



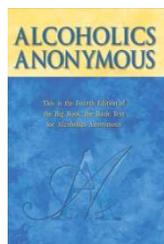
OVEREATERS ANONYMOUS®
SEA TO SKY INTERGROUP

April 2019
www.oaseatosky.com

A flower takes a season to grow, a tree has long years to mature. Each growing thing, myself included, has a timetable for growth.

One day at a time. Grow where you're planted.

INTERGROUP NEWS & EVENTS



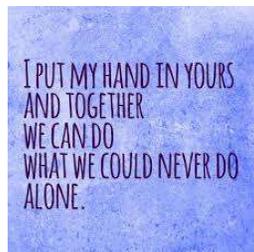
BIG BOOK STUDY WEEKEND IS MAY 3-5!! Understanding (and then working) the Steps outlined in the Big Book is essential to our recovery. Here's your big chance to do a Big Book study intensive without going away or spending a lot of money! Join us at the Firefighters' Hall in Burnaby (at Metrotown), May 3-5. **Early registration is \$59 by April 15.**

https://oaseatosky.files.wordpress.com/2019/03/bigbookweekend_2019.pdf Questions? Cheri at 604.773.1232.

Upcoming Intergroup Meetings: Your Intergroup meets the last Saturday of the month – April 27th, May 25th and June 29th – always 10 am until 12 noon at 1630 Edinburgh Street, New Westminster. Accessible. Everyone is welcome.

Many Intergroup positions will be open at the June 29th meeting as people complete their maximum terms. **It is healthy for our fellowship to have new blood in old service positions every year or two. Please consider growing into a new role for 2019-2020!**

Details on how Intergroup works and the service positions available (with job descriptions!) are found here: <https://oaseatosky.com/sea-to-sky-intergroup/> Please come out to Intergroup's April or May meetings to see how it works.



Recent abstinence milestones are being celebrated!! Calen (Monday Night Lifeliners) celebrated 3 years on February 25. **Chelsea** (2 years on March 1st) and **Amanda** (4 years on March 15th) celebrated at the Friday West End meeting. **Faye** celebrated 1 year on March 14th at the Cloverdale meeting! Well done! Thank you to the sponsors who helped.

REGION 1 EVENTS & NEWS

Greater Seattle Intergroup retreat, "Keep it Simple" on May 31-June 2 at Gold Bar, WA. US\$175 by May 3. <https://www.seattleoa.org>



The Vancouver Island Intergroup hosts "The Big Book Comes Alive for OA", June 7-9 at St. Paul's Anglican Church, 100 Chapel Street in Nanaimo. \$75 by April 30th. For more info or to register, contact Michelle at aretreatvi@gmail.com

Greater Columbia Intergroup Retreat, "Higher Powered," June 21-23 in Ellensburg, Washington. USD\$165 by June 3rd. https://www.oaregion1.org/uploads/1/4/0/4/14047174/oa_retreath_lazy_f_2019_flyer.pdf

The next Region 1 Assembly and Convention will be in Portland, Oregon. The Assembly is October 16-18, 2019 and the Convention will be October 18-20.



OA Region 1 has an email discussion group. To join: oaregion1-subscribe@yahoogroups.com

WORLD SERVICE NEWS

The **OA World Business conference is May 6-11** in Albuquerque, New Mexico. Intergroup will be sending Faye D. as our delegate!



The "Recovery Map" workshop materials are now available. Where have you visited on the road to recovery? Self-Pity Falls? Higher Power Service Station? Use OA's new workshop resource to explore where you detour from your path of recovery. All the materials are available for download here: <https://oa.org/files/zip/Recovery-Roadmap-Workshop.zip>

➔ **Is your homegroup willing to put on this workshop?**

COMPULSIVE OVEREATER AS ADDICT?

Do I shy away from the word "addict" in OA because it sounds harsh? Because deep down I still hold on to the idea that abusing food isn't as bad as abusing alcohol or drugs?

We learn in Step 1, "As long as we refuse to recognize that we have this debilitating, progressive, and ultimately fatal disease, we are not motivated to get the daily treatment that brings about our recovery. **Denial of the truth leads to destruction.** Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating." [12 & 12, p.7].

April P shared with me this quote she heard at the LA OA Birthday Party: **"Only an addict fights to the death to keep doing something that is killing them."**

In *For Today*, it says, "As I become willing to accept the truth that is revealed to me in this program, the myths I clung to so desperately lose credibility. I no longer need to be anesthetized; I can stand still and feel my feelings. The more I accept the reality of what is, the more comfortable and serene my life becomes [January 12]. **The reality is my compulsive eating is an addiction. I am a food addict and recovery is possible through the 12 Steps.** – *Anonymous.*

WHAT IS SELF-SEEKING ANYHOW?

