



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

WELCOME SPRING!

## What's New?

**New Meeting! 100 Mile House** is home to our newest meeting! Wednesdays at 7:00 pm at the Health Unit, 555 Cedar Avenue.

Looking for a meeting? Check out [oaseaktosky.com](http://oaseaktosky.com) for updates.

**7<sup>th</sup> Tradition News** – Some of our meetings are reporting increased rent. Paying our own way is an important part of our recovery. Are you contributing? The OA suggested guideline is \$3 per meeting. Our 7<sup>th</sup> Tradition World Service pamphlet: [www.oa.org/pdfs/seventhtradition.pdf](http://www.oa.org/pdfs/seventhtradition.pdf)

## INTERGROUP NEWS

**A big THANK YOU** to all members who did our intergroup survey and attended the Intergroup Renewal workshop on Saturday, February 25, 2017.

**Did you know that more than 1/2 of us said we were willing to do more service at Intergroup?** Here's your chance! Open positions: archivist, public information coordinator, and 12 Step Within coordinator. If you are interested, please attend our **Intergroup Meeting on Saturday, April 29, 2017** at 10 am (1630 Edinburgh Street in New Westminster). All welcome.



## REGION ONE NEWS...

**May 19-21 Sunshine of the Spirit Retreat** at Suttle Lake, Oregon - two speakers from the Seattle area with decades of OA recovery to share. Early bird \$175 (by April 28). Contact Paula (541-408-2302) or Mary (541-408-5945).

**June 9-11 Vancouver Island Intergroup Retreat**, "Nuts & Bolts of Recovery" at the Bethlehem Retreat Centre, Nanaimo, \$260 with private room & meals; \$75 commuter rate; [http://www.oaviig.org/uploads/4/9/5/2/49523661/viig\\_oa\\_retreat\\_brochure\\_2017.pdf](http://www.oaviig.org/uploads/4/9/5/2/49523661/viig_oa_retreat_brochure_2017.pdf)

**June 23-25 Greater Columbia Intergroup Retreat**, "Finding conscious contact with God as we Understood God" in Ellensburg, WA. \$145 early bird (before April 30). For info contact Jerri S at (509) 943-5626 or [DoxieGal@frontier.com](mailto:DoxieGal@frontier.com)

## OA WORLD SERVICE NEWS

Our **World Service Business Conference** is May 1-6, 2017 in Albuquerque, New Mexico. Faye is our delegate. The draft agenda: <https://oa.org/files/pdf/Delegate-Schedule-17.pdf> See also details in "A Step Ahead" here: <https://oa.org/files/pdf/asa-q1-2017.pdf> Comments or questions? Contact Faye at [mizpiggy@shaw.ca](mailto:mizpiggy@shaw.ca)

## OTHER NEWS...

**Looking to improve your knowledge of the Steps and the Big Book?** The AA annual convention is **April 14-16** at the Vancouver Convention Centre. Tickets \$40. Details are found here: [www.northshoreroundup.com](http://www.northshoreroundup.com)

## How to do a Writing Meditation

1. **Assemble writing tools:** paper and pen or a computer. 
2. **Read a prompt from OA literature:** a reading from For Today, an article in Lifeline—anything. 
3. **Set a timer** for five minutes. 
4. **Write.** Here are the rules: the pen (or fingers, if typing) never stops. If your mind goes blank, scribble until words come. Grammar, spelling, punctuation, *et cetera* do not matter.

5. **Finish** your thought when the timer goes off. You can choose to stop there or continue writing. 

— adapted from *Lifeline*, Nov/Dec 2016

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## NEWCOMERS' CORNER

Welcome to OA! I came to my first meeting in 1987 knowing that I could not diet anymore. I was at a new all-time high weight and I was afraid of what the rest of my life looked like.

My obsession with controlling my weight and worrying about what I looked like was making me miserable and isolated.

Although I cried through the whole meeting and barely remember what people said, I do remember hearing that people had lost weight and kept it off. They seemed happy. They told me that it didn't matter that I didn't believe in a god.

When they talked about their behaviour and feelings about food before they came into OA I heard the same insane things that I did. I had found people like me! They didn't do these behaviors anymore!

**There was hope that I could make a permanent change in how I related to food.** I could stop this insane pattern of yo-yo dieting. When I left that meeting, I felt some serenity for the first time in a long time. They told me to take what I liked and leave the rest, and all I had to do was "Keep Coming Back".

I am incredibly grateful that I did. I have freedom from the obsession; a healthy body weight and a way to live my life without the drama of the past. My creativity has blossomed and my relationships are so much better. **All I wanted to do was lose weight and I got so much more.**

-Maureen T.



## AND.... THE SURVEY SAID?

**THANK YOU** to the 71 members who responded to our Intergroup Survey in February! OA Region 1 reps facilitated the survey for us and they were very happy with our survey response rate.

