




OVEREATERS ANONYMOUS®
SEA TO SKY INTERGROUP

February 2019
www.oaseatosky.com

Our goal is simply to draw closer to being the people God intends us to be.

Special focus on Humility and Step 7

INTERGROUP NEWS & EVENTS

Upcoming Intergroup Meeting: Saturday, February 23rd at 10 am at 1630 Edinburgh Street, New Westminster. Accessible. Everyone is welcome.

Interested in being of service at Intergroup? We have elections coming up at our Intergroup meeting on Saturday, June 29th and many positions will be open as people complete the maximum terms. Details on how Intergroup works and the service positions available (with job descriptions!) are found here: <https://oaseatosky.com/sea-to-sky-intergroup/>

Most positions have a requirement for nominees to have attended at least three Intergroup meetings in the six months preceding the elections, so if you are interested, please come out to some Intergroup meetings before June!

 **The Tuesday night OA Study Hall meeting is looking for support.** Work your tools of literature and writing! Bring your OA or AA books and journal to join us on Tuesdays at 7:30 pm at the Alano Club on the Northshore (176 East 2nd at St. Georges, one block east of Lonsdale).

The Shaughnessy meeting (1708 West 16th, Vancouver) will host a workshop on addiction, isolation, and recovery on **Sunday, March 31**. They are looking for speakers!

The Whitehorse meeting, One Aurora, is now meeting every Sunday at 7 pm. The meeting location rotates; please contact oayukon@gmail.com for the current location. They are looking for a new permanent meeting place.

 **Lots of recent abstinence milestones are being celebrated!!** Congratulations to **Steve** (1 year) and **Martha** (10 years) on January 5 at the Saturday morning Stepping Out meeting. Also celebrating is **Graeme** of the Shaughnessy group (3 years on January 7) and **Krisanna** at the Monday Night Lifeliners Meeting in White Rock, one-year abstinent on January 21! Upcoming birthdays include **Sherry**, celebrating 26 years on February 2 (Shaughnessy) and **Alicia D.**, 2 years on February 17 at the Recovery Club! It works if you work it.

REGION 1 EVENTS & NEWS

The new Oregon "Catch the Wave" online / phone meeting invites you to join them at 6 pm on Thursdays. The meeting focus is Step work. Dial 1.605.475.4824 and enter access code 139729# or use the [freeconferencecall.com](https://www.freeconferencecall.com) link to the

meeting. In your web browser, click here to join the meeting: <https://join.freeconferencecall.com/dctoney2>

Oregon Intergroup's Serenity Retreat at Twin Rocks will be **March 15-17, 2019**. See www.oregon-oa.org to learn more.

North Cascades Intergroup Spring Renewal Retreat will be **April 5-7** at Camp Casey on Whidbey Island, WA. http://oa-nci.org/images/2019_NCI_Retreat_Flier_1_.pdf

The Lake Country Intergroup Annual Retreat is April 26-28. The theme is "Renew Your Inspiration" at N-Sid-Sen Camp, Lake Coeur d'Alene, Harrison, Idaho. See the Region 1 website for details: <https://www.oaregion1.org/events.html>

The Central Oregon Intergroup "Sunlight of the Spirit" retreat will be **May 17-19** at Wesley Meadow Lodge at Suttle Lake, OR. Details to come on the OA Region 1 website.

The Vancouver Island Intergroup retreat is June 7-9, 2019 in Nanaimo.  <http://www.oaviig.org>

WORLD SERVICE NEWS

World Service has replaced the "Newcomer's Packet" with a new 32 page "Where Do I Start? Everything a Newcomer Needs to Know". The pamphlet includes the Fifteen Questions, Tools (abridged), Plans of Eating, OA Promise, AA 3rd and 7th Step Prayers, "Welcome Home," and more. The pamphlet is also a more accessible price of \$2.25. **Order copies for your meeting's newcomers at Intergroup.**

 **Sunday, February 24th is OA Unity Day** world-wide. Reach out to your fellows!

"HOW ARE YOU DOING? REALLY."

Do you answer this question truthfully? I know I don't. Sometimes I think, "why is it so much harder for me?" I go to meetings, but I still don't have what attracted me to OA in the first place: serenity and health. I'm learning to look honestly at what I'm doing and failing to do.

- Do I have a sponsor – one who has what I want?
- Do I really listen at meetings, and try to contribute?
- Am I consistently working the program beyond Step 3?
- Am I trying to practice the principles of the program at home and at work as well as in OA?
- Do I have a personal concept for a HP that works for me?

The OA Sea to Sky intergroup is in the Greater Vancouver area, BC and Whitehorse, Yukon in Canada. We are part of OA Region 1 (www.oaregion1.org). Our website is www.oaseatosky.org and includes our **newsletter archive!** Contributions to the Newsletter are welcome. Please contact the editor, Jennifer, at seatoskynews@gmail.com. Opinions expressed in this Newsletter belong to the contributors and may not represent Intergroup or OA as a whole. This month's masthead quote is excerpted from Step 7 in the OA 12 by 12 on page 53. The photo is in North Vancouver (Photo: Anon.). Thank you to **Alicia D.**, our "OA Sound Bites" reporter and the members who shared on Step 7 and humility.

- Am I still trying to diet, i.e. manipulate and control my food and my weight?
- Do I follow suggestions such as “weigh only once a month”?
- I ever called a newcomer or another OA member?
- Do I give some form of service?
- Do I ever express gratitude for having come this far?

