



DECEMBER | 2020

The Abbie

Central Ontario Intergroup

Annual report from our Central Ontario Intergroup Chair

It has been 1 year since I was elected as your Chair and what an amazing year. When I took on this service, I did not understand the true scope of this position, but I trusted HP's guidance that I could do this service and help serve OA which was my goal when I retired.

After 1 year with many unexpected things happening here are the Intergroup 2020 highlights:

- The COI Coordinator service has now combined the Office Manager & Contact Data Base. Keeping meeting information updated and getting our mailings out
- Our Eblast is now up and running
- Kendra and her team ran a fabulous and successful 1-day convention in January 2020
- A new speaker series has started on a bi-monthly basis which is very well attended
- In January 2021 will have our first ever planning meeting for Intergroup – Shannon and Margaret

will present more information at a later date

- With the pandemic we made the decision to conduct our monthly IG meetings virtually using Zoom. This virtual platform has allowed us to do the following:
 - Meet monthly with more IG Reps attending – we average 20
 - Members have found it easier to step up to volunteer as we meet virtually
 - Literature is ordered and sent out after a few days eliminating the wait time. We now collect payment via Etransfer or by cheque
 - We had 4 individuals that stepped up for IGOR training in October – committing Thursday evening and all-day Friday for service
 - Five Region 6 Representatives and 2 guests stepped up to attend the Region 6 Assembly virtually – committing all-day Saturday for service

- The “Where Do I Start” brochure is now being sent out to newcomers at no cost all the newcomer needs to do is go to our website and fill in the form.
- Our PI Chair submitted a plan for PI Blitz funding from Region 6 and we were awarded just over \$600 US dollars. The PI chair now has this initiative underway.
- Our face to face meetings stepped up and created Virtual meetings on short notice with a commitment to reach to all those who still suffer to make sure there were meetings. As a result, we now have 37 virtual meetings that opened due to the pandemic.
- Donations can now be collected using Etransfer – for groups and individuals – or cheques

In service, Lynda B.

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: coitreasurertoronto@gmail.com.

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

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



[SEVENTH TRADITION](#)



**Mailing Address
Change**

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



COI - SERVICE ELECTIONS 2020

On Saturday Nov 14 we held our annual elections for Board Members and Committee Chairs.

We rotate service positions to keep OA healthy and provide opportunities for members to help themselves and others recover. Service is living Step 12!

Here are the people you voted in:

Vice Chair – Marlene D

R6 Rep - Shannon F

Treasurer - Ann G

Finance - Ann G

Public Information (PI) - Kendra

COI Convention - Chuck

"Helping others is the foundation stone of your recovery"

~ Alcoholics Anonymous, p.97



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](#)

Region 6 Fall Assembly 2020



IGOR Intergroup Officer Training

Lynda, Manon, Margaret and Shannon were presented with the fundamentals of leading and focussing our IG's efforts to be more engaging and attractive to our fellows with the goal of working together to 'help people recover'. Our Intergroup provides opportunities for group members to improve their personal recovery and, ultimately, the overall health of OA.

39 attendees

102 pages of information

A ton of fun!

10hrs / 2 days (prior to Assembly)

Loads of networking and idea sharing

Keep an eye out for opportunities on how you can participate in strengthening your recovery and IG's value.

Committee Work:

Outreach: Margaret and Shannon


Liaise with IG's. Tasked with updating IG contact info to ensure all R6 communications get to the right people. This committee presented the 8th Annual Officer Training workshop (IGOR).

TSW (Twelve Step Within): Manon

The committee is working on a call to Service communication for the OA Welcome Room. This Zoom room will be a Virtual office to carry the message 24/7. Stay tuned for how you can help!


Convention: Karen

This committee is tasked with planning for the 2021 R6 Convention. Many details still up in the air due to Covid.



Connecticut, Massachusetts, Maine, New Hampshire, New York, Newfoundland and Labrador, Nova Scotia, Ontario, Quebec, Rhode Island, Vermont

First VIRTUAL Assembly



TRADITION FIVE

Each group has but one primary purpose - to carry its message to the

6

MOTIONS AND AMENDMENTS

4

NEW BOARD MEMBERS

Vice chair, Treasurer, Secretary, Trustee

36

OF INTERGROUPS IN OUR REGION

Central Ontario IG
2nd largest



Get Involved!

SPECIAL EVENTS



OA Central Ontario Intergroup
January Speaker Session
Saturday, January 17th at 2pm

Finding Your Higher Power

Hear from two fellow's experience, strength and hope on how they sought and found their Higher Power"

Where: Zoom – session links will be placed on the COI website one day prior to the event

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>

Celebrating the Holidays abstinently – Dec 8, 7pm


The Riverdale/ Willowdale Tuesday ZOOM meeting will be holding a special panel meeting December 8th at 7pm. All are welcome to attend.
ID 422 579 5732, password: 102030

Candlelight Gratitude Meeting – Dec 18, 6:45pm

The Friday Courage to Change ZOOM meeting will be Holding a candlelight gratitude meeting December 18th at 6:45 pm. \ ID 354 615 392, password 12in12.

e-WORKSHOP series

Every "2nd Sunday of the Month" 3-4:30pm (EDT until Nov 1 (UTC/GMT -4)

 12/13 Young persons in OA (EST (UTC/GMT -5)

VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207> Password: 120912

Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition

Recorded workshops <https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

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

NUGGETS

The holiday season has become one of my favorite times of the year, thanks to OA. It wasn't until I enjoyed my first abstinent Christmas in 2002, that I fully realized what I had been missing. I had not been emotionally present to enjoy the holiday season.

Just for Today – November 23

You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.

Kahlil Gibran

With the accumulation of days, months and years of abstinence, it is easy to forget the pain of compulsive overeating. The expression of gratitude for blessings received keeps alive the awareness of who I am and where I came from.

When practiced daily, prayer and meditation become a channel through which consciousness of the presence of God in my life is heightened. This consciousness not only comforts me in times of stress and trouble, but it gives new dimensions of peace and contentment to the joy and freedom of recovery.

For today: Prayer can be only “Thank you” – which is as appropriate in my need and distress as it is in my abundance and joy.

Just for Today – December 25

The only gift is a portion of thyself.

Ralph Waldo Emerson

If it were not for others sharing their experience, strength and hope, where would I be? Where else could I have learned of the OA program except from another? I have been given hope and a way out of a dilemma. I have seen my own compulsive nature, learned of my self-delusions and experienced honesty from another. I learned to share my story from listening to others and learned to stay abstinent through the fellowship I found in Overeaters Anonymous. God works through people – people who carry the message.

Am I as willing to give of myself as those who gave to me?

For today: Is there someone to whom I can give of myself – my time, my presence, my attention?

May you enjoy the peace and serenity of an abstinent holiday season. Rose Marie



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)