



You pray in your distress and in your need; would that you might pray also in the fullness of your joy and in your days of abundance.

CULTIVATE AN ATTITUDE OF GRATITUDE.

INTERGROUP NEWS & EVENTS

Recent highlights from meetings in the Sea to Sky Intergroup:

- ➔ The **Cloverdale meeting** has a special OA podcast listening session included in the third Thursday of each month (730 pm at the Cloverdale United Church, .17575-58A Avenue).
- ➔ The **"A Vision for You" meeting** on Wednesday nights at the Britannia Community Centre in East Vancouver has male sponsors available! If you know a man who is suffering, spread the message. Also, check out <http://www.oamen.org/>
- ➔ The **One Aurora Meeting in Whitehorse** is hosting a retreat, **October 19-21**. For info, contact OAYukon@gmail.com .



Save the Date! The Cloverdale Meeting's annual Candlelight Meeting is Thursday, December 13th at Cloverdale United Church, 17575 – 58A Avenue. Friends and family are welcome.

All members are welcome to attend our **Intergroup meeting on Saturday, October 27, 2018** at 10 am, 1630 Edinburgh Street, New Westminster. Accessible with ample free street parking.

Join our **"OA Study Hall" meeting** and focus on the tools of Literature and Writing. We meet **Tuesday nights from 730 to 9 pm** at the Alano Club, 176 East 2nd in North Vancouver. Bring your OA books, Big Book, or step study ... **If you'd like to form an OA Study Hall near you, contact Jennifer at seatoskynews@gmail.com for the meeting script.** 📖✍️

A recent abstinence milestone was celebrated by **Darlene** in North Van (two years) in mid-September. Congratulations!! This program works if we work it. Is someone in your home group celebrating a milestone in their abstinence? Send your good news to seatoskynews@gmail.com



What is your home group doing for I.D.E.A. Day? Celebrate the International Day Experiencing Abstinence on the weekend of **November 17-18**. Join OA members worldwide as we begin or affirm our abstinence from compulsive eating.

REGION 1 EVENTS & NEWS

Region 1 Convention, October 19-21, Spokane, Washington. More info is found at www.oaregion1.org Greta is organizing **ride shares** from Vancouver. If you're interested, contact her at greta_hurst@yahoo.ca

Save the Date(s)! Seattle Intergroup is having their Winter Retreat, **February 1-3** (<http://www.seattleoa.org/events/>) and

Oregon Intergroup's Serenity Retreat at Twin Rocks in Rockaway Beach, will be **March 15-17, 2019**. Registration opens mid October with info posted at www.oregon-oa.org .

Looking for podcasts? Check out the Region One website for new resources, including audio recordings from the 2017 Region One OA Convention in Seattle. All of the keynotes are available here: <https://www.oaregion1.org/audio-recordings.html>

WORLD SERVICE NEWS

Upcoming phone marathons can be found at the new OA Virtual Services website. Check out the "Virtual Events" tab here: <http://www.oavirtualseervices.org>

Read the latest news from World Service – the new edition of *A Step Ahead* includes voting outcomes from the World Service Business Conference, the new policy statement on bariatric surgery, and more. <https://oa.org/files/pdf/asa-q3-2018.pdf>

THANKSGIVING EVERY DAY

Gratitude lists are a tool that helps me see the glass half full every day. I joined OA about three years ago. It's been quite the journey so far. I'm slowly, imperfectly, and gradually transforming the way that I think and the way I react to life.

One of the things that is slowly changing is my sense of contentment. It appears that, currently, I generally see the glass half-empty. I tend to notice the things that are absent in my life, the flaws in events, and the imperfections in everything around me. I have been plagued by this feeling that what I have is never quite good-enough. This inevitably leads me to feel discontent and miserable.

One of the tools that I use now to slowly transform my way of thinking is to make "gratitude lists". I list five to ten things that I have in my life that I am grateful for. Sometimes I say my list outloud, as I commute to work, sometimes I email my list to my sponsor, and recently I have been texting them to a girlfriend.

When I do this simple exercise, I focus on all the beautiful things I have in my life. **I realize how truly blessed I am instead of focussing on what I don't have.** Gratitude shifts my focus from looking at what I am missing and reminds me of the things that I have. **As by miracle, I feel full, content.** It always lifts my mood.

In the beginning of my recovery, my sponsor encouraged me to do gratitude lists. Now, time and time again, in different ways, my HP has reminded me to do this as well. I



sometimes forget and go weeks without doing my list, and then, I am reminded, and I do them again.



I am grateful for the program, for learning this simple and powerful tool. I am grateful that I am reminded, by my sponsor, by fellows or by my HP (through my fellows), to make gratitude lists.

Slowly but surely, with the help of the 12 Step program, I am becoming a different person. A person content with what life has given me; it is truly enough. – Anonymous

WHO HURTS IN OUR SUFFERING?

