

### Special points of interest:

- What Fills You Up?
- Vancouver Island Spring Retreat  
NEW DATES:  
April 8, 9, 10, 2011
- OA Limerick
- Vancouver Island Meetings
- Acronyms: Useful Little Tools
- Unity Day Marathon: Saturday, February 26th in Chemainus
- Anchors OA March April edition request for submissions: Acceptance and Recovery Sayings

## 2011: What Fills You Up?

Wow we are already well into 2011! How did that happen?

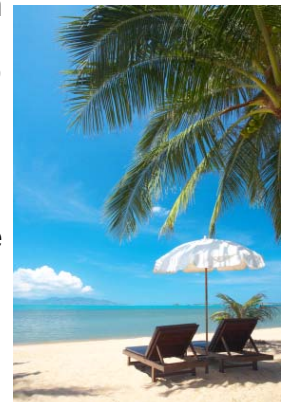


If you are like me you are amazed at the speed of the passing days. I am in search of some balance and self acceptance this year and it would really help if time didn't move so quickly. I guess I need to accept that I have no control over time as well as food.

My hope for this year is to find something to fill me up besides food. You see I am still 'in the food' and have been in this relapse far too long. I am doing my best to hang in there until the miracle happens for me. I know I am not alone in this state. To that end, I have asked our wonderful members to share what keeps them in recovery instead of in the food. I asked: **What fills you up now instead of food?** What fills that hole that was once stuffed with food? What keeps an OA member in recovery day after day? Several members have shared their soul filling solutions, and I am grateful to them. I hope our readers find enlightenment and hope in these stories of gratitude for the freedom from food obsession.

On a lighter note, sometimes hope comes from a turn of phrase or one of the OA or AA acronyms that stick in our minds when little else seems to. Something so simple can cause me to stop and see a situation in a new and healthier light. It makes me realise that I tend to unnecessarily over-complicate things. I look for big answers for little questions. 'KISS' (keep it simple silly) comes to mind as good advice and a fine example of an acronym. Our members have submitted their favourites for our enjoyment so fill yourself up!

-Ann



# What Fills You Up?

What fills me up now....

When I first saw this topic for the next Anchors Away I immediately thought – “Oh, that’s an easy one for me to contribute to...I can describe compulsive eating/binging/purging to fill the emotional hole, how it never worked, and how the 12 step program and the tools of the program now fill that hole.” That’s true, but I am grateful I didn’t write that all down and send it in right way. For once, I’m glad I procrastinated.

Now that I am revisiting the topic, I recognise that what I want to share about is not about how being in recovery has changed how I fill the hole, but how the hole itself has changed.

My name is Daragh, and I am a compulsive eater. I am very grateful for my recovery, OA, and the rewording that I learned about at the retreat in Nanaimo in 2010...



Freedom from compulsive eating behaviours and not just from compulsive OVEReating...so recognised and confirmed what I have found in OA.

I am Daragh, a compulsive eater...I have been an overeater, a bulimic, and an anorexic...I have worn size 4 and size 18...but only because I am 50 years old so size 0 didn’t exist when I was one .

Back to the topic, if you are still reading...

I eat food because I’m tired, I eat food because I need energy, I eat food because I need comfort, I eat food to ignore feelings, I eat food to feel.....

*“...I want to share about is not about how being in recovery has changed how I fill the hole, but how the hole itself has changed.”*

Getting the idea? If you eat food for any reason OTHER than you are physically hungry...you have so something in common with me.

So what fills me up Instead of food?

Going to OA meetings, starting every day as a new day, not looking back, counting my blessings every day

Not isolating....for me, still in “safe ways” ... internet, leaving phone messages when I know friends won’t pick up and talk to me, I sent Christmas cards, I found friends on Facebook....



Exercise...just get up and walk, think – explore the internet, order a new book at the library

Phone...call the crisis line...you might get a great volunteer...follow-up on the advice!

Hope and relationships.

Recovery from eating compulsive is possible...

And OA will give you recovery and friends....



My original hole was for dealing with emotions and not having friends I could count on...

Now my “hole” is not knowing what I want to do/plan/dream next....but I’m working on it!!!!

