



JUNE | 2020

# The Abbie

## Central Ontario Intergroup

### The binge that never happened

Recently, while reading about Dr. Bob's drinking "spree that ended all sprees", I was surprised to realize that *my* last spree, was one that never happened.

Before I joined Overeaters Anonymous, I was a hard-core fast food junky. I was the girl who pretended to order for a family, when it was all for me. I couldn't imagine going 24 hours without binging on vast amounts of fast food – I was its slave and I knew it.

After attending a few OA meetings, I finally decided to take action. But in true addict fashion, I would begin being abstinent on Monday. I had a glorious plan too. I made a list of all my favourite fast food joints and I was going to spend the entire weekend binging – supersize everything! I'd be so sick of fast food by Monday that abstinence would be easy!

But that Friday night, something unexpected happened. A close friend of mine called to tell me she was going back to her physically, verbally, emotionally and sexually abusive boyfriend. I was devastated.

After a painful month of finally getting away from him, she had caved and called him. He had sweet talked her with promises of change, and she agreed to give him another chance. She figured, if things got bad, she would just leave him again.

I got off the call, slumped down at the side of my bed and burst into uncontrollable sobs. Why couldn't she see the mortal danger she was in? Didn't she realize she was playing with fire? His next rage could be the one that killed her. It was a miracle she untangled herself from his lies to leave him this time. Why did she think she could do it again after being manipulated by him even more?

That's when the Grace of God hit me and I heard these words in my heart – "Krystal, aren't you doing the same thing? It is a miracle you are even willing to try not eating foods you couldn't go 24 hours without. Aren't you playing with fire by spending the weekend in it's clutches, thinking you can easily set it aside when you want to?"

Then came the question that changed everything for me – **"If you are not willing to give up these foods on Friday night, what makes you think you will be willing on Monday morning? What will change in the next 48 hours?"**

I was shell-shocked as the truth hit me – If I am not willing on Friday night, I will not be willing on Saturday, Sunday, Monday **or any other day.**

I began my abstinence that night. But more importantly – I stopped seeing food as "*my only ally*", who just happens to come with some unfortunate side-effects (aka weight gain). For the first time, I saw my alcoholic food for what it really was – a fatal poison that baffles, controls and hypnotizes me into its deadly trap.

Today, by the Grace of God, I have two and half years of abstinence and freedom from my poison foods! I have left behind that fatal abusive relationship with food for a loving relationship with God. The "binge that never happened" saved my life!

- Krystal P.

# GETTING IN TOUCH

## OA Central Ontario Intergroup Contact Information

OA members are cordially invited to attend the monthly Central Ontario Intergroup meeting, held on the second Saturday of each month from 10:00 AM TO 12:00 PM. The April meeting will be held remotely on the Zoom platform.

On May 9th at the Central Ontario Intergroup meeting 2 Bylaw changes were passed:

1) We now have a COI Coordinator service position - this service combines Office Manager and Contact Data Base into 1 new service. The Coordinator will be responsible for meeting updates, notification to the meetings of upcoming events and much more.

2) Committee Chairs are now able to serve a second 2-year term of service if they choose to.



CLICK

*Click for Central Ontario Intergroup contact information*

## NEEDED



OA members for service opportunities at Intergroup

Have you attended Intergroup and would like to do service at the Intergroup level?

Do you have 6 months of current abstinence?

Would you like to learn a new skill or improve the ones you have, to help you expand your personal experience? ***We are looking for you!***

### Recording Secretary

What skills does the Secretary need?

- Word processing skills
- Access to email and internet
- Among others

### Special Events Committee

What skills do you need?

- Computer experience
- Access to email and internet
- Among others

### Convention Committee

What skills do you need?

- Organizational skills
- Work well with others
- Among others

If you think you are interested, and one of these roles might be the service for you please contact me at either of these emails: [chaircentralontariointergroup@gmail.com](mailto:chaircentralontariointergroup@gmail.com) or [lynda.brown@rogers.com](mailto:lynda.brown@rogers.com)



Watch this short video to learn more about how Overeaters Anonymous can help you recover from compulsive eating and compulsive food behaviours by following the Twelve Steps and Twelve Traditions of OA.

[Welcome to Overeaters Anonymous](#)

# SPECIAL EVENTS

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## COI Speaker Series

Central Ontario Intergroup is pleased to announce that we will be having a Speaker series on a variety of OA related topics to help support peoples' recovery. The first session will be **Program in Times of Uncertainty Due to COVID** being held on **Saturday July 25 at 1 pm**. All are invited to participate with no pre-registration required. The session will be held on Zoom. **The link and telephone details for the event will be placed on Central Ontario Intergroup website one day prior, July 24.**

Our Speaker series will be successful because of the involvement of fellows willing to share their experience, strength and hope! If you have two years of continuous abstinence, are actively working the steps, are participating in meetings and would be interested in speaking we would love to hear from you! Topics have been selected based on feedback that we received from our Intergroup's member survey. As with program, you are not alone in preparing for this session as we are here to work with you and have collected many ideas and samples from other Intergroups. Please contact us at [COIIGOR@OAONTARIO.ORG](mailto:COIIGOR@OAONTARIO.ORG) if you are interested in speaking or would like to have a discussion about speaking or have questions.

