

September • October 2017

 **OVEREATERS
ANONYMOUS®**
Connecticut Intergroup

SPONSOR AN ISSUE!
GIVE SERVICE WITH A SMILE!!!

WHAT'S HAPPENING?

NEW MEETING • SEPTEMBER

Overeaters Anonymous 12&12
Connecticut Baptist Homes
292 Thorpe Ave. Meriden, CT
Sunday 7:00 – 8:00PM • Game Room
Sharon K • 860 770-1557

September 15-17, 2017,

2017 A VISION FOR YOU CONVENTION

The Power of the Big Book Weekend
Northern New Jersey
Newark Liberty International
Airport Marriott • 1 Hotel Rd.
973-623-0006

September 25, 7:00

MANCHESTER MONDAY MEETING

24th ANNIVERSARY - 3 SPEAKERS

Saint Mary's Church,
41 Park St, entrance on Church St.

September 16

OA REGION 6 FALL 2017 ASSEMBLY

Hilton Garden Inn
Albany Medical Center,
62 New Scotland Avenue, Albany, NY.
oaregion6.org/en/r6-assembly-2/
r6-assembly/

Oct. 20 - 22

2017 REGION 6 CONVENTION

Sheraton Parkway
Toronto North Hotel and Suites.
Richmond Hill, Ontario.
oaregion6.org/2017

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KEEPING CONNECTED

TO MY COMPULSIVE OVEREATING DISEASE

Free. Free. Free.

Free from your clutches! No longer blind- I am learning how you operate. I'm shaking you off finally, like the boyfriends that weren't good for me, the ones that I kept giving another chance. They say insanity is doing the same thing over and over again, but expecting a different result. I pray that God has kept me sane, because I want this time to be different. I'm ready to say goodbye for good.

Free. Free. Free.

Free for 18 days from your calling. Free from waking up ashamed, and free from stomach aches. Feeling proud each morning for the day before. Feeling and seeing my body become healthy. Knowing that I'm honoring the person God wants me to be. Knowing that I'm taking care of the vessel God gave me. Abstinence is my food for the heart and soul. So what do I need you for anymore?

Free. Free. Free.

Looking back on all the pain you've caused me. Letting you back in, over and over. I look back with disgust, hate, remorse, painful memories. But my past is part of me. This is my journey. Because of you I can bring value to other people. Now that I'm finally becoming free.

Free. Free. Free.

Every day God is guiding me. God is helping me to grow spiritually.

God is sending help through his angels. Through the people he has put in my path. So that I can truly heal. So that when you call, I'm strong enough to know what you are doing. Strong enough to say "No, not this time." No longer the naive girlfriend. This girl is wising up! Goodbye. And Good riddance!!!! ~Anonymous, Rockville, CT,

PERSONAL STRUGGLE

At a recent meeting I heard some active OA members share about their personal struggle to achieve abstinence. My heart was open to each one as I remember the feeling of defeat and shame when my own will took precedence over my Higher Power's will. But as I get to know and understand my Higher Power better each day I know that I must take excellent self care to be able to avoid the emotional and spiritual slips. I believe my Higher Power wants me to be full of spirit and love, helpful to those who may want it, and patient with myself and others. Self care includes the tools of OA (meetings, sponsorship, step work, journaling, plan of action ...) but it also may include getting a massage, deep breathing, getting enough sleep, and/or preparing my food in advance of my day so I will always have what I need. It feels good to know myself, and what I need, but it also feels great to understand the will of my Higher Power.

~Lauren, Rockville

*The opinions expressed here are the writers' and do not necessarily represent OA as a whole.
We reserve the right to edit all submissions.*



**Volunteers for
ALL Intergroup
Committees
Needed**

- Inspire Other Members
With Your Journey
- Share the Story of
How OA Helped You
- Describe Your OA Experience

Please email
Your Stories to:
artistjudi@sbcglobal.net



WOW!

What a great experience several of us from Region 6 OA enjoyed recently. From CT, MA, VT and NY we gathered to enjoy time together and work on the 12 steps of OA at the Genesis Retreat Center in Westfield. Our retreat leader was experienced in the process of OA following several years' membership in OA and service as a sponsor and other areas of service. Her messages were clear and very well expressed. It was a pleasure participating in her presentation and playing the games she brought along to illustrate her points.

There were several offerings appropriate to our efforts to gain inner peace and understanding. Included were: yoga classes, both chair and standard mat/floor; a creativity workshop and preparation of a group song adapted by one of our members to an OA prayer; an AM meditation hour; a handcrafted vision board; nature walks both around the grounds and in Stanley Park; workshop on trauma recovery; and on Saturday night we enjoyed a Karaoke Club party for all. I enjoyed some private meditation time walking through the labyrinth on the property.

One of the events very helpful for me was the work we did on Step 4. I worked on this project with a fellow member from western MA who had similar issues to mine. We explored relationships from the distant past, family mostly, and saw things from a different viewpoint than we've seen before. I saw myself taking stock and beginning to develop a path toward improving those relationships and my worry about them. Step 4 seems a lot less intimidating now.

Another very meaningful exercise for me was work around certain words used in the Serenity Prayer. The retreat leader offered a selection of colored gift boxes with matching envelopes. Inside each envelope was a 2-3 paragraph message about one of the words in the SP. For me this was a very emotional and helpful experience and one I'll not soon forget.

This retreat was well worth the time, effort and money spent. Keep your eyes open for announcements of such events in the future.

~Glenna V, West Hartford

**WHAT I LIKE BEST ABOUT OA
AND WHAT KEEPS ME
COMING BACK?**

The first thing is the face to face meetings. I really enjoy hearing people's stories of experience strength and hope. I like the feeling I get when when I leave a meeting no matter what I'm feeling when I get there. I like the hugs. I really like that during sharing people listen without interruption. I've been in OA many years and I keep coming back because it's helped me change and grow healthier in body, mind and spirit. I know what it can be like to feel happy joyous and free. And the Big Book promises do come true. This program does work as long I work it as described in the Big Book and use the 12 steps and the tools.

~Anonymous

**6 Emotions Leading to
Compulsive Overeating**

- Anger • Fear
- Dishonesty
- Resentment - Expectations
- Self-pity - Selfishness -
Self-centeredness
- Intolerance - Critical,

Judgmental

*- © Oasis Central Midland Intergroup of
Overeaters Anonymous, April 2011*

INSPIRATION

I am not such a bad or unusual person. One day at a time, I can do it just like everybody else, and if I work at it, God will help me.

*Lifeline,
September - October 1976*