

THE ABBIE

CENTRAL ONTARIO INTERGROUP

MAY 2018



The grass is green, spring flowers of all kinds are popping up, blossoming trees of all kinds are in their full glory and the word that pops into my mind is RENEWAL! It's such a blissful time of year for me. It gets my head out of the winter fog and something in my belly starts to wake up...the need for renewal and an urge for reconnection to nature.

This past weekend I was blessed to be able to attend our OA Spring Retreat. I won't go into many details as I have some submissions that will do that for you, but I will share one tidbit. On Friday night our leader was doing the intro, welcome, qualifying portion of the event and something he said made me realize that I needed to start working my steps again...well imagine my surprise when over the course of the weekend I had the ability to do that. I walked away having completed every single step! Of course I still have some writing to do, and amends to make, but what an amazing experience.

I realize that not everyone has cash laying around to put into something like the retreat, but I had a thought on my way home...next year's retreat starts on March 29th...that's 318 days from today (May 15). Next year's retreat is \$255 (same facility but a bigger meeting space needed to accommodate the 40 people we are planning for, so a bit more cost)...that

works out to 81 cents a day from now until then. Get yourself a jar, label it "Life Saving Fund" since that's what the retreat is and put in a loonie each day or \$6 a week and you have your retreat registration and some extra for gas to get there. I know I am oversimplifying and I truly don't want to offend anyone, but when I say the retreat could save your life...I mean it, and YOU ARE WORTH EVERY PENNY and so much more. With Gratitude and Love, Shauneen

The Retreat

I just spent a wonderful weekend at the Spring Renewal retreat. And it was awesome. We have a new retreat centre, Queen of the Apostles, and it was gorgeous. New and modern, with toilets in every room! What luxury for a retreat center! The grounds were beautiful with a walk down to the Credit River. And of course the food was excellent. I believe all food plans were accommodated.

Our retreat leader came from Boston and he took us through all 12 steps. People that had never done a fourth or fifth step did it! We read from the new OA 12 and 12 and there was a lot of sharing amongst us all. Some good stuff I heard: when I pray in the morning, it's like I'm opening all my doors and windows, and then God can come in; we are spiritual beings having a human experience; and my god is the god of the impossible! Love and tolerance was in the air.

Next years retreat will be March 29-31, 2019.

I encourage you all to sign up early as we were filled up by early March this year.

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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Next years rate is \$255 and worth every penny.
Look for the flyer and more information by the end of this year.
Marlene

Spring Retreat 2018

"It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone."

OA Our Invitation to You

There is something magical that happens in the evening during our free time. Newbies and long timers gather and share openly about life before OA and since joining the rooms. We begin to see the truth in that quote. We come from different backgrounds, cultures and generations yet we speak the same language when it comes to our abnormal relationship with food. I have heard it stated that we are like survivors of a disaster clinging to each other. Only we truly understand the pain and despair that comes with this disease. Once again this year I experienced a miracle that could only happen as a result of being in Overeaters Anonymous. A newcomer reached out to me because something I shared made them feel that I might understand a painful incident from their past that was weighing heavy on their heart. It ends up that we both have the same "take to my grave" story. I am forever grateful to this brave newcomer who trusted me with her story. God is showing me that while I work on forgiving myself he will provide me with such situations where I can be of service to others by showing them compassion. My disease and my past make me want to

isolate and in turn remain in the problem. Today I know that "together we get better". Thank you to all who attended. I cannot recover without you.
Shannon F - Cobourg Just For Today.

World Service Report - Part 1

If I was limited to one word to describe my experience at WSBC that word would be inspiring. Imagine being surrounded by 188 abstinent Compulsive Overeaters! Living in recovery and doing tremendous amounts of service.

