




**OVEREATERS ANONYMOUS®**

Sea to Sky Intergroup  
Newsletter

June 2018

Help me see the truth about myself, to ask for the help I need, and then to use it.

IT WORKS IF WE WORK IT.

## INTERGROUP NEWS & EVENTS

The Northshore OA Recovery Group will host the new WSO **"Passport to Recovery" Workshop on Sunday, June 24**, from 130 to 430 pm at the Northshore Alano Club, 176 East 2<sup>nd</sup> at St. Georges in North Vancouver. \$10 per person. [Seatoskynews@gmail.com](mailto:Seatoskynews@gmail.com) for details. RSVP's requested.

All members are welcome to attend our **Intergroup meeting on Saturday, June 30, 2018** at 10 am, 1630 Edinburgh Street, New Westminster. **Intergroup Elections will be held.** Check our website for available positions and contact Carlos, Intergroup Chair, if you're interested: [vancharles2011@hotmail.com](mailto:vancharles2011@hotmail.com).



**CONGRATULATIONS!** Some special abstinence birthdays are being celebrated! Congratulations to **Calen** (2 years) and **Jennifer S** (1 year on May 31).

**Book Sale!** A limited number of the OA 12&12s (2012 edition) are available at Intergroup for \$12 each (regularly \$23). Stock of the new 2<sup>nd</sup> edition 12&12 is also available. Large print versions are now available via 'print on demand' through Amazon.

**Spreading the Message through Public Libraries!** Your Intergroup has recently donated OA 12&12s to the following: Burnaby, Coquitlam, West Vancouver and New Westminster public libraries and the Avalon Centre (White Rock). The Surrey and Vancouver public library systems each have three 12&12s in circulation already! More donations are underway.

## REGION 1 EVENTS & NEWS

**Region 1 had a successful first virtual speaker's meeting** on April 30 with Sheryll from Calgary speaking on "Strong Recovery". Members attended via a free app, Skype Meetings. No passwords or log-in is needed. Listen to the recording here: <https://www.oaregion1.org/audio-recordings.html>

**Oregon Intergroup of OA, July 13-15, "Serenity Retreat"**, Camp Arrah Wanna Retreat Center, Welches, Oregon. USD\$170. Email: [serenityretreat@oregon-oa.org](mailto:serenityretreat@oregon-oa.org)

**Southern California OA, August 17-19, "OA Men's Retreat"**, Old Mission San Luis Rey Retreat Center, Oceanside, CA. USD\$250. More info: Dave B at [davebirge66@gmail.com](mailto:davebirge66@gmail.com)

Retreat flyers are here: <https://www.oaregion1.org/events.html>

➔ **Save the date: Greater Seattle Intergroup, September 14-16, "Big Book Workshop"**, Issaquah, WA. Registration opens in June and details will be posted here: <http://www.seattleoa.org/>

**Region 1 Convention** will be in Spokane, WA, October 19-21.

## WORLD SERVICE NEWS

**A successful World Service Business Conference** was held in Albuquerque, New Mexico at the end of April. There were 188 delegates, representing 17 countries! Greta H represented our Intergroup. A report from WSO is found online here: <https://oa.org/files/pdf/Wrap-Up-Report-18.pdf> **Highlights:** our Region will be represented by Trustee Pat O'C; her email is [regiononetrustee@gmail.com](mailto:regiononetrustee@gmail.com). Motions to improve OA's web portal as well as virtual services passed, as did a policy statement that OA has no opinion on bariatric (weight loss) surgery as it is an outside issue under Tradition 10. Everyone who wants to stop eating compulsively is welcome in OA (Tradition 3). **Sponsorship Day** is now the 3<sup>rd</sup> weekend in August – what are your plans?

**Carry the Message to Medical Professionals.** *The Courier* is our newsletter for health care, nutrition, and counselling professionals with articles by doctors, nurses, counsellors, and other providers so that referring professionals can learn from peers about the solution we find by working the Twelve Steps.

Help the still-suffering compulsive eater find us by raising awareness among referring professionals in your community. Download the edition of *The Courier* and share it today! You can download a copy here: <https://oa.org/files/pdf/Courier.pdf>

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



Sponsors

## WALKING THE WALK

**So many times, addicts have sought the rewards of hard work without the labour.** When we first came to OA, some of us wanted everything and right away! We wanted the serenity, the normal body weight, the happy relationships, friends, closeness with our sponsor – all the things other people had gotten after months and years of working the Steps, living life on life's terms.

**We learned the hard way that serenity comes only from working the Steps daily.** Becoming happy, joyous and free happens in stages, as we show up every day and try to "practice these principles in all our affairs", including our relationship with ourselves and our Higher Power, our families, and in our employment. Healthy relationships come as a result of hard work, learning new skills, staying present, and a willingness to communicate. Friendship with our sponsor and fellows comes as a result of reaching out during the good times as well as the bad.

