

# OVEREATERS ANONYMOUS®

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## OA MARITIMES INTERGROUP #09262 NEWSLETTER – REGION 6

APRIL 2024

### MEETINGS of OUR FELLOWS

#### **Monday Yarmouth Miracles: 7pm**

Meeting ID: 805 374 9582

Passcode: 721451

Contact Carmen: 902-740-1857

#### **Monday Truro Meeting: 7:30pm**

Douglas St Recreation Center

40 Douglas Street, Truro, NS

Contact Melanie: 902-986-8636

#### **Tuesday Windsor Wellness: 7 pm**

Meeting ID: 814 3238 9782

Passcode: 480415

Contact Claire: 902-790-6347

#### **Wednesday Road to Recovery: 12:10 pm**

Meeting ID: 853 4632 2622

Passcode: 180398

Contact Morag: maccoineach@hotmail.com

#### **Wednesday Atlantic Recovery: 7 pm**

Meeting ID: 622 506 18261

Passcode: email atlantic.pw@oamig.org

Contact Mel 902-986-8636

#### **Friday Wolfville Meeting: 10:30 am**

Meeting ID: 805 374 9582

Passcode: Please email meeting.pw@oamig.org

Contact Pete: 902-542-9710

#### **Friday: Road to Recovery: 12:10 pm**

Meeting ID: 853 4632 2622

Passcode: 180398

Contact Morag: maccoineach@hotmail.com

#### **Saturday Halifax 12 Step Meeting: 1pm**

Meeting ID: 805 374 95821

Passcode: Please email meeting.pw@oamig.org

Contact: Kathleen: 902-877-4498

#### **Sunday Meeting: 1pm**

Community Center

45 Connolly Rd. Sackville, NS

Contact Bonnie: 902-864-9646

*"We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams." -OA Promise*



*"I put my hand in yours,  
and together we can do  
what we could never  
do alone...."*

*-OA Promise*

### *Upcoming Events*

**April** – Sat Apr 27<sup>th</sup>, 2024 **OAMIG Business Meeting: 10AM-12NOON**

**Via Zoom:** Meeting ID: 823 6458 0097 Passcode: 698155

**Afternoon Speaker Meeting 1pm-3pm Topic: Surrender**

**May** – Mon May 6<sup>th</sup>, 2024 **Open Speaker Meeting**

Truro Meeting at 7:30pm

Douglas St Recreation Center Room E

40 Douglas Street, Truro, NS

– May 6<sup>th</sup> -12<sup>th</sup>, 2021 **World Service Business Conference:**

*Albuquerque, New Mexico, USA*

*"We all Belong- Welcome to OA"*

**June** – Monday June 3<sup>rd</sup>, 2024 **Open Speaker Celebration of Recovery**

**Come celebrate Recovery!**

Truro Meeting at 7:30pm

Douglas St Recreation Center Room E

40 Douglas Street, Truro, NS

**August** – Sat August 17<sup>th</sup>, 2024 **OAMIG Business Meeting:**

**Tentative, Place TBA**



OA Maritimes Intergroup #09262

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## From the Editor's Desk

### Greetings, my OA Friends:

My name is Elsa, and I am a sugar addict-grazer and your newsletter editor, still in the throes of figuring out this newsletter position. What with the fear and lack of technical know-how, I've procrastinated long enough that "show-time" came too fast. I knew I had to take action.

What I have discovered this time, and with other positions I've volunteered for in the past, is that my service to others benefits my own recovery.



Here's how this service position is working in my life;

My food plan does not include snacks. Today I felt my usual 3:30pm slump that sends me to a fizzy drink or lemon water to get through. This time, however, because I had done some work on this newsletter, a submission popped into my head. It is a list of suggested actions we can take instead of eating compulsively. I realized my personal action plan was another I can add to that long list, which gives me more options to access in those times. Who says recovery is boring?!

I also discovered a Zoom meeting I hadn't tried. Thank you to those who have kept their meeting information up to date. Meetings have been a lifeline for me. I know we have heard it said many times, and let me say it again: We went through horrific times during COVID months, but the gift of Zoom has been an immeasurable blessing for many of us. People who are unable to leave their homes can tune in to a meeting any day or night. Newcomers are free to attend anonymously until they feel comfortable enough to be known.

Speaking of anonymity, a submission this month brought home once again this important tool. Anonymity not only makes me feel safe in the rooms, but I use it in my everyday actions with friends and family. It teaches me how to be with people. Anonymity has taught me not to pry into other people's business. Practicing anonymity means I don't ask personal questions, and I don't pass along personal information without permission. It works very well inside and outside our meetings. I tell people I've never regretted keeping my mouth shut most times!