I have always loved the business of overeaters anonymous. Shortly after I returned to program December 4, 1997 I attended Intergroup and my first service position was co-editor of the Abbie. So imagine how blessed I felt attending our World Service Business Conference in Albuquerque, New Mexico. All of us food addicts gathered as the group conscience of OA worldwide. 17 countries were represented: Canada, USA, Australia, New Zealand, Costa Rica, Ireland, Great Britain, Spain, South Africa, Austria, Germany, Sweden, Greece, Mexico, Israel, Venezuela and Brazil. What diversity! We attended workshops and a forum, as well as three days of business meetings. Some of the topics of the workshops were: Growing OA Recovery Worldwide: Combining the Strengths of Virtual and Face-to-Face meetings, All about Conference and others. The topic of the forum was: Recovery Roadmap: Growing Recovery Worldwide. Then we did our committee work and I was assigned to conference approved literature. I will be working on a sub committee throughout the year and our task is getting a new book ready to be presented at conference

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next year. The name of the book is Body Image, Sexuality and Relationships. I'm very excited to be doing this work.

A new piece of literature was approved - a pamphlet entitled To the Family of the Compulsive Eater. The pamphlet To The Young Person was sent back for more revisions. we are working on combining some existing pamphlets.

Some of the new business adopted: we now have an eleventh region - a virtual region. Lots of discussion on that and how it effects us. Another motion adopted concerned alternating OA celebrations to weekends, instead of just Saturdays. The motion put forward by our Intergroup, adding "This includes newcomers" to the definition of closed meetings was passed. There was a 7th tradition taken there and over \$15,000 was raised.

I had the privilege of attending conference with our other delegate, Lynda B. She will also have a report and we will work together in the upcoming year to share recovery with Central Ontario Intergroup. More will be revealed in future reports. Thanks for letting me do this worthwhile service,
Marlene

Region 6 Convention Report

I was fortunate enough to attend Region 6 in my role as Region 6 Convention Committee Chair. This means that I was funded by the region, but able to vote and represent Central Ontario Intergroup as a representative.

Whenever a group of abstinent compulsive overeaters come together, it is a miracle.

And this was a miracle. Friday night was covered recovering from the drive, but getting ready for an OA meeting at night. It was a blessing seeing recovered fellows from New York, Boston all the way up to Newfoundland and Labrador. We met, chatted and had great fellowship.

On Saturday, the work began. With an OA meeting before the event to get us centered, we were ready to take on the business of OA. We performed fellowship and service while getting the convention merchandise ready. New Attendees "green dots" were given an orientation meeting, where they were shown how assembly works. New attendees also had a mentor to ask questions of and guide them. Like anywhere else in OA, the newcomer is the most important person in the room.

We gathered in the morning in the large meeting room, said the serenity prayer (English and French), said the traditions and concepts, and broke out to our committee rooms. Myself, and Lynda were part of the Convention Committee. We talked about the Portland convention (have you registered yet?), and we talked about the Westchester convention for 2019 (It's just outside of New York City). We talked about service assignments and set us up well for service for the next 6 months, until we meet in September.

After our committee meetings, we had a great abstinent lunch with our fellows OAers. We talked... Well, we talked about everything, but seeing everything using the lens of OA. After lunch, and a walk to get some more coffee, we were ready to take the afternoon sessions on.

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The afternoon session begins in the main room, with 60 OA members (and service volunteers and the board). During the spring session, we discuss budgeting and bylaws. (Did I tell you I drink a lot of coffee? It can be trying but it's worth it.) The budgeting was approved, after a few questions, as well, the emergency motions were approved. The motions were related to the budget and reserves. We had approved a reduction in reserves that was aligned with accounting principals.

The day is trying. It can be draining. We have to accept and love those who will have different opinions and different ways of approaching things than us. Like a workout, it's a way of using muscles that we would not normally use Sometimes that hurts. But it's a necessary for spiritual growth.
Chuck

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 your 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.

Monthly Intergroup Meeting

Make a plan to attend a meeting to see what goes on. Perhaps you could make it

an outing with a few members of your group.

All OA members are welcome and encouraged to attend.

Central Ontario Intergroup meets on the second Saturday of each month at 830 Bathurst Street (main floor), 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 the information back to their group.

OA Online Resources

Visit these websites to get the most up to date information and resources (including new literature, workshop info, podcasts and more from Overeaters Anonymous globally and here at home.)

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

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