

# Intergroup Scoop

December, 2003

Volume 12 Issue 12

## Calendar of Coming Events

**December 26, 2003, & last Friday of EVERY month.**

**Newcomer's Meeting, 7:30—8:00 p.m.**

**Contact: Holly (503)626-0427**

**Speakers' Meeting, 8:00—9:30 p.m.**

**Contact: Holly (503)626-0427**

**Easter Seals Building, 5757 SW Macadam, Portland**

**Oregon Intergroup Meeting**

**Tuesday, December 9, & the 2nd Tuesday of EVERY month**

**Literature Sales from 6:30-7:00 p.m. Meeting at 7:00 p.m.**

**Easter Seals Society Building,**

**5757 SW Macadam, Portland**

### **Anonymity Mini-Marathon**

**Saturday, December 13, 12:30 p.m.—3:00 p.m.**

**West Hills Friends Meeting House**

**7425 SW 52nd, Portland**

**Call Elana (503)892-6678 or Gilda (503)246-1646**

### **Christmas Day Open House & OA Meeting**

**1—8 p.m., potluck lunch at 1:15 p.m., OA meeting at 5 p.m.**

**At MerleAnn's, 4635 NE 33rd Ave., Portland, (503)281-8947**

### **New Years Day Open House & OA Meeting**

**1-6:00 p.m., potluck lunch at 1:15 p.m., OA meeting at 5 p.m.**

**At MerleAnn's, 4635 NE 33rd Ave., Portland, (503)281-8947**

See inserted flier for more info on the Christmas & New Years open houses

### **Coming in 2004;**

#### **Workshops on the Steps:**

**January 10 (Saturday): Steps 1, 2, & 3**

**Contact Kelly (503)358-8477 or Michelle (503)285-7265**

**February 7 (Saturday): Steps 4 thru 9**

**Contact Louise A. (503)245-8506**

**March 6 (Saturday): Steps 10, 11 & 12**

**Contact: MerleAnn (503)281-8947**

**9 a.m.-1 p.m. at**

**St. Charles Catholic Church**

**5310 NE 42nd Ave., Portland**

**Your event could be listed here! Contact Scoop Editor,  
MerleAnn. (see contact information on page 2).**

## MEET YOUR BOARD

**Chairperson:** Amy (503) 852-7155

**Co-Chairperson:** OPEN

**Secretary:** Karen (503) 233-9228

**Treasurer:** Deborah (503) 662-3075

**Member at Large:**

Vee (503) 282-6935

**Group Coordinator:**

Sandy (503) 643-5209

**Scoop Editor**

MerleAnn (503) 281-8947

**Events Coordinator**

OPEN

## DELEGATES

**Position 1:** Amy (503) 852-7155

**Position 2:** Deborah (503) 662-3075

**Position 3:** Vee (503) 282-6935

**Position 4:** Alice B (503) 647-0906

**Position 5:** Nancy B (503)774-2030

**Position 6:** OPEN

**Alternate Positions 1 – 6:**

**Position 1:** Carol C (360)737-9934

**Positions 2—6:** OPEN

## COMMITTEE

### CHAIRPERSONS

**Ways and Means:** Marie (503) 981-8867

**Public Information & Professional:**

Nancy B. (503) 774-2030

**Literature**

Georgia (503) 625-7569

**12th Step Within:** OPEN

**Lifeline:**

Alice B (503)647-0906

**Young People:** Amy B. (360) 281-4640

**Network:** Carol C. (360) 737-9934

**Serenity Retreat:** Kathy (503) 640-2545

**Speaker's Meeting:** Holly (503)626-0427

**INTERGROUP SCOOP**

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**EDITORIAL POLICY**

Materials submitted cannot be returned nor payment made. We reserve the right to edit. Opinions expressed are those of the writer and not of OA or OIG as a whole. Articles may be reprinted by other anonymous groups without permission but with credit given to this newsletter.

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**Some tidbits:**

Are you aware that there are OA meetings available online? Did you know that there is a wealth of downloadable files available on topics ranging from a meeting format and group inventory to questions and readings if one has been slipping and sliding and a recovery insurance policy. All of the above and MUCH more are available at the WSO web site: [www.aa.org](http://www.aa.org)

**Coming soon:** Back issues of the *Intergroup Scoop* on our website: [www.oregon-aa.org](http://www.oregon-aa.org)

Thank you all for the wonderful opportunity I had of attending the Region One Assembly and Convention—definitely a mind-boggling experience. I came away with a much greater appreciation for the value of service at all levels of our organization and gratitude for the many folk who are doing it. Plus there was the opportunity to see the traditions in a much broader scope. Also, I was exposed to so many resources that I was not even aware of existed. And then there was a telephone and TV in every room of our suite, including the bathroom. As one who has not TV one, I was rather blown out of the water.

