



Anchors OA



Vancouver Island Overeaters Anonymous Newsletter - December 2011

News and Views



Our Stories

Mark Your Calendars...

Vancouver Island Intergroup Spring Retreat

When: May 4 - 6, 2012

Where: Bethlehem Retreat Center in Nanaimo

BROCHURE WILL BE AVAILABLE SOON!

Kick Start Your OA Year Join A Day of Sharing

Region 1 Board Members to share their
Experience, Strength and Hope with us.

January 14, 2012 9:30 — 3:30



Raffle &
50/50
draw!

Come Together in Fellowship

Nanaimo Ramada Inn

315 Rosehill Street, Nanaimo, V9S 1E3

Everyone Welcome* 9:30 am- 3:30 pm

No Host lunch 11:30 — 1:00 pm

* Including Region 1 Board Meeting &
Intergroup Meeting.

For Carpooling information Contact:

Victoria -Duncan: Ethel 250.658-4889

North Island: Lorri 250.248-2582

Service Opportunity!

The Tuesday and Thursday meetings at St. Andrew's
Church, Kirk Hall in Victoria will CLOSE unless a
dedicated volunteer GIVES OF THEIR TIME.

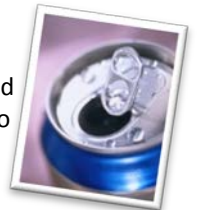
Don't eat ...
write!
Send your
stories and
articles now!



The Greatest Gift of All ...

In 1992 I didn't know I was an addict. All I did was work with people that the police force arrested on a daily basis. How in the world might I ever be as crazy as they were?

It was true that I didn't eat all my meals, because it seemed much easier to grab a handful of peanuts and a soda can. That had been working, on duty or off, since 1974, so why change now?



Someone who worked the same rotation of 40 hours each week asked me a question, one fateful day. It was fateful because the soda machine was broken, and there was no caffeine unless I was willing to drink coffee. I was not.

Bob walked out with me, on our break time, to chat, and eat. He asked if I thought I'd be able to make the entire shift, without anything except more water.

"Easy as pie" I tossed back.

Was I ever so wrong before in my life? Who knows? Not having a six-pack or anything else to get me by, while dealing with the stress of unceasing physical, verbal, mental and emotional assaults that didn't cease or desist for what turned out to be an 12-hour shift was difficult.



Two days later, Bob walked me into my first O. A. meeting. He'd been a member for a number of years. I'd only known of A. A. and N. A., via my profession. It literally blew me away that no one ever informed us that an addiction to food was recognized, and treated with the same respect.

As an old-timer once shared, "It only takes friends, a bunch of drunks and addicts, to see the truth without money signs blocking the view."

Bob gave me the greatest gift any friend can.

He shared O. A. with me. Hopefully this might motivate someone to share the fact that they belong with a work-mate who's also in need, even if they may not appear so. Only a friend knows — someone who has walked the walk, and is willing to talk the talk, qualifies. That I have learned, over the years.

My story ... love from Josh



Our Stories

Our Stories

Daragh dares to give back

Hi. I'm Daragh and I've had been a compulsive eater for 35 of my 51 years. Those years have included anorexia, bulimia, everything in between (DIETING), and recovery. Some wonderful people with recovery kept OA going in the Cowichan Valley through ups and downs, and were there when I needed it. I've been there since then, through ups and downs with OA numbers, keeping our program alive.



Giving ... I became a sponsor a few months ago to a young woman who was "me" – 35 years ago... Back then, I didn't have someone like that for me, but she has me, and she was doing great and now she's not ... but she had a few months of abstinence, and thanks to email she can't disappear on me!

My thoughts for this newsletter are:

THANKS – to all of you on Vancouver Island who keep OA going who I owe so much to, personally ... and you know who you are (Marg, Rita).

GIVING – passing it on, **SPONSORING**, is so important, and it doesn't have to be perfect. I have been **TERRIBLE** about getting my own sponsors, but being the imperfect sponsor I am has helped me **SO** much.



My thoughts about CHRISTMAS are:

When I was still in my disease "**CHRISTMAS**" was one of the **WORST TIMES**. I had a term – the **Christmas Triad** – for when I would be away visiting and have to face all the wonderful treats of **Christmas Eve**, **Christmas Day** (stocking treats, big breakfast, dinner), and **Boxing Day** (open house buffet at my parents' and all the leftovers) ... and then I would sneak off to find a bathroom where I could purge. But over ten years ago I got through my first **Christmas Triad** without binging and purging, and here I am today ... **THANK YOU, OA!**

So people **GIVING** to OA ... giving their time, their recovery and doing such things as opening a meeting when no one else showed up and continuing to do keep opening the meeting until someone **DOES** come (like me!) ... this is what **giving** means to me. People sharing their imperfect recovery, their email addresses, their home phone numbers ...

