



MARCH | 2021

# The Abbie

## Central Ontario Intergroup

### Abstinence – Lost and Found

Part of my action plan has been to work the steps with my accountability buddy by phone every Sunday morning. This year, we added a question every week from Slipping and Sliding.

<https://oa.org/app/uploads/2019/12/Been-Slipping-and-Sliding.pdf>

Part of Question 5 was: *How would I describe my willingness to accept that this program may be more difficult once my previous abstinence has eluded me?*

This was a hard question for me to answer. I have just celebrated my first year of abstinence and – for this moment- I feel fairly safe and secure that I will be able to keep it. I really, really didn't want to consider what losing my abstinence might look like!

I think to lose my abstinence would mean that my ego was fully in charge again; i.e. my Higher Power would be completely absent. My program and my OA community would also be out of the picture.

I would likely be full of arrogance and self-will. It would be all about **me**. **I** can do this. **I will** do this **all by myself**. It would be all about hanging desperately on to my control with 2 tightly closed fists. I would feel tense. I would feel as if all of this was a matter of life and death. It would feel like a horrible struggle.

In order to let go of that state and re-commit to my abstinence, I would have to relax and find a way to overcome my resistance to starting over. I think I would do that by going right back to Step 1. I would have to be willing to admit – again! and again! and again! - however many times it took- that I was powerless over food.

I used to think that powerlessness was weakness. I realize now that it takes tremendous courage, power and strength to lay down my ego and trust enough to allow myself to become vulnerable and teachable and to be willing to ask for help and to let that help in whenever and

however it shows up. I have come to realize that I can find pride and power in stepping up and claiming my powerlessness.

In the past, if I “failed”, it would have been harder for me to go back because I would have to fully admit to my “failure”. My self- esteem would plummet. I would spend hours beating myself up and telling myself how “bad” I was. I now realize that there is a huge difference between failing and being a failure. Failing is simply something that happened; whereas, being a failure is accepting and internalizing that label.

I now fully admit and really **get** that this program – *and my whole life* – is about progress, not perfection. I can accept that I will never be “finished”. I will be a work in progress – under construction – until the day I die. And there's power in letting that be so.

Lydia S.  
Cobourg ON

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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 meeting will be held remotely on the Zoom platform.

Central Ontario Intergroup is pleased to announce that we can now accept electronic funds transfers (eTransfer) for literature payments!

To send an eTransfer to COI, set up a new payee using the email address: [coitreasurerontario@gmail.com](mailto:coitreasurerontario@gmail.com).

**IMPORTANT:** In the message section of your eTransfer, please describe what the funds are for:

- Literature – date of literature order, who the order is for personal or meeting.

CLICK  [SEVENTH TRADITION](#)



## Mailing Address Change

Central Ontario Intergroup  
c/o A. Goodale  
108 Waterloo Street  
Waterloo, ON N2J 1X9



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](#)

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## Been Slipping and Sliding?

Take action now with this reading and writing tool

<https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>

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## 1-Day Convention Recordings now posted

<https://www.oaontario.org/announcements/2021/2/2/have-you-checked-out-our-podcast-section-yet>

# SPECIAL EVENTS



JOIN US: Back to Basic  
March Speaker Session  
Saturday, March 27th at 3pm

## Back to Basic

We were excited to announce our March Speaker Session on *Back to Basics*. Join our Zoom session on March 27th at 3 pm. The Zoom session link will be placed on the Central Ontario Intergroup website one day prior to the event. No pre-registration is required.

Please view and share the flyer for this event, which can be found by clicking [here](#)!

