

SEA TO SKY INTERGROUP NEWSLETTER

Volume 117: Sept 2011

Our promise of recovery is in every OA meeting when we join hands, pray together and joyously, lovingly encourage one another. Keep coming back!



Literature Corner

My name is Carol and I am the new 2011/2012 Literature Coordinator for the Sea to Sky Intergroup. Being new, please bare with me while I learn the proper procedures to make this service run smoothly (God grant me the serenity).

These following information pamphlets and packages will be available soon:

A Common Solution: Diversity and Recovery Strengthen your program by reading the recovery stories of OA members from all walks of life. Learn how they used a diversity of approaches to achieve a common solution: recovery! Members in remote areas and those who are housebound found recovery through telephone meetings. Determined members overcame the challenges of starting OA meetings in non-English speaking countries. Members found homes in OA meetings despite their differences of age, health, sexuality and gender identity, and cultural or religious backgrounds. This Pamphlet will be available at September's Intergroup meeting.

The Newcomer's packet includes an unrevised copy of the Tools of Recovery with an addendum reflecting the changes to the pamphlet voted at WSBC 2012. Packets with revised Tools of Recovery are expected to be available in November, 2011.

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. 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!

God, grant me the serenity
To accept the things I cannot change,
The courage to change the things I can
And the wisdom to know the difference.

Grant me patience with the changes that take time,
An appreciation for all I have,
Tolerance for those with different struggles,
And the strength to get up and try again,
One day at a time.

Living one day at a time,
Enjoying one moment at a time,
Accepting joy and hardship as a pathway to peace,
Taking this world as it is, not as I would have it,
Trusting that you will make all things right,
As I surrender to your will. Your will - not mine - be done.

Reinhold Niebuhr (with some additions)

In Memory of Lauren W.

With sadness we announce the passing of our OA member and friend, Lauren W. Lauren was a talented young writer, a lovely spirit, and the embodiment of bravery and perseverance under any and all of life's circumstances. Please consider sending out a prayer for her family and friends during this difficult time. Lauren was an inspiration in and outside of OA. She will be missed.

OA Birthday Celebration

On Thursday Sept. 8th at 7:30 pm I will be celebrating 8 years of abstinence at my home group in Cloverdale. I am extremely grateful for this miracle in my life. Thanks to God, the 12 Steps, 12 Traditions and 9 tools of Overeaters Anonymous I am trudging the road to happy destiny. I have experienced progress in all 3 areas of my recovery. My spiritual recovery is strong. I find great peace in relying on God more of the time. I am much better at being aware of my emotional state and taking personal responsibility for that and not projecting my worries onto others. I can say that for today my obsession with food has been lifted. I thoroughly enjoy eating my 3 healthy moderate meals each day and live a wonderful life in between. I have been the same size for a year. I am the smallest I have been as an adult. This does not mean life is perfect and without challenges. What it does mean is that I have all I need to face what comes my way. Thank you all who walk this path with me. I can't do it alone. May the peace and love of the program grow in you one day at a time!
~ Maureen

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.

EXTRA! EXTRA! MEETING NEWS !!

The **Langley Serenity** Meeting will meet at 7:30pm instead of 7pm on Wednesday, September 7th.

The **East Vancouver Wednesday** OA Meeting now has a new meeting format - a Big Book Study (bring your own copy and follow along). Meetings are Wednesday at 7:30pm at the Church of the Nazarene (998 East 19th Avenue, Vancouver) in the nursery. Ample parking, wheelchair accessible, close to transit. Contact: Raj at (604) 839-6908.

The **Wednesday OA Pride** meeting is having an inventory meeting on September 27th at 7:00pm. For more details, contact Courtney at (778) 991-7722.

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, 76 East 2nd Street
North Vancouver, V7L 1C3

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

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
Sept 5 and Oct 3, 2011
6:00 to 7:00 PM

For more information contact carlietrueman@shaw.ca

Next Intergroup Meeting

Sept 24, 2011 from 10am to 12pm
Unity Church (1630 Edinburgh St. New Westminster)

NEW MEETING!!

HOW ya doin' ?!

Thursdays at 6:00pm
Vancouver Recovery Club



Food – My lover and abuser.

In my life, food has been both a seductive lover and an abusive boyfriend. All of the memories in my life are connected to food such as visits with Grandparents, home life, holidays, school - times of joy and times of sorrow. I always thought this was normal until I talked to my sibling and other "normal" friends and found myself far from the norm. Food was a delightful luxury; a treat I would spoil myself with, using all of my extra spending money. I can't remember when extra food ceased to be a treat and became a necessity, but I would estimate that it was when I turned 20.

Over the next 10 years I ate to celebrate, I ate to numb disappointments and hurts, I ate to dampen anger, and I ate to enhance excitement... I ate and ate and ate. Like an abusive boyfriend, the addiction to food alternately beat me up physically, emotionally and spiritually but also seduced me again and again with promises of pleasure and fulfillment. I often chose to spend secret time binging on food while my addiction caused me to exclude my wonderful husband, friends and family. I cultivated my talents preparing and cooking my drug of choice; spending countless hours pouring over what I call food pornography – cookbooks and cooking shows. I entered my 30's super morbidly obese, feeling physically, emotionally and spiritually battered by my once seductive lover.

I began to realize that I couldn't control my obsession with food, but I still sought ways to repair my relationship with my lover through countless diets, and then bariatric surgery to make me high-fat and high-sugar intolerant. With some small physical successes, I was still emotionally and spiritually broken by my food addiction. Admitting my powerlessness over compulsive overeating at 38, I began a new chapter in my life when I joined OA where I began to eat to live rather than live to eat.

For today I am not ruled by my food addiction. For today my body is not deformed by my binging and is by far less than half the size it used to be. For today I have not binged for over 4.5 years and I am not constantly consumed with guilt, anger and remorse. For today I am living a life of "sane and happy usefulness" thanks to my Higher Power and the twelve steps and twelve traditions of Overeaters Anonymous. Each morning I wake up and have a choice, and today I choose to live as a recovering compulsive overeater and bulimic. I choose to work the program and live in the solution and not live in my addiction. Some days are easier than others, but I would rather struggle in my recovery than struggle in my addiction. What is your choice today? Consider reaching out to someone in the fellowship today and share where you are at. -L-

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 Sept 21, 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