

SEA TO SKY INTERGROUP NEWSLETTER

Volume 111: March 2011

Crazy Higher Power Stuff

I love having conversations with my Higher Power. Higher Power is so much smarter than my little ego. Lately, quite a few of these conversations have been around decision-making. Some of these decisions are around food, of course. For some strange reason, I tend to waver when it comes to small decisions, not the big ones, and get all cloudy and woolly in my head.

This morning, for example: Should I have one slice of my whole grain rye bread, or two? Oh no! I don't know what to do! Fortunately, yesterday I went to a meeting where someone had spoken passionately about praying before every meal. What a concept! So I went to my Higher Power. And the answer was similar to ones I had gotten before: Both are within your food plan. It doesn't matter. But what DOES seem to matter is how worked up you get over these decisions. What's that all about? Why don't you reflect on that some more? As to the food: As long as what you do is with intention and within your food plan, both options are fine. Don't sweat it!

So I went back, had another slice, and now I feel satisfied yet not full. The food is over, until lunch, and I can turn my mind to more productive things (like writing this article that I had promised). I'll set some time aside this afternoon for the reflection that my Higher Power recommended.

Before program, it wouldn't have occurred to me in a million years to think, act or write this way. Talking to some Higher Power about a slice of bread, and then writing about it? You must be out of your mind! Instead I would have had four slices, and not waited for lunch for the next bite.

I love doing this crazy Higher Power stuff.

Anonymous

My name is Tom & after 7 yrs in OA I had embraced a higher power, honesty & the power of program. But until last month I was not able to fully embrace a food plan or abstinence beyond 2 or 3 days. This in spite of significant weight loss and general improvements. Tired of struggling, I found HOW. On Feb 24 I will have 30 days of complete abstinence which I believe I will be able to continue to do, one day at a time. If you are interested in more detail, ask me. ~ Tom



Literature Corner

As I reach for recovery in my program I am increasingly aware of the importance of reading the literature which has been specifically written to answer my questions and give me guidance when I don't know what I need to do to move forward.

One of my favourites, which I read every morning, is 'JUST FOR TODAY' since that is all that I have to do anything.

When I live in the past or the future this pamphlet grounds me in the now. I will only quote three items in this useful literature and encourage you to pick it up and read the rest yourself.

Just for Today - I will try to live through this day only, and not tackle my whole life's problems at once. I can do something for one day that would appall me if I felt that I had to keep it up for a lifetime.

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 have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Have a great 24 as we all trudge the road of happy destiny.

Sandra and Nissa

Public Information Committee

1st Monday of each month
Vancouver Recovery Club
The Spanish Room
March 7, 2011
7:00 to 8:00 PM

For more information contact
carlietrueman@shaw.ca

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.



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

"When two people relate to each other authentically and humanly, God is the electricity that surges between them."
- Martin Buber

Step Two

I recently had an insight about step 2. It says "We came to believe that a power greater than ourselves could restore us to sanity." It says "restore us to sanity" NOT make my life perfect or answer all my prayers the way I would like or lay out my life for me in a nice, clear pathway that I can see all the way to the end or make others behave the way I would want. So, if I work the program I get to be sane no matter what happens in my life. This insight has given me a new level of peace.

Maureen

North Cascade Intergroup Spring Renewal Retreat April 1-3, 2011

Whidbey Island, near Coupeville, WA
Robert (425) 583-9451 or
Robertoglesbee@comcast.net

Vancouver Island Intergroup Retreat April 8,9,10, 2011

A Plan of Action
Lorri Brisson
lbrisson@shaw.ca

The World Service Business Conference April 25 to April 30, 2011

Albuquerque, New Mexico
www.oa.org

Looking for 3 others to drive to Nanaimo/Horseshoe Bay for the Vancouver Island April 8, 9 and 10 Retreat

Call Greta (604) 520-0703

Next Intergroup Meeting
March 26, 2011

Service, Traditions & Concepts Workshop

I awakened early to ensure that I arrived on time at the first Workshop held in Vancouver on Service, Traditions & Concepts - held on Saturday, February 19th.

Margie G, our Region One Trustee, who has more than 30 years membership in OA, led the meeting. Margie talked us through many informative topics including; the Traditions with a focus on Strong Meetings, OA's guidelines to avoid group disruptions, the difference between a food plan and abstinence and what services the World Service Office offers, how the WSO Business Conference operates and many more.

There were many thoughtful questions and much discussion throughout the meeting, which made the day informative and made time go very quickly.

All attendees upon arrival were given a raffle ticket and were able to purchase more. The prizes included baskets filled with several hand made dishes, purchased items, and OA approved books. Thanks to Diane F for taking the time to make such beautiful dishes and to Audrey who made magnet cards which were given out at the door and the unique and special Thank Card which was given to Margie.

The Workshop was well organized by the Monday Night Shaughnessy Group and the 12th Step Within Committee. Congratulations for putting on such a successful and fun event, which attracted 40 people.

I left this Workshop on an incredible "high" and feel that it was a day very well spent.

Greta