TOGETHER, we **DO** and **CAN** get better!

My story ... love from Daragh

Elise is 'consumed' with giving

My name is Elise and I'm a compulsive overeater and powerless over food. I was thinking about the theme of "**Giving**" and tying it into a recent meeting topic of "**Changing Ourselves**".

It seems I always have more questions ...

1. **How do we give to ourselves?**
2. **How do we create the space for change to come into our lives?**
3. **How do we feed ourselves something different than food, to satisfy those cravings, desires and holes of emptiness that some of us have?**
4. **How do we give of ourselves?**
5. **How do we give of ourselves in satisfying ways, with health, with boundaries and ways that create sustenance for our souls?**



Personally I have been looking at this issue all year – **giving and consumption... being consumed or being the consumer...** and I am finding that I struggle most days with balance in this area of my life. What has made life more endurable is the ideas from my program materials, or meetings – one day at a time.

And so I try to:

LOOK at an item, or an idea, entertainment or food with the above questions in my mind.

BE in the present moment and choose based on my reality now – **TODAY**.

ACKNOWLEDGE my gratitude that I have the luxury of being able to take time with my choices and the freedom to indulge in choosing (with my **Higher Power's** help).

SURRENDER to knowing that choice is a rewarding gift, as when I set aside my ideas, thoughts and behaviours and follow my Higher Power's lead into the next right action.

Program gives me the gift (opportunity) to change, to experience myself. For as the A.A. words say,

"If I am capable of laughing today, let me not forget those days when I cried."



My story ... love from Elise



Last Word

Meetings on VanIsle

One member's thoughts on giving ...

"Giving" in O.A. is an important part of my program and can take on many forms.

... giving of one's experience, strength and hope by leading and sharing at meetings;

... giving of one's time with service to the group and at Intergroup levels – this can include showing up at meetings and helping to put up chairs and make coffee. It can also include welcoming newcomers as well as long-timers. And it means sometimes volunteering to take the 'We Care' list for the week;

... giving of one's time with sponsees, via phone calls, emails and face to face meetings;

When I "give" in OA, I receive so much more back than I could ever imagine. When I am "giving," I am focusing on others, and not myself. I am not in my disease when I am "giving", I am in recovery. I am focusing on what my **HIGHER POWER** wants for me.



At this time of the year "giving" is mostly associated with the giving of gifts. In OA I associate "giving" with the giving of oneself in order to help others recover from the disease of compulsive overeating. It is a gift beyond measure.

I wish you all the gift of abstinence, one day at a time!

My thoughts... love from Anonymous

SERENITY PRAYER – by Reinhold Niebuhr

GOD,

*Grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.*

Philosopher W.W. Bartley juxtaposes Niebuhr's prayer with a Mother Goose rhyme:

*For every ailment
under the sun
There is a remedy,
or there is none;
If there be one,
try to find it;
If there be none,
never mind it.*



Victoria

Monday: 7:15 – 8:45 pm

Step Study, Les Passmore Centre, 286 Hampton Rd., Library

Contact: Ethel @ 250-658-4889

Tuesday, Wednesday, Thursday: 12:00 – 12:45 pm (ring bell)
St. Andrew's Presbyterian Church, Kirk Hall, 680 Courtney St.

Contact: Joy @ 250-386-4784

Tuesday: 5:00 – 6:00 pm, H.O.W. #103 – 904 Hillside Ave.

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 & **NEWCOMERS**. CHR Health Unit, 947 Cook St.

Contact: Kathleen 250.383-9693

Sunday: 5:00 – 6:00 pm, H.O.W. Phone ahead.

Contact: Jayne 250-598-7707

Duncan

Thursday: 7:00 pm, New Life Church, 1839 Tzouhalem Road,

Contact: Marita 250-709-2608 (call to confirm location)

Sunday: 11:00 am, 371 Festubert St.

Contact: Rita 250.746-9366

Nanaimo

Saturday: evening 6:00 – 7:00 pm - Into the Light

VIHA Mental Health & Addictions Services;

3151 Barons Rd, Nanaimo

Contact: qananaimo@gmail.com

Parksville

Tuesday: 7:30 – 8:30 pm, Step & Tradition

Knox United Church, 345 Pym Street Room 4

Elise 250-248-2719 | Lorri B. 250-248-2582,

Friday: Noon – 1:00 pm, Topic Meeting

Knox United Church, 345 Pym Street Room 4

Elise 250-248-2719 | Laury CM 250-594-4282

Courtenay/Campbell River

Thursday: 7:00 – 8:30 pm, Keep Coming Back

650 10th Street Courtenay (beside the fire hall)

Meets 2nd 3rd & 4th Thursday of each month.

Contact: Lynda 250-331-0230

Port Hardy

Interested in sharing fellowship on the North Island?

Contact: Julia 250-949-7069

Changes to meetings?
Contact Lorri B. 250-248-2582