

Keep Coming Back - 25 Year Later!

This summer marked the 25th anniversary of our Newmarket OA group's founding. Back then we were in a different building (the funny, old ARC Industry building), but the message of hope and recovery is still the same. A handful of the original members are still around or have moved to other nearby groups, but today our group is here, as it was a quarter of a century ago, making the struggling newcomer feel welcomed and encouraged with the hope of recovery.

Since this is a "one-day-at-a-time" program, it's a little strange to think about the years that have passed, but all those days do add up as long as I "keep coming back". And I have, recognized that I have an incurable disease, - and in fact, it's isolation that will keep me in my disease, robbing me of a life worth living. By coming back, I get the support and insurance I need to stay abstinent today. Knowing that my Thursday night home group is around, I will keep coming back and I will keep working the steps.

A lot of members have come and gone over these 25 years, and I can't help but think sadly what's happened to them, but I'm only responsible for myself, so I keep coming back. I know that the door never closes in this program unless I decide to close it myself, but for today, I choose to keep coming back. After all, where else can I get the help, the support, the miracle of recovery that I've found in OA?

This year I'm also encouraged because our Newmarket group along with our OA fellows in the near-by Sutton and Barrie groups have put on our very first multi-group OA convention in September in Newmarket, and I think that's just a wonderful way to celebrate our special milestone.

Leo D Newmarket OA

My fight with relapse

I'm fighting my way out of a year of relapse. I remember the moment that I chose to give in. I told myself the ultimate lie. I can start over later. It was slow at first, but each time I gave in my bingeing progressed to the point of making myself physically ill. This disease has ravaged my body to the point of needing joint replacement surgery and organ failure and then removal. I still didn't care. This reminds me that I am

powerless and this disease is cunning, baffling and powerful. Left on my own I don't have a chance.

What has saved me over the last year is the willingness to show up at meetings. I'm blessed to live in an area that offers me 3 meetings a week. I show up whether I am abstinent or not. I am also blessed to have a patient sponsor who reminds me that when the food is noisy I must do more.

The more keeps me connected to the fellowship, reminds me who I am and keeps my hands busy so I don't eat.

As I write this I have 7 days of peaceful abstinence. God IS doing for me what I can't do for myself. The path is laid out for me. My job is to keep taking that next step with faith that I will be ok.

Today I know I will be ok without excess food and without my binge foods. I know this because I've experienced it and witnessed others around me do the same, one 24hrs at a time.

Today will be a good day as I relieve myself of the shame, remorse and pain I feel when I act out with food. Thank you for letting me share.

Thank you for showing up so I don't have to do this alone.
Shannon F

Inetergroup Podcast Feed

Did you know that Central Ontario Intergroup has its own podcast feed? It can be found on oaontario.org or by searching for "OA Ontario" in iTunes.

There are plenty of speakers out there who have experience, strength and hope that not only can be shared in one meeting, but thousands of mini-meetings available to anyone with an internet connection.

All you need to record a talk is group conscience, speaker permission, and someone with a Smartphone. There are free apps that record talks. Once recorded, the phone can be connected to a computer and the audio file can be emailed to webservice@oaontario.org. If you have any questions, please send an email to the web service committee.

Chuck F

Announcements

Please note that at the time of submission all the links worked.

*** Recovering Through the 12 Steps, Based on the Big Book of AA,**

Saturday, November 1, 2014, 8:45 am - 4:00 pm, Mannheim

Community Centre, 1467 Mannheim Rd. Mannheim, On, (just west of Kitchener)

*** Medallion Open Speaker Meeting**, Nov. 4, 7:00pm-8:00pm St.

Lukes Church, 566 Armour Rd. Peterborough, Ont.

*** International Day Experiencing Abstinence**, Saturday

Nov. 15th. 1:30pm-2:30pm, St. Timothy's Anglican Church, 40

Ridley Blvd.

*** Medallion, Speaker Meeting**, Nov. 18, 7:00pm-8:00pm St. Lukes

Church, 566 Armour Rd. Peterborough, Ont.

*** Panel Meeting: What is Recovery?** Monday Nov. 24th. 7:30 pm. St.

Timothy's Anglican Church, 100 Old Orchard Grove, Toronto

*** Big Book Step Study, Sunday Nov. 30th** 10:00am-6:00 p.m.

Register p.guillet@sympatico.ca, 416-654-5219 \$25.00

North York Central Library, Rooms 2 and 3, 5120 Yonge St.

*** Big Book Step Study, Sunday Dec. 7th** 10:00am-6:00 p.m.

Register p.guillet@sympatico.ca, 416-654-5219 \$25.00

North York Central Library, Rooms 2 and 3, 5120 Yonge St.

*** Staying Abstinent through the Holidays** When: Tuesday

December 16th 2014-10-10 at 7:00 pm

Riverdale Presbyterian Church, 662 Pape Ave.

*** 2015 OA Ontario Retreat**

April 17-19, 2015, Scarborough Mission

Fourth Quarter A Step Ahead is now published. You can find it

online here: http://www.oa.org/pdfs/asa_q4_14.pdf

World Service Offers the Following

Inspirational podcasts for recovery

<http://www.oa.org/oapodcasts/#workshops>

Intergroup on iTunes:

Central Ontario Intergroup has iTunes podcast feed. To find the podcast feed, please search for "OA Ontario" on iTunes, or visit [oaontario.org](http://www.oaontario.org) to download audio files.

Overeaters Anonymous, Third Edition, is available

for purchase. Here is the link to the book to buy a single copy:

<http://bookstore.oa.org/products/980-overeaters-anonymous-3rd-edition>

For Today offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for OA members. Handy pocket-size, softcover, indexed; 374 pages.

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Monthly Intergroup Meeting

Central Ontario Intergroup meets on the second Saturday of each month at 830 Bathurst Street (main floor), Toronto 10:00 a.m.-12 noon. This is an important meeting where issues of OA as they pertain to Central Ontario Intergroup and the program as a whole are discussed. Each OA group is asked to send someone to represent their meeting in the discussions and to bring back information to the group. **All OA members are welcome and invited to attend.**

Positions Available in our Intergroup

Convention Chair- vacant

Please note that some of these positions can be fulfilled remotely and do not require members to travel to Intergroup monthly. Applications can be found at [oaontario.org](http://www.oaontario.org).

Updated Meeting List available online

<http://www.oaontario.org/meetings/>

PLEASE SEND ALL ANNOUNCEMENTS AND ARTICLES

YOU WISH INCLUDED IN THE ABBIE TO, abbie@oaontario.org

We need articles on, how OA and the 12 Steps helped

You. Let us know what has worked for you!