

THE ABBIE

CENTRAL ONTARIO INTERGROUP

SEPTEMBER 2019

STEP NINE – Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle – Love

In Step Eight we became willing to make amends to the people we had listed as being harmed, by us, in the past. We were cautioned not to procrastinate as this point and to move right away in to Step Nine. It is important to remember though that this isn't a process that should be rushed, or taken lightly.

We aren't doing this to just say "sorry" so that we feel better and carry on our merry way. We are doing this to take responsibility for our actions, to clear up ill will, and to change our behavior going forward. We shouldn't do it expecting forgiveness, as we may not get it, or even get a good reaction from some of the people. We are doing this to "clear up our side of the street" and to move past anger and guilt, so that we can move on with recovery.

We should consult with someone, perhaps our sponsor; that has been through this Step before. They will be able to help us to figure out our approach and possible delivery for each of the amends. It's very important during this time to remember that we aren't to do this if we will "injure them or others." I personally have someone on my amends list that will be harmed by my amends at this point in their lives. I pray daily for the guidance to know if/when the proper time comes. In this case, I am using the "living amends" process, and have changed my behavior with/towards this person. I check in regularly with my HP to ensure that I am withholding the amends for the appropriate reasons and not just avoidance.

This step may take some time, as some people may be hard to locate, or may have passed on. If people have passed on you could try writing a letter to those people for a more formal "release." Many people (myself included) have found this to be very therapeutic...I actually find reading the letter out loud, and then burning it, to be an even better process, but to each their own ;)

At this point, I think I will share a reading from the Voices of Recovery daily reader...

March 8 – "We complete our amends for our wrongful actions of the past by changing our actions in the future." – *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.78*

Though it can be humbling to apologize for something I've done wrong, it's easy to feel remorse when the pain of a recent mistake is still with me. The test of my commitment to the Ninth Step is if I continue to improve my behavior after the initial feelings of regret have passed.

To amend something means to alter it. To be free of the wreckage of my past, I have to do more than just say I'm sorry when I harm another person. I have to change my behavior. This can be hard and sometimes even disconcerting, particularly when my old behavior patterns and beliefs are stronger than I thought. But continuing to work the Steps moves me through the difficult spots to new experiences of freedom and joy.

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

Thank you for your service!

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The fruits of recovery are great motivators to change, but alongside the hope of a brighter future is the equally powerful consequence of not changing – compulsive eating. If I don't change my thoughts and actions to reduce the harm I do in the future, I will overeat. For me, to overeat is to die.

A life well-lived requires that I continue to change, grow and clean up the wreckage of my past – and my present. If I do that, my life is better than I ever could have imagined. I thank my Higher Power for OA!

I can personally say that doing my Ninth Step and making the amends required has brought so much freedom. I used to be drowning in guilt and shame that I carried from my past and from my behaviours before I found OA & abstinence. I heard a quote once that went something like...you can't expect to survive a boat wreck if you are trying to use the anchor as a floatation device. Step Nine helps you let go of the anchor and swim like a fish!!

I hope you all enjoy this new season of colour and crispness, and take it as the beginning of the re-awakening and rebirth that is, in the grand scheme of things, just moments away...

With gratitude, Shauneen

OA works!

A shout out to Karen J who made it to her 20 year medallion milestone, in September. Recovery works and it's people like Karen that keep inspiring me to keep working program every day! Congratulations on this amazing accomplishment, Karen, may you be blessed with endless more :)

Region 6 Fall Convention Info

R6 Convention 2019 is in White Plains NY, Oct 18-20. Info is up on OA Ontario website. Cost of entry is \$65.00 until October 1st and is \$75 at the door.

Save the Date - November 2nd

There is going to be an "Action Plan for the Holidays" workshop at Emmanuel United Church in Waterloo. More info to come but block off the date on your calendar.

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

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Monthly Intergroup Meeting – Oct Temp meeting location

Just a reminder that the Central Ontario Intergroup will meet on the second Saturday of October at Runnymede United Church, 432 Runnymede Rd., Toronto, On, 10 a.m. to 12 noon.

COI temporary mailing address

During our transition in finding a permanent location for our meetings, we have arranged a temporary mailing address. Any payments or donations to COI can be sent to Central Ontario Intergroup C/O A. Goodale, 108 Waterloo St., Waterloo, On, N2J 1X9

Service Positions opening soon!

The following chair positions will be available 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.

Intergroup Service Board

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

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Committee Chairs

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



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Thank you for your service!