



Sea to Sky Intergroup Newsletter

Volume 170
October 2017

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

WHAT ARE YOU GRATEFUL FOR?

WHAT'S NEW

Your **Intergroup** is thriving! In August 2016, we did not have a quorum. At the meeting at the end of August, we had a record 27 OA'ers at Intergroup! Everyone is welcome. It is an easy step into Intergroup service to be a meeting rep. Come with a friend!

The following Intergroup positions are vacant if you are looking for a service opportunity: marathon & retreats coordinator and 12th step within coordinator. More details are on www.oaseatosky.org under the "Sea to Sky Intergroup" tab.

Are you starting a Step Study Group soon? Please let your newsletter editor know so we can put the details in the newsletter (email: seatoskynews@gmail.com). Thanks.

INTERGROUP NEWS & EVENTS

➔ The Northshore OA Recovery meeting is hosting a hands-on **Abstinence Workshop** on **Saturday, October 28th** from 1 until 4:30 pm at the Northshore Alano Club, 176 East 2nd Street, North Vancouver. We will be working with the OA definition of "abstinence" and working out (or refining) what it means in our recovery day to day. **There will be directed readings, writing prompts, collage making and sharing.** RSVPs are requested to seatoskynews@gmail.com. Please bring your journal or a notebook, pens, scissors and a glue stick if you have one.

💬 **IDEA Day – International Day for Experiencing Abstinence:** the Coquitlam meeting is hosting a workshop on **The Difference between Abstinence and a Plan of Eating** on **Saturday, November 18th** from 10 am until 2 pm at the King of Life Church, 198 Falcon Drive in Coquitlam. **BRING YOUR LUNCH!** The program is based on World Service's materials here: https://oa.org/files/pdf/abstinence_and_plan_of_eating_handouts.pdf. For more information, contact Mikayla at 604-949-0747. Need a ride from the Skytrain? Call Maureen at 604-785-2236. See you there!

7th **Tradition Reminder:** did you know that meeting room rentals can be a significant cost in hosting a marathon or workshop? Room rates in our area range from \$25 to \$100+ an hour depending on the venue. Please consider this in making your 7th Tradition. Part of our recovery is paying our own way.

📅 UPCOMING SPEAKER MEETINGS!

The **Oasis Meeting in Burnaby** is hosting speaker meetings on an ongoing basis. Please to join them at 7:30 pm on the 2nd and 4th Tuesday at the Burnaby Fellowship Centre, 7638 6th Street.

The **Ladner Thursday Thrivers Meeting** is hosting a special speaker on Thursday, October 26th. They meet from 1:30 to 2:30 pm at Ladner United Church, 4960 48th Avenue in Ladner.

Spreading the Message: If your group has a special speaker coming or is planning a workshop or step study group, please send the details to seatoskynews@gmail.com for the newsletter six weeks in advance and anytime for our OA Sea to Sky website (oaseatosky@gmail.com).

All members are welcome to attend our **Intergroup meeting** on **Saturday, October 28, 2017** at 10 am, 1630 Edinburgh Street, New Westminster. Free street parking. Accessible.

📞 ARE YOU USING THE TOOLS TO WORK THE STEPS?

NEARBY REGION 1 EVENTS & NEWS

The **OA Region 1 Assembly** is in Seattle this year, October 11 to 13th, followed by the **Region 1 Annual Convention**, October 13 to 15. Info at www.oaregion1.org. **Want to carpool to Seattle?** Contact Greta at greta_hurst@yahoo.ca.

Save the Date! The **Vancouver Island Intergroup Retreat** will be the 2nd weekend in June 2018 at the Bethlehem Retreat Centre in Nanaimo. Awesome recovery, great venue.

OA Region 1 is establishing a **Speakers' List** so meetings looking for speakers and those planning workshops or a retreat can find inspiring members with strong recovery. If you have a year or more of abstinence, are sponsored, are sponsoring (or willing to sponsor) and are actively working The Steps and attending meetings, please consider this service. More information is found here: <http://www.oaregion1.org/speaker-list.html>

WORLD SERVICE NEWS

The Third Quarter 2017 edition of OA World Service's newsletter has been published. You can find it here: <https://oa.org/files/pdf/asa-q3-2017.pdf>

Interested in a meeting level service position? World Service suggests each meeting have a **"Designated Downloader"** who checks oa.org and our region (oaregion1.org) for news and events each month. This person then carries this information back to their home meeting.

Check out the new video series on each of our 12 Traditions. Find the introduction here: <https://vimeo.com/226014346> and the whole series is linked on the Podcasts page (<https://oa.org/podcasts/>).

EVERYDAY IS RECOVERY DAY... BUT...

Did you know that there is a BC Recovery Day every September? Greta H. attended this year and this is her report:

I was fortunate to attend British Columbia's Recovery Day Festival on September 9th in New Westminster. It was a great opportunity to see the various addiction, mental health and recovery services available in the lower mainland. Most booths were 12-step programs, recovery houses, support services or agencies. All the addiction communities had speakers, including advocates for the families and loved ones of addicts.

Something that I noticed was missing, however, were services and programs oriented towards eating disorders. Many newcomers to my home group meeting in New Westminster often say that they hadn't heard of OA before a friend mentioned that they were going to OA meetings. While word of mouth is an excellent way to attract people, there are far more opportunities available for OA to make itself better known.

