

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

February, 2010

Upcoming Intergroup Meetings

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

Monday, March 15	Manchester
Monday, April 19	Manchester

Monday, May 17	Middletown
Hosted by Middletown Monday Night Meeting	
7:00 PM	
Holy Trinity Church	
381 Main Street, Middletown	

Monday, June 21	Manchester
Monday, July 19	Manchester
Monday, August 16	Manchester

TUESDAY, Sept. 21 hosted by OA Enfield

Monday, October 18	Manchester
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The Intergroup is coming to you!

The Intergroup will be visiting two groups in 2010, as shown above. If your group would like to host a meeting, contact us through the web site or call Sue H. at (860) 895-8045.

HEARTLINE

Make this YOUR newsletter! With every issue we will include items written by our members on a given OA topic of the month. The contributions for this issue are on page 2. For the next issue, please submit your thoughts (from one sentence up to 400 words) on the following topic:

“My Favorite OA TOOL”

We'll include as many as we can - this isn't a competition! What you write doesn't need to be perfect --write from the heart, and it will be perfect. Send your piece to Sue H. at: suhg@att.net. Give your first name and home meeting. If you don't want your name or meeting shown, just indicate that in your Email.

VOLUNTEERS NEEDED URGENTLY!!!!

The Workshop Marathon is a month away, but no person or group has volunteered to manage the clothing exchange that day. Please bring this up at the meetings you attend. We MUST have a chair and helpers for the clothing exchange, or it will have to be cancelled. To volunteer, call Sue V. at 860-871-6298 or send an Email to her at candlewood9153@comcast.net.

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INTERGROUP 2010 WORKSHOP MARATHON – SATURDAY, MARCH 20TH, 8:30 AM - 3:00PM



THEME: WALKING THE WALK: OUR PATHWAY TO RECOVERY

NEW LOCATION: Unity Church of Hartford in South Windsor (directions on the last page)



We hope to be able to offer a clothing exchange again this year, along with the “Clothing boutique,” which was a very popular feature last year. There will also be two sets of workshops, a Keynote Speaker and a raffle. Admission donation remains \$5. All proceeds will support the work of your Intergroup. For the lunch break you may bring your own lunch or visit a local restaurant – information will be at the registration desk. To volunteer your services for that day, please contact Sue V. at 860-871-6298 or send an Email to her at candlewood9153@comcast.net

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HEARTLINE -- OUR MEMBERS SHARING THEIR EXPERIENCE, STRENGTH & HOPE

TOPIC: "What OA Meetings Mean To Me."

From Angela, W. Htfd: OA meetings mean hope to me. They give me a chance to connect with others who share my experiences with food addiction. They give me a place to be with others who understand how I think and feel. OA meetings are a place I can be part of and not just on the outside looking in. OA meetings give me answers in how to deal with life. They give me the love and support I need when I am feeling overwhelmed or lonely.

From Robin, Avon: 22 years ago I walked through the door into OA. At first glance I was intimidated and not sure those "elder stateswomen" had what I needed. They sent me to a "younger" peoples' meeting and I knew I was home. OA said out loud what I kept all built up inside. In those 22 years it's been an up and down journey physically, emotionally and spiritually. Until this past year, the seriousness of this disease hadn't really impacted me. I was more focused and concerned with the physical. Today, having seriously worked the steps, become a more active part of the fellowship through service, practicing prayer and meditation and giving back through sponsorship, my program is finally, one day at a time, just for today – my life.

From Lynn, Terryville: A place to slow down, ground down and be present to listen to others share about the disease of compulsive over-eating and the solution. I can be rushed, harried, over-caffeinated, overtired, hungry, angry, excited, spacey and invariably a meeting will bring me back to the present moment – which at this moment is Abstinent and grateful for the program.

CLOTHING EXCHANGE DONATIONS

Trusting that someone will come forward to head the clothing exchange, we ask all members planning to attend the marathon to bring with them ONLY gently-used clothing to donate (please make sure donations are clean and in very good shape). We will offer the best of the donations for \$1 a piece in a "Clothing Boutique," very popular last year.

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RAFFLE DONATIONS NEEDED

The raffle event at the workshop marathon is a lot of fun for our members! In order to make it a success, many donations will be needed. Most come from our member meetings, a few from individuals.

Please ask each of the meetings you attend to donate an item for the raffle. In the past, meetings have donated OA literature, a subscription to "Lifeline" or a gift basket with items related to a theme such as self-pampering products, gardening gear or household helper supplies. But feel free to get inventive!

Individual members also are encouraged to donate new or like-new items such as a Christmas present you're not ever going to use.

