



MAY | 2021

The Abbie

Central Ontario Intergroup

One day at a time

This 24 hours is what I can commit to. It's the focus of my recovery program. That focus has allowed me to stop from being stuck in the past, projecting too much in the future. In the past year plus, it has allowed me to focus on what was in front of me today. Literally in my own back yard.

For most days of the week, that's been my work day, how can I be of service? And for my family life, again, how can I be of service. It's been a fairly simple prospect as the days have not had a very different look – much of the distraction of commuting to the city, errands and 'stuff', visiting family and friends has been moved to virtual, that has been a challenge, one that Step 1 has been very helpful with.

The one thing that has been a constant is going to virtual meetings, connecting virtually with others in recovery and the actual step work, there has been a lot of step work – overcoming fear and anxiety has been my focus, it became more painful to avoid, and more necessary to overcome.

Fear and anxiety have been a very large part of my life, before and within my recovery, however, the current situation of the pandemic magnified them, and brought them to a level that they could not be ignored. I'm very grateful to have been guided to dig in and make progress on them both.

There is more work to do, and I have had so many demonstrations of progress, that I am very hopeful that I will continue to grow and move forward and have these defects, obstacles be lessened, or removed.

Self compassion and compassion for others has been something I've needed to focus on. I spoke a bit about this at the one day convention. The contempt that I felt for strangers on my walks ... it was shocking and objectionable to me. The judging, and critical mind that I was experiencing was not the person I wanted to be ... not on the inside, and not on the outside.

What I understand about fear is that it manifests into many different expressions and whatever a person was doing that caused me to be critical and judge them, may very well have been a result of their fear, their own difficulties.

What I needed to do, was stop, pause and pray for compassion for them, compassion for myself. And let go of negative, fearful thinking.

One concept that has been helpful to me has been to stay within my own hula hoop. Staying on my side of the road was just too vague. Only one person could be in a hula hoop at one time, and reminding myself to stay in mind, reminded me to not venture into areas that were none of my business, to maintain healthy boundaries.

Wishing you peace and serenity

Rose Marie G

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.

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](#)

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>

1-Day Convention Recordings now posted

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

SPECIAL EVENTS

Virtual Region WORKSHOP – “2nd 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)

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

(Lisa) workshop@oavirtualregion.org (Lee) vicechair@oavirtualregion.org

Suggested workshop contribution \$5

OA CENTRAL ONTARIO INTERGROUP PRESENTS A QUICK-STEP STUDY – the first four Sunday's in May - 2, 9, 16, & 23

Looking to re-invigorate your program? Join us on a journey through the steps starting on May 2nd for 4 weeks / 1.5 hours each week from 12 noon to 1:30 PM.

The Quick-Step Study format is to read the step together, individually write on the step, followed by small group sharing on the step. We recommend that you attend all four days. The high-level agenda is:

Day 1: Steps 1 – 3

Day 2: Steps 4 – 5


Day 3: Steps 6 – 7

Day 4: Steps 9 – 12

Registration is required in order to receive the handouts and Zoom details.

To register, please email: coiquicksteps@oaontario.org

View the flyer <https://www.oaontario.org/announcements/quickstepstudy>



Road to Recovery – 100 Pounders

OA Central Ontario Intergroup Presents a Speaker Session!

Topic #6

Hear from 2 fellows on their experience, strength and hope they receive through working our program of recovery.

Date:

Sunday, May 16th at 2 pm

Where:

Zoom – session links will be placed on the Central Ontario Intergroup website one day before the event.

No pre-registration and no maximum number of participants.

Do you have 2 years of continuous abstinence and are interested in being a speaker?

Contact COIIGOR@oaontario.org

More information on the COI website [May 16th at 2pm - 6th Speaker Series - "100-Pounders" — Central Ontario Intergroup \(oaontario.org\)](#)

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

NUGGETS

Habit is habit, and not to be flung out the window ... but coaxed downstairs a step at a time.

- Mark Twain

The story is told of the newly self-aware member who, wanting to be rid of a particularly troublesome defect, prayed, “God, please give me patience – *now!*”

Waiting for what I want is difficult. That’s why all the magic diets and quick weight loss schemes had so much appeal for me. I wanted to be rid of my excess weight *now*. I didn’t want to hear about the dangers of crash dieting or its short-lived results.

In OA, change come from the inside out. Eating is moderated to a satisfying healthful intake that becomes part of a new way of life. Where once I made graphs and charts projecting the rate and amount of weight loss over the weeks and months, in OA the weight takes care of itself.

This process works equally well on habits I want to be rid of. I subject them to the OA program, one step at a time and gradually they loosen their hold and fall away. I am not the same person I was when I came to OA.

For today: I cannot will myself to have piece of mind, but I can re-examine my priorities. I am putting enough time and effort into activities that nurture my spirit?

Excerpt from ‘For Today’ – March 15th.
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)