-Daragh

*At my very first meeting I had a plan of eating and I went to many meetings, and for awhile that worked. That was Sept 5, 1991. I lost 68 lbs from Sept 6th, 1991 to May 20th, 1992. But I was on an edge that was very scary, constantly fearing food.*

*“This program has saved my life and also extended it and I am grateful.”*

*On the 20th of May the weight stopped coming off, so I got a sponsor and actually started working the steps. I called in my food and wrote on the HOW questions and (what a concept!) I actually began doing what others were doing instead of treating OA as a diet and calories place. On June 1, I finally admitted to my sponsor that I had a food I could no longer eat like a lady/gentleman and let it go.*

*Today to fill that void, I use all of the OA official tools plus 3 unofficial tools: listening, praying, and physical activity. Today I have faith that this program does work. I am now at a normal weight that has been worked out with my doctor (a goal range of 173-178, at 176.4 lbs). My top known weight was at least 281 lbs. I weigh myself once a week and write that down and if I am up, I take away some foods. Before the program I would just fast or starve for 2-3 days.*

*This program has saved my life and also extended it and I am grateful.*

*- John F Olympia WA*

# What Fills You Up?

## What “fills you up” now instead of food?

Now that’s a good question. There are so many other things in my life that can be a ready substitute for food! The OA tools and prayer are very high on my list. I started journaling in October and as suggested, I write 3 pages a day, first thing in the morning. It’s taken me a while to actually look forward to what comes out at the end of the pen, because I don’t plan it – I just write. Sometimes it’s just circles OOOOOO (No kidding that was an entire page one day!) I was told to just keep the pen to paper, so I did follow directions even though I thought it was kinda *crazy*. Yet it has been amazing! Times when I ask HP (who I call God) for help in writing and there are times when the solution comes in the form of my own hand writing later in the week or month. (It appears to be in God’s time not mine) My penmanship has improved; I no longer get hand cramps when I write. I’d become so used to using a keyboard, I’d forgotten the simple art of writing. It feels good.



Service is another tool I really appreciate because it takes me away from food and me and focuses on doing things for others. Service can be opening a meeting, cleaning up afterwards, calling others, even offering to read or share at a meeting; putting my hand up to volunteer for a position at group, inter-group or region levels. I learn a lot by being with other OAs and service gives me an opportunity to grow in companionship too. I am no longer alone in my misery with food, I can share with others my struggles and successes, both are necessary for me to grow in the program. I love being able to car pool with others to OA events, it’s like a meeting in the car, and getting to know others on a deeper level.

Meetings are my cornerstone, I’ve been going to meetings for years when in relapse and when abstinent, I find just being in the meeting helps me when I am unable to stay away from the food and when

“Service is another tool I really appreciate because it takes me away from food and me and focuses on doing things for others.”

I am abstinent, I am grateful to be with others who share my disease – no matter what my personal state, meetings are a haven for me. Void of outside influence, I can share my story and hear HP’s message from other’s sharing their Experience, Strength and Hope.

I can remember many times when I was resistant to the plan of eating, and I finally realize that for me, when I fail to plan, I end up failing. So I email my plan to another member and it takes away the need to think about food the rest of the day. I wonder why I was so resistant to it???

All the tools work, when I work them and I am so grateful for the suggestions they offer. They all help and prayer has been an amazing outlet for my worries and fears.

-Lorri

# Vancouver Island Intergroup invites you to:



Annual OA Spring Retreat at the Bethlehem Retreat Centre,  
Friday evening, Saturday, and Sunday morning,  
April 8, 9, 10, 2011

The registration fee is \$225 Canadian. Please register now!

The Bethlehem Retreat Center, 2371 Arbot Road, Nanaimo, is located  
on beautiful Westwood Lake and offers accessible walking trails,  
private bedrooms, lounges, your dinner Friday night, meals on  
Saturday, and breakfast and lunch pm Sunday

For further details contact Tracy at: [travel\\_fan68@hotmail.com](mailto:travel_fan68@hotmail.com) or 250-704-6880

To get a copy of the Retreat Brochure and Registration Form  
<http://www.oaregion1.org/retreat%20brochure.pdf>

## What Fills You Up?

*The things that fill me up instead of food:*

**Service** -- *I can write a note, make a phone call, write an e-mail, cook a healthy meal, show up at meetings. Anything that keeps me focused on others instead of myself.*

**Out door activities:** *Instead of the food, I find that since I have lost weight and become committed to fitness, I can do a short walk, a little work in the yard, or go look at some lovely scenery or look for wildlife. Those things fill my soul instead of food.*

*I am not perfect in my food but having a 70*

*pound weight loss has helped shift my life into a more meaningful track as long as I stay focused on my HP and stay in HP's will, moment by moment for each day.*

*Thanks for this opportunity to share.*

- Cindy



### OA Limerick

There was an OAer back into the food  
Which negatively affected her attitude  
She went to a meeting  
Quit compulsively eating  
Now her mood once again is gratitude.

