



Sea to Sky Intergroup Newsletter

Volume 162
February 2017

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

HAPPY VALENTINE'S DAY!

What's New

The Thursday Night Recovery Club meeting in Vancouver has now closed. Looking for a Thursday night meeting? Join us in North Vancouver at the Alano Club (2nd and St. Georges, one block off Lonsdale) at 7.30 pm.

Did you attend the 2016 Fall Retreat with speaker Teryl? Share your best "take aways" for a future issue of the newsletter >> seatoskynews@gmail.com

INTERGROUP NEWS

We are conducting a survey! Please see details on page 2.

Also, the **Intergroup Renewal workshop** is on **Saturday, February 25, 2017**. Join us from 1j.30 to 4.30 pm: this workshop will be facilitated by OA Region One. Location: Unifor Building, 312 12th Street, New Westminster (between 3rd and 4th Avenue). For information: Faye, 604.427.0066 or email to mizpiggy@shaw.ca

We are looking for members to take service positions at Intergroup. The time commitment is three to four hours a month.

If you are interested in being of service, please contact Carlos at 604.671.5917 or vancharles2011@hotmail.com or simply come to our next Intergroup meeting on Saturday, February 25, 2017 at 10 am (Unity in Action Church, 1630 Edinburgh Street, New Westminster).

All OA members are welcome at Intergroup meetings. Join us!

To receive our Intergroup updates and news by email, please follow the Intergroup blog online at oaseatosky.com.

REGION ONE NEWS...

Seattle Intergroup Winter Retreat, February 3-5, 2017 at Camp Huston, Gold Bar, Washington. For retreat information, contact Dave L., 206-755-6435 or email: retreat@seattleoa.org

North Cascades Intergroup Spring Renewal Retreat, April 7-9, 2017, Camp Casey Conference Center, Whidbey Island, near Coupeville, Washington. Early registration US\$125 by March 1st. Registration details: http://oa-nci.org/images/2017_NCI_Retreat.pdf or for more information, contact Allen T at 360-678-9358 or allen@taylor635.com

Looking to improve your knowledge of the Steps and the Big Book? The AA annual "Roundup" convention is April 14-16 at the Vancouver Convention Centre. Details are found here: www.northshoreroundup.com

The **OA Region 1 Convention** is in Seattle this year. Mark your calendars for **October 15-17, 2017**.



WORLD SERVICE OFFICE NEWS

New Online Video: "Breaking Out of Relapse." The Twelfth Step within Committee is pleased to announce a new video for members in relapse. Free online, see "Breaking out of Relapse": <https://www.oa.org/members/groups/program-inspiration/breaking-out-of-relapse/>

There's also a great reading and writing resource, **"Been Slipping and Sliding? A Reading and Writing Tool"** to stop the slips, help turn around a relapse, and recommit to your OA program. Thirty thought-provoking prompts for journaling and sponsor-sponsee discussion! <https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf>



EXTRA! EXTRA! EXTRA! Member Survey Underway!

Please check for our survey link online at oaseatosky.com or see your Intergroup rep for a paper copy before **February 16, 2017**. EVERY person's opinion is needed - newcomer or long-timer, in recovery or in relapse.

OA suggests that every intergroup and group periodically take an inventory of itself. Our Sea to Sky Intergroup recently completed an inventory of itself.

One of the strong conclusions was that Intergroup would like to increase its level of service to member groups, if possible. As a first step in doing this, we need to know what each of you think. We are conducting a 20-question member survey to gather: 1) information about the overall health of OA in the area; 2) your ideas on things that might strengthen your individual recovery; 3) your ideas on things that might help carry the message to more people; and 4) information that could help OA stay vital and growing in our area.

This is an anonymous survey. The more people who participate, the greater the value of the information gained. Every person's opinion counts, no matter how long he or she has been in OA. A summary will be published in a future newsletter. **Survey results are expected to serve as the basis for Intergroup priorities in the coming years.** If you have questions about the Intergroup Renewal Process please listen to the Podcast on the OA Region One Website: <http://www.oaregion1.org/intergroup-renewal.html>

Also please plan to attend our next marathon: Feb. 25, 2017 from 1:30 to 4:30 pm where members of the Region One Board will lead us through an analysis and planning session incorporating the results of your survey.

♥♥♥♥♥♥♥♥♥♥ Valentine's Day: Loving Your Fellows ♥♥♥♥♥♥♥♥♥♥

Are you in a meeting or in the program? Adapted from "The Piano Teacher", AA Grapevine, October 2004.

...I attended meetings, got a sponsor, worked the steps, and tried to be of service whenever asked. But there was one essential thing I failed to do: I didn't make connections with other people in the fellowship. I arrived right before the meetings and rarely shared. Declining invitations for coffee, I pretended to have an incredibly busy schedule.

Phone numbers cluttered the inside of my wallet but went uncalled. I buried myself in work and told myself I didn't need anybody. I was isolating and I didn't even realize it!

Then, the bottom dropped out of my world, flinging into a free fall. I had no support group and very little defence against that first drink I was hurtling toward.

My sponsor not so gently reminded me that this is a program of action and I hadn't been taking any for a while. I was ready to look for solutions. The words 'no thanks' were removed from my vocabulary.

I went to coffee, lunches, and more coffee. That 1,000 pound phone was daunting at first, but it became lighter with each call I made. It took a few weeks but an amazing thing began to happen – people started calling me!

I began to see that I was part of something much bigger than myself – the miraculous Fellowship. Learning that this is a 'we' program rather than a 'me' program has been an important part of my recovery Today I have awesome friends in my life...

My newfound confidence has spilled over into other areas of my life. I find that I am a better mother, daughter, friend and co-worker ... There is now lightness in my heart and a bounce in my step as I trudge the Road to Happy Destiny.

'A Vision for You' tells us: "You will make lifelong friends. You will be bound to them with new and wonderful ties, for you will escape disaster together and you will commence shoulder to

shoulder your common journey and rediscover life.

If you're a new member don't make the same mistakes I did. Raise your hand, open your mouth and your mind, and start making connections right away.

What you will find will be a miracle. What you will discover will be yourself. It doesn't happen all at once. You become. It takes time.



Are you taking a seat in a room or are you part of our Fellowship?
 ➔ OA World Service on Tradition 7 – It's not just the money in the basket; service by members is perhaps the most important way OA is self-supporting. Podcast, *The Many Ways to Contribute* at <http://oa.org/files/mp3/Jul-10-The-Many-Ways-to-Contribute.mp3>
 ➔ OA World Service on Tradition 8 principle of "Fellowship": *Suit up, Show up, Be a Part of and Share the Load* at <https://oa.org/files/mp3/Aug-14Suit-up-Show-up.mp3>

From For Today (February 14): "Infantile love follows the principle: I love because I am loved. Mature love follows the principle: I am loved because I love (Erich Fromm)." Emotional growth often begins the moment we walk in the OA door. Given the eroded self-regard of many compulsive overeaters, it is a deeply affecting experience to find unconditional acceptance in the OA meeting rooms. From that beginning come self-acceptance and the ability to accept and love others without conditions or expectations. As one OA speaker said, "I love you; whether you love me is beside the point." Happy Valentine's Day! May you show yourself and your fellows much love as we trudge the happy road of destiny together.