



MARCH | 2020

The Abbie

Central Ontario Intergroup

For Today

The past few weeks I've been connecting with others in program, by phone, text, virtual meetings. It's a tool that I've used in my recovery, and one that I've come to rely on even more. Our disease is one of isolation, keeping connected with others in program, with my higher power helps to keep me 'on the beam'. Technology has provided us with so many ways to connect, and it's been a blessing to me.

Literature has also been a great tool for me, I've made a point of taking some time to do some quiet reading. Even if it's for only a few minutes at the beginning and end of my day.

Today, I'm grateful for all the blessings that are crossing my path. And for the lens that program has provided me with, to view any challenging situation and discovering that I can navigate best when I am abstinent, and peaceful. My serenity is key to how this 24-hours will unfold.

I was reading an OA daily reader today, and appreciated the reading for December 5th, I tend to use the index to search for subjects, steps, feelings, and there are multiple listings I can read.

December 5

You find in solitude only what you take to it.
Juan Ramón Jiménez

If I force preconceived notions onto a problem, what can I learn? To learn something new, I need an open mind, a trusting mind which can wander into places that once frightened me.

Rather than suppress thoughts and feelings, it is better to give them a good airing, to look at them in the clear light of day. Unattended, hiding feelings, like illusions, once defeated me. Today I know that feelings cannot hurt me as long as I'm willing to look at them and see them for what they are.

For today: What I bring to my moments of solitude, when I look inward at my feelings and attitudes, is self-honesty and open-mindedness.

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Have a peaceful day
Rose Marie

THE OA PROMISE

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

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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.



CLICK

Click for Central Ontario Intergroup contact information

NEEDED



Chair for Calendar & Special Events - qualifications for the service are:

- Computer and computer literate
- Work with excel
- Enjoy working with computer applications and learning as you go- Work well with others
- Follow direction and timelines
- 6 months current continuous abstinence

Contact COI Chair at chair@oaontario.org for more information and how to apply for this service.

SPECIAL EVENTS

OVEREATERS ANONYMOUS

SPRING RETREAT 2020

Hosted by Central Ontario Intergroup

April 24-26 2020

STAY TUNED for an update after April 10th Intergroup Mtg.

This will be your week-end for Inspiration, Motivation, and Fellowship. Learn how the 12 Steps can free you from the bondage of compulsive eating.

Registration is now Open and filling up.

More detailed information on the COI website oaontario.org



[Click for more information](#)

Region 6 Convention has been cancelled for this Spring.

Representatives will be voting electronically

World Service will be waiting until April 10th to make a decision about this year's world service convention in August.

Please check the Central Ontario Intergroup website for a list of Zoom meetings as well as links for podcasts.

NUGGETS

Routine

What helped me get abstinent? I created a routine that included healthy eating and activity plans, daily program practices and prayer.

What helps me stay abstinent? My routine that includes healthy eating and activity plans, daily program practices and prayer.

What carries me through incredibly stressful and fearful times? My routine that includes healthy eating and activity plans, daily program practices and prayer.

Some days are easier than others, but I can choose to stay consistent in my routine and my program and that can get me through anything.

Sending love and prayers.
Shauneen

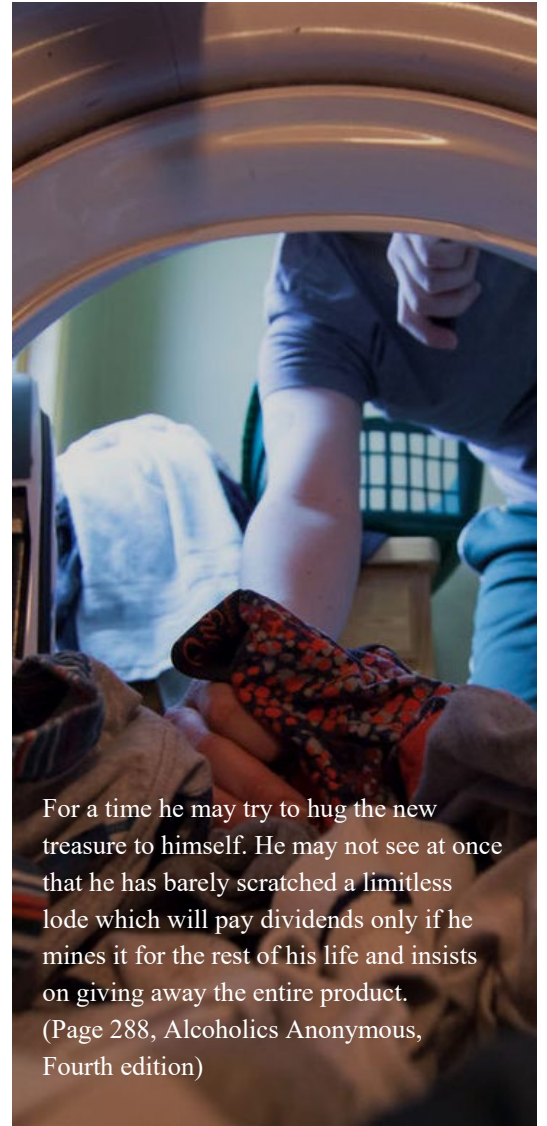
What you focus on will grow

There is a choice that I make – to embrace all the things in my recovery program that keep me more connected with my higher power, or to spend time in thinking and behaviors that diminish my connection.

A few days ago, I took a news fast, avoiding the endless cycles on the news, announcements, updates, news cycles are repeated and regurgitated, and I can latch on to every expert, every special guest, and model and opinion that's offered. I like to be informed, but my time is better spent finding a balance – connecting with my fellows in OA, reaching out to family and friends, connecting with how I'm feeling, writing about it.

And when I do reach out to others, I ask them how they are feeling, and share how I've been finding peace and serenity, sharing what works. One of my calls today was reading a story in the Big Book and taking turns sharing on the reading, it was a rich meeting, and such a welcome start to me day. Remember that whenever 2 members are gathered, it is a meeting.

Rose Marie



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)