###

-Constance  
Washington State



### RECOVERY

It's more than a matter  
of mind over platter  
or of gaining a body  
that others will flatter.

It's also 'bout health  
of emotions and Spirit  
and help from Higher Power  
When I listen and hear it.

I go to the meetings  
and listen to others  
and share my experience  
With these sisters and brothers.

There are tools I can use  
and Twelve steps I can climb  
when I work with a sponsor  
One Day at a Time.

###

-Constance  
Washington State

Overeaters Anonymous Meetings on Vancouver Island – January 30,2011

Victoria

**Tuesday, Wednesday, Thursday:** noon – 12:45 pm, St Andrew’s Presbyterian Church, Kirk Hall, 680 Courtney St., (ring the bell), Contact: Joy 250-386-4784

**Monday:** 7:15 – 8:45 pm, Step Study, Les Passmore Centre, 286 Hampton Rd., Library, Contact: Ethel 250-658-4889

**Tuesday:** 5:00 – 6:00 pm, H.O.W. #103 – 904 Hillside Ave., (ring #102) Contact: Joy 250-386-4784

**Thursday:** 7:30 pm, OA Workbook/For Today, Blanshard Community Centre, 901 Kings Rd. Contact: Donna 250-384-2150

**Friday:** 5:00 – 6:00 pm, H.O.W. 3027 Henderson Rd., Contact: Loretta 250-592-6705

**Saturday:** 10:30 am - noon, Love in Action & Newcomer meeting, CHR Health Unit, 1947 Cook St. Contact: Marguerite 250.384-9332

**Sunday:** 5:00 – 6:00 pm, H.O.W. Phone ahead. Contact: Jayne 250-598-7707

Duncan

**Tuesday:** 7:00 pm, Duncan City Hall, lower level, #1 Kenneth Place (Volunteer Cowichan entrance in side alley, blue door), Contact: Margaret A. 250-715-1610 or together.we.can@live.ca **CALL TO CONFIRM**

**Thursday:** 7:00 pm, New Life Church, 1839 Tzouhalem Road, Contact: Marita 250-709-2608 (call to confirm location)

**Friday:** 7:00 pm, Willing Hearts OA, 371 Festubert St., Contact: Rita 250.746-9366

**Sunday:** 11:00 am, 371 Festubert St., Contact: Rita 250.746-9366

Parksville

**Tuesday:** 7:30 – 8:30 pm, Step & Tradition, Knox United Church, 345 Pym Street Room 4, Contact: Elise 250-248-2719, gladysu@telus.net or Lorri B. 250-248-2582, Imbrisson@shaw.ca

**Friday:** Noon – 1:00 pm, Topic Meeting, , Knox United Church, 345 Pym Street Room 4, Contact: Elise 250-248-2719, gladysu@telus.net or Laury CM 250-594-4282, laurycm@shaw.ca

Port Hardy

Interested in sharing fellowship on the North Island? Contact: Julia 250-949-7069, juliaablair@yahoo.com

\*Please submit additions, deletions and changes to Lorri B @ Imbrisson@shaw.ca



Vancouver Island Intergroup Meetings 2011 (all meetings start at 12:15)

Jan 8 Victoria	Feb no meeting	March 12 Nanaimo
April 9 Nanaimo (at retreat)	May 14 Nanaimo	June no meeting
July 9 Victoria	Aug 13 Nanaimo	Sept 10 Victoria
Oct 8 Nanaimo	Nov 12 Victoria	Dec no meeting

# Acronyms in Recovery:

*Acronyms and initialisms are abbreviations that are formed using the initial components in a phrase or name. (thanks Wikipedia!)*

