

# THE ABBIE

CENTRAL ONTARIO INTERGROUP

OCTOBER 2019



**STEP TEN** – Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle – Persistence

For me, this Step is a gift. It's a gift that I get to give to myself every single day. I feel this portion of the program is when the maintenance part kicks in. We have done the hard, emotional work in previous steps and now we can work daily to keep our slate clean. This daily process has been critical to my recovery.

My practice for this step involves an "app" on my phone but, once again, there is no right or wrong way to do this...it just needs to be done. At the end of every day I use my app to take a nightly inventory of my day and the behaviours, emotions, actions and thoughts that may have occurred or come up. I check to see if there was anything that contradicted my plan of action for the day, my food plan and my abstinence statement. If something stands out, I address it right away and make any changes or amends required to make things right.

I used to set an alarm so that I was doing my inventory early enough in the evening that I actually had time to make the corrections before bed. That way nothing was left to fester overnight and potentially create an issue the following day. It's become a habit now so I no longer require the alarm.

I am also finding that I can now catch myself, in the moment of a stray or behavior and can correct it in real time, so many nights I don't have much to report at all! This type of habit could use something called a "spot check" inventory. My app has a checklist for moments like that as well, but I have found pausing and breathing through the moment is just as effective for me.

As it states in our OA 12&12 (pg69) "If we are to experience permanent recovery from compulsive overeating, we will have to repeat, day after day, the actions that have already brought us so much healing." By doing this daily, I promise, the occurrences of the strays or slips, minimizes. Doing this practice daily helps me to recognize if my emotions or thoughts are starting to drive my actions or reactions and it lets me "right the boat" before it flips over.

In my opinion, if we start to let our daily accountability and program practices fall to the wayside, that's when a serious chance of relapse develops. We need to stay vigilant with

*Please submit your stories of experience, strength and hope to The Abbie [abbie@oantario.org](mailto:abbie@oantario.org) by the 15th of each month.*

*Thank you for your service!*

# THE ABBIE

CENTRAL ONTARIO INTERGROUP

OCTOBER 2019

what keeps us focused, things like a daily inventory and staying accountable to program and ourselves.

Below is the "For Today" reading from October 26<sup>th</sup>, pg 300...

***"Whoever is aware of his own failings will not find fault with the failings of other men."*** – James Ross

Other people's faults invariably match my own. When I notice some particularly objectionable shortcoming in a person, I can generally be sure it is a defect I detest in myself.

Without self-awareness, the habit of finding fault is a distraction that keeps me from seeing my own mistakes. As long as I look at another's wrongheadedness, I don't see myself – the only person I can change.

A daily tenth step turns my attention to myself so I will know what to do to put my life in order.

**For today:** I don't need to concern myself with other people's faults; I have all the detective work I can handle to ferret out my own.

I've had a couple of weeks of education of my lack of control over things, especially technology. My laptop contains all my work and personal data and I actually can't do my job without it...and it DIED...completely DIED...for a very long time. I have it back in a temporary version until they get my replacement ready, so onward and upward ;) Thank you for your patience in waiting for this edition of The Abbie, and my apologies to those whose anniversary celebrations took place before this was posted.

With gratitude, Shauneen

## **OA works!**

Belated Congratulations to Jaime in Kitchener, who's 1 year medallion meeting took place on Nov. 4<sup>th</sup> and to Denise R., for your 6 year milestone celebrated on Nov 7<sup>th</sup> in Hamilton.

There will be a speaker meeting to mark the 1 year celebration for Tanya C., on Nov. 27<sup>th</sup>. It will be held at the Islington United Church, 25 Burnhamthorpe Rd, Etobicoke

## **Save the Date – COI 1 day convention**

When: Saturday, January 25, 2020

Where: Agricola Lutheran Church @ 25 Old York Mills Road, Toronto

Details to come!

If you are interested in volunteering on the committee, please contact Kendra @ 647-389-1934 or [conventionchair@oaontario.org](mailto:conventionchair@oaontario.org)

# THE ABBIE

CENTRAL ONTARIO INTERGROUP

OCTOBER 2019

## **OA Big Book Step Study in Newmarket**

Saturday Nov 23 and Saturday Nov 30 9:30am – 5:30pm

\$15 per day, \$25 for both days (you may sign up for one day or for both days)

Address – St. Andrew's Presbyterian, 484 Water St, Newmarket, ON L3Y 1M5

Sponsored by the Collingwood Living Abstinent Group. Please register ahead to make sure you have a space. Pat - Email: [p.guillet@sympatico.ca](mailto:p.guillet@sympatico.ca) Phone: 647-520-2742

The format is to read from the big book together, then write on the step, then share in small groups about the step. We will take the actions in the steps. For example, we will be doing a mini fourth step and some sample amends letters and scripts. Day One: Steps 1 – 5. Day 2: Steps 6 – 9. Great for Newcomers and Old-Timers alike!

