

SEA TO SKY INTERGROUP NEWSLETTER

Volume 116: Aug 2011

Don't forget that when the heart is heavy and resistance is low, and the mind is troubled and confused, there is much comfort in a true and understanding friend standing by. You have that friend in Overeaters Anonymous.



Literature Corner

Three popular OA publications are now available electronically; the Fourth Step Inventory guide, the Twelve Steps and Twelve Traditions of OA and the Twelve Step Workbook of OA. To purchase, visit bookstore.oa.org and look under Digital Products. These are designed to be used with a PC or MAC using Adobe reader. The files cannot be printed.

The new pamphlet *A Common Solution: Diversity and Recovery* has been approved. The pamphlet features OA members' stories that explore the topics of Program Diversity, Cultural Diversity, Sexuality and Gender Diversity, and Life Diversity. This pamphlet will be available in August/September

Region One Convention: Connecting Recovery Through Our Borders



The Convention is Sept 30 to Oct 2 in Vancouver, Washington. Early Bird registration is \$130 Cdn and includes the banquet; after September 5, the cost is \$150 Cdn. Scholarships are available and application deadline is August 15th.

Hotel rooms are \$100.00 per night (up to 4 may share a room at an additional \$10.00 each per night). Car-pooling is encouraged. Contact Greta at greta_hurst@yahoo.ca for travel and hotel information. For more details or to register, see the flyer at http://oaregion1.org/2011_flyer2final.pdf.

Hope to see you there!

NEW!! OA St. Paul's Meeting

Open to all, Young Persons, LGBT, Anorexics, Bulimics

When: Thursdays, 7:30 pm - 8:30 pm
Location: St. Paul's Hospital (1081 Burrard St., Vancouver)
Providence Building, 4th Floor
Cafeteria Room 1 (enter from Thurlow Street)

NEW!

North Van Thursday Night Meeting

7:30 – 9 p.m.
The Alano Club
176 East 2nd Street
North Vancouver, V7L 1C3

Contacts: Geordie (778-861-2965)
Skylar (604-783-5735)
Wheelchair Accessible

Just the Facts

- ✓ Since coming to OA, 69% of members have lost weight, and 51% of them are currently maintaining a healthy weight.
- ✓ Most members attend 1–2 meetings per week. 72% of members currently have a sponsor. 77% found a sponsor within 6 months of their first meeting, and 59% are sponsors now or have been in the past.
- ✓ 78% of members said they have relapsed from recovery at some point in the past. 82% continued to attend meetings while they were in relapse.
- ✓ 31% of members learned about OA from a friend, family member or co-worker, 16% from another 12-Step program and 14% from a current OA member.
- ✓ 95% of members identify their food problem as compulsive eater/overeater, 16% as bulimic and 9% as anorexic (respondents could choose more than one)

Facts taken from the 2010 Membership Survey Report (www.oa.org/pdfs/2010_Member_Survey.pdf)

NEW MEETING!!

HOW ya doin' ?!

Thursdays at 6:00pm
Vancouver Recovery Club



OA Phone Number 604 878 4575

Rosemary Heights Retreat Service Opportunity!!

Volunteers are needed to help plan the Rosemary Heights Retreat, which will take place Nov. 18-21, 2011. A wonderful service opportunity, which will strengthen your program and help you connect with other amazing OA members. Interested? Willing to help? Contact Carlos at vancharles2011@hotmail.com.

Celebrating Recovery... one day at a time

Are you celebrating a milestone in your recovery? Any level of recovery is welcome – let's acknowledge how far we've come...one day at a time! Please contact the newsletter editor at seatoskynews@gmail.com to share any special milestones.



Public Information Committee
1st Monday of each month
Vancouver Recovery Club
The Spanish Room
Aug 1 and Sept 5, 2011
6:00 to 7:00 PM

For more information contact carlietrueman@shaw.ca

On the road again ...

Traveling this summer? Take OA with you !!