Thanks to those who submitted and shared their ESH with us. I'm giving a special shout-out to the mentor who helped me enhance the look of the newsletter. It takes a village. Together we get better!

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*"Being a part of the group is essential to recovery from our disease of isolation. It means supporting and being supported by our fellow OA members." (OA 12&12, page 205)*

I isolated because I was afraid to let anyone know me. Being a part of the group allowed me to open up a little at a time. As I felt more a part of the group, I felt more of the support available to me. From that I learned to support others. Together we can do what we could never do alone.

--Voices of Recovery, page 191



# TOGETHER WE RECOVER

**REGION 6 CONVENTION OCTOBER 25-27, 2024  
NASHUA, NEW HAMPSHIRE**

Region 6 of Overeaters Anonymous  
invites you to attend the  
2024 Region 6 Convention!  
**Join us in person!**

### **Tentative Highlights**

*Friday October 25*

3:00 pm Registration opens  
4:00 pm Workshops begin  
6:00 pm Buffet  
8:00 pm Grand opening/keynote speaker

*Saturday October 26*

8:30 am Workshops continue throughout day  
6:00 pm Banquet  
8:00 pm Keynote speaker

*Sunday October 27*

9:00 am Workshops begin  
10:30 am Closing session

### **General Service Opportunities**

We need your help with service.  
Email will arrive in late summer with all the  
service options.

### **Workshop Speakers**

Information to follow in late summer.

For additional information, please contact:  
[r6conventionchair@oaregion6.org](mailto:r6conventionchair@oaregion6.org)

For registration information, please contact:  
[r6conventionregistrar@gmail.com](mailto:r6conventionregistrar@gmail.com)

### **CONVENTION REGISTRATION**

Registration is online only  
through October 18

[Click here to register](#)

**\*\*No refunds or transfers\*\***

- \$45 USD to April 15
- \$60 USD April 16 - October 18
- \$75 USD Registration at the door
- \$50 USD - Friday night buffet dinner
- \$65 USD - Saturday night banquet dinner

### **HOTEL INFORMATION**

**Doubletree by Hilton Nashua**

2 Somerset Parkway, Nashua, NH, 03063

### **Hotel Occupancy Rates**

- King/Double Room \$169 US + tax/night
- Triple Room \$179 US + tax/night
- Quad Room \$189 US + tax/night

### **Room Reservation Information**

Hotel reservations must be made by Oct 4 to  
guarantee the R6 Convention rate

**Cancellation Policy:** Cancel by 3pm 48 hours  
prior to arrival to avoid charges.

Two Ways to Register for the Hotel

- Click: [OA Region 6 Website](#)
- Phone reservations: (603) 886-1200  
Please ask for OA Region 6 rates

**Be sure to book your hotel reservations soon for rooms are limited this year**

## **Sackville OA Birthday Celebration - Gratitude Jar**

Approximately 20-25 fellows gathered in Sackville on Sunday, January 21st, to celebrate OA's 64th birthday. We laughed together, we cried together, we sang together, and we shared our gratitude together. By all accounts, it was a truly magical day. We also had a gratitude jar for Newsletter gratitude submissions. Here are the entries submitted by our members:

I'm grateful for my sponsor and her continued support, listening ear, and mostly her love.  
-Anonymous

Grateful for the long-term friendship and fellowship in OA.  
-Anonymous

I am grateful to be an overeater - it brought me to this wonderful program, to make me a better person.  
-Kathy P.

Grateful for H.O.P.E. (Hearing Other People's Experiences)  
-AS

I am grateful for YOU! Your shares, your tears, your love, your support. Thank you!  
-Anonymous

I am grateful for the program and those who went before me and lit the path for me to follow.  
-Tobi M.

I am so grateful to be here today and to be part of OA.  
-Anonymous

Abstinence  
Connection with my creator  
Fellow addicts who get it  
This way to spirituality  
Comfort & love from friends.

Warm, safe home.  
Family and friends  
-Anonymous

I am grateful to the people who keep our face-to-face meetings going.  
-Anonymous

I am grateful for self-forgiveness made possible by the Steps & my HP.  
-Anonymous

I am grateful for this way of life - acting on life rather than reacting to it!  
-Joanie

For my God & 12-Step way of life. Thank you.  
-Anonymous

This meeting!  
Abstinence  
My family  
-Anonymous

My OA family - here I am accepted and loved - Thank you!  
-Anonymous

So grateful for my HP & the new me & my life.  
-Anonymous

Grateful for the people HP puts in my path to teach me exactly what I need to learn.  
-Mel B., Trur

## ***PERSONAL REFLECTIONS***

### ***SERVICE SAVES***

It is a Saturday night. I'm sitting in my living room while our Montreal Canadiens are playing on television. I ate my supper a couple of hours ago. My family are having a few drinks. I'm spiritually fit today by the grace of my Higher Power. I'm drinking coffee.

