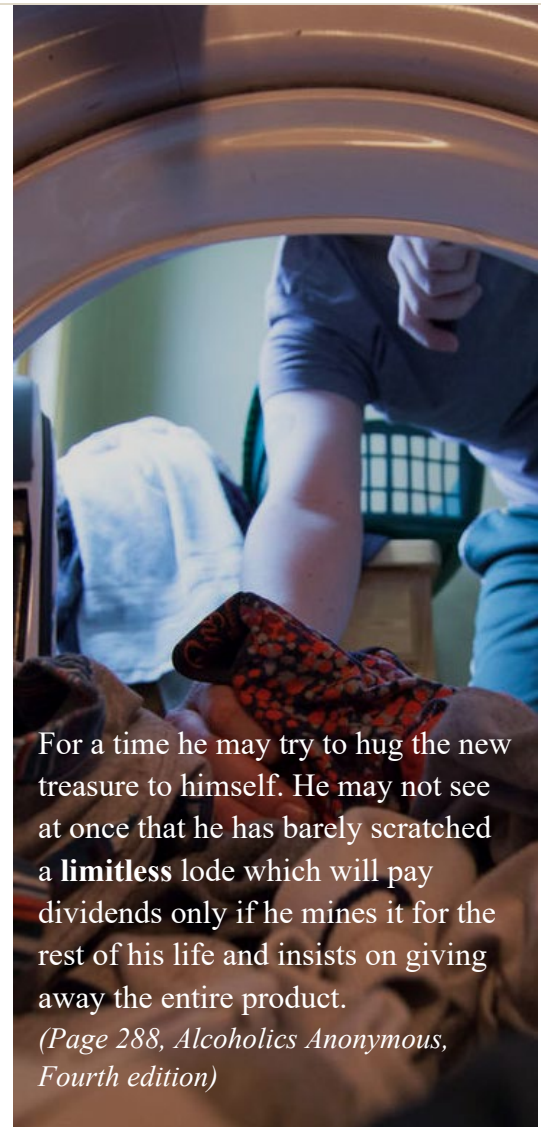
I'm grateful that I have my needs met. When I start to think of any WANTS that are not being met, I realize I'm lacking perspective, my gratitude list reminds me of the countless blessings that I enjoy each day.

I've enjoyed walks with our dog, the sound of cicadas, the canopy of trees and the summer breeze.

Keeping it simple and enjoying what's in front of me right at this moment in time. That simple act has saved me from morbid reflection, and I ask myself what I can do to be of service. I'll reach out to someone and check in with them. Talk about program, and how we are doing really!

Have a peaceful day.

Rose Marie



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)