




**Sea to Sky Intergroup  
Newsletter**

Volume 177  
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The most effective way to do it, is to do it.

ONE DAY AT A TIME

## INTERGROUP NEWS & EVENTS

All members are welcome to attend our **Intergroup meeting** on **Saturday, May 26, 2018** at 10 am, 1630 Edinburgh Street, New Westminster. Free street parking. Accessible.

**Intergroup Elections are in June!** Descriptions of available positions and abstinence requirements are found here: <https://oaseatosky.com/sea-to-sky-intergroup/> Please contact Carlos, our intergroup chair, if you're interested in being of service: [vancharles2011@hotmail.com](mailto:vancharles2011@hotmail.com).



**CONGRATULATIONS!** Some special abstinence birthdays are being celebrated! Congratulations to **Tim C** (3 years, on April 30) and **Stella** (1 year on May 7), both from the Shaughnessy meeting (Monday nights, 730 pm, Fairview Baptist Church). Fantastic work! It works if we work it!

The **Chilliwack meeting** welcomes visitors & needs support. They meet at 1030 am on Saturdays at St. Thomas Anglican Church, 46048 Gore Avenue, Chilliwack. Road trip!!! 🚗 😊

## REGION 1 EVENTS & NEWS

**Southern BC & Interior Intergroup Spring Retreat, June 1-3**, "In All Our Affairs", Seton House of Prayer Retreat Centre, Kelowna, \$240, see the flyer at <https://www.oaregion1.org/events.html>

**Greater Seattle Intergroup Spring Retreat, June 1-3**, "HOW it Works: An Exploration of Honesty, Open-Mindedness and Willingness", Camp Huston, Gold Bar WA, USD\$175 <http://www.seattleoa.org/oa-how-spring-retreat-2018/>

**Vancouver Island Intergroup Retreat, June 8-10**, "Been Slipping? Been Sliding?" Bethlehem Retreat Centre, Nanaimo. Accommodation and meals \$295; commuter \$100. Retreat brochure and registration information is found here [www.oaviig.org](http://www.oaviig.org) and the retreat coordinator, Joan, is at [oaretreatvi@gmail.com](mailto:oaretreatvi@gmail.com)

**Greater Columbia Intergroup Retreat, June 22-24**, "God and the Twelve Steps" Lazy F Camp and Retreat Center, Ellensburg,

WA (100 miles southeast of Seattle). USD\$170. Jerri S. at (509) 579-1795 or see <https://www.oaregion1.org/events.html>

## WORLD SERVICE NEWS

**Webcast Three-Day Big Book Study, May 18-20.** Unity Intergroup of Minneapolis and St. Paul, 13<sup>th</sup> Annual Find Abstinence Through the Big Book Workshop & Webcast, with Lawrie C and Kim facilitating. Information and registration at [www.overeaters.org](http://www.overeaters.org) / online registration is USD\$16.

A new edition of *A Step Ahead* with news from World Service has been released. Get your copy online here: <https://oa.org/files/pdf/asa-q2-2018.pdf>

**New! Twelve Step Within: Fun and Fellowship Resources.** What does it mean to live happy, joyous, and free? Enhance your recovery and encourage membership retention by using this Fun and Fellowship download, created by the Twelve Step Within Committee. <https://oa.org/files/pdf/Fun-and-Fellowship.pdf>



**Sponsorship Day is coming up on Saturday, August 18<sup>th</sup>.** Does your home group plan a marathon or other special event? Let us publicize it in our next newsletter! [seatoskynews@gmail.com](mailto:seatoskynews@gmail.com)

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

## THE LATTE FACTOR & THE 7<sup>TH</sup> TRADITION

**Recovery is priceless.** While no fees or dues are required for membership, OA members have a responsibility to keep our rooms open, to provide opportunities for fellowship, and spread our message of recovery. This takes service from grateful members and a little bit of money.



**Our disease may tell us that we don't have enough.** However, when we look around the meeting room, are we drinking a \$5.00

The OA Sea to Sky intergroup is in the Greater Vancouver area, BC and Whitehorse, Yukon in Canada. Our website is [www.oaseatosky.org](http://www.oaseatosky.org) and our **newsletter archive** can be found there too. **Contributions** to the Newsletter are very welcome! Please contact the editor, Jennifer, at [seatoskynews@gmail.com](mailto:seatoskynews@gmail.com). 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 of the Five Sails at the Conference Centre on Burrard Inlet in downtown Vancouver (photo credit: your editor). The masthead quote is attributed to Amelia Earhart. Together we get better!

cup of designer coffee and do we put less than that in the basket when it comes around? How much is your recovery worth to you?

Maybe your meeting is making the rent each month and has a bit of a prudent reserve. Ask yourself: are we contributing a 7<sup>th</sup> Tradition to "pay our way" at Intergroup? Region 1? World Service Office (WSO)? At the monthly business meeting, is the issue of making a 7<sup>th</sup> Tradition contribution to Intergroup, Region 1 or WSO discussed? Or do we expect other meetings to pay our share of Intergroup and other OA expenses?



**Recovery requires earnest honesty, in all matters, including finances.** The way in which the 7<sup>th</sup> Tradition announcement and the treasurer's report is made at your meeting can make all the difference in making your meeting a healthy one.

**A healthy meeting:** ■ has literature available ■ newcomer packets to hand out (which cost \$6.75 each by the time we pay exchange, duty and shipping) ■ a prudent reserve (WSO suggests a 6-month reserve, many of our meetings have between 1 and 3 months as their reserves) ■ the ability to contribute to Intergroup, Region 1 & World Service. Is your meeting healthy or just scraping by?

