

INTERGROUP 2010 WORKSHOP MARATHON – ANOTHER GREAT SUCCESS!



“Wonderful!” “Beautiful!” “Bright and airy!” “Great parking” “Easy to find!” “Perfect!”

These were the words we heard about the new location of our annual Workshop Marathon this past March, which was clearly a big hit! There’s a good reason behind everything, and our initial distress over having to change the marathon location evaporated once the day began. The turnout was impressive, too -- double the amount of people in recent years. We had a fantastic team that put it together beautifully, headed of course by Sue V—great job, Sue! The Rockville Center meeting handled the registration beautifully, getting people on their way quickly. The raffle team from West Hartford, Saturday mornings, led by Diane, was amazing, both in the number of donations they generated and the efficient way they handled the announcement and delivery of the prizes. Fortunately for everyone, Mary stepped up to the plate to handle the Clothing Boutique, and there were a LOT of happy ladies who went home with their great finds. Well done, Mary! Our thanks and genuine gratitude also go out to the Glastonbury Sunday meeting who took on beverages and the Manchester Monday night meeting who always do such a good job of set-up and clean up for us. Anne was really grateful to John for his help at the literature table, and we all applaud Stacy T. for her choice of Keynote Speaker and break-out meeting speakers. Everyone did such a good job that now people want us to sponsor TWO marathons a year! Well, if more meeting representatives get active in the Intergroup, who knows what we could do!!!!

BUT, CAN WE DO BETTER? PUTTING OUT A CALL FOR HELP

There was one drawback to our use of Unity Church in South Windsor for the Marathon Workshop, which was the size of the rooms for the break-out meetings. Two of the three were too small, and the church has no other rooms. So we’re looking for another church for the next Marathon, next March. Please get in touch with the Intergroup Representative for your meeting or one of the other Intergroup Representatives if you know of a church that might meet our needs:

- Relatively central to the Intergroup territory
- Easy to find
- Good parking
- A kitchen we can use
- A large room for the main meetings and lunch
- Three break-out rooms that can each hold at least 20 people
- A room or area useable for the Clothing Boutique, preferably with coat racks, but not a requirement
- Available on a Saturday in March from about 7:30 AM to about 4:00 PM
- A low rental fee.

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

TOPIC: “My favorite OA tool.”

From: Chris C, Manchester, Monday Nite

Meeting My favorite OA tool is writing. For my 10th birthday I received a diary as a gift. It is a great treasure that I still have to this day, 30+ years later. I love that I can go back and read what a day in my young teen years was like. Going back over these pages at different stages of my life has also given me insight into what I was going through as a child. It has helped me to unfold some of the misunderstandings I have had of my past as well as provide myself and others with forgiveness.

At 10 years old writing became a release for me. All I knew was that when I did it I usually felt better. I am happy to report I still feel that way today. Over the last 30 years I have accumulated numerous journals. My life unfolds in those journals. Some are so joy filled that every so often I may go back and reread my words and feel that same joy all over again. Some items are so painful that I may never reread them but yet am comforted to know that they are there and not forgotten since they make up who I am.

I joined OA two years ago in February. Recently I reread my journals from two years ago to see what kind of progress I was having a bit of a hard time. I was so grateful that I have always used a tool of writing and was therefore able to go back two years, reread the journals and see the progress I have made. I needed to be reminded of the daily misery I lived in before this program. I was so disgusted with myself, cried all the time, was completely consumed by food and was desperate. Today my life is very different. Thanks to this fantastic program. The tools are very important. I continue to write in my journals.

As a child I often wondered who I was writing to but as an adult in OA I know that I am communicating with God. When I have concerns, most of the time solutions come to me through writing. If I am having a hard time with something and I write I am reminded that I can give it to God and that by writing it down I have done exactly that - I can then walk away from the book knowing that my concern is in that document and I can go in peace while God takes care of it. I also write when I am feeling joyful. This is a great way for me to connect to God and feel completely blessed and humble.

Interestingly since being in OA I have also realized that there are gaps in my journals which I have discovered were due to times when I shut God out of my life and closed my self off to the world. I can see that now for what it is. These are lapses in my life journals, periods of great sadness and disconnect. However, I am grateful today that I have OA. Through OA I have a better understanding of why the tool of writing is so important to me and why it works for me. I love that I am able to hear God and stay connected to Him through pen and paper.

