



DECEMBER | 2021

# The Abbie

## Central Ontario Intergroup

### Grateful For This Day

I'm full of gratitude today. And much of that is due to the program of recovery that OA has provided me. The opportunity to view my life with a different lens, regardless of what crosses my path. To seek direction from my Higher Power, and be guided by that direction each day.

A lens is not a magic wand, it's a choice to view things differently when nothing changes, the change is my perspective, acceptance of things I am powerless over, and where directed ... courage to change the things I can. One thing I can change is my attitude, for today, I'm choosing to be grateful and pray for any fearful thinking to be removed.

My connection to my HP has changed much over the past 18+ years. I used to pray for things, not surprising as this is a disease of more. As an addict I struggled with not being enough, not having enough, or fear of having something taken away. I'm grateful that I now pray for the best possible outcomes, pray for others and give thanks for the blessings that have crossed my path. I am enough, I have enough and this journey of recovery is an endless opportunity of choices and growth toward the person I'm intended to be, free of the

bonds of excess food, compulsive thinking and behaviors.

When I read the Big Book I find myself in the stories, it is definitely an instruction manual for me in my day-to-day thought-life, the necessity for investing time and energy into a spiritual life was clear to me. Thankfully I was looking for a solution desperately, OA was for me, my last option, and in these rooms, physical or virtual, I have always been inspired by the recovery stories of others in program, sharing their vulnerability, and hope.

My connection to my Higher Power is my constant lifeline, and I continue to grow my connection, my abstinence depends on it.

"We find that no one need have difficulty with the spirituality of the program. *Willingness, honesty and open mindedness are the essentials of recovery. But these are indispensable.* – Excerpt from the Big Book, Spiritual Experience.

Wishing you peace and serenity.

Rose Marie

Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. Commend all to God, and then lie still and be at rest in His bosom.

St. Francis de Sales

Just for Today, Dec 22



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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: [coitreasurertoronto@gmail.com](mailto:coitreasurertoronto@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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# SPECIAL EVENTS

## 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)*

**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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## QUICK STEPS – OUR NEW STEP STUDY SERIES

Introducing a new Step Study series. Each session consists of 4 workshops, once per week for 1 1/2 hours, that will guide you through the steps.

**DECEMBER** □ Monday's, 6pm - 7:30pm,  
December 6, 13, 20, 27th

**Registration is required** in order to receive the handouts and Zoom details. To register, email: [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org) with the start date of the workshop in the subject or body of your email, or [click here](#) to visit the announcement page to fill out the quick-registration form! Any and all questions may be directed to the email address as well.

[CLICK HERE FOR MORE INFORMATION](#)



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



# NUGGETS

*“Hope” is the thing with feathers –  
That perches in the soul –  
And sings the tune without the words –  
And never stops – at all.*

- Emily Dickinson

A “hopeless compulsive overeater” is the way I described myself when I came to OA. I was sure nothing could save me. Today I know that no one is without hope. Indeed, the best hope is in the very admission of hopelessness. There may seem little chance of realizing my hopes but, far from killing them, that dim prospect gives them new life.

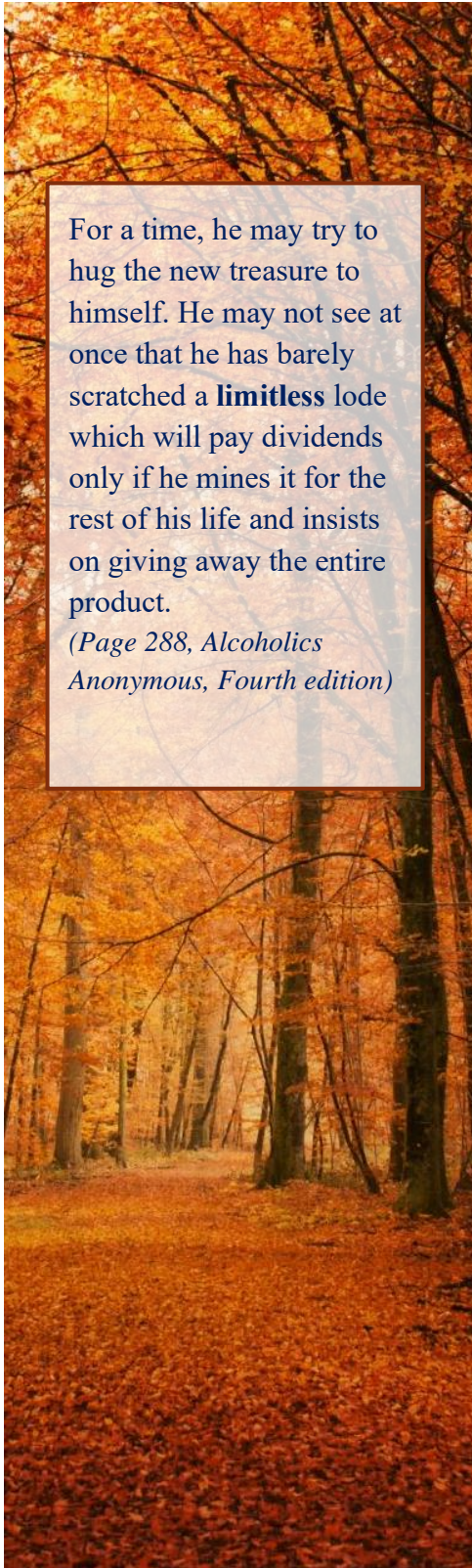
I once thought that if I hoped for something I had to pursue it frantically. That’s not the OA way. Going on about my business, doing one small necessary chore at a time, and letting my Higher Power take care of the rest – that’s the OA way.

**For today:** I admit I can do very little about my fears, my concerns and my hopes. But I can – and do – turn them over to God.

Excerpt from ‘For Today’ – April 15.  
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)*