



CONNECTICUT INTERGROUP - OVEREATERS ANONYMOUS

Welcome to OA!

Newsletter for Newcomers



We're so happy you found OA!

Thanks for checking out Overeaters Anonymous.

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

OA meetings are where we come together to learn about recovery from food addiction and the 12 Steps and 12 Traditions of Overeaters Anonymous. There are meetings all over the state of Connecticut – even though many of them are currently meeting virtually, there are some that are in-person.

For more information about OA meetings, you can go to www.connecticutoa.org, call (860) 840-2475 or visit oa.org. Our “Where Do I Start” pamphlet is available by email request to newcomers@connecticutoa.org.



Newcomer Orientation Meetings

We offer orientation meetings to people who are new to OA. These meetings include a presentation about the OA program, and include time for conversations and questions/answers.

If you're interested, email secretaryctig@gmail.com. We will send you information on our upcoming orientations.

IS OA FOR YOU?

Take the “Are You a Compulsive Overeater” quiz on our website to help you decide!

[Is OA for me? 15 Questions](#)

Video for Newcomers

We suggest that newcomers watch [this video](#) when you start OA; it will answer some of the questions you have.

What is Overeaters Anonymous?

Have you tried over and over again to control your eating and weight, but nothing has worked? Compulsive overeating, undereating, food addiction, anorexia, bulimia, binge eating, or over exercising...no matter your challenge with food or body image, you are welcome here.

Founded in the U.S. in 1960, Overeaters Anonymous is a Twelve Step program patterned after that of Alcoholics Anonymous. We are now a worldwide community of people who share our experience, strength, and hope to find recovery from an unhealthy relationship with food and body image. This is a program of “we.” You are not alone any longer.

Our solution to all of the above examples of compulsive overeating and compulsive eating is OA’s Twelve Step program of recovery. By following these Steps, thousands of OA members have stopped eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues. You can find info about Overeaters Anonymous at oa.org.



“What Is Abstinence”

The action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

A Plan of Eating is a powerful tool to help you to achieve and maintain abstinence. [Information about OA's Tools of Recovery](#)

Other Resources for You!

[What is OA about?](#)

[What to expect?](#)

[Link to Connecticut Intergroup meeting list](#)

[Link to CT Intergroup NEWCOMERS PAGE](#)

SPONSORING

It is very helpful to talk with folks who know the program and can answer any questions you have about OA.

It is suggested that you get a sponsor to guide you through the Twelve Steps. A sponsor is like a mentor – someone who has been on the path a little longer. Most of us get a sponsor to guide us through the Twelve Steps. A sponsee is someone who is being sponsored.

How do you find a sponsor? Most people find their sponsors in OA meetings or by talking with people in between meetings. As you start attending meetings, listen for someone who has what you want and ask them how they got there. Many of our meetings ask available sponsors to identify themselves.

