

THE ABBIE

CENTRAL ONTARIO INTERGROUP

NOVEMBER 2019

STEP ELEVEN – Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Spiritual Principle – Spiritual awareness.

Oh Step Eleven...where have you been all my life ;))

From the start of my OA program, prayer came easy(ish) to me.

I memorized multiple prayers from AA and OA right away and recited them every morning before I got out of bed, and every night, as I got in. To this day, at the very least, I say the Serenity Prayer and the Third Step prayer as I start and end my day. I do still struggle with "off the cuff" prayers, but I do what I can and try to include all the important points, and people, I want to cover without rambling on aimlessly or feeling silly.

Early in program, as I was "faking it" until I was "making it" with prayer, I had an experience that cemented my footing in prayer and I've never looked back. I was working at night during a horrendous snowstorm. I was driving all over for power outages, which meant I was towing a generator almost as big as my truck, as I travelled. I was on a stretch of winding road and could barely see the front of my truck, so I started to pray. The delivery was actually a little sarcastic, but the jist of it was "God, could you please do something about this snow?" Not a word of a lie, the words weren't even out of my mouth and the snow stopped instantly! I mean, the flakes stopped coming and I drove out of a wall of white onto wet pavement with no snow on it at all. I have not stopped praying since that day.

I would have to say that my most common prayer at the start of program, was just a prayer (plea) for the "willingness to be willing." I am stubborn and controlling by nature, so surrender and willingness didn't come easily. My HP (God) helped me through many struggles and finally, the willingness came, and soon after came a full surrender.

I heard an amazing quote somewhere recently that "God doesn't need my prayers...I do."

Now, let's chat a bit about mediation. For me, meditation was like "Nutty" Uncle Frank at the family Christmas party...I did everything in my power to keep my distance. Every now and then, Uncle Frank and I crossed paths but for the most part...avoidance was the easiest for me.

Over the years, I have listened to meditation CD's, taken light hearted and easy classes and even full blown, in-depth (8 week) courses on mindfulness but nothing seemed to help it "click" for me. I had this belief that to meditate, I had to sit in complete silence, with a totally clear mind for "it" to work and with a brain that WILL NOT SHUT OFF...how the heck was I going to be able to manage this part of program?!

Fast forward (or actually reverse) to 3 weeks ago...our group actually read Step Eleven for our meeting topic. During my share I threw out my normal statement of "I can't DO meditation!" I even emphasized this point, with my comparison of myself and

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meditation, to a dog and a squirrel. ☺ After the meeting a long time member told me to check out a guided meditation series that starts at 1 minute and builds up to 20 whole minutes. Being a sceptic, I set out to prove this couldn't work for me either...so far it has actually proven ME wrong! Apparently, I am at a point in program/life where I can seem to sit in the stillness and listen for guidance and experience peace! Will program miracles ever cease?!

On page 80 in our new version of the OA 12 & 12 it says "OA members who have made prayer and meditation a regular part of their lives have found a resource for healing and strength that cannot fail."

Below is the "Voices of Recovery – A Daily Reader" entry from November 4th, pg 309...

"All of this experience, knowledge, and help is augmented by a source of wisdom inside us that becomes more powerful as we recover from compulsive eating and develop our relationship with our Higher Power through prayer and meditation." – *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.22*

Those of us who have trouble with the concept of God need only to look within. The solution, we learn, is always to turn from the outer to the inner. But what does this really mean? Worldly clamors will never cease. Daily, we are bombarded by false advertising, negative news, angry people, problematic schedules, glittering material goods, and enticing substances. When we pause in prayer and meditation, the answers come from seeing with our spiritual eye and listening to the voice of our soul.

Could these be visions and whisperings from God? Eventually we discover that by living abstinely, we establish or renew an acquaintance with a Higher Power who was within us all along. After all, where else would a personal God be? We learn not only to seek, but to connect with, this inner illumination and make it a working part of our lives.

If a naturally stubborn and skeptical person (I've turned them into strengths instead of defects ☺) like me can overcome a life time aversion to meditation and make it part of my daily life, it can happen to anyone! I believe in so many aspects of life, that things come to us when we are ready, so be patient and kind with yourself...it will come. Set aside a few moments each day for these practices...you, and the improved spiritual connection, are worth it!

With gratitude, Shauneen

Intergroup Service Position Results!

Voting on open service positions took place at the November IG meeting. Please see the listing of the new contacts, near the end of this edition of The Abbie. Thank you to all that stepped up to fill positions...hopefully I've got it all correct ;)

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Holiday Closure Notices

Please send your closer notices to abbie@oaontario.org by December 15th so that I can get them in The Abbie to send out before Christmas.

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

Riverdale Presbyterian Church meeting location Events

The *Friday Night Danforth Courage to Change* group wanted to share their congratulations to Hazel who just celebrated her 1 year medallion! The group is also hosting a "Candlelight Gratitude" meeting on Dec., 20th at 6:45pm. All are welcome for an opportunity to share gratitudes and recovery.

The *Riverdale Tuesday* group is hosting a panel meeting on Dec 10th at 7pm focusing on an "Celebrating the Holidays Abstinently."

Both meetings are held at Riverdale Presbyterian Church, 662 Pape Ave. Toronto (one block South of the Pape subway).

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
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Intergroup Service Board

- Chair: Lynda B.
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Committee Chairs

- Contact Database Chair: Lynda
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- Website Chair: Katie M.
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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.