At my home group, we recently talked about Step 9 and how our issues with food have harmed other people in our lives. By not being present, by missing work “sick” after a binge, diverting money and time from daily life into compulsive eating, and hiding our truths, we hurt our family, our employers and co-workers.

My eating disorder is not just about me. The fact that I felt for years that I was trying to protect myself from out of control feelings doesn't mean that I only hurt myself with my compulsive food behaviours and excess weight. I also hurt others. **My past is not a free pass for my destructive behaviours in my relationships with others now.**

In the process of doing my fearless moral inventory, I discovered I have held onto many hurts for years. I also discovered there are other people in my life who have suffered (and still suffer) as a consequence of my anger, judgment and my tendency to withdraw from life, to avoid conflict, and to people-please. **I may not be bingeing... but I still have work to do on those pesky character defects.**

As I break free from my addictive patterns, I can more clearly see the damage I have done to my relationships. I have learned in the rooms to work my program daily and do the hard work of the therapy required to heal trauma that is beyond the scope of my loving sponsor. I have learned to work toward forgiveness for myself, to practice love and respect for myself — and work on improving my relationships with others. **I work my living amends. That's a healing for both me and the people in my world.** – Jennifer, North Vancouver.

FOCUS ON STEP 11:

DR. BOB'S CAMEL METAPHOR FOR PRAYER

Dr. Bob explained prayer by telling how the camels in a caravan would kneel down at night, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. It's the same with prayer, Dr. Bob said. We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day. – AA's Dr. Bob and Good Oldtimers, p.229

THE GIFTS OF INTERGROUP...

It's Saturday morning and my alarm is ringing. I am not ready to get out of bed. I think to myself “do I have to go to intergroup?” I remind myself of my commitment and I get out of bed. Once at intergroup, the smiling faces and the familiar routine bring me a sense of comfort. I give and receive many hugs and catch up with people. The atmosphere is relaxed and joyful, and a sense of purpose fills the air. The unity that comes from people working together to serve others is beautiful and strong. This is why I got out of bed. How may I be of service?

Being of service to my group as intergroup rep has brought me more than I could have imagined. Intergroup gives me a glimpse into the greater workings of OA. It makes me even more grateful that this program exists. **Going to intergroup takes me outside of the bubble of my home meeting.** When I meet people from other meetings, I want to visit their meetings so I can see these people more. Going to other meetings strengthens my recovery.

I met my sponsor through intergroup. Without intergroup I would not have gotten to know her or asked her to be my sponsor. She is a perfect fit for me. Her compassion and her accurate BS sensing has improved my recovery beyond measure.

When I extended my attitude of service beyond program and into “real life”, I began to see myself transform. I try to tidy something up whenever I visit my parents' house, I keep the coffee station stocked and clean in the office, I listen to my friends' problems attentively without trying to solve them and I pick up litter when I go out hiking. By extending my thoughts beyond my own problems, their importance diminishes.

Prior to program I believed that my intelligence was the most important aspect of myself; which made me cold, hard and judgmental. Now I see that my character is far more valuable, and it shines through the most when my actions show that I think of others more than I think of myself.

Practicing an attitude of service is, in my opinion, the fastest way to see the promises of this program come true. Try it for yourself, I promise that you will be amazed with the results. – Krisanna, Monday Night Lifeliners (White Rock).

➔ Intergroup is the last Saturday of the month! Join us!

THE BOTTOM LINE



The bottom line of recovery, of course, is freedom from the compulsion to abuse food. No longer must we devote all our emotional, spiritual, and physical resources to feeding our addiction. No longer must we endanger, humiliate, or abuse ourselves or others just to get the next binge. Abstinence itself has brought great peace and freedom to our lives.

The program works (if you work it). And you're worth it. ♥



OA Sound Bites

This month's question...

“What changed in your life as a result of making an amend?”

🗣️ How I feel about myself has changed - much less shame, and more acceptance of myself. I am quicker to make amends now, because I see the freedom that comes from it. – Calen, White Rock

🗣️ I'm more positive. – Rainy, Recovery Club

🗣️ The burden of guilt has lifted off my shoulders. I have acceptance of my own imperfections, and closer relationships (especially with the people I've made amends to). – Sarah, Coquitlam

🗣️ A deepening of my self-compassion, and a new lens to see the truth about the past. – Elaine, Recovery Club

🗣️ The fear of people is leaving me. I feel more comfortable around people. – Krisanna, Ladner

Thanks to Alicia D, our OA roving reporter, and the members who shared. If you have a question to suggest for OA Sound Bites, let us know!

“I'm different from everyone else.” This belief lies deep in the hearts of most addicts. Believing that we've been wronged and viewing the world as a harsh, unfair place allows us to continue our destructive behaviours. And while addicts have faced a number of obstacles that others have not, we are more helpful to others and to ourselves if we choose to be thankful for all that we do have.