HALT = **H**ungry **A**ngry **L**onely **T**ired

HOW = **H**onesty **O**penness **W**illingness

FAITH = **F**antastic **A**dventure **I**n **T**rusting **H**im/  
**H**er

SLIP = **S**omething **L**ousy **I** **P**lanned

SLIP = **S**upply **L**oad **I**s **P**ushing

SLIP = **S**obriety **L**osing **I**ts **P**riority

FOOD = **F**eelings **O**f **O**verwhelming **D**emand

SERENITY = **S**afely **E**volving, **R**esistance **E**ventually  
**N**ot **I**n **T**he "Yes"

BITCH = **B**eautiful **I**ntelligent **T**alented **C**urious  
**H**onest

FINE = **F**alsely **I**nsane **N**eurotic **E**gomaniac

LIAR = **L**ousy **I**nsecure **A**udaciously **R**ude

FEAR = **F**orget **E**verything **A**nd **R**un

FEAR = **F**ace **E**verything **A**nd **R**ecover

KISS = **K**eep **I**t **S**imple **S**weetie

EGO = **E**asing **G**od **O**ut

FINE = **F**'d up, **N**eurotic and **E**moional

PAYS = **P**lease **A**adjust **Y**our **S**ails



HUGS = **H**ope **U**nity **G**ratITUDE **S**erenity

NUTS = **N**ot **U**sing **T**he **S**teps

CHAOS = **C**an't **H**ave **A**nyone **O**ver **S**yndrome

EGO = **E**asing **G**od **O**ut

GOD = **G**ood **O**rdery **D**irection

GRACE = **G**ently **R**eleasing **A**ll **C**onscious **E**x-  
**E**pectations

GUIDANCE = **G**od, **U** **A**nd **I** **D**ance



BLTS = **B**ites **L**icks **T**astes **S**ips

BINGE = **B**ecause **I**'m **N**ot **G**ood **E**nough

**G I F T** = **G**od **I**s **F**orever **T**here

**H J F** = **H**appy, **J**oyous, **F**ree

**A R T** = **A**lways **R**emain **T**eachable

Thx to Lorri, Don, Cindy, Jeanne, Judy A, Marj, Paul,  
Darlene, John, Jo and Judith B!

**Saturday February 26,  
2011**

**9:30-3:30**

Overeaters Anonymous

# Unity Day

## There is a Solution!

Chemainus United  
Church  
9814 Willow Street

*For more info:*  
250-746-9366 Rita  
Brought to you by the Duncan Overeaters  
Anonymous meeting groups

Unity Day Schedule of Events

9:30 Meet and greet (coffee and tea will be provided)  
10:00 Speaker/open sharing  
11:15 Break

**11:30 Unity Day Ceremony**

12:00 Lunch Break (bring a sack lunch or enjoy one of the many nearby cafes)

1:30 Speaker/open sharing  
2:30 Break  
2:45 Speaker/open sharing  
3:30 Closing

Join the celebration!

**Chemainus United Church, Chemainus, Vancouver Island, BC**

# LIFELINE MAGAZINE

To have **LIFELINE** delivered to your home or your group contact the World Service Office:  
**Lifeline**, PO Box 44020, Rio Rancho, NM 87174-4020 USA • FAX 1- 505-891-4320 • Tel. 1-505-891-2664

or email [info@oa.org](mailto:info@oa.org)

...or email **Ann P-S** at [aperry30@shaw.ca](mailto:aperry30@shaw.ca).

## Vancouver Island Members:

If you do decide to subscribe to Lifeline via WSO be sure to mention our Lifeline Rep is Ann Perry-Smith, so Vancouver Island Intergroup receives free items used at retreats and marathons.

## **Anchors OA March/April**

What does "Acceptance " mean to you?

OA & AA Sayings and Quotes: Share your favourites!

**Submission deadline March 20th**

## **Support Your Anchors OA Newsletter**

### **Send a submission! Get creative!**

I encourage members to submit ideas, articles, poetry and share their stories for inclusion in Anchors. Our newsletter needs you! Together we get better and together we can make Anchors OA better for everyone.

Sincerely,

Ann Perry-Smith

To submit material, make comments or to get on our mailing list contact Ann:

[aperry30@shaw.ca](mailto:aperry30@shaw.ca)



**Thank you!!!**

**I cannot thank you enough for your incredible contributions and your continued support of Anchors OA**

**Sincerely,**

**Ann**