My work week was incredibly challenging, and I was tired and a tad melancholy yesterday.

I had Region 6 Rep Committee work that I had been putting off for a couple weeks. I committed to completing it this weekend.

The work took over two hours, but it required me to read OA information and listen to some podcasts.

I have just finished the work and feel quite good. I am not overfilled with food or drink. I'm calm, grateful, and at peace. I will likely still feel this way when I wake up tomorrow.

My service as the R6 rep will soon be coming to an end, and I have to say it's truly been a huge growth opportunity for me. I never before travelled much at all, but travelled solo to Albany on two occasions. I have had to do computer work (which I dislike immensely) for my committee, but have learned so much.

Service is slimming, sanity-providing, satisfying, and sensational.

I encourage everyone who has yet to try service to step out of their comfort zone and take the plunge. We all need this fellowship. I know we all want it to be here indefinitely, so God willing, we will stay recovered.

*-Claudette (Truro Group)*

Every August at our Intergroup Business Meeting, we have elections for new service positions. We NEED YOU!! Please consider how you can serve your IG and improve your recovery through this service!!

## ***A BIRTHDAY PARTY TO REMEMBER!***

Hello, my beautiful fellows. I am still unpacking from the week of January 7th to 14th, 2024 (not unpacking my suitcase though; that's still missing LOL). Rather I'm unpacking the spiritual & emotional experiences/gifts I received.

Gordon and I were supposed to go on a trip in November that was canceled, and as a result we had a travel voucher. Typically my vacations are just that--I vacate my normal life. Unfortunately, that also often includes vacating my healthy routine/habits; walking, meal prep, service, meetings, etc. My HP sent me an intuitive thought about going to Los Angeles, for OA's 64th Birthday party, using the travel voucher. I asked Gordie, and as usual, he was supportive and willing to tag along for the ride. A couple of things came up, and we considered canceling the trip, but I kept getting a gentle nudge that I was supposed to go, so off we went.

Instead of vacating my life, I decided to use the week to enhance my life, by attending in-person meetings, walking, etc. Have you ever seen the produce in California? It looks like it was picked an hour before you got to the grocery store!!!! I'm a kale lover, and honestly I saw kale that could go in a fucking vase on your coffee table, it was so fresh and gorgeous!!!!

But I digress....at the birthday party, which was very much like our Region 6 convention but on a much larger scale(several

workshops on different topics, running concurrently), I reviewed the schedule and decided to start with a 90-minute Big Book Workshop on "The Doctor's Opinion" and History of the BB.

Now I fully understand and agree that we cannot have stars or VIPs, or put our members on pedestals; HOWEVER, I also cannot diminish the profound impact certain members have had on my life and recovery over the past 20 years in this program. One of these people, for me, is Harlan G. Within 30 minutes of my arrival at the event, I had met Harlan G., and found out that not only was he leading the session I was about to attend, but he was leading a total of 10 ½ hours of Big Book study throughout the weekend. I had no prior knowledge of this. There are no words for the immense gratitude and joy I felt in that moment. A very deep, and to the core, true sense of thankfulness and gratitude to and for my Higher Power, for nudging me there, and for the absolutely life-changing and beautiful nuggets of wisdom I was about to receive.

In *Overeaters Anonymous* Third Edition, p. 22, OA's cofounder Rozanne shares a message from Rollo M. Boas, one of OA's earliest supporters: "If you remove your body from the truth, when you are ready; the truth is nowhere to be found. But if you continue to bring your body to the truth, then when you are ready, the truth is waiting there for you." (Thank you, Pat, for sharing this with me) I'm not sharing this experience to brag ("Oh look at me! I went to Los Angeles, blah blah blah"). It's just the



opposite in fact. 20 years - I've been in this program nearly 20 years, and I am FINALLY truly prioritizing bringing my body to the truth (figuratively and literally); and when this student was ready, a truly inspirational teacher appeared. Don't be a Tobi! Don't wait 20 years to do what the program tells us. Bring your body to the truth. Get a sponsor, put down the food, and work the

steps, help others. The promises are guaranteed if we do!! I purchased the audio from the birthday meeting, and will have it on a USB soon to share with any of you who wishes to join me in listening again and trudging the Road of Happy Destiny!!!

