

July • August 2021

**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
Tabs for Recorded Meetings
Click & Play



New SECTOA Meeting
Sundays 10-11:15am
Topic: Body Image, Relationships
& Sexuality Book
Contact Person
Tricia at 860-442-3736.



QUICK STEPS
Cover the Twelve Steps
in 5 weeks with 6 others.
For Info/To Register
Sharon K. at 860 770-1557
skupiec@hotmail.com



Newcomer & Renewal Meetings
Wed. 10 am Bristol: Zoom
Wed. 7 pm Windsor: Zoom



To Be Added to
FRIENDS OF INTERGROUP
Announcements
Send an email to
secretaryCTIG@gmail.com



PRODUCTION:
Judi G., Janet N.

SUBMIT TO:
artistjudi@sbcglobal.net

860.840.2475 For Information

KEEPING CONNECTED

WORLD SERVICE: STRONG ABSTINENCE CHECKLIST

Use this valuable tool every day to support you
in keeping your abstinence strong and intact.
You may also use it as the focus for meetings and workshops.

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

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CONNECTICUT INTERGROUP HAS ESTABLISHED A SPEAKER BANK

to connect speakers and meetings - 60 days of abstinence,
willingness to qualify, or speak on the Big Book or the Steps are needed.

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

Connecticut Intergroup
STRATEGIC PLAN
2018-2021

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.

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**ABSTINENCE
DEFINED**

Abstinence in Overeaters Anonymous is the action of refraining from compulsive overeating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional and physical recovery is the result of living the

Overeaters Anonymous

Twelve-Step program.

REMEMBER:

- EASY DOES IT
- ONE DAY AT A TIME
- JUST FOR TODAY
- KEEP IT SIMPLE



GET ON WITH IT!



When I am doing something, I am also thinking.

However, I can think without doing anything.

So to take action, I pray and trust all results are now God's job.

Because contrary to what I learned prior to recovery, I don't learn by thinking; I learn by doing. All mistakes and successes are equally valuable and necessary in the process.

What a relief!

I am now free to step into life with complete abandon knowing God has me covered.

John L., West Hartford

WORLD SERVICE: STRONG ABSTINENCE WRITING EXERCISE

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviors that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy bodyweight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviors?
- 10) What tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

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