

THE ABBIE

CENTRAL ONTARIO INTERGROUP

DECEMBER 2019



STEP TWELVE – Having had a spiritual awakening as a result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle – **SERVICE**

I feel it's fitting that "service" is the principle of my topic for December. This is the last edition of "The Abbie" that I will be doing for you, and it has been a wonderful experience doing this service. Starting in January, Rose Marie will be taking over the newsletter, and I would like to extend my thanks to her for taking on this position.

About 6 months after being in program, I was packing up to head to my weekly meeting, and my husband asked why I still bothered to go every week... "Don't you know it all now?" I remember laughing out loud and saying that I may have a bit of experience now and a few tools to help me cope, but there was actually no graduation ceremony from program. That was almost 4 years ago now and I still attend meetings as regularly as possible. I feel showing up and sharing my experience is one of the many ways I can "carry the message" and to be of service to others.

Our OA 12 & 12 says... "Looking back at how far we've come, many of us have been tempted to think we've arrived at the end of the journey." It continues on to say... "The Twelfth Step invites us to continue the journey one day at a time for the rest of our lives. We need to keep moving forward in recovery, keep developing our spiritual consciousness, if we are to remain spiritually awake and fully alive." As a person that is coming up to 4 years abstinence in program I can honestly say that I still pick up a nugget of knowledge, or valuable insight, from almost every meeting, reading or program conversation I have.

The 12th Step means to me that the knowledge and sharing must never stop in order for my program to remain strong and for our program as a whole to be here to keep reaching the people that need the message. Something it doesn't mean to me is running down the junk food aisle of the grocery store yelling to all, that there is a better way to live! I am here to share my experience and story in subtler ways and to be a resource for fellow members, both existing and new.

Being of service is actually one of the most valuable things I can do for myself, which sounds odd. By being there for others, I keep program in the front of my mind daily, which has helped me weather some slippery slopes in the past. The great thing about

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service is that it is a multi-level, adaptable, entity...it can mean something as simple as showing up at a meeting, setting up chairs, or texting a fellow. It can be more in depth with things like sponsoring, taking on a service role at your home meeting or even IG, Region or World Service level commitments. All are blessings to the OA community and to yourself.

Below is the "For Today – A Daily Reader" entry from December 17th, pg 352

Sometime they'll give a war and nobody will come – Carl Sandburg

For compulsive overeaters recovering in OA, war is a thing of the past. Before finding this program, we struggled long and hard to be like normal eaters. The war with ourselves, fought with diets, pills, shots and an array of formidable but useless weapons, brought us to OA's door.

It was here that we surrendered – admitted we were totally defeated and powerless over food, that we were not now nor ever could be like normal eaters. That was the beginning of freedom.

Those wars are, tragically, still being waged. But we veterans aren't having any. We watch with compassion the cruel and needless suffering of our fellow victims, and work toward the day no compulsive overeater ever again has to die in that kind of war.

For today: To keep what I have – freedom from fighting myself and my food – I lose no opportunity to do twelfth-step work.

Best wishes for an abstinent and joyful 2020!
With gratitude, Shauneen ;)

COI 1 day convention – January 25, 2020

Please see flyer on last page of this edition of The Abbie for all the details. If you are interested in volunteering on the committee or on the day of, running a workshop or being a keynote speaker, please contact Kendra @ 647-389-1934 or conventionchair@oaontario.org

Candlelight Gratitude Event

The Friday Night Danforth Courage to Change group is hosting a "Candlelight Gratitude" meeting on Dec., 20th at 6:45pm. All are welcome for an opportunity to share gratitudes and recovery. It will be held at Riverdale Presbyterian Church, 662 Pape Ave. Toronto (one block South of the Pape subway).

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Holiday Closure Notices

Below is a list of meeting that have confirmed they will be closed during the holidays. If you are visiting a town and are hoping to get to a meeting, it may be a good idea to double check the list and perhaps call the contact of the meeting listed on the COI website if it is normally held on a Tuesday or Wednesday and isn't listed here.

