

THE ABBIE

CENTRAL ONTARIO INTERGROUP

JUNE 2018

Adaptable – adjective

able to adjust to new conditions. “rats are highly **adaptable to change**”

synonyms: flexible, versatile, cooperative, accommodating, amendable

Are you? Am I?

Honestly, I'd love to be able to answer “YES!” right away, but I'm not sure how honest that would be. My normal reaction to new conditions in most cases, is to cry...yep...CRY! In the past when there were large organizational changes in my workplace that directly affected me, I had to take time away from the situation to cry, regroup, look at the facts and then (maybe, just maybe) I could learn to deal. Past reactions to people trying to change my routine or my plan of action would be crying, anger, resentment, shutting down and not participating. In essence, I would act like a child. I didn't have the skills to cope with change. The very core of my being would feel threatened. I didn't think I'd fit in, wouldn't succeed, wouldn't be valued or my skills appreciated.

If I had to travel somewhere new or join into a social situation where I didn't know people, I would hide away from the mass and eat to comfort myself or to make myself “feel better”. I used to isolate to avoid getting into these situations or make excuses to get myself out of them as quickly as possible. Looking back, it truly was a horrible way to live.

Let's fast forward a bit...I am in a work environment where I don't have a ton of control over what my day involves. I could get called out in the middle of the night, in the middle of dinner or even on Christmas day. I also live on a farm where NOTHING is predictable, where my HP laughs out loud if I plan my days off, because inevitably something will come up (or get out) that will turn my plans upside down. Don't get me wrong, I do have days of peace and days that everything goes according to my plan, but they seem to be few and far between. I am going to Nunavut for work soon...by myself, a place that I know nothing about and working with people I have never met. The most miraculous thing about my current situation and stage in life is that none of the things I've mentioned send me to hide in food or isolation anymore.

What has changed you ask?! I am in OA and working it's 12 Steps, that's what's changed.

The biggest help to my developing (it's not perfect yet), adaptability, would be “PLANS”...food plans, daily plans, weekly plans and spur of the moment action plans. I have a cut and dry food plan that has my red/yellow/green foods listed out and that allows me to work in delicious, nutritious meals that fuel my body and mind without falling into a dangerous situation. This has been most important in getting ready for Nunavut, as I've researched options I can take and created a plan that I will go through with my sponsor before I head out. I can't afford to get caught unprepared in a location that isn't know for growing/having all the things on my safe “green” food list! So in that way, I'm also “adapting” my normal food plan for a safe temporary plan, for while I'm away from home.

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My daily plans are time slots for everything from exercise, work and meals to creative, prayer and rest times.

Weekly plans are a bit more flexible and are the ones that change the most. I take a look at my work schedule every Monday morning to see what my week looks like for projects, meetings and do the same for personal commitments, and then I plug in the rest of my activities and remind myself to be realistic in what I'm hoping to accomplish. The spur of the moment plans are more of my coping mechanisms for when things hit the fan. Food wise, I always have safe emergency protein bars and water, but I also remind myself that I WILL NOT ACTUALLY DIE because I have to wait a few more hours to get a proper meal. I try my very best to plan well to avoid this type of situation. These plans also cover unexpected explosions of emotions or any other scenario that could potentially distract me from my program. In these moments I have to take a breath and remember my OA tools and figure out which one can be used in the situation. Can I call/text someone? Can I pray/meditate/write this out?

Not every day is perfect, not every new change or challenge is met with complete grace and peace, but with program and my HP, my success rate is climbing each day. I'm not striving for perfection, I'm striving for permanence.

Oh, by the way, what was your reaction to my switching up the format of the newsletter this month? That was a small experiment to see how you adapt to change! ;)

With Gratitude,
Shauneen

World Service 2018 Report

It was an honour and a privilege to attend World Service this year. I arrived in Albuquerque, NM on Monday April 23rd and had the rest of the day to get used to my surroundings. Tuesday morning, I attended the first of several 7AM OA meetings. There were 3 workshops on Growing OA Recovery Worldwide – covering strong abstinence; healthy service bodies; carrying the message. They talked about how important it was to have strong abstinence in order to carry the message. Have healthy groups, Intergroups, Region and World Service was very important to ensure our message is clear and not lost. Carrying the message is very important to help those still suffering get to OA and this is what would be worked on during the week. There were 3 OA meetings each day for all of us to attend. Tuesday evening, we met for 2 hours to go over conference procedures and what to expect during the meeting and how parliamentary procedures help the meetings to keep order. Wednesday we all attended the forum and it was truly amazing. Each of 180 attendees were assigned a table and each table had 4 different speakers sit down and tell their story. It was like attending 4 speaker meetings in a row even though they only spoke for 5 minutes each. They had a specific topic and shared their story of recovery around the topic. Then we broke into our committee meetings.