Wondering what to do on Christmas Day and New Years Day? Looking for a "safe" place to celebrate? Come to my place for good fellowship, a meeting, meals, and a place to kick back, play games, or sing. See enclosed flier or call me for more information.

MerleAnn, Editor

## REGION ONE ASSEMBLY AND CONVENTION

Hi. My name is Deborah and I am a compulsive eater. I am also a delegate and regional representative for Oregon Intergroup, and I attended the Region One Assembly and Convention held in Portland in October.

I'm here to tell you, it was a serious shot in the arm for my program. The hotel was really great--comfortable and warm and luxurious all at once. Having gotten a family suite to share with other delegates, we had a jacuzzi in our bathroom. Wow!

Assembly was smaller than the previous ones I've attended (this is my third assembly). When it started, I was unhappy that there were so few people there. Don't folks know how important it is to do the business of OA at the region level? We have scholarships available, and we have lots of ideas for cost savings and money raising. And it is OUR program, we are the ones who make the decisions; if we're not there, it becomes someone else's program and someone else's decisions.

By the end of assembly, I was impressed by the dedication, hard work and cooperation of all those who DID attend. It was an awesome group! We got lots of good work done, made many decisions for the good of OA as a whole, and even finished approving the budget in under an hour (an amazing feat).

I attended several panels and workshops, and learned so much from others' experience, strength and hope. I got new tools to add to my Coping Toolbox. I got renewed vigor in my enthusiasm for my recovery. I was able to share things that are usually hard for me to share.

And the speaker was FABulous. Just fabulous. What a sense of humor. What a hard worker. What an inspiration to us all.

And the fellowship, the camaraderie...and the boutique!! I came away with a lovely new skirt, and unfortunately I missed out on a dress jacket that I had my eye on. You had to move fast!

The raffles were amazing and wonderful, the dinner-dance was loads of fun (I always get up and dance, because if \*I\* can dance...with one really bad ankle and one very bad back)...honey, ANYone can dance). I didn't get quite enough sleep all weekend and that was OK.

I wish everyone in Region One could attend the next Assembly and Convention (in Calgary! what fun!). It reminds me of why I'm in OA: to help the still-suffering compulsive overeater. And there were suffering COs at the Convention, and if I didn't help some of them personally I learned new tools for helping them in the rest of my life. It's \*always\* worth going.

Deborah R., Yamhill Oregon

## AN INTERVIEW WITH RACHEL R.

Q: How did you get to OA?

Rachel: I saw 251.5 pounds with my second pregnancy. I was 230 pounds before and just after my daughter was born. I was eating myself into an early grave and I had no idea why. It was a godsend that someone told me about OA. I first walked through the doors on February 19, 1990. I was struck abstinent at Twin Rocks five weeks after my first meeting. It was the most powerful retreat for me. It was the first time I had heard of people keeping off huge amounts of weight for long periods of time. It gave me hope. I cried (surrendered) throughout the weekend. Someone said to me, "tears are a language that God understands." Finding out I had a disease (and wasn't just insane) was a real relief for me.

Q: What is your abstinence?

Rachel: Initially it was strictly three meals per day with nothing in between, no seconds and no sugar. I found out at that retreat that sugar was my trigger food. I couldn't imagine giving it up but I decided that life was more important than the sugar. A year or two into program I discovered that I was allergic to wheat and gave it up. Then I experimented with it, found I really was allergic to it and now have also not had it for eight or nine years. This is a disease just like alcoholism and once I put those things in my body I can't stop eating them. Wheat and sugar make me crazy. For instance, I would scream and rage at my kids. Being abstinent allows me to be clear, sane, and live happy, joyous, and free of the compulsion and obsession. Except for a brief period when 10 pounds came back, I have kept off 60 pounds for all of those years.

Q: How do you work the steps?

Rachel: First I got to work through issues like childhood sexual abuse and other things that I had

blocked with the eating. Also, within the first year I started doing service. Many of the people in my home group did service on all levels and they sort of drug me along.

Q: What kind of service have you done?

