



Sea to Sky Intergroup Newsletter

Volume 161
January 2017

I put my hand in yours and together we can do what we could never do alone.

HAPPY NEW YEAR!

What's New

MEETING NEWS

Welcome to our newest meeting – Be in the Solution – on **Wednesday nights** from 7:45 pm to 8:45 pm at the **Britannia Community Centre** in East Van. For info call Tim at 778.835.6469.

Betty-Lou from the Soul Food on Five (Richmond) meeting is designing our Intergroup's quilt block for the quilt to be raffled at the **Region 1 Convention in October. Theme: Recovery in the Emerald City.** If you'd like to help, Betty Lou is at 604-370-0544.



Did you know we have **Phone Buddies** available? This is an under-used service to members so feel free to call if you can't reach your sponsor or have program questions. Our Phone Buddies are **Carrie** (778-233-2822), **Shane** (604-318-3839) and **Tom N** (604-521-6440). Please respect anonymity in speaking to family members. Thank you our buddies for your service.

INTERGROUP NEWS

Your Sea to Sky Intergroup is growing and changing!

New faces at Intergroup: We are very pleased to welcome **Tim C** (Shaughnessy) as our new Intergroup Treasurer as well as **Jennifer S** (North Shore) as our new Newsletter Editor.

We are looking for members to serve as Literature Coordinator, Public Information Coordinator, Meeting Directory Coordinator and 12th Step Within Coordinator. If you are interested in being of service, please contact Carlos at 604.671.5917 or vancharles2011@hotmail.com

Just a reminder that all OA members are welcome at Intergroup meetings.

Get involved! Join us!

Newsletter news: If you would like to receive the newsletter by email, please sign-up to follow the Intergroup blog at oaseatosky.com.



More INTERGROUP & REGION ONE NEWS...

OA's 57th Birthday Marathon, January 15, 2017, 9 to 5 pm. Vancouver Hilton Metrotown, 6083 McKay, Burnaby on Skytrain

Join your friends in recovery for a marathon to celebrate our fellowship and our Intergroup Renewal! Sharing and fun. We will also collect ideas for an intergroup inventory - our first step on our road to Intergroup Renewal!

Intergroup Renewal workshop on Saturday, February 26, 2017. With Region 1 facilitators, our focus is to turn Intergroup into training organizations to supplement sponsorship! For information: Faye, 604.427.0066 or email to mizpiggy@shaw.ca

Seattle Intergroup Winter Retreat, February 3-5, 2017 at Camp Huston, Gold Bar, Washington (about a 2.5 hour drive from Vancouver). For retreat information, contact Dave L., 206-755-6435 or email: retreat@seattleoa.org

The **OA Region 1 Convention** is in Seattle this year. Mark your calendars for **October 15-17, 2017.** We won't be having a separate fall retreat this year so hope to see you in Seattle!

New Year's Resolutions and Recovery

An old one but a good one, "A New Year's Message: It Works" from AA Grapevine, January 1949, vol. 5, no. 8:

NOTHING is so brittle as a New Year's resolution, unless it be a glass crutch.

Most New Year's resolutions shatter within a few days. Then their broken pieces lie around, as sharp as needles, remindful of failure until the skin, or the conscience, has again become calloused. What, in fact, is so rare as an unbroken New Year's resolution in June?

Yet, we in particular, were among the most prolific New Year's resolution makers. We turned them out on a mass production scale. All through the year we stored up our awareness of personal deficiencies and faults, planning to correct them all in one vast wash of resolutions. Do it all at once, we said, with splendid optimism. Easy does it, in reverse.

Of course, it probably is better to have one day or a few days of high resolution than none at all, but how much more practical if the purpose behind the New Year's resolution is built into daily life. How much easier it is to correct the deficiencies and the faults one by one as we go along day by day, than to try to level a mountain in one stroke.

The kindness and the realism of the A.A. approach to the task of self-improvement offer more hope of success than the high resolution sworn to once a year. At least they have offered more hope and yielded more success for many.

There are, to be sure, other ways, and, of course, some New Year's resolutions do endure. **But the inventory that is taken more often than annually and the resolution that is formed at the beginning and the close of each 24 hours have worked convincingly for many and will continue to work for many more.**

The new hope that comes from this overwhelming evidence of a new approach to an old and deadly trouble is the offer of the New Year, of each New Year. "It works!" is the electrifying promise that we can give to others.

If there has to be a resolution today, let it be that we will offer those two words fraught with the ringing message that has been proven over and over. "It works!" They offer a new year to any who are still burdened with the past. They bring a new year whenever and wherever they are accepted. Today is the day, any day and every day, to try the new way. Today, "It works!" Tomorrow, "It works!"

Through the 13 years of A.A., people have been doubting those words at first, testing them skeptically, and finally coming to believe them. Perhaps the message they speak makes the best resolution of all.

THE A.A. who knows that "it works" needs no ceremony to remind him. His day of high resolution came the moment he took the 1st Step. His New Year began then and continues as long as he follows the new way that others have blazed.

His New Year's resolutions are forged and strengthened day by day. Where the glass crutch was brittle and shattered easily, he now has at hand a staff stronger than steel. He has faith built upon proof that, "It works."



OA Every Day Resolutions:

1. I will develop a food plan and follow it to the best of my ability.
2. I will find ways to incorporate daily exercise and healthy activity.
3. I will journal about my fears and challenges.
4. I will contribute my fair share of service in OA.
5. I will sponsor another OA member as I am able.
6. I will call my sponsor, sponsees and other OA members.
7. I will realize that I am not perfect and neither is anyone else.
8. I will attend OA meetings as a tool to help me in controlling my addiction to food.

Does any of this sound familiar?

OA recommends the use of these tools of recovery: a plan of eating, sponsorship, meetings, telephone, writing, literature and anonymity. By using these tools in ways that help us to improve our lives and choices, we can achieve far more than just keeping our resolutions. We can grow and change, help others and ourselves to achieve abstinence regarding food, strengthen OA, and learn to cope with our fears and insecurities without reaching for our trigger foods.

Here's to a happier, healthier 2017! - Adapted from Utah Soaring OA Intergroup (January 2015)

Looking for OA New Year's Podcasts?

- ➔ OA World Service Soundbites podcast, *New Year's Resolutions*, at <https://oa.org/podcasts/sound-bites-from-oa-ep-13-new-years-resolutions/>
- ➔ *It's the New Year but the Problem is Timeless* (Harlan G) podcast at <http://avision4you.info/media/876148-1451827807.mp3>

From For Today (January 1): "Year's end is neither an end nor a beginning, but a going on with all the wisdom that experience can instill in us (Hal Borland). [...] Instead of resolutions, promises, and vows, I mark this day as I do all others: by surrendering my will and my life to God. I give up trying to handle my food and my weight." Happy New Year! May 2017 bring you much serenity, courage, wisdom and joy!