

The Newsletter for Central Oregon Intergroup of OA

Volume 1, Issue 5 – December 2018

Editors and Newsletter Committee: Terri OA and Nikki D.

Food for Thought



Central Oregon OA Meetings

Saturday @ 9am - Bend
Monday @ noon - Bend
Wednesday @ 4pm - Redmond
Thursday @ noon - Bend

All Bend meetings are located in
The Community Room at
First United Methodist Church
(use the Kansas St. entrance)
680 NW Bond St.
Bend, OR 97701

The Redmond meeting is located at
The Redmond Senior Center
325 NW Dogwood Ave.
Redmond, OR 97756

This
month's
topic:

The Gift of SERVICE



The Gift of Service are many - making outreach calls and going to meetings even when I don't feel like it, always pays off ten-fold. The gift that keeps on giving is the incredible fellowship of supporting one another in this journey of spiritual health and wellness. Sponsoring is yet another amazing GIFT of OA. My sponsor has consistently given me countless presents of wisdom and inspiration. Many times throughout my recovery when I was too self-conscious to reach out and did it anyway, I was rewarded and received priceless support and understanding. Being a Sponsor, I have been given the gift of service and feel blessed and honored to bear witness to hearing God speak through others. A quote on November 30th in the Voice of Recovery sums it up – "My greatest potential goes beyond my own life; it exists in service to others." Ultimately it's about saying YES! I am Thankful for all the gifts of service to OA. ~ Dawn F

*** A Note from the Editor ***

The gifts of service are an important concept in 12 step programs. Since the beginning, it was one sufferer helping another. And another. It led to the 12 Step organizations that we know today. Overeaters Anonymous is based on that same support of each other. Whether you are attending a meeting, sponsoring another member, maintaining your abstinence, making an outreach phone call, serving at the local Intergroup or all the way to World Service level. These are the ways that keep meetings alive, recovery flourishing and building a vibrant community. Without this, we each end up alone and without support. And for me, that means isolated in my disease. Again. One gift of service is insurance against Relapse. No matter how small the service you give is, it will keep you conscious of your recovery. Of your God/HP. And the rest of us. Another gift is connection to others. Service gives me the opportunity to meet people in program, share and learn from how they face life in recovery and this brings me hope during the days when I struggle. Service also brings the gift of breaking my self-absorption. My disease of compulsive eating LOVES when I get completely self-absorbed. This leads quickly to self-pity and resentment of others. Service can help me break that cycle by allowing me to stay involved with recovery and making a contribution to the group.

Of course, I have to put in a plug here for YOU to write a short submission for the monthly newsletter. This service is essential to keep our Central Oregon OA newsletter going. We, the editors, take anonymity very seriously. If you contribute and prefer to remain anonymous, we honor that! If you want to sign your name, that's fine too. **The topic for January is Honesty. And the deadline for submissions is January 5. Thank you everyone!**

~ Terri-OR

The dictionary defines Service as: an act of helpful activity; help; aid: *to do someone a service*. It is an act of helping others! One of our core values as members of OA is found in the closing prayer, "together we can do what we could never do alone". The way I see it, every one of us should be involved in service of some kind or other. I.e. setting up meetings, putting things away, volunteering for the literature table and making yourself available to help. When I "joined" OA 1 1/2 yrs ago, I saw people volunteering to do this or that or the other thing. I quickly learned that with everyone helping to do service, everything would get done without it becoming a burden to any one person or small group of persons. Old Chinese proverb says, many hands make little work. I love that!

I found a service spot as treasurer for our Saturday morning meeting and I can only say it is the right place for me to be because it is a joy for me to do this service for the good of OA! Since service is a necessary part of the success of OA, my hope is that all who call OA home will find a place of service to benefit the whole. ~ Terri S.

The dictionary defines SERVICE as assisting another person. When I think of SERVICE, I ask myself, "What skill do I have that might be beneficial to a person or the program?" I can listen, if I put my mind to it, and not judge the speaker. Finding someone willing to listen to me when I need to talk through a concern (or issue) is so very valuable to my recovery. I can do it for others. Getting a call (or making one) builds my ability to be abstinent. It flexes my "Abstinence Muscles". SERVICE does not have to be onerous. Just putting out the materials for a meeting, or staying to put them away is a GREAT SERVICE. Service makes me feel valuable and helps others. So I ask you to consider, "What skills do I have that might be helpful to another person or the program?" What "Abstinence Muscles" would you like to build? ~ Terri R.

NOTE: To opt out of receiving this newsletter, please e-mail Terri OR @ walkingheart61@gmail.com