Please submit your stories of experience, strength and hope to The Abbie abbie@oaontario.org or directly online <http://www.oaontario.org/submit-material/> by the 25th of the month. Thank you for your service!

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I was placed in the 12 Step Within committee. This committee's primary goal is to reach out to those within the fellowship who still suffer. Our committee broke into 4 groups and I was part of the Spiritual Awakening Through working the steps. Our long-term goals are to develop a one-day workshop in a PDF format that can be uploaded to the WSO website for OA group use. This will be an ongoing committee throughout the year to work on this task.

Thursday the business of OA started. We had a consent agenda which contained motions that were housekeeping, changes to literature, New Business Proposals and Bylaw amendments that were to be discussed for the next 2 ½ days.

The item that I believe was the best for the organization as whole was the approval of Region 11 which the virtual region. The virtual meetings have very little support and the new trustee for the Region will serve them well.

The other notable item was the new business proposal that Chuck had submitted to add "This includes newcomers." In the description of a closed meeting.

A new pamphlet "To the Family of the Compulsive Eater" passed and will be available soon.

There were 188 eligible voters representing 17 countries in attendance.

What I learned from the WSO Business Conference is that service is key to growing OA throughout the world.

I thank you all for the opportunity to do this service. When the saying Service is its own reward this is true statement. I get to keep my OA recovery with every piece of service that I do.

- Lynda

Region 6 Spring Assembly 2018

I have been representing COI the past 4 years at the Region 6 Assembly. Each attendee representative is required to serve on a committee and I served on the Convention Committee for Region 6 as COI was hosting the 2017 Convention. I chaired the committee until last year and part of my service was re-writing the convention manual to help those working on the convention understand what their specific committee was responsible for and what they needed to do to have a successful convention.

I found this service very enlightening as well as rewarding. Conventions are a way of spreading the message of OA and help those new, returning and still suffering members of the fellowship to hear messages that those in recovery have to share with all of us. This is such a rewarding service and fun as well.

I have a very strong understanding of the purpose of attending the Region 6 Assembly. Serving on various committees helps us get a greater understanding of how we can assist OA meetings to grow and resolve difficulties. As well, providing support for spreading the OA message.

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There is another Intergroup Renewal Training session – Thursday Sept 27th & Friday Sept 28th – before the fall assembly. This training is offered to those who are currently serving at the Intergroup level on committees or on the board that want to learn how to best serve their OA meetings and Intergroup.

Region 6 is a service that helps us understand OA as whole, we are not an isolated group of people and we need each other to keep OA growing and serve those still suffering compulsive eaters and those within the OA fellowship who still suffer. Intergroups and meetings will close when we stop serving this fellowship and it is important to keep giving service in any area you can. It re-enforces our recovery as well as teaching how to best serve others.

Service is very important to OA. Volunteering on a committee at Intergroup and at my OA meeting gave me many skills that helped me outside of OA with my work and family. The most important was to be able to work with others and not isolate trying to make things go my way or try to control everything. I gained confidence in myself and a willingness to learn

If you are interested in serving as Region 6 Rep our by-laws state you need to have served on a committee at Intergroup. This is a wonderful service to do and has helped me on my OA journey of recovery. Give consideration to service at Intergroup it is very rewarding.

I have been in OA for 36 years and 4 months, I never left. The reason I am in still in program and experienced recovery is that I did service, sometimes well and sometimes not so well but I did service. OA gave me back my life and a God of my understanding and I am truly grateful and gladly give back what I can.

Please consider doing service at any OA level but Intergroup needs you. I learned many skills in OA which helped me grow outside of the program as well as inside the program. Be willing and trust we can all do this.