**In OA, we have found the path to a better way of life. To reach our destination, however, we must do the footwork.**

**Just for today:** I want a better life. I will make an inventory of what I want, find out how to get it, talk with my sponsor about it, and do the necessary footwork every day until the Promises come true in my life. Until then, I will trudge the Road of Happy Destiny [Big Book, p.164]. – *adapted from NA.org with thanks.*

**Having a slip and thump day?**  
Stop stuffing your face and start facing your stuff!

## CROSS TALK IN A MEETING – OOPS?

How often have you heard this? *“Cross talk during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking/sharing at the time.”*

**We are encouraged to not cross talk at meetings.** The chair for a meeting may be tasked by the group conscience to step in if a member cross talks. **But it is often hard to know exactly what constitutes cross talk!** There was a recent discussion on the OA Region 1 message board [[OARegion1@yahoogroups.com](mailto:OARegion1@yahoogroups.com) if you want to join]. Highlights:

**Basically, if you interrupt, comment or refer to anybody's share, or your share is about anybody else, it is cross talk.** Shares that do not focus on your own experience are cross talk, including comments in support of or opinions in response to another person's share. Such responses are not sharing your experience; they are offering your view of others in the room.

**What about cross talk at speaker meetings?** Briefly thanking a speaker before starting your own share is a nice thing to do. Commenting directly on the speaker during your share is cross talk. One solution is for the Chair to ask the speaker in advance if s/he is comfortable with questions. The Q&A session follows the speaker, then the Chair clarifies that when the meeting is open for sharing, the cross talk rule also applies to the speaker's share.

**What if a member is crying?** In some meetings, handing tissues to a member who is upset during his or her share is also cross talk. We want to avoid any feedback that says “stop crying” or “you can't get emotional in an OA meeting” or “I am upset by your tears so you have to stop”, even implicitly.

**To hold the space without interruption or distraction, make sure the Kleenex is out before the meeting starts and trust that the person who is upset will take a tissue or ask someone to pass them one.** It helps to explain this to newcomers and sponsees in discussions about how meetings work so they don't have the mistaken impression that the meeting is uncaring.

**It can feel especially difficult not to respond immediately to a member in pain.** Ask yourself what feelings this brings up for you. Stay present for their share. If you are struggling, ask your HP for help or silently send the person who is upset loving kindness. Then, offer a hug, a pat on the shoulder or an invitation to talk more with the person after the meeting. These are the best expressions of support. The person who is upset while sharing needs a safe place to explore those feelings while being held in the fellowship, without interference.

A good share contains your personal experience, personal strength, and your hope. That is where the fellowship can learn from your efforts and find something for themselves. – *Ed.*

**More resources:** San Diego Intergroup has a helpful handout which includes the World Service “Ask It Basket” on Cross Talk: <http://www.oasandiego.org/dwnld/CrossTalk.pdf>.

## DEALING WITH PRESSURE FROM “NORMAL EATERS”

I used to end up in uncomfortable discussions about my food choices on a regular basis. Now, I am able to turn down offers of food when it doesn't fit with my food plan. I thought I would share some of my strategies here based on my personal experience.

A major part of my strategy is to avoid over-explaining my food choices, unless I think someone might share my problem. I learned that people almost never understand if they don't share my experience as a compulsive overeater. Here, I share some strategies that have worked for me.

1. **Keep it short and simple.** When someone offers me food outside my plan, I give the shortest answer possible: “No, thanks.” It doesn't invite discussion or arguments. When asked why, I also keep it short: “I'm not hungry,” “I don't feel like it,” or “I don't eat that.”

2. **Use terms a “normal eater” can understand:** When it's necessary to talk about my food choices, I don't use the word “addiction” like I used to. I say that, when I eat that food, I crave more and can't stop, so I don't eat it at all. Sometimes, I just say that I have food allergies, which is the truth if you think about the *Doctor's Opinion* [Big Book, p.xxv]. I keep my explanation short.

3. **Be honest:** Sometimes, it's necessary to mention my food needs. If someone wants to take me to a restaurant, or if I'm staying with someone, I let them know my needs in advance. For my aunt who I'll be staying with for a week, I told her that it may be hard to understand my eating choices, but it's important to me that she respect them.

4. **“I don't,” not “I can't”:** When I used to say “I can't” eat something, it invited all kinds of arguments. When I say “I don't” eat something, it is my choice, and invites far less debate.

5. **My choices aren't up for discussion:** I haven't needed to use this yet, but if someone pressures me to eat something, I can just tell them that I'm not interested in discussing it.

6. **Be prepared:** I check menus before eating at a new restaurant. When eating at a place where the menu is unknown, I can eat something abstinent beforehand or bring some food in case they don't have anything I can eat.

7. **Make it easy on others:** When staying with others, I bring groceries with me. This makes it easy to prepare abstinent dishes while I'm there.

8. **Work the program:** This is a big one. I try to use the steps and tools in every aspect of my life. Working the program means that I usually have no desire to eat foods that aren't on my plan, so it's an easy choice to say no. Plus, people can tell I have no interest in the food, so there's no need to convince me it's ok to have some.

9. **Abstinence is non-negotiable:** It doesn't matter what anyone says or does. No one can force me to put food in my mouth. They don't have that kind of power. – *Alicia D*

| 🔊 🔊 🔊 Extra, Extra: In Between Meetings, the Roving OA Reporter Asks... |   | “What do you wish you had known when you first came to OA?”  |  |   |
|---|---|--|--|---|
| 🗣️ People aren't here to judge you. - Dianne                            | 🗣️ I needed to start sharing and reaching out sooner. – Griffin | 🗣️ I could trust in a power greater than me for help. – Jane | 🗣️ I wish I had known that I'm a food addict and what that means. - Fernanda | 🗣️ I wish I had known about the allergy of the body and the subtle mental insanity of food addiction. – Nan |

Thanks to Alicia D, our reporter this month, and the members of the Recovery Club Sunday afternoon meeting for sharing.