When you have something to donate, please contact the head of the raffle committee, Diane, at careydk@comcast.net, or call her at 860-874-3555. And Thank You!

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UPCOMING EVENTS

CT Intergroup Workshop Marathon Saturday, March 20
8:30 AM to 3 PM Unity Church of Hartford
See flyer attached to this newsletter Emailing

Western MA Intergroup Retreat June 4,5 & 6
Genesis Spiritual life Center, Westfield, MA
**Partial scholarships are available! www.oawmass.org

Southeast CT Intergroup Retreat June 18,19,20
Incarnation Center, Ivoryton, CT
For more information: www.swctoa.org

OA International Convention/ 50th Anniversary Celebration!
August 26 thru 29, 2010 Los Angeles, California
www.oa.org
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SPECIAL EVENT at St. Joseph's College, West Hartford.
Tuesday, February 23 at 7:30 PM

OA member, Alyssa, has been invited by St. Joseph's College to give a presentation on what OA is all about. She needs some fellow OA members in the audience to help with questions after her 30-40 minute presentation. If you can make it, contact St. Josephs for directions to the "Rosary Lounge."

Opportunities for 12 Step Service

1. Make copies of this newsletter & attached flyers & bring them to your meetings.
2. Volunteer to head the Public Information Committee for the CT Intergroup.
3. Donate something VERY nice to the clothing exchange or raffle.

DRIVING DIRECTIONS TO MARATHON

Unity Church of Hartford, 919 Ellington Road, South Windsor, Ct

FROM HARTFORD: 91 North to exit 35A (Rt. 291), take exit 4 off Rt. 291. Go to the light staying in right lane but do not turn right. You will go straight through light crossing over Rt. 5 onto Rt. 30 (you will be facing granite signs that say "Welcome to South Windsor") Follow Rt. 30 approximately 2 miles and we will be on the right-hand side.

FROM SPRINGFIELD: 91 South to exit 35A (Rt. 291), take exit 4 off Rt. 291. Go to the light (staying right) and continue straight across the road to Rt. 30 (you will be facing granite signs that say "Welcome to South Windsor") Follow Rt. 30 approximately 2 miles and we will be on the right-hand side.

FROM WEST HARTFORD: 84 East to exit 62 (Buckland Street). At the end of the ramp make a left onto Buckland St. and follow for 2 miles until you come to a four way intersection with Rt. 30. (A white church will be directly in front of you) Make a left onto Rt. 30 and we will be 1.5 miles down on the left hand side.

CONNECTICUT INTERGROUP MEETINGS

(Third Monday of each month at 7:00 PM @
St Mary's Church, Manchester, CT)
From Route 91 connect to Route 84 using Route 291,
then connect to Route 384

OR

From Route 84, connect to Route 384

THEN....

FROM ROUTE 384, take Exit 3
At end of ramp, go right onto Main Street .
At the 6th traffic light after the ramp, Left on Park Street
At end of 1st block, see St Mary's Church on the corner
of Park and Church Streets, on your right .
Go Right onto Church Street

The church is still on your right. See an annex attached to the back of the church. That is where the meeting is. You cannot park on the right side of the street,. Park on the other side or on the next side street(Locust Street). Enter the building using the ramp at the entrance closest to the main church building (just off the driveway) Once inside, make an immediate left into the room!

WHY HAS THE MARATHON MOVED?

The Intergroup regrets that it is no longer possible for us to use the church in Manchester that has been the site of our marathon for so many years. New regulations at the church do not allow anyone to rent the space for the afternoon hours on Saturdays. We believed that our members would not want to see the marathon cut down to such a short time frame, so we decided to move.

The Unity Church of Hartford, located in South Windsor, was available on a last-minute basis and offered the types of features we needed: a large meeting room with an attached kitchen plus at least two smaller rooms for our workshops and easy, adequate parking. The cost was much higher than we have paid in the past, but there was no other choice, given our time constraints. .

Going forward, we will be looking for another facility that might meet our needs more satisfactorily and hopefully cost less to rent. If you can suggest a facility for us to check out, please contact us through one of the officers or your own intergroup representative.

Intergroup Officers for 2010

Chairperson	Anne B.
Vice Chair	Wendy B.
Treasurer	Esther B.
Recording Secretary	Sue H.
Corresponding Secretary	Mary
Phone#:860-218-8550	Website: http://www.connecticutoa.org

MEETING NEWS

NEW LOCATION: The Terryville OA Tuesday meeting has moved to the Terryville Congregational Church, 233 Main St. (route 6), Terryville. 6:30 to 7:30 PM.

NEEDS SUPPORT: The Thursday night East Hartford meeting needs your support, please.

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