-Lynda

Anniversary Medallion Meetings

The Peterborough "Experience Strength & Hope" group is celebrating the 1 year medallion of Margaret with an open speaker meeting on June 26th. Their meetings are at 7pm at Activity Haven, 180 Barnardo Ave.

On Thursday, June 28th, Michelle E will be celebrating her 1 year medallion at her home meeting. The Cobourg group meets 7pm at Trinity United Church, 284 Division St.

Fall Convention

Central Ontario Intergroup is putting on its one-day convention: Saturday, October 20, 2018 at Agricola Lutheran Church, 25 York Mills Road, Toronto. Easy access from the 401 and close proximity to the Yorks Mills Subway.

If you wish to participate in the committee, please contact:
conventionchair@oaontario.org

Please submit your stories of experience, strength and hope to The Abbie abbie@oaontario.org or directly online [http://www.oaontario.org/submit-material/by the 25th of the month](http://www.oaontario.org/submit-material/by%20the%2025th%20of%20the%20month). Thank you for your service!

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Region 6 Convention is coming.

This year's convention will be held in Portland, Maine - October 26 to 28, 2018. Please visit www.oaregion6.org/2018 for more detailed information.

Region 6 Convention Raffle Tickets

This year's raffle tickets are now available. Please ask your meetings IG rep or contact Region6rep@oaontario.org if you would like to purchase some to help support the convention costs.

Tickets are 1 for \$1 or 6 for \$5. This years prizes are 1st – registration, hotel & meals, 2nd – full set of convention speaker recordings and 3rd – convention registration

Sponsorship Service Opportunities

There is a new section on our intergroup website for service opportunities including remote sponsorship or speaker. If you are abstinent and have a desire to do service in either of these ways, please check it out.

Intergroup Service Opportunities

If you are looking to strengthen you program in the form of service, Intergroup has some openings! Visit www.OAontario.org for position descriptions. Email info@oaontario.org with any questions and we will get you as much info as we can.

Intergroup Meeting for June

June Intergroup Meeting we will be conducting an Intergroup Inventory.

All officers and group representatives are encouraged to participate.

Regular Intergroup Meeting will be in the morning.

Intergroup Inventory to be held in the afternoon from 1 to 4:00 p.m.

Central Ontario Intergroup meets on the second Saturday of each month at 830 Bathurst Street (main floor), 10:00 a.m.-12 noon.

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OA Online Resources

OA World Service

Homepage: www.OA.org

OA Region 6: www.OAregion6.org

OA Ontario Intergroup: www.OAOntario.org

A Vision 4 You Telephone Big Book

Meetings: www.avision4you.info

OA Official Facebook

link: www.facebook.com/overeatersanonymousofficial

OA Lifeline

Magazine: www.oalifeline.org/login

Central Ontario Intergroup

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Toronto, Ontario, M5R 3G1

Phone: 416-588-6134

Toll free: 1-866-221-5061

Email: info@oaontario.org

Intergroup Service Board

• Chair: Eva

chair@oaontario.org

• Vice Chair: Lynda

vicechair@oaontario.org

• Past Chair: Vacant

pastchair@oaontario.org

• Treasurer: Irene

treasurer@oaontario.org

• Recording Secretary: Shannon F

secretary@oaontario.org

• Office Manager: Shannon F.

officemanager@oaontario.org

• Region 6 Rep: Lynda

Region6rep@oaontario.org

• World Service Business Conference

Delegate: Marlene

wsbcdelegate@oaontario.org

Committee Chairs

• Contact Database Chair: Lynda

contactdatabase@oaontario.org

• The Abbie Chair: Shauneen

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• By-law Chair: Bob (interim) **Vacant**

• Website Chair: Sabrina

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• Calendar/Special Events Chair: **Vacant**

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• OA Convention Chair: Marlene

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• COI Retreat Chair: Margaret

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• Meetings Chair: Lynda

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• Finance Chair: **Vacant**

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• Public Information Chair: **Vacant**

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• Literature Chair: **Vacant**

literature@oaontario.org

• Relocation Chair: Lynda & Eva

Please submit your stories of experience, strength and hope to The Abbie abbie@oaontario.org or directly online <http://www.oaontario.org/submit-material/> by the 25th of the month. Thank you for your service!

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