

Recovery Today

Together We Can Do What We Could Never Do Alone
Newsletter of Greater Seattle Intergroup of Overeaters Anonymous

Winter 2006
Volume 38 Number 26

PO Box 17415, Seattle, WA 98127 USA
www.seattleoa.org

February 23-25, 2007

The 47th Annual OA Birthday Party, sponsored by the Los Angeles Intergroup of OA, will be held at the LAX Crowne Plaza Hotel at the Los Angeles Airport, CA. Workshops, panels, meals, a dance, inspirational OA speakers, and a variety of participatory activities – including the renowned “ABCs of Abstinence” workshop will be offered. Many members leading these activities have 20, 30 and even 40 years in the program.

www.oalaig.org/html/birthday_party.html

or email Registration@oalaig.org for more information.

Something to boost your program!

Big Book Study – 9 CDs covering the first 164 pages of the Big Book, recorded at the GSI Retreat 2004. Send checks – made out to GSI for \$23.00 – or call, order and pick up the disks at a GSI meeting for \$20.00 and save on postage. Contact Judith: 206.362.8897, or 15109 8th Ave. NE, Shoreline, WA 98155

Hotline Volunteers Needed

We have an on-going need for hotline volunteers to take calls that are directly forwarded to a phone number of the volunteer's choice for the same 3 hour shift each week. All daytime shifts are three hours (7-10 AM, 10 AM - 1 PM, 1-4 PM, 7-10 PM). The night shift is 10PM-7 AM. If you are willing to share yourself with another compulsive overeater by doing this valuable service, please contact Paula Jo at (425) 255-1781 or bravepj@yahoo.com.

Next Issue? The Topic is: Forgiveness

Your voice, inspiration, experience, strength and hope are needed in these pages. Send shares to friendlywendy@yahoo.com by February 1, 2007, please. –And thank you!

I am abstinent and blessed with two great sponsees and an opportunity to go to my hometown and make many amends while there. My chaotic work schedule and added therapy and psychiatry appointments are making it hard to get to my meetings as regularly as I used to. I couldn't be more busy, but I make and receive program calls and I talk to my HP about powerlessness and turn things over.

I have recently learned that my biggest character defect is thinking that I am not good enough. I am really sick of that one, but boy, it is so hard to shake. It's like trying to turn a junk-laden yard with a huge dead tree in it into a serene and beautiful garden. First I have to completely remove the tree trunk and roots, recondition and aerate the soil. Then I place rocks and plant perennials and shrubbery...but it will take at least a year to fill out and be lush and a true haven.

This is the work I am doing with my self-concept... my relationship to me. I am learning that I actually have a disability and cannot expect myself to function the way others do. This disability has been uncovered with love and compassion through staying abstinent and working my program. I would not be able to do this work and go through this process without my OA recovery. I feel strong and loved by my OA community. Many of you have specifically supported me in this process this year and many have simply helped me see that I am loveable, useful, intelligent and worth being fulfilled in life. I have come to see that I am hardworking...and ambitious even. Spending years with debilitating disorganization and attention issues and learning problems had really fooled me into thinking I was lazy and weak. My OA recovery taught me that this, too, is NOT A MORAL ISSUE. My OA service has shown me that I can do great things

and be a good leader and supporter of others. Thank you for the gift of allowing me to serve.

Love, Jocelyn

Jamila attended the Region One Convention 2006 and this is part of her report – Thank you Jamila!

Region One Assembly and Convention 2008

The Greater Seattle Intergroup bid to host the Region One Assembly and Convention in 2008 has passed. Start thinking about what service your meeting might be willing to do to make this happen.

Ways to Get Involved (Service)

- a. Region One needs volunteers interested in forming a Focus on Young People in OA committee. A workshop held at assembly outlined concerns about sponsoring young people, having a young people focused meeting in your area, working with parents of children with compulsive overeating problems and legal issues that come up with working with children and young adults. Some ideas that came out of the workshop included; preparing school presentations to students, parents and teachers, designing guidelines for the World Service Organization based on Alateen for working with young people, writing articles for school newspapers, and starting young people focused meetings in your area.
- b. Greater Seattle Intergroup needs help organizing Professional Outreach and Public Information events and activities. Region One has a materials and pamphlets available for use at fairs and other public information events. Region One has also made a commitment to provide supplemental grants to help with the financial cost of such events.
- c. Lifeline Magazine Subscription (Buy one for your meeting or for yourself)
- d. Hotline Volunteers needed in Greater Seattle Area (see www.seattleoa.org for more information)
- e. Come to the Greater Seattle Intergroup Meetings. We meet the first Tuesday of the month at St. Paul's in Ballard at 7:00 p.m. We have many types of service positions that need to be filled.

Additional Upcoming Events

- a. Burn Party, January 7, 2007, 6 pm to 8 pm at Golden Gardens Park in Ballard
- b. "Beyond Our Wildest Dreams" OA Retreat, February 2-4, 2007, Camp Huston Retreat Center in Gold Bar, WA
- c. North Cascades Spring Renewal Retreat, April 13-15, 2007, Whidbey Island

Resources

- a. Listen to The Virtual Speakers Bureau (60 mp3s of OA speakers) Website: www.oalaig.com.
- b. Start a meeting (Resources at http://www.oa.org/group_support.html)
- c. Having trouble getting to Meetings in person. Try OA Online & Phone Meetings (see http://www.oa.org/online_meetings.html)
- d. Need some ideas for helping members at your meeting. Buy the 12th Step within Handbook from OA's website or borrow it from GSI Library.
- e. Get a partner in recovery and agree to sign a Recovery Insurance Policy to keep each other accountable. Find it at (<http://www.oa.org/pdf/RecoveryInsPolicy.pdf>)
- f. Plan a workshop, retreat or marathon to hear the message of hope from speakers with strong recovery.

Service - I have been blessed with the desire and time to do service fairly early on in recovery. It is a wonderful way to connect with others. It is also a real growing experience and can bring up new challenges for my HP to help me with. I like to do service that speaks to me. I feel that there are endless ways to do service and as soon as a person can find the desire and time to do service, the more they feel a part of OA. One of the best services I can do is to stay abstinely connected to my Higher Power's will...one day at a time. -Judith