



Sea to Sky Intergroup Newsletter

Volume 176

April 2018

Let us never fear needed change.

JUST FOR TODAY...

INTERGROUP NEWS & EVENTS

Our next Intergroup Meeting will be Saturday, April 28, 2018 at 10 am, Unity in Action Church, 1630 Edinburgh Street, New Westminster. Free street parking. Accessible. All welcome.

OA literature is also available for purchase at Intergroup, including the new 2nd edition of the OA 12 & 12. Group purchases can be arranged if you use the order form on the oaseatosky.com website and send it to our Literature Coordinator, Mellissa, at seatoskyliterature@gmail.com in advance. Then pick up and pay for your order at the next Intergroup meeting!

Your Intergroup welcomes Krisanna as our new 12th Step Within Coordinator! Thank you for your service, Krisanna. If you are interested in a service position at Intergroup, please consider coming out. Elections are in June. More info at oaseatosky.com.

Changes to the Meeting Directory Publication Schedule: to save both trees and money, the meeting directory will be printed every second month from now on. The online version of the directory will be updated in real time. Send your meeting information updates to seatoskymeetingdirectory@gmail.com.

Where to Find OA Online:
 Intergroup: www.oaseatosky.com
 Region 1: www.oaregion1.org
 World Service: www.oa.org

CONGRATULATIONS! Some special abstinence birthdays are being celebrated! **Alicia** (Recovery Club) celebrated 1 year at the end of February. **Calen** (West End) celebrated 2 years on March 12th. Our Intergroup chair, **Carlos**, celebrated 8 years on March 20th. Is someone celebrating in your home group? Send your good news to seatoskynews@gmail.com.

The Monday night meeting at the Avalon Women's Centre in White Rock has childcare! If you have members who would benefit, please spread the word. OA meets there at 730 pm on Mondays, 1548 Johnston Road in White Rock. Enter the parking lot behind building, off George Street. Please note this meeting is women-only (building policy).



The Chilliwack meeting needs support (Saturdays at 1030 am, 46048 Gore Avenue, St. Thomas Anglican Church). Members are invited to "take your meeting on the road". We carry the message in Step 12. Please support our local meetings!

Carry the Message to the Public Library! The North Shore OA Recovery Group recently donated a new OA 12 & 12 book to the North Vancouver District public library to expand their holdings on addiction and spread the message to those who still suffer.

REGION 1 EVENTS & NEWS

Sunlight of the Spirit Retreat, May 18 - 20. 7th Annual Central Oregon OA Retreat. Suttle Lake, Oregon. US\$175 by May 1st. <http://www.centraloregonoa.org/retreat>

Vancouver Island Intergroup Retreat, June 8-10, Bethlehem Retreat Centre, Nanaimo. Theme: Been Slipping? Been Sliding? Accommodation and meals \$295; commuter \$100; registrations are due by April 3rd. Retreat brochure and registration information is found here www.oaviig.org and the retreat coordinator, Joan, is at oaretreatvi@gmail.com

Sacramento Valley Intergroup, 33rd Annual Tahoe Retreat August 3-5, Serenity in the Sierras, USD\$240, details at www.sacvalleyoa.org or email Darby at darby1.sue@gmail.com

Reminder: **virtual sponsorship** is available through Region 1. <https://www.oaregion1.org/find-a-sponsor-or-sponsee.html>

A FOCUS ON OA MEN

The Shaughnessy Meeting will have an optional men-only sharing at the first breakout meeting of each month. After a successful trial period, the membership concluded the men only break out group created a more heartfelt and sincere form of sharing as the men felt that they could share things here that would not otherwise be shared. Join in this meeting at Fairview Baptist Church, 1708 West 16th Avenue, Vancouver (near Burrard), Monday nights at 730 pm.

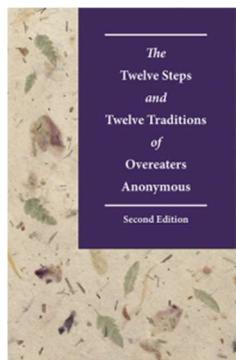
Speaking of men, there is a men's retreat in Region 1! Did you know about **31st Annual Southern California OA Men's Retreat,** August 10-12 at the Old Mission San Luis Rey Retreat Center in Oceanside, CA? USD\$250. More information and registration details are found here: http://www.oasandiego.org/dwnld/OA_2018_Mens_Retreat.pdf or Dave at davebirge66@gmail.com

There is also a collection of **Resources for OA Men** on the Region 1 website: <https://www.oaregion1.org/recovery-resources.html>

The OA Sea to Sky Intergroup comprises the Lower Mainland of British Columbia and Whitehorse, Yukon in Canada. We are part of OA Region 1. **Contributions** to the Newsletter are very welcome! Contact Jennifer at seatoskynews@gmail.com. The newsletter is distributed at Intergroup meetings and published online (www.oaseatosky.org). **Subscribe** by following our blog online. Opinions expressed in this Newsletter belong to the contributors and may not represent our Intergroup or OA as a whole. This month's masthead image is Fromme Mountain in North Vancouver, photo by your editor. The quote is from Grapevine, July 1965, *As Bill Sees It*, p.115. Together we get better! It works if you work it.

WORLD SERVICE NEWS

Members struggling with the idea of a Higher Power? What If I Don't Believe in God? The OA pamphlet discussing God in 12 Step recovery is now available: <https://oa.org/files/pdf/What-If-I-Don27t-Believe-in-God.pdf>. Also see ch.4 in the Big Book: https://www.aa.org/assets/en_US/en_bigbook_chapt4.pdf



World Service has printed a 2nd edition of the OA 12 & 12. Paper copies available at Intergroup! E-books available on Kindle, iBooks and Nook. A page concordance for the OA Step Study Guide is found on oa.org under 'Literature'.

