

CONNECTICUT INTERGROUP

Serving the Connecticut Counties of Hartford, Litchfield, Middlesex, New London, Tolland & Windham

OA Intergroup # 09054
PO BOX 1275
MANCHESTER CT 06045



OA NEWSLETTER



November, 2009

Upcoming Intergroup Meetings

3rd Monday of each month, 7:00p.m. at St. Mary's Church, Manchester, or as shown below

Monday, December 21	Manchester
Monday, January 18	Manchester
Monday, February 15	Manchester

The Intergroup is coming to you!

To open the lines of communication with the meetings, your Intergroup will be holding several meetings a year within regularly scheduled meetings. The first group to host this outreach is the Monday Avon group, as above. If your group would like to host a meeting, contact us through the website or call Sue at (860) 895-8045

HEARTLINE

No contributions were received for this column this month. The suggested topic was "What OA Meetings Mean to Me." It can't be that meetings aren't important to our members, so it must be that YOU don't think what you have to say would be worth writing. Well, you are SO wrong! A newsletter can't survive with only one person contributing, so please step up and help fill this page. It can be just one quick sentence or a few paragraphs or a whole page, whatever you would like. If what you would like to say doesn't fit the topic, write it anyway (as long as it's OA-related).

OA LITERATURE, BARGAIN PRICES!

Did you know that the Intergroup offers OA literature for purchase at the list price with NO shipping fee? Good deal! Anyone attending an Intergroup meeting as a representative or a visitor may purchase literature for their group, either bulk or single orders. To confirm supplies, you may call Sue at 860-895-8045.

Intergroup Officers for 2009

Chairperson	Wendy B.
Vice Chair	Anne B.
Treasurer	Esther B.
Recording Secretary	Sue H.
Corresponding Secretary	Mary (Manchester meeting)

Phone#: 860-218-8550 Website: <http://www.connecticutoa.org>

OA World Service Office:

PO Box 44020
Rio Rancho, New Mexico 87124-4020 USA
Telephone: (505) 891-2664 Fax: (505) 891-4320
E-mail: info@oa.org Web Site: www.oa.org

UPCOMING EVENTS

(See www.connecticutoa.org for details)

Annual Thanksgiving Day Meeting **Stratford, CT**
Grace Lutheran Church (see flyer attached)

December 12 **Holiday Meeting & Celebration Potluck**
5 PM - 8 PM. Southwick Cong. Church, Southwick, MA

Sponsored by the Southwick and Westfield Meetings
(See Flyer attached)

January 2, 2010, 8:30 – 3:00 **OA Marathon**
Feeding Hills, Mass, sponsored by Western Mass Intergroup
(See flyer attached)

January 1 to 3, 2010 **Annual Winter Retreat**
Greenfield, N.H., sponsored by New Hampshire Intergroup
(See flyer attached)

OA MEETING LIST

A meeting list is always available to download at the Intergroup website: www.connecticutoa.org.

Please use the website to report any changes such as contact person names and phone numbers.

For a list of Connecticut meetings outside this Intergroup area, go to: www.swctoa.org

OPPORTUNITIES FOR STEP 12 SERVICE

1. OA World Service voted last Spring to designate December 12th of each year as the **“Twelfth Step Within Day,”** a day to reach out to current members or those that have not been coming lately. This year the date falls on a Saturday. Plan to give a call to someone you know from the rooms who may be needing your support.
2. Volunteer to chair the Intergroup's P.I. committee, finding ways to spread the OA message to those still suffering. Or volunteer to be part of that committee. If you are interested, show up at the next Intergroup Meeting or call Sue at 860-895-8045.
3. Print out the “Is Food A Problem?” flyer attached to this E mail and tack it up in a local food store, library, laundromat or wherever!

MEETINGS THAT NEED SUPPORT

Tuesdays, Terryville

Recovery Story

“Smallest Benefit”

I can't recall a time when I wasn't obsessed with food. I would fantasize about junk food and takeaway food, planning elaborate feasts in my mind. I seem to have been born without an off-switch regarding food, especially high-fat and high-sugar foods. I got steadily fatter, my top weight being close to 150 kilograms (331 lbs).

I was ashamed of my size and afraid of the ridicule I received in public, so I hid, refusing to socialize. I hid my emotions as well, blocking myself off from other people. I ate because I was sad, angry, happy or bored.

My typical day included waking up with physical symptoms from bingeing (diarrhea, constipation, wind, torn lips and abraded soft tissue in my mouth). I would resolve never to do it again. By mid-morning the cravings would start, and I'd spend the rest of the day obsessing over food. By evening I'd “snap.” The resulting binge might include two or three of any of the following: a double-size takeaway meal, a family-size sack of chips, a block of chocolate, a liter of ice-cream, an entire cake or a package of biscuits.

As a result of coming to an OA meeting 18 months ago, I've lost most of my excess weight and have a normal-size body. I don't weigh myself or think about dieting any more. I have people I can call and strategies to put in place when food cravings strike. I also have ways of dealing with my emotions and the accumulated emotional baggage I've been carrying around.

In OA I met other people who had used food as I did. I listened to their stories and advice and called them to find ways to get through things without eating excess food. I felt hope, love and acceptance for the first time in my life. I learned to live my life as I am, in the day I am in.

I'm not going to deny that losing over 50 kilograms (110 lbs) makes clothes shopping a lot more fun, but the weight loss is the smallest benefit OA has given me.

— *Victoria, Australia* *Reprinted from Lifeline magazine, January 2009, p. 5*

Any other anonymous group is welcome to reprint this newsletter without permission.