

FEBRUARY | 2021



The Abbie

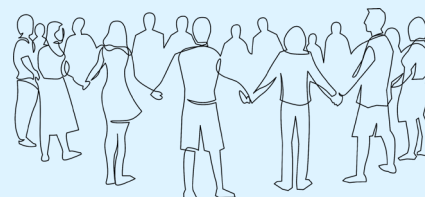
Central Ontario Intergroup

Celebrating OA's 61st birthday (Jan 19, 1960)

To celebrate OA's 61st birthday, it's a great time to announce that Historic recordings of Rozanne S., founder of OA, are now available from the [Podcasts page](#) What a treat!

In the 1999 recording, "Reflections: A Visit with OA's Founder," Rozanne opens up about her life and lengthy journey toward becoming the founder of OA. She chronicles how she guided the carrying of OA's message around the world. Listen as she recounts with enthusiasm, humor, and joy about the inauspicious-yet-aspirational beginnings of OA, which were shaped by the powers of human connection and compromise.

In 2003, "And Now a Word from Our Founder" was published as a compilation of five of Rozanne's keynote speeches at World Service Business Conferences in 1994, 1997, 1998, 2000, and 2001. In them, Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA's Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Let yourself be inspired as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.



I put my hand in yours,
and together we can do
what we could never do
alone. No longer is there
a sense of hopelessness,
no longer must we each
depend upon our own
unsteady willpower. We
are all together now,
reaching out our hands
for power and strength
greater than ours, and as
we join hands, we find
love and understanding
beyond our wildest
dreams.

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: coitreasurer@toronto@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.

CLICK  [SEVENTH TRADITION](#)



**Mailing Address
Change**

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

Update on January 9th – COI Planning Day

Hi everyone thanks for participating in Saturday's Central Ontario Intergroup Planning Session; your input was very valuable.

Top 3 Group Conscience Determined Tactics:

Speakers / Workshops (73%)

- a) For example topics such as steps, sponsorship, relapse, plan of eating, attracting and keeping new members etc

Quick Steps (53%)

- a) Focuses on conducting quick 4 week step studies

Speaker / Sponsor Banks (47%)

- a) Intergroup to maintain a list of potential sponsors as well as speakers

If willing to volunteer or for additional information, contact us at:

Margaret: coiigor@oaontario.org

Shannon: thesquarefrog@gmail.com

Margaret & Shannon



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](#)

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>

SPECIAL EVENTS



JOIN US: Back to Basic
March Speaker Session
Saturday, March 27th at 3pm

Back to Basic

We were excited to announce our March Speaker Session on *Back to Basics*. Join our Zoom session on March 27th at 3 pm. The Zoom session link will be placed on the Central Ontario Intergroup website one day prior to the event. No pre-registration is required.

Please view and share the flyer for this event, which can be found by clicking [here!](#)

Any questions, please contact coigor@oaontario.org
Intergroup Renewal Committee (IGOR)

2021 OA Virtual Region Convention "There is a Solution"

Join us from Saturday February 20, 5am EST until Sunday, February 21, 2021 9:30pm EST

Keynote Speakers * Workshops * Interactive Sessions * Relay Marathon

To register go to: www.oavirtualconvention.org Registration is now open!

Zoom link & call-in information will be e-mailed to registrants.

Michèle D's 30 year medallion

Please join us at the Willowdale/ Riverdale zoom meeting on Tuesday February 23rd at 19:00, to celebrate Michèle's experience, strength and hope!

ID: 422 579 5732 Password: 102030

OVEREATERS ANONYMOUS OF SOUTHERN ARIZONA INVITES YOU TO ATTEND

TWO DAY BIG BOOK ZOOM RETREAT

A Unity Day Project - Saturday, February 27th & Sunday February 28th 2021

COST: NO CHARGE **TO REGISTER:** <https://soaz.eventsmart.com/events/soaz-big-book-zoom-workshop/>

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

NUGGETS

Lydia S. from Cobourg submitted this suggestion for posting:

The Promises (Alcoholics Anonymous “the Big Book) pages 83-84)

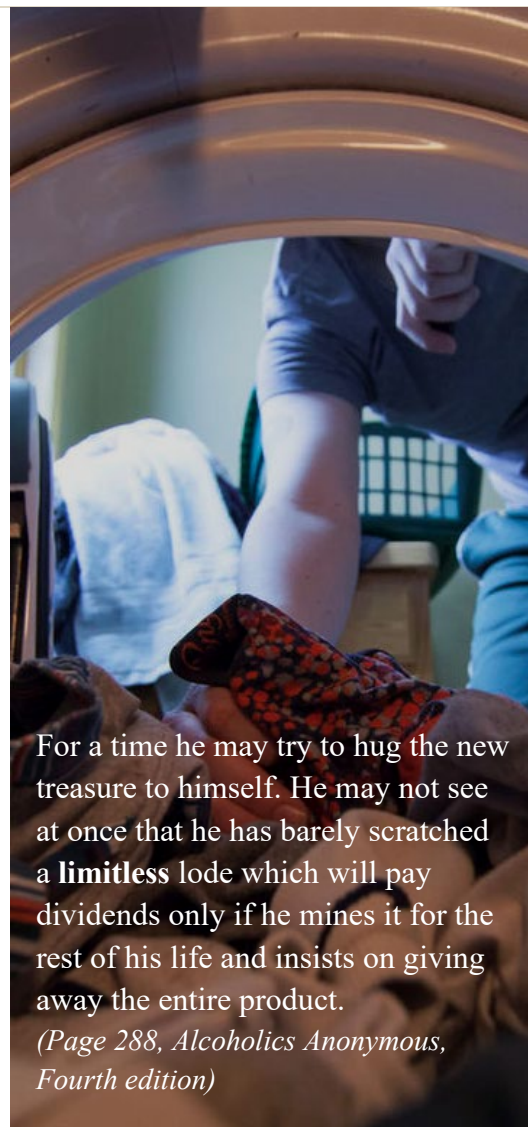
If we are painstaking about this phase of our development, we will be amazed before we are half way through. **1** We are going to know a new freedom and a new happiness. **2** We will not regret the past nor wish to shut the door on it. **3** We will comprehend the word serenity. **4** We will know peace. **5** No matter how far down the scale we have gone, we will see how our experience can benefit others. **6** That feeling of uselessness and self-pity will disappear. **7** We will lose interest in selfish things and gain interest in our fellows. **8** Self-seeking will slip away. **9** Our whole attitude and outlook upon life will change. **10** Fear of people and of economic insecurity will leave us. **11** We will intuitively know how to handle situations which used to baffle us. **12** We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. **They will always materialize if we work for them.**

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 A Kid's View of the 12 Steps and 12 Traditions <https://oa.org/app/uploads/2019/12/a-kids-view-web.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)