

## Today MY life is Filled with Blessings and Miracles

It was January 1st 2002; I awake at 6:00 am on the sofa, my bed for the last couple of years because I am too heavy to sleep comfortably on a flat bed. I am up early because the regret and remorse of binge eating the night before will not allow my mind to quiet enough to sleep. I am 30 years old, 5'2 and I weigh 262 pounds. My life is completely out of control; I am detached from my body, my feelings and my passions. Merely going through the motions of the day, only seeing what is exactly in front of me, knowing only the task ahead. Not having the strength to plan, dream or focus my strength toward anything but survival. Using food is my only source of strength and comfort and it is now my all mighty drug. This drug leaves me empty, grossly overweight, uncomfortable, and undesirable. My entire body aches from the extra weight I have burdened myself with and I can no longer move freely. I isolate from friends, activities, and the world whenever possible. I feel like an outcast, as though I have no right to partake in a world that values external beauty so highly. My worth has become measured by my size; the bigger my size, the less I am worth.

Every Monday morning I vow to begin again, to eat right, exercise, and lose a pound a day. That poor Monday morning never had a chance, but my expectations of that magic day was the only lie that would get me out of bed in the morning. I had spent years and thousands of dollars looking for the miracle cure, searching for the next diet club that was in the business of selling false dreams to the desperate. But January 1st 2002 would prove to be different. I had to do something I had never done before because I wanted something I had never had. I began from a place of accepting myself exactly as I was. I have since learned you cannot change what you do not accept. I shed the self-hatred and punishing thoughts that consumed the energy I needed to make myself well. I created new mental tapes that would inspire me and help me believe I could be a better person. I came to realize the scale was my enemy; I, like many obese women, had been compelled to weigh myself multiple times a day, so I threw my scale in the garbage, knowing that no number would ever be good enough.

As I sit here today, I have no idea what I weigh. All I know is that I have lost over 120 pounds. I threw the scale in the trash; and I released myself from the bondage of the scale. The number does not define me, gone are the days of eating to appease the scale, gone are the days of total disappointment after working hard and not seeing the results I wanted, which were often unrealistic. The number on the scale is no longer the prize; the prize is feeling great about what I am doing and how I am feeling. I knew I did not have another diet in me, instead I made a commitment to eliminate certain substances from my diet, I knew one bite of certain foods would never be enough and it would be wiser to abstain from them completely. Today, I refrain from having sugar, flour and alcohol, one day at a time. This has been a transformational change in my life: approaching food one day at a time makes this life-long

commitment manageable for me. Weight loss carries a physical component, but at 262 pounds that was a humbling goal. I became "wiling" to be "willing" to exercise, which meant I could walk for 15 minutes a day. Every journey begins with a single step, which led to running a half marathon. It is possible! My body isn't perfect, but I am perfectly in love with me. But this was merely the external change.

Next, I needed a substitution for the binge eating which had been my only comfort and my primary coping skill for life. The day I starting using food to deal with the pain in my life was the day I stopped maturing emotionally, and it was necessary to address this, if I was to stop bingeing. The answer I found - the missing key for so many years - was spirituality. I began to cultivate a connection with God, for I need strength not of myself to overcome this compulsion, I turn to God (or the universe, if you prefer) for strength, comfort and at times allow myself to be carried through difficult times without using food.

Today my health and happiness is intimately connected to the work I do. Each day I strive to dedicate sacred time to meditation in order to tap into a Power Greater than myself; I fill up my resources so that I may be of maximum service to others. In giving, I receive so much more than I could have hoped for. Having come from such a dark place, today my life is filled with blessings and miracles. I live in complete gratitude.