Does your meeting sometimes have trouble with disruptive members? World Service has published new updated *Guidelines* and copies may be downloaded here: [https://oa.org/files/pdf/Disruptive-](https://oa.org/files/pdf/Disruptive-Behavior_2018-.pdf)

[Behavior_2018-.pdf](https://oa.org/files/pdf/Disruptive-Behavior_2018-.pdf)

WHAT DO WE DO WHEN WE SLIP?

This month's article is reprinted, with thanks, from the Seacoast OA Intergroup in New Hampshire and Maine, www.seacoastoa.org

A slip is not the same as a relapse or a binge, but it can become one. When we slip, we may have eaten something that is not on our food plan (such as a trigger food) or engaged in a food behavior that we eschew as part of our plan of eating (such as eating standing up). We hope they are relatively minor, one-off type events by comparison to full-on binge eating or a relapse.

The question is how to keep a slip from becoming something worse. First off, what's the number one thing that a slip does? It reintroduces a substance or way of thinking and acting into our lives that is known to cause major issues for us. If we ate a trigger food at a meal, for example, we are not doomed to eat it or any other unsafe foods again. God is more powerful than this disease after all. **We need to recognize that we are in danger, and over the next several days, we may feel things we haven't felt in a while:**

- food-relations changes: cravings, food thoughts
- physical changes: low energy, sleepiness, aches and pains, gastro troubles or headaches
- mood changes: depression, anxiety, highs, lows
- mental changes: confusion or fuzzy thinking, laziness
- spiritual changes: a sense of distance from our Higher Power or our OA group.

What we do when these crop up determines whether we will return to our former compulsive-eating ways or whether we will simply resume with our abstinent way of life. An analogy that's often mentioned at meetings is that of driving on the highway. If we get a little sleepy or distracted in our program, a slip is akin to hitting the rumble strip. Like any driver, we want to turn the car back toward the road, but we are in danger of that old thinking that says "I'm doomed!" and then fulfills the prophesy by turning the wheel straight into the ditch.

The ditch isn't where it's at for us OA members. Instead, we can look toward the support we have in our meetings, our network, and our literature. We can talk to others and listen for helpful suggestions. We might ask ourselves questions such as:

- Have I cut back on meetings recently?
- Have I cut back on service recently?
- Have I been honest with my sponsor recently?
- Am I jammed up with resentment or fear?

- Has my thinking moved away from OA principles and toward self-centeredness?
- Am I in gratitude or am I in attitude?
- Have I been passing the message of OA onto other suffering compulsive eaters?

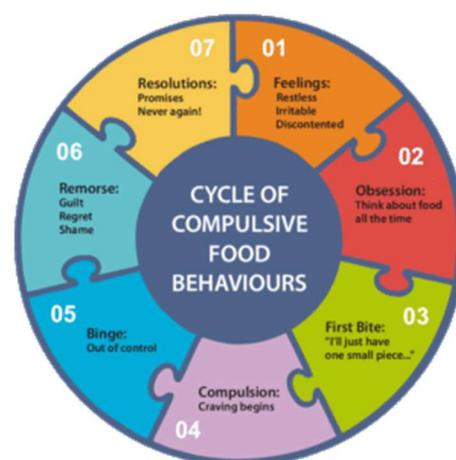
We can ask God to help us answer these questions (and many others) honestly and openly. Because the substance or behavior is in our system once again, we may find the answers cloudy or difficult to locate. Talking with others can help us since they will have a more objective, outside point of view.

Whatever the answers are, we can safely skip over any kind of repetitive thinking that centers on the "If only..." of the situation leading to the slip, the kind that says "I'm so stupid...", or the kind that says "I'll never get my abstinence back." These lies are the foundations that binges and relapses are built on. They are merely different flavors of the thinking that lead us to compulsive eating in the first place. **We can't go back to the moment before our slip, we needn't judge ourselves harshly for being humans with a disease, and we cannot afford to seed the future with the junk from our past.**

Instead, we can remind ourselves of some helpful slogans: "Don't eat no matter what; no matter what don't eat." "Easy, easy, easy." "One day at a time."

In addition, we should not tarry on taking action based on whatever answers we find. Stopped going to as many meetings? We can start going to more, immediately. Stopped taking effective inventory at night? We can start again. Never worked the steps? We can ask a sponsor right now for help. While the substance is in our body or the remembrance of the eating behavior remains fresh, we are in gravest danger. We can't wait until the substance has washed out of us again, we must take action to prevent worse food lapses.

No matter how long we have been abstinent, a slip smacks us right where our pride is located. It triggers our fear of others' opinions, our fear that we aren't good enough, our fear that OA won't work for us, and our fear that all that abstinence we had is no longer valid.



This last point is especially insidious. It is helpful to remember that whether we had three days, three weeks, three months, three years, or three decades, every day of abstinence is a gift from our Higher Power. **Just because we slip does not mean that our abstinent time wasn't good enough or can't return. It only means that we have some action to take to resume our abstinence.** God hasn't gone anywhere, we just need to remember how to get in touch with our Higher Power.

If we slip, a lapse, relapse, or collapse is not inevitable. Not if we can let a slip become a teachable moment. Humility is the idea of being teachable, and humility is one of the principles embodied in our steps. **If we ask our Higher Power to show us what we need to know and do after a slip, we can resume the safe, sane and useful lifestyle that abstinence gives us without first ending up in the ditch.** 🌸

Resources: OA Slipping and Sliding Reading and Writing Tool <https://oa.org/files/pdf/Been-Slipping-and-Sliding.pdf>

🌸 "God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Grant me patience with the changes that take time, an appreciation for all that I have, tolerance for those with different struggles and the strength to get up and try again – one day at a time." 🌸