THE ABBIE MAY 2013 CENTRAL ONTARIO INTERGROUP

The Steps We Take

Over the next few months, The Abbie will be sharing how some of our Intergroup members follow the steps to recover from compulsive eating. It's good to be reminded that: "Our common bonds are two: the disease of compulsive eating from which we have all suffered, and the solution that we all are finding as we live by the principles embodied in these steps." (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.xi)

In a few short sentences let The Abbie know how you work Steps 3 or 4.

STEP 2

CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

The following are thoughts about Step 2 from some of our members:

When I first took **Step 2**, all I could manage was a grudging admission that God was probably smarter than I was.

As months, then years of recovery followed, I came to realize that God could and would help me in every aspect of my life. All I have to do is show up and do God's will.

What does this mean to me? Freedom, life and hope. Keep Coming Back!
A.B., Toronto

When I am faced with difficult moments in my day, I am reminded of what **Step 2** tells me to do - "act as if" a power greater than myself can restore me to sanity. I have seen the results of doing this in my life and my recovery, and I am never let down. By acting as if I believe my HP can help me, by reminding myself of what HP has done for me, and by remembering and witnessing the power of the fellowship, the rooms, and the miracle of recovery I witness amongst my program friends and acquaintances, I simply cannot deny that God can restore us to sanity, and so I make the conscious decision to believe that it can work for me as well, one day at a time. All I need to do is believe. It's a simple answer to a very complex problem, and it works for me.
Stephanie, Toronto

Step 2 means that I have given up on my historical conception of an angry God, and that I can rely on a personal Higher Power of my own choosing. The hope that I can rely on my own Higher Power lets me take the simple but not easy steps to come.
Chuck, Toronto

The best exercise I did on **Step 2** was to do free flow writing about my rage against God. I must have written 7 pages or more. When I had written all that was in me, it occurred to me that my rage was really against my parents. Where my mother was critical, God was loving and supportive. Where my father was distant, God was present, wanting to hear my innermost thoughts and feelings, hearing it all with love and understanding, and giving me feedback in a wonderful, constructive and sometimes humourous way. Thanks for this opportunity to be of service!
Anonymous, Toronto

MAY 20th FOR TODAY:

My joy in recovery is multiplied in direct proportion to the extent to which I share it with other compulsive overeaters.

The Abbie's June focus will be Step 3. In 2-3 sentences, how do you work Step 3? Help someone else work the Steps: abbie@oaontario.org

Please submit your stories of experience, strength and hope toThe Abbie abbie@oaontario.orgor directly online http://www.oaontario.org/Member_Submissions.phpby the 25th of the month. Thank you for your service!

MEDALLIONS & MILESTONES

Do you know anyone celebrating a milestone or medallion? Let The Abbie know about it ☺.

Upcoming OA Events

Central Ontario Intergroup Convention:
Surrender: Going to Any Lengths Sunday, May 5, 2013 at The Koffler Multi-Faith Centre. 569 Spadina Avenue (south of Harbord, north of College).
Contact convention@oaontario.org for info.

Ithaca, Retreat: Don't Pick Up: Emotional, Spiritual and Physical Recovery - June 7-9th, 2013. Ithaca, New York. Contact: Tracy B (518) 495-0655 for questions. Registration is $260. Partial scholarships are available- please enquire.

OA Kitchener Fellowship Day:
OA Kitchener Fellowship Day - Journey to Recovery June 1, 2013 Location: New Hamburg Recreation Centre, New Hamburg Contact: lynda.brown@rogers.com

World Service Convention 2013:
World Service Convention 2013 in Cleveland, Ohio USA from August 29 - September 1, 2013. For details, refer to the World Service Convention page at http://www.oa.org/world-service-events/world-service-convention/. Interested in the latest Convention news? Sign up for the Convention mailing list at conventioninfo@oa.org.

Intergroup News

*Updated Meeting List available online:
http://www.oaontario.org/Meetings.php

***Literature Chair Positions is OPEN**!
This position requires 6 months of Abstinence is a great opportunity to do service. Information on the positions is available online:
http://www.oaontario.org/media/Literature_Committee.pdf

New meeting starting on Wednesday evenings at St. George's Anglican Church, 5250 Yonge Street Room 204, Upper

Check out the Meeting List above ☺

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Monthly Intergroup Meeting
Central Ontario Intergroup meets on the second Saturday of each month at 830 Bathurst Street (main floor), Toronto 10:00 a.m.-12 noon. This is an important meeting where issues of OA as they pertain to Central Ontario Intergroup and the program as a whole are discussed. Each OA group is asked to send someone to represent their meeting in the discussions and to bring back information to the group. All OA members are welcome and invited to attend.