A 12-step buddy told me about Recovery Day just days before the Sea to Sky intergroup met. Unfortunately, it was too late to get OA involved in Recovery Day for this year, as there was too much preparation to undertake in such a short time frame. However, I think that Recovery Day is an excellent way to spread OA's message. Since I came into the program in 2001, OA hasn't become more visible in our community, even though it is obviously needed in all corners of society.

OA exists to "Carry the Message." I'd like to see awareness of OA grow and I'd like to see intergroup seek out more opportunities like Recovery Day. There are still compulsive eaters we have not reached, people that we never will reach until we actively put out our hand and invite them in. Not everyone has a friend or family member in OA, and we need to make the program accessible for them as well. – Greta H

➔➔ Between now and Recovery Day 2018... a call to action! There are service opportunities on the Public Information Committee. Contact our Public Information Coordinator, Sonya, at sonya.gignac@gmail.com to volunteer.

Is your meeting carrying the message? How does your meeting reach new members? Action ideas include putting up posters in libraries, community centres, gyms, recovery clubs. Posters can be ordered at Intergroup. You can also print posters from oa.org (go to <https://oa.org/documents/> and then select "public information posters"). Here's a sample poster for doing Step 12 outreach:

Is food a problem for you?

- Do you eat when you're not hungry?
- Do you binge, purge or restrict?
- Is your weight affecting your life?

Contact **OVEREATERS ANONYMOUS**

NO dues • NO fees • NO weigh-ins • NO diets

PLACE _____

DAY _____ TIME _____ CALL _____

www.oa.org

SPIRITUAL PRINCIPLE: INTEGRITY IN RECOVERY

One of the hardest things to admit is that we have lied to ourselves. Lied about our eating or our food behaviours. How many of us have binged and then "forgot" just a day or so later? We think we have the flu or food poisoning or we didn't sleep well. In reality, we make ourselves suffer physically when we binge, restrict or purge. Like any other addiction, compulsive food behaviours are a form of self-abuse. The dishonesty we have around our food behaviours is also self-harming. It destroys our trust in ourselves.

Step 5 asks us to "admit to God, to ourselves, and to another human being the exact nature of our wrongs." The underlying spiritual principle to this step is **integrity**. The courage to be this honest, to act with integrity going forward, is the culmination of doing a Step 4 Inventory and sharing it honestly with our sponsor or another trusted person in Step 5. We face our behaviours, our fears, our resentments, our self-seeking and other character defects squarely. We acknowledge our past. We face the truth about what we are like and how we got to this point in our lives. As the 12 & 12 text says:

In steps four and five we learned courage and integrity as we faced the truth about our defects of character. Applying these principles in all our affairs means that we are no longer ruled by a fear of admitting our mistakes. We have the integrity to show the world our true selves. No longer needing to appear to the world as perfect people, we can live more fully, having the courage to face up to our mistakes and test our strengths in the challenges of life. – OA 12 & 12, p.104

Have you ever realized what goes on in your head does not match what the outside world sees? Many times, I've heard at a meeting a fellow acknowledge feeling "fake" or like an "imposter" sometimes. If people knew what you are really thinking sometimes, would they be shocked or appalled? In completing Step 5, telling someone what you have done, what your resentments are, how they affected your life, what your part is, what you fear, how you have distorted relationships – all these things help in the process of aligning your thoughts with your behaviors. This realignment requires integrity.

When we move forward in our recovery with integrity, we embrace the quality of being honest and having strong moral principles; a spiritual uprightness in our daily lives. We are now in a state of being whole and undivided.

No longer do secrets – big and little – haunt us. We have made peace with our past. We are ready to move forward, whole. There may still be wreckage in our past to clear – that's what we have the amends process for in Steps 8 and 9. But in taking Step 5, we commit ourselves to acting honestly and with integrity, not just in the eye of our High Power, but in our own mind's eye and that of our fellows.

Step 10 encourages us to maintain this place of honesty and integrity daily. We continue to take personal inventory and when we are wrong, promptly admit it. A nightly inventory keeps us honest:

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? ... After making our review we ask God's forgiveness and inquire what corrective measures should be taken. – Big Book, p.86

The Big Book assumes we are sober when doing our nightly inventory. In OA, we add "was I abstinent today?" to the inventory. If not, we honestly acknowledge our relapse to ourselves, to our Higher Power and another fellow. We look at our behaviours and rework the Steps. Am I willing? Do I surrender? Have I asked for help? What "corrective measures" do I need to take? Integrity demands we ask ourselves the hard questions. We are only as sick as our secrets.

Need to add to your plan of action on integrity? Some members use an AEIOU method to take their inventory daily: was I **A**bstinent? Did I **E**xercise? What did I do today for myself? What did I do today for **O**thers? What **U**nfinished business or **U**nderlying issues do I need to deal with? **Y**AHOO!!! What 5 things am I grateful for today?

Others find it helpful to use a recovery app on their phone, like the free 10th Step app on iTunes or My OA Toolkit app (iTunes or Google Play). Still others use pen and paper, in a journal or with a template such as this: <http://www.northjerseyioa.com/tools/nightly-review-worksheet/oa-daily-worksheet.pdf> or you could try this one too: https://www.oa-dcmetro.org/big-book-study-pdfs/BB_Study_Daily_Step_10-11_Wkshts.pdf

OA Region 1 also sells a daily program journal that some people find helpful. Any of these tools can help us work The Steps. The only important thing is that we have the integrity to work our program daily. You got this. You're worth it. – Jennifer S, North Vancouver

Integrity: "We continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime." Big Book, p.84