➔ **We are shortsighted in our recovery if we think that all that matters is our own little OA meeting.**

**One-third of the 18 meetings in our Intergroup have made no 7<sup>th</sup> Tradition contribution to Intergroup this year** (as of mid April). Is your meeting one of them?

**Maybe you are unsure where the money goes.** This is what the Seventh Tradition from your meeting pays for each month when it is passed along to Intergroup, Region 1 and World Service:

**GROUPS** • Provide places to meet & share recovery • Purchase supplies to run meetings • Buy OA literature & media for resale to members • Support the intergroup, region, & World Service.

**INTERGROUPS** • Publish newsletters and meeting directories • Hold recovery events like retreats and marathons • Maintain websites, phone services and postal box • Coordinate input from our meetings to Region 1 and to World Service • Send our Delegate to the Region 1 Convention and World Service Conference • Fund scholarship opportunities for members to OA events • Offer local outreach to health professionals & libraries.

**REGIONS** • Hold assemblies & recovery events • Maintain websites • Keep lists of speakers • Maintain reference & media libraries • Offer support to intergroups, service boards & unaffiliated groups. • Coordinate virtual sponsorship programs.

**WORLD SERVICE OFFICE (WSO)** • Produces & distributes OA-approved literature, media, & podcasts • Maintains, monitors, & updates oa.org • Offers worldwide meeting information by phone, mail, fax, & email • Publishes *Lifeline* magazine & WSO News Bulletin • Holds Conferences & Conventions.

When the Seventh Tradition collection comes around, do we remember how much we could be spending if we were bingeing instead of attending an OA meeting? Do we remember all the money we spent on weight-loss programs that didn't work? **OA, too, requires regular, modest contributions to be continue to be a strong, vibrant, viable organization.**

**One of the promises is that fear of economic insecurity will leave us** [Big Book, p.84]. **We also remind ourselves that OA works if we work it. This work includes paying our own way!**

**More Information:** World Service's Seventh Tradition pamphlet <https://oa.org/files/pdf/seventhtradition.pdf>

## AN OA-ER ON THE BIG BOOK'S "THE DOCTOR'S OPINION"

The "Big Book" [*Alcoholics Anonymous*, 4<sup>th</sup> ed., 2001] contains a chapter called "The Doctor's Opinion" by Wm. A. Silkworth, M.D. Dr. Silkworth was a well-known doctor, the chief physician at a prominent American hospital specializing in addiction. Bill W, later a co-founder of AA, was admitted to this hospital on three occasions in the 1930s.

Dr. Silkworth had come to believe "that the body of the alcoholic was quite as abnormal as his mind." His theory was that alcoholics had an allergy to alcohol and obsession of the mind. Ex-problem drinkers thought this explanation made good sense. In my personal experience, it certainly made sense.

On June 17, 2001, I attended my first OA meeting and immediately started to do what was suggested by OA members. A few weeks later, I made a healthy dinner and remembered I had a half bottle of wine in the fridge. Yay! **When I started to sip my ½ glass of wine, however, images of foods I loved (i.e. sweet foods), started dancing in my head. Although I didn't have any of these foods at home, to my horror, I was prepared to go out to buy these treats.** I had just joined OA because I had 100 extra pounds on my body which I wanted to 'release.' At the time, I didn't know I had an allergy to alcohol although I knew I couldn't drink three drinks without vomiting. I was so upset with my thoughts that I poured the rest of the wine down the sink. At that moment I realized that alcohol would definitely defeat my goal of releasing any weight.

I'm happy to say that, since that day in 2001 when I poured the wine down the sink, I stopped drinking completely. To my amazement, I also started finding peace and a tranquil life. Finally, at age 65, I found the sense to never drink alcohol again... God willing, of course.

**I also learned in OA that I needed a Higher Power (HP).** However, at age 18, I had decided I was agnostic! I believed that religion was a hoax: poor people were convinced that they needed someone to obey. It took at least a year, praying on my knees (someone suggested the process would go faster if I did) before my HP appeared to me. **Although I didn't see my HP, I heard Her say She had always been with me.** This is a 'story' that I continue to believe. So began my spiritual life because I could now give up the idea that I was in charge of my life. I finally understood that I needed to rely on my HP for everything I couldn't possibly do.



The people who started the AA organization believed that a HP can 'pull' chronic alcoholics back from death. As well, the Big Book talks about how our ideals must be grounded in a power greater than ourselves if alcoholics were to recreate their lives. In my experience, I certainly have found that to be true in OA too.

Several pages later in this chapter, Dr. Silkworth ended his thoughts by writing, **"I earnestly advise every alcoholic to read this book through and though perhaps, he [or she] who came to scoff, may remain to pray"** [Big Book, p.xxxii]. Personally, the night I found out I was allergic to alcohol, my body told me that I could never drink alcohol ever again.

**June 17, 2001 is my 'start date' in OA, ever reminding me I can never drink alcohol again. It also changed my life in wonderful ways.** – Greta H.

➔ **Did you know AA has the Big Book available online for free? You can read *The Doctor's Opinion* chapter that Greta talks about online: [www.aa.org/assets/en\\_US/en\\_bigbook\\_foreworddoctorsopinion.pdf](http://www.aa.org/assets/en_US/en_bigbook_foreworddoctorsopinion.pdf)**