Here are our survey results in a nutshell:

### Membership profile (n=71):

- ▶ 20% of us are OA members of less than a year. 50% plus have been in OA for more than six years.
- ▶ Over half of respondents have less than 90 days of abstinence.
- ▶ 22% have 1-5 years of abstinence.
- ▶ 70% are working with a sponsor.
- ▶ of the 15 who said they aren't working with a sponsor, 1/2 said they couldn't find a sponsor. Hmm...

#### Did you know?

#### OA Region 1 has Virtual Sponsorship!

Are you looking for a sponsor or sponsee but can't find one in a face-to-face meeting? Find a willing partner in recovery and connect by email, phone, or Skype.

Online Sponsee and Sponsor applications are both welcome. The Region 1 Virtual Sponsorship Committee will ALWAYS protect your anonymity. They will provide your "match" with ONLY the contact information you are comfortable providing.

Details and applications forms are found here: <http://www.oaregion1.org/find-a-sponsor-or-sponsee.html>

- ▶ over 1/2 of respondents said they came to OA because of out of control eating. 40% want to lose weight. 7% came to OA due to concerns about their purging behaviours.
- ▶ 33 respondents (47%) left OA but came back. Top reasons for leaving? Lack of recovery in the rooms. Feeling not ready or unwilling. A smaller number (28%) said they left due to personalities in the meeting rooms. *A good reminder to keep principles before personalities!*

**What keeps you coming back to OA?** 85% said fellowship, love, support and acceptance. 75% said OA works if I work it. 71% said they found a new way of living (peace, sanity) in OA.

**Question: "What do you think is the most important thing you personally need to do to strengthen your recovery, whether you're abstinent or in relapse?"**

Top Five Answers:

1. accept I truly have this disease (55%)
2. increase my spirituality (50%)
3. surrender to program suggestions (42%)
4. work / rework the Steps (41%)
5. reach out to others, don't isolate (39%)

### Meetings in a Nutshell

When asked "what do you see as your home meeting's strengths?" more than 70% of survey respondents said the atmosphere, >60% said the committed membership, and more than half said the focus on the Steps, being with other people in recovery, and the opportunity to share.

As for home meeting weaknesses, the survey revealed concerns over:

- ▶ lack of recovery among members
- ▶ low attendance and lack of available sponsors
- ▶ members putting ego before principles (controlling behaviours)

A significant number (18%) also said sharing in their home meeting was not focused on recovery. *Meeting chairs – this ball is in your court!*

Newcomers appear to be finding our meetings and between 25-50% come back. This is significantly better than OA statistics overall according to the Region 1 reps who helped us with the survey. Yay us!!

For those newcomers who do not stick around, members thought the reasons were the newcomer isn't ready or that OA is not for them.

However, 25% of respondents felt newcomers didn't return because we didn't follow up with them after their first meeting. Also, about 21% of survey respondents feel we lose newcomers due to a lack of sponsors in our meetings.

## Intergroup Services

Members were asked to rate the relative importance of activities Intergroup does to support OA in our area. Using weighted averages, the services members value most are:

1. our OA Intergroup newsletter
2. organizing weekend retreats
3. training workshops (marathons)
4. training sponsors specifically
5. publicizing meeting information (the directory, website)

Members ranked the following topics in order of priority for future workshops:

- working Steps 10-12
- sponsoring and being sponsored
- working Steps 1-3
- working Steps 4-7
- relapse recovery / prevention
- working Steps 8 and 9
- Plans of Eating
- Big Book Study
- other topics like the Traditions, Using the Tools, 4<sup>th</sup> Step, etc.

**What can Intergroup do to help your meeting?** More than 60% said Intergroup can help train sponsors and send people in recovery from Intergroup to speak at meetings.

**Nearly 1/2 would like to see an Intergroup Sponsor Bank.** Almost 40% support the idea of an Intergroup Speakers' Bureau.

**A consistent 30% or so would like to see more Intergroup events** (especially for newcomers) and more communication from Intergroup, including a focus on individual meetings in the Newsletter. [Ed. send your meeting news to [seatoskynews@gmail.com](mailto:seatoskynews@gmail.com)!]

Survey respondents were asked **"What are you willing to do to support Intergroup?"**

More than 1/2 of survey respondents said they were willing to do service at Intergroup. Hey, we have open positions!! See page 1 and also have a look at the position descriptions at <https://oaseatosky.com/sea-to-sky-intergroup/> 😊



**Want to Strengthen Sponsorship in Your Meeting?** OA World Service has a guide on strengthening sponsorship. It includes personal inventory questions on sponsorship for both sponsors and sponsees, a series of discussion topics for a meeting on the theme of sponsorship, suggestions for organizing sponsorship workshops of various lengths, as well as suggested literature. Find it here: <https://oa.org/files/pdf/sponsorwksshop.pdf>