

APRIL | 2021



# The Abbie

## Central Ontario Intergroup

### Powerlessness – My OA story

The OA program has given me a life better than I ever dared dream. I have been in OA for 28 years, and I have 14 years of abstinence. I am 20 lb. up from my most anorexic weight, and 20 lb. down from my highest weight. All that is thanks to this wonderful program and all the support I have received from my higher power and my fellow OA members.

I used to feel deeply ashamed of my powerlessness over food. I was deeply ashamed of my inability to control myself. I was ashamed of my body and how it looked. I was ashamed of how I couldn't stop over-eating no matter how hard I tried, no matter how much I prayed for God to stop me from bingeing. I couldn't stop. Even when food stopped giving me comfort, even when it only caused me misery, I couldn't stop. I ate until it hurt to breathe and hurt to move and all I could do was lie on my bed and wish I was dead. I had high anxiety and bouts of severe depression.

And then I found OA. It took me 4 years to get a year of back to back abstinence. Despite that, immediately, from my first meeting, I became more

sane around food. At first, my abstinence definition was "No sugar." I could eat as much as I wanted of anything else, whenever I wanted. But I felt so much better. Then I got on an anorexic diet and loved it at first and then realized it was not at all healthy. Sometimes I think I'm a great example of how not to work the program. For many years, I used OA as a kind of therapy group - a chance to share and hear other's stories. And my food was better when I came to meetings. I didn't have a sponsor and I didn't work the steps.

Thirteen years into the program, I had intestinal surgery for ulcerative colitis, and my dad died a few months later. I relapsed with food. That's when I finally became willing to get a sponsor and work the steps. I became teachable. And I dove in. What a difference it made! I had no idea that ulcerative colitis was, for me, partly buried anger, fear and shame. And that the steps could help me with this physical illness.

I am no longer ashamed of my powerlessness. I accept it as a fact of life. A horse is a beautiful powerful animal. It can pull enormous weight

and travel at great speed. But it is only so fast and no faster. It is only so strong, and no stronger. I have power over some things, but not others. I have the power to choose to do the footwork in OA. I have the power to contact my sponsor, work the steps, and go to meetings. I am still powerless over food. I have a daily reprieve from food compulsions contingent on a fit spiritual condition. Abstinence is a gift from my higher power.

Now my life is wonderful. I have a fabulous husband. I have a fulfilling career. OA has helped me to trust, helped me to feel, and helped me to talk. And, on most days, my food cravings are completely gone. OA has given me the gift of a higher power that is there for me no matter what. OA has taught me to ask for guidance - and to meditate regularly. I am calmer, saner, happier, more fulfilled, more adventurous, and more courageous. My life is exciting. I "have found much of heaven and... have been rocketed into a fourth dimension of existence of which [I] had not even dreamed."

Pat G.

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# GETTING IN TOUCH

## OA Central Ontario Intergroup Contact Information

OA members are cordially invited to attend the monthly Central Ontario Intergroup meeting, held on the second Saturday of each month from 10:00 AM TO 12:00 PM. The meeting will be held remotely on the Zoom platform.

Central Ontario Intergroup is pleased to announce that we can now accept electronic funds transfers (eTransfer) for literature payments!

To send an eTransfer to COI, set up a new payee using the email address: [coitreasurerontario@gmail.com](mailto:coitreasurerontario@gmail.com).

**IMPORTANT:** In the message section of your eTransfer, please describe what the funds are for:

- Literature – date of literature order, who the order is for personal or meeting.

CLICK  [SEVENTH TRADITION](#)



## Mailing Address Change

Central Ontario Intergroup  
c/o A. Goodale  
108 Waterloo Street  
Waterloo, ON N2J 1X9



Watch this short video to learn more about how Overeaters Anonymous can help you recover from compulsive eating and compulsive food behaviours by following the Twelve Steps and Twelve Traditions of OA.

[Welcome to Overeaters Anonymous](#)

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## Been Slipping and Sliding?

Take action now with this reading and writing tool

<https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>

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## 1-Day Convention Recordings now posted

<https://www.oaontario.org/announcements/2021/2/2/have-you-checked-out-our-podcast-section-yet>

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# SPECIAL EVENTS

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**The Cobourg Just for Today will be celebrating 3 medallions in April . Please join us.**

**April 1** ✨ Celia M will be celebrating 15yrs

**April 8** ✨ Manon C will be celebrating 2yrs and Shannon F will be celebrating 4yrs

Start time: 7pm Meeting ID: 222 338 607 Password: 020426

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## Virtual Region WORKSHOP – “2<sup>nd</sup> Sunday of the Month” 3 – 4:30pm

*EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)*

*EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)*

**Apr 11** A Spiritual Toolkit

**May 09** “Relieve me of the bondage of self” ~ *Losing our ego and re-aligning our will*

**Jun 13** The Sponsor – Sponsee Connection

**July 11** What does it really mean to surrender?

**Aug 08** A Threefold Disease: Physical, Emotional and Spiritual

**Sep 12** The Promises of the Program

**Oct 10** Applying the Traditions in Daily Life

**Nov 14** “To carry the message to other compulsive overeaters”

**Dec 12** Connection is the Opposite of Addiction



Meeting ID: 891 6554 0024 Password: 120912

For more information: [oavirtualregion.org](http://oavirtualregion.org)

(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

**Suggested workshop contribution \$5**

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## North Cascade Intergroup – Spring Retreat (Zoom)

### STEPPING INTO SPRING - APRIL 9 – 11, 2021

6 pm Friday through Noon Sunday Pacific Time (9pm EST - 3pm EST)

Join us for a virtual journey through the steps. Two speakers with long-time abstinence share their experience, strength and hope in OA.

Registration: <http://oa-nci.org/retreat.html>

Service Opportunities! Limit 100 attendees

Suggested donation: \$5, \$10 or \$15 \*Free for newcomers (< 6 months in OA)

For More Information Contact: [oa.nci.chair.at@gmail.com](mailto:oa.nci.chair.at@gmail.com) [oa.nci.delegate@gmail.com](mailto:oa.nci.delegate@gmail.com)

**For the most up-to-date listings of special events, meeting lists, please go to <https://www.oaontario.org/>**

# NUGGETS

*All who joy would win.*

*Must share it. Happiness was born a twin.*

Lord Byron

From the first day of abstinence, I discovered the truth of the saying “I can’t keep what I have unless I give it away”. What joy there is in telling an OA newcomer or friend or sponsor of the miracles that have come about in my life thanks to OA. I never get tired of sharing “what it was like, what happened, and what it’s like now.” Even when I have something troubling me that I intend to discuss, I am aware of the gratitude in my heart and I want to express it. Remembering the joy this program has brought me is enough to lift my spirits; sharing that with someone brings the joy back to me.

**For today:** Here’s a good OA pick-me-up. Call some OAs, including at least one newcomer and one person I have never called before; give them a nutshell version of why I am so thankful to be in OA, and then tell all of them how glad I am to have them as fellow members

Excerpt from Just for Today – November 25<sup>th</sup> Overeaters Anonymous, Inc.

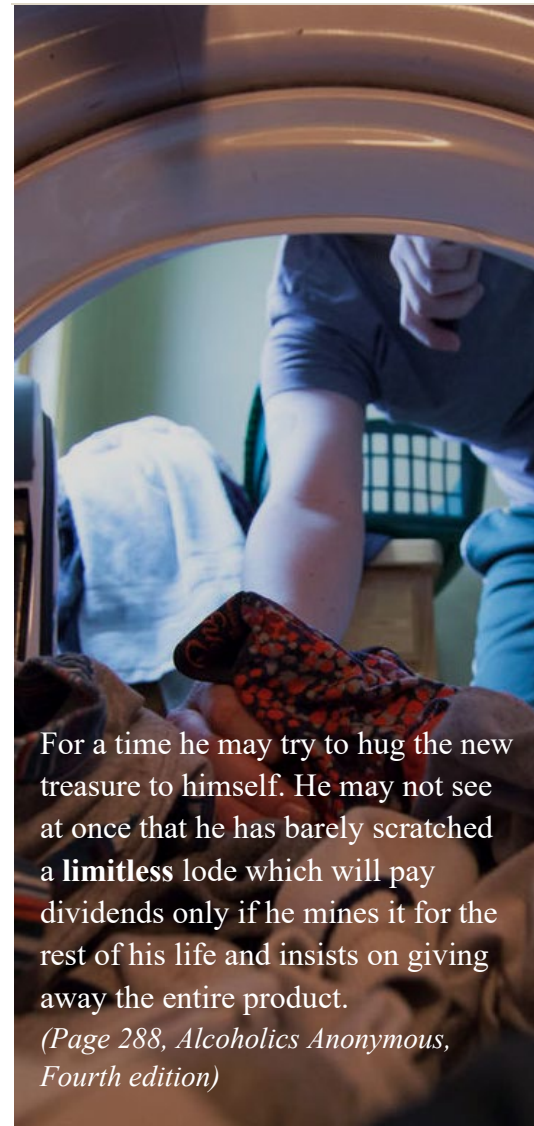
## OA Document Library – Did you know ...

You have FREE access to the OA Document Library?

The OA Document Library is an extensive resource at your fingertips!

Have a look at OA Is Not A Diet Club pamphlet from our free Document Library – OA

<https://oa.org/app/uploads/2019/12/111-oa-not-diet-club.pdf>



For a time he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a **limitless** lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product.

*(Page 288, Alcoholics Anonymous, Fourth edition)*