Facilitator has 26 years in O.A. and 13 years of abstinence.

Comments from previous workshops:

"This was a powerful catalyst to propelling my program to a deeper level."

"Loving and experienced facilitator"

"This workshop has been all and more than I could have hoped for."

## **Monthly Intergroup Meeting – New meeting location and mailing address**

Just a reminder that the Central Ontario Intergroup will start meeting at St. Timothy's Anglican Church, 100 Old Orchard Grove in Toronto, from 10 a.m. to 12 noon on the second Saturday of November.

Full mailing address of...

Central Ontario Intergroup  
c/o St. Timothy's Anglican Church,  
100 Old Orchard Grove,  
Toronto, ON M5M 2E2

## **Service Positions voting November!**

The following chair positions will be voted on in November, for anyone looking to do service at the Intergroup level...Chair, Contact database, Office Manager, Abbie, World Service Delegate, Literature, Telephone & email & Website. Some positions can be done remotely and all are an amazing way to add some additional service to your ongoing OA journey. If you have any questions on the positions please reach out to the specific (current) chair at their respective email address.

I can personally vouch for the positive effect of doing these forms of service. There is no better way to keep a strong and focused program, than to be immersed in service.

*Please submit your stories of experience, strength and hope to The Abbie [abbie@oaontario.org](mailto:abbie@oaontario.org) by the 15th of each month.*

*Thank you for your service!*

# THE ABBIE

CENTRAL ONTARIO INTERGROUP

OCTOBER 2019

## **Intergroup Service Board**

- Chair: Eva (available Nov)  
[chair@oaontario.org](mailto:chair@oaontario.org)
- Vice Chair: Lynda  
[vicechair@oaontario.org](mailto:vicechair@oaontario.org)
- Past Chair: Vacant  
[pastchair@oaontario.org](mailto:pastchair@oaontario.org)
- Treasurer: Ann G.  
[treasurer@oaontario.org](mailto:treasurer@oaontario.org)
- Recording Secretary: Krystal P.  
[secretary@oaontario.org](mailto:secretary@oaontario.org)
- Office Manager: Shannon F. (available Nov)  
[officemanager@oaontario.org](mailto:officemanager@oaontario.org)
- Region 6 Rep: Shannon F.  
[Region6rep@oaontario.org](mailto:Region6rep@oaontario.org)
- World Service Business Conference Delegate: Marlene D. (available Nov)  
[wsbcdelagate@oaontario.org](mailto:wsbcdelagate@oaontario.org)

## **Committee Chairs**

- Contact Database Chair: Lynda (available Nov)  
[contactdatabase@oaontario.org](mailto:contactdatabase@oaontario.org)
- The Abbie Chair: Shauneen (available Nov)  
[abbie@oaontario.org](mailto:abbie@oaontario.org)
- By-law Chair: **Vacant**
- Website Chair: Sabrina (available Nov)  
[webservice@oaontario.org](mailto:webservice@oaontario.org)
- Calendar/Special Events Chair: Michelle E  
[specialevents@oaontario.org](mailto:specialevents@oaontario.org)
- Telephone/Email Chair: Caryn (available Nov)  
[helpline@oaontario.org](mailto:helpline@oaontario.org)
- Outreach Chair: Rose Marie G  
[outreach@oaontario.org](mailto:outreach@oaontario.org)
- OA Convention Chair: Kendra for 2019  
[conventionchair@oaontario.org](mailto:conventionchair@oaontario.org)
- COI Retreat Chair: Margaret  
[coiretreat@oaontario.org](mailto:coiretreat@oaontario.org)
- Meetings Chair: Lynda  
[meetings@oaontario.org](mailto:meetings@oaontario.org)
- Finance Chair: Ann G.  
[finance@oaontario.org](mailto:finance@oaontario.org)
- Public Information Chair: Kendra  
[pi@oaontario.org](mailto:pi@oaontario.org)
- Literature Chair: (available Nov)  
[literature@oaontario.org](mailto:literature@oaontario.org)
- Relocation Chair: Lynda & Eva

Please submit your stories of experience, strength and hope to The Abbie [abbie@oaontario.org](mailto:abbie@oaontario.org) by the 15th of each month.

Thank you for your service!