

Texting My HP

Yesterday my sponsor showed me a new tool and it couldn't have come at a better time. "Set up a new contact in your phone with your own number and call it HP," he said.

Yesterday, I got my brown envelope from the Canada Revenue Agency. The amount owing was no surprise, but seeing it in black and white caused a little jolt.

I work for myself, so I'm used to making monthly payments.

I was hoping to pay off my bill over 18 months, but CRA would only extend me 12 months. Its pure serenity prayer, right? Can't change it, don't have to like it, but I've got to accept it.

I used my new tool and texted my Higher Power. This morning it wasn't long before I was spiralling toward the ugly place. I sent another text...

"HP... I'm having a hard time this morning with this tax bill. I know I
"turned it over," but now I'm taking it back. So I turn it over to you again."

I've been working on Step Two, so I thought answering my texts might be a good way of completing the circle and getting to know My HP. The funny thing about replying is that there's a pause before it comes back, I start forgetting that I sent the text. Two-seconds later, BING BONG... "Oh, I have a text," I think, almost surprised.

Michael, thanks for trusting me, I've still got this. I'm working on it. Give me some time to sort it out. It'll be okay. Believe me, I know. Maybe you should go to a meeting."

An hour later, I'm sharing at a meeting about my situation and the new tool I'm using. I got some peace of mind, a couple of hugs, two invites for coffee; a good talk with another OA and the Abbie editor asking me to share my texting tool with all of you.

When I got home I found two email notices of work related payments I wasn't expecting. So, like my HP said in his text, "I'm working on it". Indeed he is!

*Michael K., Toronto
Sunday Promises Group*

Why Can't I Keep It Between G-d and Myself? - Step 5

"If we skip this vital step, we may not overcome drinking". This is a very serious warning (Big Book, page 72). If I want to be free of the mental obsession that condemns me to compulsively overeat, I must admit to another human being the exact nature of my wrongs. If I do not, I am destined to pick up the food again, and for me, to eat is to die in a slow, painful, and miserable death.

So, why is solitary self-appraisal not enough? Because I am human, full of pride, and I need to deflate my overblown ego. Because, while I am deftly proficient at identifying other people's character defects and their wrongs, when it comes to my own house I am blindsided by years of self-justification, rationalization and excuses. Because I need to hear an objective, unbiased perspective. Because I need to learn humility, fearlessness and honesty. Because I must "be entirely honest with somebody" if I "expect to live long and happily in this world" (Big Book, pages 73-74).

My pride and inability to tolerate discomfort my held me back from this very important step. Let's face it, compulsive overeaters do not like pain and discomfort (who does?) and that is the reason we seek refuge in the food. But pain and discomfort are natural, and sometimes even appropriate emotions. In recovery I have learned that I can go through life and experience pain and discomfort without having to compulsively overeat in order to cope. That would not have been possible had I not gone through Step 5. The rewards I experienced from taking this step more than exceeded any uncomfortable feelings. Firstly, I no longer have to live with the fear, shame, guilt, and remorse that shackled me to "my secrets". Moreover, I learned that, whatever I have done, I am not alone.

Hearing my sponsor say, "me too" as I confessed my worst offences helped me realize that I am not a pitiful excuse for a human being, I am not a monster, a freak, or a worthless piece of junk.

The foreword to the first edition announced "To show other alcoholics precisely how we have recovered is the main purpose of this book". This means that the instructions contained in it must be followed exactly. Yet, the last two paragraphs on page 75 are often skipped, and, without them, step 5 is not complete. The second to last paragraph outlines a set of promises that we should experience upon completion of this step. If this is not the case, it is a red flag that something was missed in step 4 and so we have to review it. Finally, in the last paragraph we are instructed to return home, be quiet for an hour, review what we have done, thank G-d that we know Him better, take the Big Book down from the shelf, turn to the page listing the 12 steps and review the first 5, ask ourselves whether we omitted anything. I did many "4ths and 5ths" over the years, yet I always went back to the food. Except the last time. Because I followed these instructions precisely.