It helps me to do to this spot-check inventory to see where I need to focus my program. For today, I can begin now to follow those directions that seem to work for others and that I have been resisting. – *Anon.*, based on *For Today*, February 23

STEP 7 WORKING STEP 7

Humbly asked God to remove our shortcomings.

We make a lot of surrenders in OA. In Step 1, we finally surrender to the facts—we can’t get over compulsive eating by ourselves. In Steps 2 and 3, we surrender to the idea that there’s something more powerful than our own wills, and that we need spiritual direction to get better. In Steps 4 and 5, we surrender any notion that we were blameless in the mess we’ve made of our lives. In Step 6, we took one last look at the truth of our lives and said, yes, we are ready to have removed those defects of character that got us into this compulsive-eating mess in the first place.

So now comes Step 7, the actual removal. The action of Step 7 isn’t just in the asking, however. Yes, we must ask God, “Take this, please.” But we also have to take the action of letting go of whatever we’re holding onto. Sometimes we balk at doing so. We’re concerned that without those flaws in our makeup we won’t be ourselves any longer. We’ll just be automatons. “I’d rather be depressed, angry, miserable, and eating my face off,” says some voice in our heads, “than the puppet of some Higher Power I can’t even see.”

If our minds rebel at the notion of surrendering our defects of character to HP, some analogies help. If our trash smells putrid on a hot day, do we stand at our garbage can, holding the stinking bag over it and wonder whether we should drop it in? If we’re holding a full diaper, do we weigh the pros and cons of tossing it in the trash? Don’t we always flush?

We ask ourselves two questions: ❶ Do the people I know in OA who’ve gone through Step 7 act like Godbots? Or are they choosing to exercise free will in a spiritual way? ❷ Do I really want life to suck, to die young, and to be in mental, spiritual, and physical agony for however many days I have left?

When we put it squarely like that, it’s not much of a choice. We have to let go of, to surrender, our defects if we want to lead a sane and happy life. **If we hold onto our defects for fear of losing control, then our disease has won out, and we will continue to suffer until we are ready to surrender.**

But why not simply try it God’s way? Whatever that means to us. Anything is likely better than where we’ve been. Anyway, this is a very low-risk proposition. If letting go to remove our defects doesn’t ultimately work out, we’ve lost nothing except maybe a few pounds. We can always go back

to being miserable if that’s what we want. – *Anonymous*, originally posted in part on *seacoastoa.org*

HUMILITY HUMBLE ENOUGH TO HEAL?

We typically focus on the removal of our shortcomings in Step 7. We didn’t write all that moral inventory and share it with our sponsor so that the bad stuff stays stuck inside us! This is a big deal. It’s where God makes good on the Third Step prayer. We said we’d try it God’s way, and in exchange God removes our troubles. It’s a miracle.

We are wise to pause, however, on the leading adverb of Step 7: Humbly. Why did Bill W. and the gang slip that small but important word there? Those folks knew a thing or two about how us addicts work. They know that a lack of humility is an issue for us. Self-centeredness is self-centeredness whether we think we are better than everyone else or worse than everyone else. Whether we have delusions of superiority or delusions of inferiority, either way, we are not able to assess ourselves humbly.

People like us are stubborn. Or perhaps it’s that our disease place stubborn ideas in our heads. For example, **the idea that we have to be able to do the job ourselves. Whatever the job is. Or that we don’t need fixing, but everyone else does.** Or that we know what actually needs to be removed from us. In fact, we may know, but we may not have much perspective about the relative importance of each item that requires extraction. **Finally, we may have the idea that we aren’t worth saving.** That old saw has killed a lot of addicts. It’s another bit of old thinking that is self-centered in nature and has to go. **It’s not humble to think that we are uniquely awful in our HP’s eyes.**

In the Big Book, on page 75, the authors ask us to consider whether we’ve done the work of the first five Steps well, whether we are truly ready to be changed by our Higher Power. Why would they ask this? Aren’t we all ready to have the scourge of addiction lifted from us? Maybe we are in some ways and not others.

Are we hoping to have our obsession lifted but hang onto the worst of our defects? Are we hoping to have our obsession lifted merely to improve our life circumstances with little care for living in the solution thereafter? Are we hoping to have the obsession lifted and then go on our merry way without returning again to help others like us? **Perhaps most important: Do we still want to run the show? Or think we aren’t worth saving?**



Of course, we all want to run the show. That’s how we are as addicts. We want freedom from discomfort and feelings more than anything. But if that freedom has to come via mechanisms we control, then we have not absorbed the solution.

Our freedom comes from dependence on God, not merely with independence from food. So, this simple little word, “humbly”, keys us into the idea that we still have more to learn. – *Anonymous*, abridged from *seacoastoa.org*.



OA Sound Bites

This month’s OA Sound Bites focuses on humility, the spiritual principle behind Step 7. Can you share an example of when you faced humility head-on and what you took from that into your recovery going forward?

🗣️ I face humility every day when I review my Steps and prayers. I can’t do this alone. I need God to do this program. - Marlow, Attitude of Gratitude.

🗣️ I just went back into treatment for the second time. I’ve been in this program for 26 years. I know I can’t eat whatever I want, whenever I want. I have a strict food plan, I commit my food the night before, and I don’t make any changes on my own. It’s a surrender through my food plan. - Josie, A Vision for You.

🗣️ When I realized that my Step 4 and 5 didn’t release my pride, it made me see that I need to keep praying for people, work the Steps on an ongoing basis, and continue to ask God to remove my pride. - Wendy, Recovery Club.

“Grace is the light or electricity or juice or breeze that takes you from that isolated place and puts you with others who are as startled and embarrassed and eventually grateful as you are to be there.” – Anne Lamott