

# THE ABBIE

CENTRAL ONTARIO INTERGROUP

OCTOBER 2017



The first weekend of October was Thanksgiving...how easy would it have been to write about gratitude?! Honestly, I was planning on using it as my October topic, until I saw this quote. It clicked with me and I figured I would head in a less predictable direction.

The OA program has been the catalyst that has brought around more positive change than anything else in my life. Pretty big statement, but it's 100% true.

I have tried multiple avenues of therapy to bring about some sort of shift in my obsession with events in the past, the worry of things yet to be and the effect both were having on my present.

Almost every "self-help" program has benefitted from my financial contributions through book or workshop purchases. Not to mention, every single diet solution

known to man-kind, thinking that losing my excess weight would finally "free me".

Now, don't get me wrong, I picked up many valuable tools that I still use daily and I will always seek ways to better my mental and physical self. The difference being that now I am looking for this new knowledge, with a healthy, clear mind, knowing that a stagnant life is not what I want to live.

It took the 12 steps and traditions of OA to finally open me up to the idea that dealing with my past issues openly and honestly, would enable me to truly let them go. I had lived so long in denial and thinking that I had let things go, when in fact, a day wouldn't go by that my mind wasn't filled with the fear and worry, resentment and anger. Who knew that what I feared the most about program (steps 4, 5 and 9) would be so freeing and healing.

I grew up in a household where "suck it up, buttercup" was an unspoken rule. Where my mother was so damaged from her past and my father so preoccupied with "what others thought", that I felt I needed to bottle up my trauma and not ask for help in dealing/learning about the experiences.

Perhaps the key in OA is that we are all walking a similar path. Our stages in life, traumas, losses or destinations may be radically different, but we all have issues in how we behave with and around food. Finding that similarity in others has made me feel safer than ever before, and has enabled me to share so openly.

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Seeing through my new "OA eyes" I can see how my anger and resentment, fear and worry were acting as an anchor that where keeping me trapped and fighting to stay afloat in life.

Shining 4<sup>th</sup> Step light on my past traumas and resentments helped to start the process of owning my part, starting healing and forgiveness. I learned in sharing my 5<sup>th</sup> Step that forgiveness isn't condoning or allowing someone's behavior to continue, it's about freeing myself of the connection to the negative energy. And doing my 10<sup>th</sup> Step inventory daily keeps my honest and also stops any of my old behaviours or attitudes from building up. I deal with issues as they arise and let them go.

So, be like a tree for a change...feel the freedom of letting go of the things that no longer serve a purpose. Who knows what magic and opportunities could be waiting to happen!

With gratitude,  
Shauneen.

## **For Today:...**

*"Not everything that is faced can be changed, but nothing can be changed until it is faced."*

- James Baldwin

There is a reason for each one of the twelve steps. I cannot pick and choose the ones I want to take and skip the rest. The thought of doing steps four, five and nine have made many a brave soul quake, and I am no different. But my longing to change my life is stronger than my fear. Like other oppressed people, I must

gather the courage to face the forces that oppress me – childhood pain, old ways of thinking and responding learned long ago.

Taking these steps is an ongoing process, revealing new truths each time around. It is an interesting search, and a rewarding way to live.

**For Today:** All the promises of recovery can be mine if I want them. This program shows me what to do.

(For Today, pg. 171, June 19)

## **Voices of Recovery:...**

*"It is only when I give up that I see the answers God put before me. It is only when I stop trying to control that my life goes smoothly."*

- For Today, p. 17

This is truly one of the greatest paradoxes of program. I was told early on in program that when faced with a paradox, I am looking at a profound truth. To let go is to find—to surrender is the greatest victory. My way has not worked. For my serenity I need the courage to turn it over to my Higher Power, asking for the strength to do what I cannot do myself.

The strength, the presence of my Higher Power, has always been there in my life, but my love affair with food was the block that prevented me from feeling this flow of power. The more I tried to control my food, the worse it became. By entering OA, by relinquishing my will, by asking a sponsor for help, the miracle became possible—one day at a time. Not a cure, but a daily reprieve depending on my

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willingness to be willing, and on my willingness to be teachable.

## Region 6 OA Convention in Toronto is next weekend!

If you are attending, please head to [www.OAOntario.org](http://www.OAOntario.org) for service opportunities. Every bit of time and level of service will help to make this event a success.

As well as the fellowship, we look forward to hearing the experience, strength and hope from OA members across the region, some with 30 years plus of recovery! Looking forward to hearing the four keynote speakers, usually speaking after meals.

Raffle basket donations can still be made. Email [jsthiltaire7@twcny.rr.com](mailto:jsthiltaire7@twcny.rr.com) for details or to offer a submission. All proceeds will help offset convention costs.

## Temporary Relocation

Locke Library meeting moved to Northern District Library, 40 Orchard View Blvd., Toronto from September 6 to November 8

## Intergroup Service Opportunities

Just a reminder that we have some openings for service positions.

The Website Chair position is currently available and the Calendar/Special Events position will also be available at the end of 2017.

Literature, By-law, Finance & Public Information chair positions are also still open.

If you are interested in stepping up your program by doing service, visit the OA website to see the position descriptions. You can contact the [chair@oaontario.org](mailto:chair@oaontario.org) to let us know you are interested.

Chair positions can be filled by members with six months of abstinence. For descriptions of the positions, please visit [www.OAOntario.org](http://www.OAOntario.org). Please note that some of these positions can be fulfilled remotely and do not require members to travel to Intergroup.

## Overeaters Anonymous Online Resources

Visit these websites to get the most up to date information and resources (including new literature, workshop info, podcasts and more from Overeaters Anonymous globally and here at home.)

OA World Service

Homepage: [www.OA.org](http://www.OA.org)

OA Region 6: [www.OAregion6.org](http://www.OAregion6.org)

OA Ontario Intergroup: [www.OAOntario.org](http://www.OAOntario.org)

A Vision 4 You Telephone Big Book

Meetings: [www.avision4you.info](http://www.avision4you.info)

OA Official Facebook

link: [www.facebook.com/overeatersanonymousofficial](http://www.facebook.com/overeatersanonymousofficial)

OA Lifeline

Magazine: [www.oalifeline.org/login](http://www.oalifeline.org/login)

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Please submit your stories of experience, strength and hope to The Abbie [abbie@oaontario.org](mailto:abbie@oaontario.org) or directly online <http://www.oaontario.org/submit-material/> by the 25th of the month. Thank you for your service!

Please note that all website links worked at time of publishing.

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## Intergroup Service Board

- Chair: Eva  
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- Vice Chair: Lynda  
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- Past Chair: Ben  
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- Treasurer: Irene  
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- Region 6 Rep: Lynda  
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- World Service Business Conference Delegate: Eva  
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## Committee Chairs

- Technology Chair: Ben  
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- The Abbie Chair: Shauneen  
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- By-law Chair: Bob (interim) **Vacant**
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- OA Convention Chair: Marlene  
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- Meetings Chair: Lynda  
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- Finance Chair: **Vacant**  
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- Literature Chair: **Vacant**  
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- Relocation Chair: Lynda & Ben

## Monthly Intergroup Meeting

All OA members are welcome and invited to attend.

Central Ontario Intergroup meets on the second Saturday of each month at 830 Bathurst Street (main floor), 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 the information back to the group.