Future Speaker Session will include:

- ◆ Sponsorship
- ◆ Strengthen Personal Recovery
- ◆ Back to Basics
- ◆ Working with Newcomers
- ◆ Plan of Eating
- ◆ Relapse
- ◆ Finding Your Higher Power
- ◆ Living the Steps

Mark your calendar for **July 25 at 1 pm** for this exciting speaker event and look here and on the Central Ontario Intergroup website for further details of upcoming speaker sessions!

## e-WORKSHOP series

Every “2<sup>nd</sup> Sunday of the Month” 3-4:30pm (EDT until Nov 1 (UTC/GMT -4))

- 🌸 8/9 New sponsor workshop
- 🌸 9/13 19 Symptoms to Relapse
- 🌸 10/11 Demystifying the OA service structure – What is the inverted Pyramid?
- 🌸 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating (EST (UTC/GMT -5))
- 🌸 12/13 Young persons in OA (EST (UTC/GMT -5))

### VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207> Password: 120912

Suggested workshop contribution \$5 [oavirtualregion.org/region/seventh-tradition](http://oavirtualregion.org/region/seventh-tradition)

You can listen to all previously recorded workshops at

<https://oavirtualregion.org/events/vrworkshops/virtual-region-podcasts/>

To access most up to date information and dates for special events and a list of zoom meetings – go to [oaontario.org](http://oaontario.org)

# NUGGETS

## Thoughts for today

Random thought of the day... could a shift in the word TREAT be of use in our program? Could it be that we now TREAT our body with nourishing food, love and respect, instead of needing a TREAT to sooth our diseased thinking... ❓❓

- Shauneen

Over 2,000 compulsive overeaters registered for the first ever virtual regional convention! So much recovery! Speakers from all over the world. Imagine, I attended a workshop and the woman sharing was in India! Wow! Technology is my best friend in this pandemic.

There were six keynote speakers and many, many workshops and seminars. We heard shares on all the steps, how to prevent relapse, using the tools, help with body image., etc.

Two of my favourite workshops were: 1) the panelists each had over 40 years of abstinence and 2) 12 speakers each shared on one step and each speaker had a minimum of 100-pound weight loss and a few had over 200 pounds of weight loss! It really works if you work it.

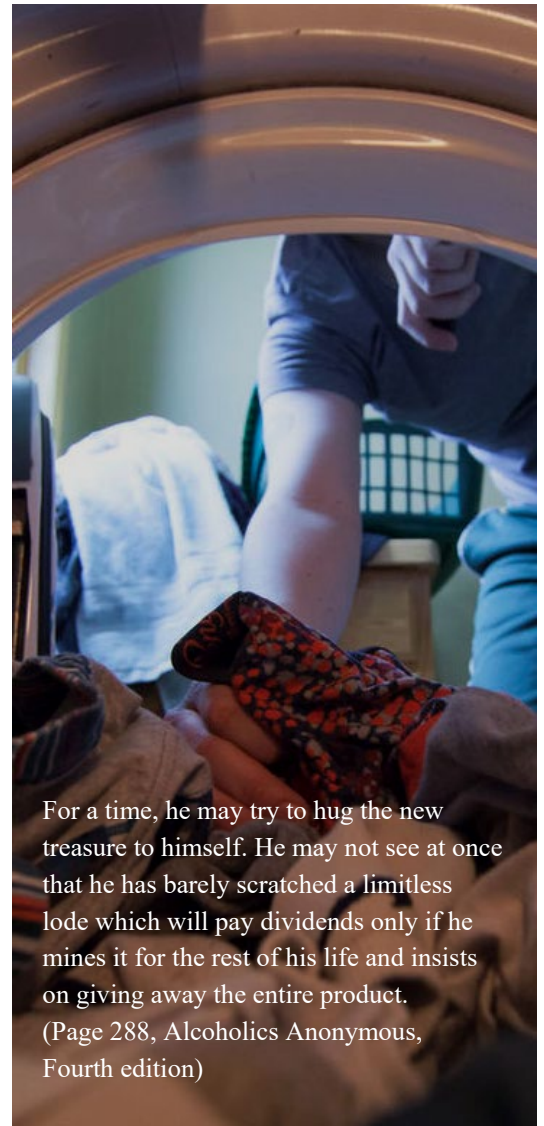
One of the most meaningful quotes to me was from page 450 in the big book near the bottom. It reads: Then I realized that I had to separate my sobriety from everything else that was going on in my life. No matter what happened or didn't happen, I couldn't drink. In fact, none of these things that I was going through anything to do with my sobriety; the tides of life flow endlessly for better or worse, both good and bad, and I cannot allow my sobriety to become dependent on these ups and downs of living. Sobriety must live a life of its own.

Thank you to all the volunteers who did service on this weekend, especially all the translators. Some of the languages translated were French, Portuguese, Spanish, Russian, and Italian. What a big job!

In a few weeks we will be able to access all the recordings from the talks in the main room from the virtual region website. check it out!

I pray this is an annual event.

- Marlene 😊



For a time, he may try to hug the new treasure to himself. He may not see at once that he has barely scratched a limitless lode which will pay dividends only if he mines it for the rest of his life and insists on giving away the entire product. (Page 288, Alcoholics Anonymous, Fourth edition)