**Sandra, Markham**

## YOUR FEEDBACK IS IMPORTANT

Please everyone take this short survey which will help Central Ontario Intergroup identify how to make our meetings stronger. The link to these 4 questions can be found here: <http://www.ooantario.org/> scroll to right side of page for survey You are invited to attend the intergroup inventory discussion on June 14th, at the Paulist Centre, after intergroup. 830 Bathurst Street

## Interesting Links

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

<http://www.oo.org/ooapodcasts/#workshops> and scroll to March 16—**OA Literature: A Commitment to Abstinence Maintaining a Healthy Weight**

In this workshop, the speaker tells her story and talks about her personal commitment to abstinence one day at a time and the actions she takes to ward off the deadly disease of compulsive eating. The pamphlets "A Commitment to Abstinence" and "Maintaining a Healthy Weight" are explored as she shares on the importance of enjoying the gifts of recovery and how continuing to work the 12-Step program of recovery has given her an alternative to using food to cope with life. <http://www.oo.org>

# Celebrations

**Joan** Just celebrated 1 year medallion, April 27, Willowdale

**Charlie T** Celebrated 10 Years March 18<sup>th</sup> Sutton, Living Abstinent

**Rena K** 1 year medallion will be celebrated on Saturday May 24

at the Experience Strength and Hope group at St Timothy's

**Cheryl F** 1 year of abstinence, Experience, Strength Hope June 14, Peterborough

**Liz V** Celebrated 20 years, May 6<sup>th</sup>, New Freedom, Peterborough

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

## ANNOUNCEMENTS

**\*The Spiritual Life Is Not A Theory. We have to live it!**

Central Ontario OA Convention, **Saturday May 31, 2014, 9:00**

**am to 4:30 pm**, 569 Spadina Ave., Second Floor

<http://www.oaontario.org/> scroll to right side of page for poster

**\*Sponsorship Workshop: Together We Recover**

Willowdale United Church, 349 Kenneth Ave, Toronto ON

**Sunday June 15, 2014, 9:00 – 10:30 am**

<http://www.oaontario.org/> scroll to right side of page for poster

**\*Land Between the Lakes Intergroup OA Summer Retreat**

Michaelite House Retreat Centre, 10 minutes west of

London, **Friday to Sunday, June 20 - 22, 2014**

<http://oasouthwesternontario.wordpress.com/events/> scroll down

**\*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

**\*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!

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

## Central Ontario Intergroup

c/o 830 Bathurst Street, Toronto, ON, M5R 3G1

Phone: 416-588-6134

Toll free: 1-866-221-5061

Email: [info@oaontario.org](mailto:info@oaontario.org)

COI Website: [www.oaontario.org](http://www.oaontario.org)

World Service Website: [www.oa.org](http://www.oa.org)

### Intergroup Service Board

Chairperson: Ben [chair@oaontario.org](mailto:chair@oaontario.org)

Vice-Chair: Sandy [vicechair@oaontario.org](mailto:vicechair@oaontario.org)

Treasurer: Erika [treasurer@oaontario.org](mailto:treasurer@oaontario.org)

Region 6 Representatives: Terry & Kat [region6rep@oaontario.org](mailto:region6rep@oaontario.org)

WSBC Delegate: Eva [wscbdelegate@oaontario.org](mailto:wscbdelegate@oaontario.org)

Recording Secretary: [secretary@oaontario.org](mailto:secretary@oaontario.org)

Office Manager: Marie [officemanager@oaontario.org](mailto:officemanager@oaontario.org)

### Committees and Representatives

Contact Database: Lynda [contactdb@oaontario.org](mailto:contactdb@oaontario.org)

Convention: Kate [conventionchair@oaontario.org](mailto:conventionchair@oaontario.org)

Finance: Liisa [finance@oaontario.org](mailto:finance@oaontario.org)

Literature Committee: [literature@oaontario.org](mailto:literature@oaontario.org)

Outreach: Margaret [outreach@oaontario.org](mailto:outreach@oaontario.org)

Public Information: [pi@oaontario.org](mailto:pi@oaontario.org)

Retreat: Chuck & Bonnie [coaretreat@oaontario.org](mailto:coaretreat@oaontario.org)

Special Events: Chuck [specialevents@oaontario.org](mailto:specialevents@oaontario.org)

Telephone: Brien [helpline@oaontario.org](mailto:helpline@oaontario.org)

The Abbie: Sandi & Margot [abbie@oaontario.org](mailto:abbie@oaontario.org)

Website: Chuck [webservice@oaontario.org](mailto:webservice@oaontario.org)

### 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](http://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](mailto:abbie@oaontario.org)

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

You. Let us know what has worked for you!