Rachel: On the group level, a little bit of everything, including carrying the key and maintaining the phone list. At the intergroup level, I was the group coordinator (maintained the meeting directory) for four years. I was the treasurer for the Region One Convention this fall. I was a delegate for four years and then it was time for service rotation, which is an important aspect of our traditions. As a representative at Region One Assembly and Convention, I got to see how the business of OA happens, how important the traditions are, and how they apply out in the world. When I went to World Service in Albuquerque, New Mexico, I saw compulsive eaters from all over the world. Lots of people were using their vacation time to give service to OA. I got to hear the Serenity Prayer said in many different languages. People came from all over the world to help keep OA going. I served on the literature committee for World Service and read *Voices of Recovery* about four times before it was published. All have been opportunities to give back just a small part of what I have so generously been given.

Q: In addition to abstinence, what have you so generously been given?

Rachel: A sane life! Today I live a life beyond my wildest dreams. I have two awesome teenage kids who are 16 and 18 and are fun to be around. We've only gone through a few of the teenage trials I hear others speak of. They were two and four when I found this awesome program and I can't bear to imagine what they would be like if I hadn't been in this incredible program most of their lives.

## AN INTERVIEW WITH RACHEL R., CONTINUED

I was married for 14 months to the wrong person and left before I have to have my face put back together. I thought I was a worthless piece of crap and deserved to be treated like this. I didn't think I would ever find someone who would love me as much as I knew I could love someone.

Now I have been married to the most phenomenal human being on the face of the earth for nearly twenty years. I thank God for him every day.

I have a group of intimate women friends in program. We are about to go on another mini retreat soon. I feel "a part of" instead of like an outsider.

I look at the world and see the sky and trees with a clear mind and open heart. I am thankful that I can walk and talk and see. I am grateful to be able to feel my feelings instead of stuff them with food. I am able to be comfortable in my own skin and okay with who I am instead of trying to be who I thought you wanted me to be. I got in touch with my higher power and know that he accepts me with all of my defects and cares about all aspects of my life. I find satisfaction in the little things in life. I now know that I do not have to do big grand things to make a difference--that just being me is enough. To feel this way is such a miracle.

I came to this program just thinking I wanted to lose weight. I had no idea that my whole life needed to change. Now the weight loss is just a side benefit to all of the many other gifts that I have received. It is basically the least important part.

Sometimes I take my recovery and these gifts for granted and newcomers remind me where I was before program.

Q: How do you work your program today?

Rachel: I get up an hour or more earlier than I need to in order to do my journaling and read daily pages so that my head is on straight before I meet the world. My sponsorees also call in the morning. Then I stay in close contact with my higher power during the day. I pray all day, mostly in gratitude for the blessings in my life. When I am stressed or confused I use the tools of writing and reading the literature. God uses many different ways of speaking to me. I also use the tool of asking, "If this is what I am suppose to do, let my desire to do it increase and, if not, let my desire decrease. This prayer always works for me.

I work the steps to the best of my ability and call my sponsor when something comes up. I should call her more often but...I attend at least one meeting a week. I don't even consider doing anything other than attend my home meeting on Monday nights. OA is in my life every day.

I certainly don't work this program perfectly and I do it to the best of my ability. I know I won't reach perfection so if I make that my goal, I don't do anything at all.

Q: What is your bottom line?

Rachel: Abstinence. If I am not abstinent I can't have communication with my higher power because I am obsessed with food.

Q: Do you have any tips for the compulsive eater who is still suffering?

Rachel: KEEP COMING BACK. I have seen so many people come and come and not get it and then one day the miracle happens. JUST DON'T QUIT COMING, NO MATTER HOW MUCH YOU ARE STRUGGLING.

**WORD HODGEPODGE**

Unscramble these 6 hodgepodges, one letter to each line or square, to form 6 common words. Then arrange the boxed letters to answer the question.

**YUTIN**  
\_ € € \_ \_

**PTESS**  
\_ € \_ \_ \_

**NOCATI**  
\_ \_ \_ \_ € €

**SMEAND**  
€ € \_ \_ \_ \_

**PHYAP**  
\_ \_ \_ \_ €

**YOUJOS**  
\_ \_ € \_ \_ \_

**What is the spiritual foundation of the twelve steps?**

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**Answers on Page 9**

**12<sup>th</sup> Step Within Corner:** To the still suffering compulsive eater

<u>My Disease Says:</u>	<u>With Abstinence:</u>
Nobody calls me	I make phone calls
Nobody cares	I care
I don't matter	I do matter
What service can I give?	I am of service
I'm hopeless	I have hope

We're in this program to get well! We're not bad people getting good, we're sick people getting well! This disease wants to win. We have to do our part!

