

Reflections on the Abbie and World Service

Why Abbie?

Abbie is the short form for Abstinence. What more fitting name could there be for a monthly periodical which celebrates 12 step recovery from overeating?

Also it is interesting to note that at one time Central Ontario Intergroup printed its own literature here in Toronto. Probably around 1982 or so - this continued for around 5 years. This was sanctioned by WSO because the border customs and duties costs were prohibitive on top of the shipping costs from California where WSO was at the time.

Overeaters Anonymous World Service By-laws Develop Clarity

In the early 1980s, World Service conference delegates attempted to debate the complete OA by-laws every year. There was so much to cover, that they couldn't get through it all. The following year, they would debate from the beginning all over again. It felt as though they were restarting a diet with good intentions but they never achieved their goal of getting through the by-laws. In 1981, a committee of two Torontonians presented a Motion that the by-law debate each year would commence from where they left off the year before. This Motion was accepted & passed, so that all the by-laws were given the necessary review, in an orderly manner, over the years.

Another important Motion proposed by our Toronto delegates helped to streamline the by-law review process! They suggested that each proposed change to the by-laws (recommended by the Intergroups) had to give the reason why it was being brought forward. Until that time there were so many proposed changes that it was confusing and almost impossible to consider them all. Plus it was a mystery why they were being presented. And so their Motion was adopted. As a result the then current agenda and many of the proposals were withdrawn immediately.

World Service members came together with good intentions but were hampered by unwieldy by-laws which made it difficult to effect decisions. Plus, they never got through debating the complete by-laws. We read about the process and learned that they were able to put principles before personalities as they struggled to create workable by-laws

welfare should come first; personal recovery depends upon OA unity'.

What we can learn from World Service's by-law adoption process is that our monthly Business Meetings are orderly and respectfully conducted because we have the World Service model to follow. Thank you World Service members!

Jean Y. Willowdale

CHANGE

Let me first say that I have been abstinent for a little over 13 years, one day at a time. Change has always been my biggest fear, the unknown.

Today I am facing the biggest change of my life. It is affecting my self esteem, social and economical situation. This change is happening. I have been in program long enough to surrender situations and understand you can't fight what is. Guess what? I am petrified, so with God's help and the help of my OA family I will put one foot in front of the other, pray to God for help every hour if I have to and let the change happen. Thank you god today I am not eating over this.

Anonymous, Toronto

Interesting Links

There is a lot of good OA information in our cyber world. Please go to this website

<http://www.oa.org/podcasts/2012-12-19-the-three-levels-of-recovery-from-compulsive-eating-spiritual-recovery/>

Spiritual Recovery: Three OA members discuss what spiritual recovery means to them as they maintain a healthy weight and how their lives have been transformed. The Twelve Steps of OA have spiritual principles embodied within them and we see how this aspect of recovery took them beyond their obsession with food into a lifelong journey of spiritual growth. They found that long-term weight loss and maintenance is possible.

<http://www.oa.org>

Celebrations

Darlene T celebrated her 1 year medallion on June 22nd at the Sunday night Runnymede meeting

If you or someone you know is celebrating a program milestone, let us know so that we can all celebrate! abbie@oaontario.org

Announcements

***New Freedom Group in Peterborough will be celebrating the 8th Anniversary**

St. John's Church, 99 Brock Street
July 15th 2014 at 7:00 p.m.

***"No Longer Alone" Toronto North 2014 OA Convention
September 13, 2014 10:00 am to 4:00 pm**

The Newmarket Community Centre, 200 Doug Duncan Dr,
Newmarket, Ontario

***Beyond Our Wildest Dreams**, 100 pounds plus weight loss panel
Sept. 17, 2014, 7:30 pm, Eglinton St. George's United Church
35 Lytton Blvd, Toronto, Ontario

***Region 6's Wicked Awesome Recovery Convention**

October 24-26, 2014, Burlington, Massachusetts
<http://oaregion6.org/2014/>

Second-Quarter Issue of A Step Ahead Now Online!

Included in this publication is a PowerPoint presentation on What is abstinence in Overeaters Anonymous? How can you use the tools of the program to achieve and maintain abstinence?

<http://www.oa.org/membersgroups/a-step-ahead-newsletter/>
This 16 page newsletter is a good read!

World Service Offers the Following

In 2014 the Virtual Services Committee invited the Board of Trustees and the Region Chairs of Overeaters Anonymous to share insights on some of their favorite OA literature and on topics that made a difference in their recovery from compulsive eating. In the series **OA Literature-The Heart and Soul of OA**, you will hear how OA and its literature helped members move from the pain of the disease to the passion for recovery and carrying the message. In the series **Our Primary Purpose**, you will hear about the Disease of Mind, Body and Spirit; Plans of Eating, Tools, Abstinence, How to sponsor; the 12 Principles, 12 Steps, 12 Freedoms, Strong Meetings and Recovery from Relapse. Members share their experience strength and hope to bring the Twelve-Step program of Overeaters Anonymous to life.

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

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

Receive The Abbie via email! Subscribe at

<http://www.oaontario.org/sign-up/>

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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

Secretary- currently vacant

Public Information Chair- currently vacant

Outreach Chair- vacant. 6 months abstinence needed.

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.

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!