

January • February 2022

**OVEREATERS
ANONYMOUS®**
Connecticut Intergroup

*Share your Experience, Strength and Hope
on a Step or Tradition - A Great Way to do Service.
Service is Important to Abstinence and Recovery.*

www.connecticutoa.org

WHAT'S HAPPENING?

- CT. INTERGROUP Meets
- 3rd Monday of Each Month
- 7-8:30 PM



CHECK SOME PODCASTS
avision4you.info

CTIG Workshops Recordings
connecticutoa.org/favorites2.html

REGION 6

CONVENTION RECORDINGS

Now available on R6 website!
Look for "PODCASTS"
on oaregion6.org
or go to
[https://oaregion6.org/resources/
region-6-podcasts-convention-
audio-files/](https://oaregion6.org/resources/region-6-podcasts-convention-audio-files/)

SATURDAY MORNING

WH MEETING

The meeting voted to resume
in person meetings.
The church is available

Newcomer & Renewal Meetings

Wed. 10 am Bristol: Zoom
Wed. 7 pm Windsor: Zoom

PRODUCTION:
Judi G., Janet N.

SUBMIT TO:
artistjudi@sbcglobal.net

860.840.2475 For Information

KEEPING CONNECTED

FROM YOUR CTIG CHAIR

Greetings! I'm Kimberly, a compulsive overeater in Bloomfield, CT and *your new CTIG chairperson*. If you don't know me, I've been OA for 35 ½ years and have been abstinent and maintaining a healthy body weight for 35 years. I have been very involved in OA service in recent years, and am grateful for the opportunity to be your Intergroup Chair in 2022!

At our December Intergroup meeting, we voted on an updated Strategic Plan and held elections. The rest of our 2022 Board is as follows:

Vice Chair - Wendy B, Treasurer - Wayne R, Recording Sec - Ken H, Corresponding Sec - Mary H, Region 6 Reps - Donna G, Michelle N, Wayne R, WSBC Delegates - Don C, Kimberly C.

Outgoing Chair Don C led us through a discussion on updating our Strategic Plan for the next three years. The Strategic Plan defines the areas we want to focus on to carry OA's message of recovery to compulsive eaters (in and outside of OA) in our Intergroup area. We decided to keep the six goals from our previous plan and to add one more:

Strategic Goals 2022 – 2025

1. *Help members strengthen their personal recovery.*
2. *Increase the number of sponsors.*
3. *Increase the number of newcomers.*
4. *Increase the retention of newcomers.*
5. *Help those in relapse.*
6. *Increase outreach activities, especially to health care professionals.*
7. *Inspire people to give more service.*

The Strategic Plan sets the direction we want to go in, and the next step is to develop an Operating Plan outlining the specific things we want to do to carry out the goals. That discussion will take place at our next Intergroup meeting on January 17th at 7:00 pm. We invite you all to join us to help identify the workshops and activities that we will do in 2022! CTIG did a great job in carrying the message last year, and your IG reps are very energized about the opportunities we have this year. Feel free to join us for action planning on 1/17 or as a visitor at any IG meeting (the third Monday every month)!

Warmly, Kimberly

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



TOOLS OF RECOVERY

A Plan of Eating

Sponsorship

Meetings

Telephone

Writing

Literature

Action Plan

Anonymity

Service



STEPS 1 & 2

Step 1: *Powerless*: I can't... I can't stop eating sugar once I start; I can't stick to my diet. No matter how desperately I wanted to lose weight and look like a normal person, I always cheated on the diet, ate just one sweet thing – and then I was back out of control again.

***Unmanageable*:** My life was spinning out of my control. If I had to run 5 minutes to get to the bus stop before the bus left, my chest hurt and I was out of breath for 20 minutes. I lost 50 pounds and gained 60 back in two months. It was hard to find clothes in my size. I hated myself for being fat, so I ate more.

***The Surprise Gifts of Step 1*:** Other people in OA were people just like me; I was not a freak. They said they were sick, not bad. Admitting powerlessness allowed me stop fighting the food (a minute or a day at a time). Seeing my unmanageability helped me stop fighting.

Step 2: *A power greater than me*: People in OA had found more power than I had, because they were no longer bingeing when they wanted to follow their food plan. They were able to stop eating when they wanted; they stopped eating sugar... That meant there must be some power greater than me.

***Sanity*:** It was pretty crazy to binge because I hated being fat. I knew it wasn't rational to hide my eating because people could plainly see I was fat. So, if the OA's could stop doing all this crazy eating and maintain a weight loss, that was enough "sanity" for me to get started.

Came to Believe - hope: I remember thinking, if she could lose 100 pounds (!!), maybe something good could happen for me... If she could go to the party and not be obsessed with the food (and hide in the kitchen to sneak-eat), maybe there's hope.

***The Surprise Gifts of Step 2*:** This power greater than myself did not have to be spiritual or religious. I began to see there was a power greater than me in OA because something was working for these people! The warmth, compassion and experience of the recovered people in the rooms gave me HOPE for the first time in years. I came to believe that maybe something in OA could help me, too.

Anonymous in CT

TRADITIONS 1 & 2

1. ***Our common welfare should come first; personal recovery depends upon OA Unity.*** No group, no recovery. Without the group, we will not get well and stay well. OA unity is a matter of life and death to us, so we have to do whatever needs to be done to keep the group and our meetings healthy and undivided. This doesn't mean we agree on everything! It means we put the common welfare of the group and OA above our own personal viewpoints, ambitions and desires.

2. ***For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.*** In OA, the group conscience process determines policy and practices at the group, intergroup, region and world service level – all within the framework of the Steps, Traditions and Concepts. Members step up to do service and elect leaders to do the things that the membership agrees need doing. The group conscience process means that all OA members share a responsibility for OA's operation. There is no "they" and "them" in OA, only "we" and "us." If it is to be, it is up to each of us

Don C., CT