



MAY | 2020

The Abbie

Central Ontario Intergroup

Your story goes here

Several years ago, I heard a speaker at the one day convention share on how they placed the word STRETCH above their desk – a reminder that it would take active pursuit of stretch goals to grow in her recovery. That resonated with me so much, and I have benefited from that practice.

It takes courage and a leap of faith to step forward, venture into new territories. It's challenging and worth the effort.

I have been asking for submissions to the Abbie from our fellowship. And am thankful for the submissions that have come in. Please, keep them coming.

I believe in the statement that 'nature abhors a vacuum'. And as this newsletter is the voice of the OA fellowship, I am committed to leaving an open space for your recovery story, with the hope that you, as a fellow member of OA will be directed to share your story of recovery with others. And that your sharing, will encourage another to also submit their story. We have a voice, and this newsletter is written by OA members for OA members.

You can submit, using the form on the COI website <https://www.oaontario.org/submit-material>, or simply e-mail it to Abbie@OAontario.org

Have a peaceful day – Rose Marie G.

THE OA PROMISE

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.

From *I Put My Hand in Yours* ©1968...1995
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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 April meeting will be held remotely on the Zoom platform.

On May 9th at the Central Ontario Intergroup meeting 2 Bylaw changes were passed:

1) We now have a COI Coordinator service position - this service combines Office Manager and Contact Data Base into 1 new service. The Coordinator will be responsible for meeting updates, notification to the meetings of upcoming events and much more.

2) Committee Chairs are now able to serve a second 2 year term of service if they choose to.



CLICK

Click for Central Ontario Intergroup contact information

NEEDED



OA members for service opportunities at Intergroup

Have you attended Intergroup and would like to do service at the Intergroup level?

Do you have 6 months of current abstinence?

Would you like to learn a new skill or improve the ones you have, to help you expand your personal experience? ***We are looking for you!***

Recording Secretary

What skills does the Secretary need?

- Word processing skills
- Access to email and internet
- Among others

Special Events Committee

What skills do you need?

- Computer experience
- Access to email and internet
- Among others

Convention Committee

What skills do you need?

- Organizational skills
- Work well with others
- Among others

If you think you are interested, and one of these roles might be the service for you please contact me at either of these emails: chaircentralontariointergroup@gmail.com or lynda.brown@rogers.com

MESSAGE FROM THE CHAIR

These are unusual times that none of us have ever experienced in our lives. There are going to be many changes and as a compulsive person when I was in my disease, I hated change as I felt so powerless.

There are many questions and very few answers right now. It occurred to me that embracing this change with anticipation of how things might be was something to look forward to. The opportunities for OA are endless as we are such a talented lot.

I see this as an opportunity to change and grow our Intergroup in innovative ways that we could never have thought of without this reset of our lives. I am asking all of you attending Intergroup to offer your support in any way you can to help us grow and get the message out to those still suffering with this disease.

How can you do this - our committees are currently manned by one person if you think you might like to help with one of them ask the committee chair how you can help. For example:

- Public Information is an important committee you may have an area of expertise that can help get the message out, all you need to do is check the with the committee chair and see what they need.
- Telephone (Helpline) is another committee where you have the opportunity to welcome a newcomer or returning member and guide them to the right meeting.
- Attending Intergroup and offering suggestions and input in discussions is another way you can help. Nothing is too small.

This is an opportunity of working our program and trusting our Higher Power that we will be directed to serve in a way that will be beyond our wildest dreams (I quote our founder). This program saved my life and give me my birth family and my immediate family back to me in ways I could never have imagined and I am looking forward to this life journey to see what more will be revealed.

Chair, Central Ontario Intergroup



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](#)

SPECIAL EVENTS

Overeaters Anonymous Big Book Step Study

By phone or by On-line (ZOOM)

Saturday, June 20th – and Saturday, June 27th - 10:00 am to 4:00 pm

Sponsored by the Collingwood Living Abstinent Group

Please register ahead so you can receive the handouts and links.