- ⇒ Attend a meeting – check www.oa.org for meeting locations around the world!
- ⇒ Download a podcast - www.oa.org/podcast/
- ⇒ Read some new or old literature – be inspired!
- ⇒ Subscribe to Lifeline - OA's international magazine is an indispensable "meeting-on-the-go." E-subscribe at www.oa.org/lifeline-magazine/

Next Intergroup Meeting

August 27, 2011 from 10am to 12pm
Unity Church (1630 Edinburgh St. New Westminster)

Dignity of Choice

After 7 years in program using the 3-0-1 food plan I had released about 55 pounds of excess weight and kept it off, which was a miracle for me. Anything more structured seemed like a diet and I swore before I came into these rooms that I would never diet again. However my abstinence was difficult with many slips and I started to feel that I was constantly "at war" with food. I missed the fact that it was the disease of compulsive eating that was the enemy not the food. I need food to live. How could I be "at war" with it?

But I could not face a diet. A "weighed and measured" food plan was just another diet and I realized that, to me, a diet was a punishment for being fat! No wonder I couldn't face it. I would not diet but maybe I could learn to eat what a "normal" person ate and I had no idea what that was. Fortunately, my HP had plans for me and last November I was "struck willing" to face a weighed and measured food plan and the war was ended. I turned to the "Dignity of Choice" pamphlet, read about what a normal serving of various foods was and chose the Basic #2 plan. It does not feel like a diet. Granted the portions were much smaller than was usual for me and to my utter amazement they were enough!!

I am learning that "enough" is not "If I eat one more bite I'll throw up" which was my former measure of satisfaction. Sure my sick mind still tells me "I want more" but I now recognize that it is the disease calling me and IT'S A LIE!! By the end of January I had released another 15 pounds. I feel great but best of all I have peace about what I eat. My clothes are still getting looser which is a lovely bonus. I can now finally say that I know how good it feels to be freed of the obsession and compulsion most of the time.

~ Anonymous

EAST VAN BIG BOOK STUDY MEETING

Wednesdays at 7:30pm
998 East 19th Avenue, Vancouver
(Church of the Nazarene)

Gain an understanding of the Big Book ... abstinence by focusing on a spiritual awakening.

Why Reading and Writing are Essential to my Recovery

How do I connect to this Higher Power that will restore me back to sanity? Reading and writing are tools I use to seek out knowledge of God's will for me. I find a quiet spot to read and allow my mind to focus on the material I am reading. Reading OA materials exposes me to new perspectives and thoughts. Writing about feelings and ideas focuses my mind on the expression and identification of those thoughts and feelings. I am new at handling emotions without acting compulsively to avoid them.

My self-awareness affects my skewed perception of reality. If I have a better grasp on reality then I can be more present in my life and able to connect to fellow members. I resisted journaling and reading because I thought that it was a waste of time. I now understand that when I read I meditate. I clear my mind of outside thoughts and receive words of inspiration. Journaling raises my subconscious thought to the conscious level. It helps me to detect and define my feelings through my word selection. My increased self awareness helps me to filter out my impulsive thoughts.

Reading and writing are two of the nine tools in OA recovery. The more I use the tools the better I become at following my Higher Power's will for me. This in turn leads to me better understanding the world around me and connects me to my tribe; OA members who trudge the road to Happy Destiny. When I neglect these tools they become rusty and my perspective becomes more askewed. This is a simple program of recovery. I have yet to find it an easy path to trudge but I enjoy the companionship and unqualified acceptance of my fellow members. The tools of reading and writing help keep me on the path.

~ Anonymous

Editor's Note: The opinions expressed in this Newsletter are those of the contributors and do not necessarily represent Sea to Sky Intergroup or OA as a whole. Contributions to the newsletter are always appreciated and can be e-mailed to seatoskynews@gmail.com. Deadline is August 24, 2011. If you would like an electronic copy of this newsletter, please contact seatoskynews@gmail.com. Thank you for the opportunity to be of service! ~ Wendy