From Stacy T.

One of my favorite tools is writing. I can get real intimate on paper and tell my secrets to God here before I tell a trusted OA friend. I get in touch with what is really going on. Writing has lead to the tears that needed to flow, the anger that was to be released, the insights to be seen and the gratitude and joy to be felt and realized.

Writing helps me to get to know the true me. By putting my step work on paper and then reading it to my sponsor, I usually get to the core of what is going on quicker than by only verbalizing my work. The better I get to know myself the more I can start working on whatever needs to be loved, accepted and changed within me.

I had always found it easy to focus on my defects and what I didn't like about myself. Now, instead, when writing a fourth or a tenth step, I make sure that I include not only traits that I would like to change, but also my accomplishments, what I love about myself, what I am grateful for (because gratitudes

truly do change my attitude), strengths, and anything that affirms the wonderful aspects of who I am.

I feel comforted by starting my journal with "Dear God," ironic coming from someone who despised the word "God" before entering OA. But now I realize that my Higher Power loves and accepts me deeper than I can comprehend. So no matter what I put on the piece of paper, I will be loved unconditionally by God and more often by myself. The better I get to know myself, the sooner I will be able to become the person I desire more and more. Thank You, God, and OA for the tool of writing.

UPCOMING EVENTS

Tuesday Night, Enfield Anniversary Celebration

May 19 See attached flyer

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 Int'l Convention/ 50th Anniversary Celebration!
August 26 thru 29, 2010 Los Angeles, California

www.oa.org

HELP!

THESE EMAIL ADDRESSES ARE WRONG – CAN ANYONE CORRECT THEM FOR ME?

Ebedarz01@snet.net
Melody-whuk@yahoo.com
lingall@sbcglobal.net
smallmirealesize@yahoo.com

MEETING NEWS

None submitted. Use this section to let other meetings know about an event your meeting is putting on, such as you anniversary celebration!

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

DIRECTIONS:

Middletown Monday Night Meeting

The May Intergroup meeting will be held here:
Church of the Holy Trinity
381 Main Street
Middletown, CT

From Hartford:

91S to Exit 22 (Route 9S).
From Route 9, Take Exit 15 (Washington Street – Route 66)
Follow Washington Street to the light at the intersection of Main Street.
Take a left onto Main Street.
Very shortly, there will be another light on Main Street.
Take a right at this light into the entrance to the Church.

From Avon

84W to exit 35 (CT-72E)
Merge onto CT-72E
CT-72E becomes Route 9S
From Route 9S, take exit 15 (Washington Street – Route 66).
Follow Washington Street to the light at the intersection of Main Street.
Take a left onto Main Street
Very shortly, there will be another light on Main Street
Take a right at this light into the entrance to the Church.

From Terryville

Take Route CT-72E.
CT-72E becomes Route 9S
From Route 9S, take exit 15 (Washington Street – Route 66).
Follow Washington Street to the light at the intersection of Main Street.
Take a left onto Main Street
Very shortly, there will be another light on Main Street
Take a right at this light into the entrance to the Church.

Notes

1. Parking: Upon turning right into the entrance to the Church, follow the driveway to the back. Park in the back lot. If this lot is full, continue thru the lot and take left.

Can park in the designated areas along this road and/or in the small parking lot halfway down on the left. If all of the previously mentioned areas are full, there is a large public parking lot to the left of the church. To

reach this lot, follow the church exit road and turn left on Main Street. Take the first left onto Washington Street. From Washington Street, turn left on Broad Street. The Public Parking lot will be very shortly on the left. From this lot, there will be a gate/opening in the fence on right that leads into the Church back parking lot.

2. Entrance: From the Church back parking lot, head toward the right side of the church (the opposite side from which you entered). On the left, you will see a small courtyard garden. To the left of the garden, you will see steps leading up to a red door. Enter the church thru this door. Once inside the church, turn left and follow the hallway to the end. Turn right into the daycare room and another right into the Choir room. Our meeting is held in the Choir room.

To submit changes to the Intergroup Meeting List, send an E mail to the Web Site. To request a listing in the newsletter, send an E mail to: suhg@att.net.