Any questions, please contact [coigor@oaontario.org](mailto:coigor@oaontario.org)  
Intergroup Renewal Committee (IGOR)

## Virtual Region WORKSHOP – “2<sup>nd</sup> Sunday of the Month” 3 – 4:30pm

*EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)*

*EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)*

- Mar 14 “Courage to change the things I can”
- Apr 11 A Spiritual Toolkit
- May 09 “Relieve me of the bondage of self” ~ *Losing our ego and re-aligning our will*
- Jun 13 The Sponsor – Sponsee Connection
- July 11 What does it really mean to surrender?
- Aug 08 A Threefold Disease: Physical, Emotional and Spiritual
- Sep 12 The Promises of the Program
- Oct 10 Applying the Traditions in Daily Life
- Nov 14 “To carry the message to other compulsive overeaters”
- Dec 12 Connection is the Opposite of Addiction



Meeting ID: 891 6554 0024 Password: 120912

For more information: [oavirtualregion.org](http://oavirtualregion.org)

(Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org) (Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

**Suggested workshop contribution \$5**

**For the most up-to-date listings of special events, meeting lists, please go to <https://www.oaontario.org/>**

# NUGGETS

*Strong hope is a much greater stimulant of life than any single realized joy could be.*

Friedrich Nietzsche

Compulsive overeaters recovering in OA have reason to believe in the power of hope. It is the saving grace of our illness, a life-sustaining force that motivates us to keep going. Hope brought me to Overeaters Anonymous. I needed to believe that I had within me the power to change, to grow.

The joy of life today is in the constant flowering of hope. A problem is solved and immediately there is hope than an even tougher one will go the same way. When I most despair of finding a solution, the answer appears.

**For today:** There is powerful hope in admitting defeat, in giving up my mad exertions to control situations that are not mine to control.

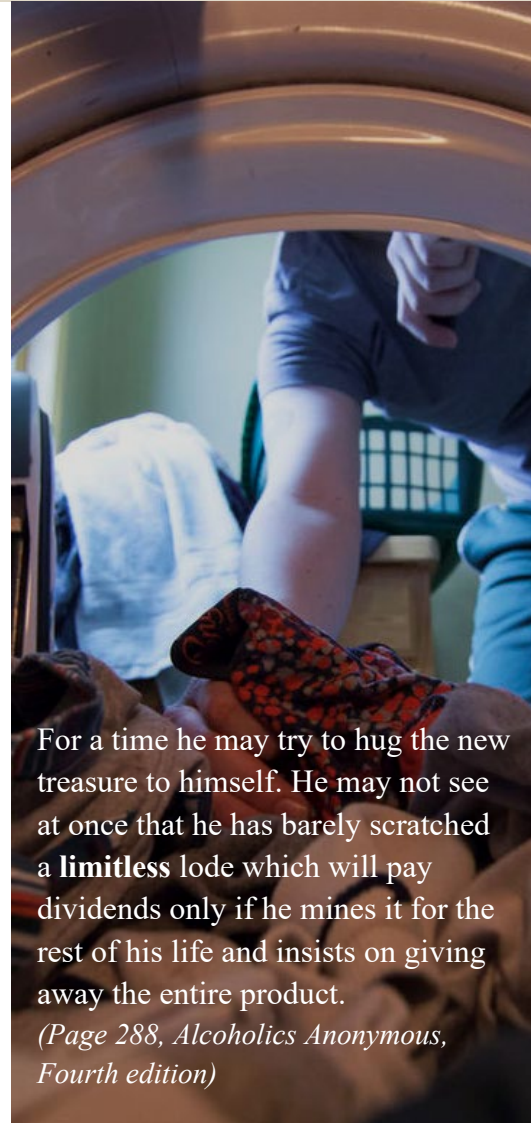
Excerpt from Just for Today – January 3<sup>rd</sup> Overeaters Anonymous, Inc.

## OA Document Library – Did you know ...

You have FREE access to the OA Document Library?

The OA Document Library is an extensive resource at your fingertips! Have a look at OA Is Not A Diet Club pamphlet from our free Document Library – OA

<https://oa.org/app/uploads/2019/12/111-oa-not-diet-club.pdf>



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)*