DECEMBER 23, 2019

6:00 PM Community Centre, 519 Church St., Room 304, Toronto

DECEMBER 24, 2019

10:30 AM Bethal Church, Corner of Hwy 5 (Dundas) and Kerns Rd., Watertown

1:00 PM Salvation Army Church, 769 Julianna Dr., Woodstock

6:15 PM St. Andrews United Church, 117 Bloor St. E, Toronto

7:00 PM Westminster St. Paul's Presbyterian Church, 206 Victoria St. N, Guelph

7:00 PM Activity Haven, 180 Barnardo Ave., Room 3, Peterborough

7:00 PM Emanuel United Church, 22 Bridgeport Rd., Waterloo

7:00 PM Riverdale Presbyterian Church, 662 Pape Ave., Toronto

7:00 PM Saint Mathews Church, 331 Fifth Ave., Timmins

7:30 PM Unionville Presbyterian Church, 600 Village Parkway Rd., Markham

7:30 PM St. Andrews, Presbyterian Church, 20858 Dalton St., Sutton West

DECEMBER 25, 2019

12:00 PM Trinity St. Paul's, 427 Bloor St., Toronto

7:00 PM Knox Presbyterian Church, 67 Main St., Norwich

7:00 PM Emmanuel United Church, 22 Bridgeport Rd., Waterloo

7:00 PM Living Faith Church, 112 Hurontario St., Collingwood

DECEMBER 26, 2019

7:00 PM Beth Tikvah Synagogue, 3080 Bayview Ave., Toronto

7:30 PM Taylor Funeral Home, 524 Davis Dr., Newmarket

DECEMBER 31, 2019

10:30 AM Bethal Church, Corner of Hwy 5 (Dundas) and Kerns Rd., Watertown

1:00 PM Salvation Army Church, 769 Julianna Dr., Woodstock

6:15 PM St. Andrews United Church, 117 Bloor St. E, Toronto

7:00 PM Westminster St. Paul's Presbyterian Church, 206 Victoria St. N, Guelph

7:00 PM Activity Haven, 180 Barnardo Ave., Room 3, Peterborough

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7:30 PM Unionville Presbyterian Church, 600 Village Parkway Rd., Markham

7:30 PM St. Andrews, Presbyterian Church, 20858 Dalton St., Sutton West

JANUARY 1, 2020

12:00 PM Trinity St. Paul's, 427 Bloor St., Toronto

7:00 PM Knox Presbyterian Church, 67 Main St., Norwich

7:00 PM Living Faith Church, 112 Hurontario St., Collingwood

7:00 PM Emmanuel United Church, 22 Bridgeport Rd., Waterloo

JANUARY 2, 2020

7:00 PM Beth Tikvah Synagogue, 3080 Bayview Ave., Toronto

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Monthly Intergroup Meeting Location and Mailing Address

The Central Ontario Intergroup meets at St. Timothy's Anglican Church, 100 Old Orchard Grove in Toronto, from 10 a.m. to 12 noon on the second Saturday of each month.

Full mailing address is:
Overeaters Anonymous - Central Ontario Intergroup,
100 Old Orchard Grove,
Toronto, ON
M5M 2E2



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Intergroup Service Board

- Chair: Lynda B.
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Overeaters Anonymous Central Ontario Intergroup

Annual Convention

“Building Your Recovery Toolkit”



Saturday January 25

9:30am - 4:30pm (Registration starts at 9am)

Agricola Lutheran Church ~ 25 Old York Mills Rd Toronto

Tickets: Early Bird \$15 or \$20 at the door

- *Speakers/Workshops/Group Presentations*
- *Wheelchair accessible, elevator available on demand*
- *Lunch - Bring your own/Fridge available/ restaurants nearby*
- *Free parking with additional paid lots nearby*



Questions? Want to volunteer or host a workshop?

Contact Kendra at k.martin12@live.ca.