What the heck is this “self-seeking” thing we hear about in meetings? The term gets bandied about quite a bit, and we know it’s something to do with our behaviour, but what’s the difference between self-seeking and selfishness? Or self-seeking and self-centeredness? And most important, why is it crucial that we recognize our self-seeking behaviours and tendencies?



The Big Book introduces the word self-seeking in its discussion of Step Three, pages 61-67. On page 61, in the example of the actor who wants to run the entire production instead of just doing their part, the Big Book describes how this person can be either gracious or cruel in trying to make things go their own way:

What is his basic trouble? Is he not really a self-seeker even when trying to be kind? Is he not a victim of the delusion that he can wrest satisfaction and happiness out of this world if he only manages well?

Here the Big Book tells us, by the actor analogy, that when we try to exert control over situations or manipulate them for our own purposes, we are being a self-seeker. By extension, self-seeking has something to do with the actions we take as self-seekers.

Here it comes again on page 62 of the Big Book: *Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate.*

Fear, self-delusion, and self-pity all occur in our minds and directed at ourselves. But self-seeking, as we discovered on page 61, connotes an action, and those actions affect others directly. Self-seeking is the stepping on other’s toes that we do. Even its urge is different than those other three things. It is a product of fear, self-delusion and self-pity.

We learn that to be truly free from our resentments, we must recognize and admit to the part we play in them. We have our list of resentments and the effect they’ve had on us, and we now turn the lens of inquiry onto ourselves [Big Book, p.67]:

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man’s. When we saw our faults, we listed them in black and white.

Let’s look deeply for a moment at these instructions. At the topmost level, we are acknowledging our part in a situation that involved resentment. And from the looks of it, we will always have some part, minor or major.

Once again, we see that self-seeking is different than its mates selfish, dishonest, and frightened. Those are states of mind, but self-seeking indicates action. What if we asked these questions in a slightly different way?

Selfish: What did I want?

Dishonest: What lie did I tell myself?

Frightened: What was I afraid of?

Those three things all point inward toward us, ourselves, not outward toward the world. And then:

Self-seeking: What did I do to get what I wanted or to feel better? This time, we aim our will at the world around us, and we do something that affects others. Sometimes the actions and effects are big: cheating on a spouse, punching someone, cutting a person out of our life. Sometimes, however, the action and its effect are subtle: judging someone harshly, staying home from school or work, pitying ourselves. **These actions, which seem as though they are pointed at ourselves actually affect others. How? By separating us from them, be they family, friends, or the world.** Through behaviours like these we lose effectiveness at work, presence in relationships, and even financial resources.

What is the number one most popular self-seeking behaviour in OA? Eating, of course! It’s our primary coping tool. If we can’t get what we want in a situation (and sometimes even if we do), we eat away our feelings. It’s how we feel better in the moment. Turns out it’s a lousy coping mechanism. While we eat over the person we’re angry with, our resentments inside of us remain very much alive and wriggling, so we need more and more food to keep them at bay.

Here’s two more visual ways to think about it. First, imagine that you’re writing your Step 4 inventory, and at the same time your parent is too. **You each make a list of people you resent, and guess what, you’re each on one another’s lists! Shocker!!!** You both have resentment around the time that your parent wouldn’t let you borrow the car. You each follow the three-column format on page 65. On your resentment you list your parent in column one. In column two, you note that you resent not allowing you borrow the car. In column three, you write down that it affects your personal relations and fear. Then when you ask yourself “Where was I self-seeking?” you answer “I took the car without permission.” Here’s the kicker: Your parent wrote your name in column one, and in column two, wrote “Took the car without permission”. **In other words, the answers we give to the question of “Where was I self-seeking?” produce resentments for other people.**

Second, and simpler. Imagine you are pointing your finger at someone else in anger. The finger you point at them represents your self-seeking actions. **But the other three fingers on your hand are all pointed back at yourself.** They represent selfishness, dishonest, and fear, the feelings that drive us to act out.

So, what is self-seeking? It’s the acting out we do when we don’t like how life is treating us. It’s what we do when we are unable to be our best selves. It is how we’ve done most of the instances of damage that litter our lives. And ultimately, it is what we’ve done instead of trusting and relying on God.
- Anonymous (OA Seacoast, New Hampshire and Maine)



OA Sound Bites

The last time you were tempted to eat outside your food plan, what did you do that helped you stay abstinent in that moment?

🗣️ I told someone. I gave it a voice. Telling someone takes me out of isolation, and then I am able to take the next right action with the help of someone and my higher power.
- Raena

🗣️ I texted my sponsor and let her know what was going on. Afterwards, I felt oddly relieved. - Emily

🗣️ I called my sponsor.
- Zayna

🗣️ I delayed my decision about whether or not to eat that food. A few minutes later, I no longer had the compulsion to eat it, and I could make the decision to leave it be.
- Anonymous