Today I am free.

How free do you want to be? Try it. The results will astonish you!

Neseh R.

OA Online Resources

On our website go to <http://www.aoantario.org/documents/> and scroll to OA podcasts for a variety of topics, speakers and meditations.

OA Region 6 website go to <http://www.oaregion6.org> to find out more online news and resources for our region.

Podcasts and virtual workshops from around the world are also recorded and available on the WSO OA website, at www.ao.org

OA World Service Site has a continuous feed of workshops on their podcasts at <https://oa.org/whats-new/>.

Podcast: How & Why Does a 12 Step Program Work for Compulsive Overeating?

<https://oa.org/podcasts/sound-bites-from-ao-ep-2-how-and-why-does-a-12-step-program-work-for-compulsive-eating/>

Literature

Our Committee has created a new list. Visit our website/ www.aoantario.org/literature for ordering information.

www.avision4you Daily Podcasts and Special Editions, teaching and practices outlined in the Big Book.

Announcements

★ IMPORTANT SUMMER MEETING UPDATES

Thursday Nights at Beth Tikvah meets at 7pm until Labour Day.

Friday 10:00 AM St. George meeting will be on Thursdays at 10 am until Labour Day.

★ SAVE THE DATE FOR "TORONTO NORTH" CONVENTION!

Hear from people who have "hit bottom" only then to find a life changing solution in the 12-step program and fellowship of Overeaters Anonymous. Saturday, September 17, 2016, from 9:30am-4:00pm. Ray Twinney Complex, 100 Eagle St. W, Newmarket. Free Admission. A pay-what-you-like "7th Tradition" will be collected. For more information email TorontoNorthOA@gmail.com

★ 2016 CENTRAL ON INTERGROUP CONVENTION

Help out with this year's local intergroup convention Saturday, October 29 in York Mills.

Interested? Email conventionchair@aoantario.org

★ VOLUNTEERS NEEDED FOR 2017 REGION 6 CONVENTION!

Below is a list of the outstanding Committees that Central Intergroup needs filled with chairs and volunteers.

- Service Committee-Individual
- Entertainment Committee
- Signs and Decorations Committee
- Fundraising Committee

Please email pi@aoantario.org if you want more information, for a complete job description, or any other questions.

Central Ontario Intergroup

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

Phone: 416-588-6134

Toll free: 1-866-221-5061

Email: info@aoantario.org

COI Website: www.aoantario.org

World Service Website: www.ao.org

Intergroup Service Board

Chairperson: Eva chair@aoantario.org

Vice-Chair: Paige vicechair@aoantario.org

Past Chair: Glen pastchair@aoantario.org

Treasurer: Irene treasurer@aoantario.org

Region 6 Representatives: Lynda region6rep@aoantario.org

WSBC Delegate: Eva wsbcdelegate@aoantario.org

Recording Secretary: secretary@aoantario.org

Office Manager: officemanager@aoantario.org

Committees and Representatives

Contact Database: Lynda contactdb@aoantario.org

Convention: Donna M. conventionchair@aoantario.org

Finance: Glen finance@aoantario.org

Literature Committee: Liisa literature@aoantario.org

Outreach: Margaret outreach@aoantario.org

Public Information: Chuck pi@aoantario.org

Retreat: Margaret G. coaretreat@aoantario.org

Special Events/Calendar: Andrea specialevents@aoantario.org

Telephone: Linda helpline@aoantario.org

The Abbie: Tracey & Margot abbie@aoantario.org

Website: Kate & Chuck webservice@aoantario.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

Vice-Chair; Recording Secretary; Public Information Chair, Website Chair, Telephone Committee-for reminder & pick up calls.

*Please note that some of these positions can be fulfilled remotely and do not require members to travel to Intergroup.

Updated Meeting List available online

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

PLEASE SEND ALL ANNOUNCEMENTS AND ARTICLES YOU WISH INCLUDED IN THE ABBIE TO, abbie@aoantario.org
We need articles on how OA and the 12 Steps helped