1. Who will you call today?
2. What meeting will you attend?
3. What step are you working on?
4. Who is your sponsor?
5. Have I prayed and asked God for help?
6. What are those program slogans & principles?

**IT WORKS IF WE WORK IT:** If you've read this far, I ask you to please share one glimmer of hope with one other person today. We are the message! What is your message today? SHARE IT!

Anonymous, Portland

**Grant High School**

A closed meeting is starting Tuesday, November 18, at 8:58 a.m. at Grant High School. Each week the meeting will be held on Tuesday but at a different time of the day. Because this is a closed meeting and is in the school, one must contact Betsy Hart, RN at (503)916-5160 ext. 413 before attending.

For more information contact Amy B. (503)281-4640.

**Do You Know Sign Language ?**

There has been a request for a sign language interpreter for one or more OA meetings.

If you can be of help, contact any of the OIG board members.

## *Twelfth Step Musings From Our Chair*

**Step 12 - "Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs."**

In thinking about this Step, I am reminded that there are 3 parts to it.

One - the spiritual transformation and awakening that I have experienced is a direct result of working the Steps. AND that continued connection to that experience will require continued work on the Steps.

Two - I need to share with others what I have found and the possibility and hope of recovery that is available through Overeaters Anonymous.

Three - I get to continuously live this journey of recovery by ongoing practice of the concepts and principles and suggestions of the Steps in ALL aspects of my life... not just food and eating.

I can attest to my experience of having had a spiritual experience as a direct result of working this program. I had sought comfort and help and guidance for years prior to coming into this program, all without success because I couldn't stop eating long enough to stay present and aware enough to hear any guidance that I was being given. I had to first put down the food and begin to actively seek a power greater than myself and work these

amazing 12 Steps. I then began to discover that the power and love of the fellowship, the principles of the program and the first experiences I had with my higher power were so much better than food at filling that enormous emptiness that I have inside me that NO amount of food has ever filled. Having repeated experiences that demonstrated this to me gave me the motivation to continue doing the same things over and over so that I would get the same results. Amazingly enough, IT WORKS!! I am a major skeptic and I find that I have to do much trial and mostly error to really cement a new idea or concept or behavior in my life. Having said that, I will willingly admit that I have tried countless times to allow the growth and learning that I have received in this program to be enough and to "go it alone" without the daily work on the steps and the necessary actions to stay connected to my higher power. Let me just say that this NEVER works. I am a compulsive eater and I either missed out on or lost whatever autopilot mechanism might have been available to help me run my life. I require daily, repeated, conscious contact with my higher power and consistent study and application of the steps for there to be any chance that I can stay abstinent and in recovery

today. BELIEVE me... I have tested this theory A LOT!!

The second part of this step is about how I need to connect with other compulsive eaters so that I can give away what I have and let other compulsive eaters know what is available to help save their lives. I do this by attending meetings, talking to newcomers, and being willing to tell people about OA and my experiences in and out of recovery. I have talked to dear and beloved friends and to total strangers from half way across the country... but the effect is the same. If I give away my program, it strengthens it for me... and hopefully gives to others what they need as well. There are so many ways to carry the message. Leave literature at your doctor or counselor's office. Leave the notice cards on community bulletin boards. Call someone you haven't seen at a meeting in a while to remind them that you miss them. There are so many ways! And I must do this in order to keep what I have been given.

In the third part of Step 12, I am reminded that at this stage in my recovery... I need to not only apply all these principles in the Steps to my disease but "in all my affairs." I heard it said a long time ago that if you are having trouble practicing these principles in all your affairs... have less affairs. I laughed when I first heard it thinking it was a joke about relationships...but soon

began to see the wisdom that is actually in that statement. If I am having trouble incorporating the principles in all areas of my life, perhaps I have over complicated my life and am trying to do too many things and juggle all the balls at once. When I simplify and seek to follow the path intended for me by my higher power, I find it much easier to keep these principles active in my life. In doing this I have experiences and relationships that are filled and supported by the principles of all 12 steps: honesty, hope, faith, courage, integrity, willingness, humility, self discipline, love, perseverance, spiritual awareness, and service.

I am so grateful for the chance to learn and grow and change in the process of working this amazing program. I can't and don't want to imagine what my life would be like without this design for living that Overeaters Anonymous gives me. I will keep coming back... keep working and trying and learning so that I will never have to be out there alone again. I like it better in here... with all of you! Thank you so much!

With love and hugs,

Amy D.,  
OIG Chair,  
Carlton, OR