Pat - Email: p.guillet@sympatico.ca Phone: 647-520-2742

e-WORKSHOP series

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

- 🌸 6/14 Recovery through Grief and Traumatic times
- 🌸 7/12 ACCEPTANCE is the answer to all my problems today
- 🌸 8/9 New sponsor workshop
- 🌸 9/13 19 Symptoms to Relapse
- 🌸 10/11 Demystifying the OA service structure – What is the inverted Pyramid?
- 🌸 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating (EST (UTC/GMT -5))
- 🌸 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

You can listen to all previously recorded workshops at

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

Region 6 Assembly has been cancelled for this Spring. Representatives will be voting electronically

2020 World Service Convention is Cancelled

To access most up to date information and dates for special events and a list of zoom meetings – go to oaontario.org

NUGGETS

Dear God,

Thank You for this new day and for all opportunities to serve you today. I want to strengthen my relationship with you God and need you to show me how. I know I always feel more connected to you when I do this. Somehow putting a pen to paper grounds me, humbles me and opens me up to You and then I am less fearful, judgemental, inconsiderate and self-centered.

I am certainly grateful to have this tool of writing available to me as a way to connect with myself and with You. As you know, I cannot be abstinent without your presence and grace so I ask You God to keep me abstinent today. I ask for peaceful food choices and amounts and by extension peaceful relations with others today.

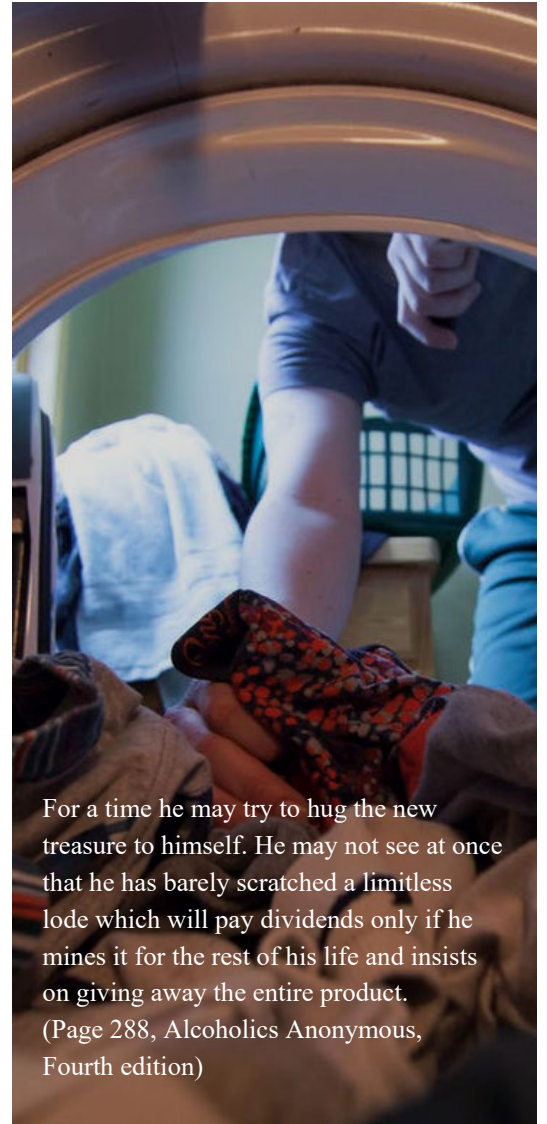
May You show me how to let go of situations, people, places and things over which I am powerless. May You show me how to let go of fear, judgment of self and others, selfishness in all forms and reactions. God please help me through any uncomfortable disturbing moments and keep me from reacting. Remind me God to stop and pause and ask for help so that I can work out whatever is bothering me and take action if appropriate.

Let me enjoy a morning walk with you and my husband this morning and let me be present today, one minute at a time.

God I ask that you remove all negative fearful thinking around this pandemic and around the neighbour who is disturbing me with his inappropriate behavior. I ask You for help in my ability to care for Mom with patience, kindness and love today. I trust that I will be guided by You in all my affairs today.

Have a good day my friend.

Amen
Anonymous



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)