*-Tobi M., Sunday Sackville Group*

***Hello, all! Here is a collective submission from some of our Intergroup fellows:***

Things We can Do Instead of Eating Compulsively (from Tobi)

- Write an article for the Newsletter
- Paint your nails
- Do a Sudoku
- Listen to an inspirational podcast
- Listen to a great song
- Sing a song
- Stretch your body
- Watch a hilarious clip from a show or movie
- Read p. 417 of the Big Book (Acceptance)
- Pet snuggle your cat/dog/pets
- Pray for someone else
- Write someone a note
- Serve/do something nice for someone
- Drink a glass of ice water (even better in a favorite glass or mug)
- Wash your hands, and feel the water wash away your worries as you give them to your HP
- Hug yourself
- Look at nature
- Clean out a closet, and donate the clothes
- Say positive quotes/affirmations to yourself
- Have a warm cup of tea or coffee
- Wait 20 minutes
- Just do something (anything)
- Brush your teeth
- Re-pot and/or water house plants
- Work on crafts
- Look for craft ideas
- Go to an art gallery or museum
- Go beachcombing/to the beach
- Buy clothes for a charity and deliver them
- Make food for a shelter or soup kitchen and deliver it
- Donate food to a community fridge
- Clean make-up sponges and brushes
- Walk your dog
- Take a shower/bath
- Trim your hair/go for a haircut
- Clean out one drawer
- Read something funny
- Dance
- Watch Netflix/a movie/a show
- Say the Serenity Prayer
- Say any prayer
- Pray for God's help
- Text a fellow
- Call a fellow
- Open the Big Book and read whatever page it lands on
- Re-read your writing on Step 1
- Journal
- Jump on a meeting
- Read a book
- Knit or crochet something
- Re-visit your pre-OA life
- Pick up an old photo album
- Make some soup for later/meal prep
- Think about what service you can do
- Meditate
- Do a puzzle
- Call your Sponsor
- Do one chore
- Go for a drive

Save the date for our Fall 2024 retreat in Debert, NS!  
October 4<sup>th</sup> to 6<sup>th</sup>. Details to follow.

## **ANONYMITY**

Anonymity: a word that has been a hard one for me to pronounce, and one that has taken time to learn. There are times still, even in knowing the Traditions, I fall back into my humanity, and those character defects rear up. In recognizing them, I humbly take responsibility, clear them, and ask my Higher Power what actions I need to take to change.

I believe as my personal recovery and spirituality progresses, I begin to see how anonymity is so important to my OA fellowship, but also in my everyday life.

The two Traditions that speak of anonymity are below; although many can intermingle with the others to bring anonymity as a spiritual foundation that keeps the fellowship and all my affairs free of those things that prevent me from being a 12-Step person living in the principles of my program:

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Maintain personal anonymity at the level of press, radio, films, television, and other public media of communication. That means in dealing with the public (press, radio, films, television, and other public media of communication), I do not make it known to others that I am a member of OA. Why? Because if I get into those public areas (most focus on weight loss) and proclaim recovery and then relapse, OA gets a bad rap that program doesn't work. Would that attract others to recovery? No. Personal anonymity is important in the public sector. Telling my full name as being in OA is dangerous in the public arena.

To practice this principle, I can say/share my full name (if I choose) with other members, BUT... during meetings I keep to my first name and initial to help the newcomer feel that safeness we all need. This helps me to reinforce this principle.



I maintain MY anonymity but others' too, for my story is my story and others' stories are theirs, not mine to tell. If I see someone I know come in, I leave it to them to tell of our connection, or not.

If I meet another in a store and they are with someone, I must be cautious not to break their anonymity about how we know each other; it is not my place to tell.

Anonymity as being the spiritual foundation, placing principles before personalities, has really driven home how my lips can sink ships. I must question my motives. It really has driven home the principles of my program.



*"Anonymity is the spiritual foundation of  
all these Traditions, ever reminding us to  
place principles before personalities"*  
-Tradition 12-



Gossip, even in a manner of not downing a person, but telling their business or where they are, even praising, can cause harm to another within the rooms. I must watch this. What are my motives? The more I practice this, the more it becomes a part of me, changes me. It is the very foundation that changes my old behaviors and keeps me connected with my HP.

If another is praised by name or spoken of in meetings, that feeling of security waivers. Someone put on a pedestal for their share, even when told we are all equals, may cause harm. Someone may think their share is of no value. I am a creature of habit. Then crazy old thoughts can pop back in and defects run amuck... not to mention praise can make superstars within the rooms. This goes against our traditions. Keeping others' names out of my share adds to the foundation of the very principle of anonymity in my program.

There are so many things to learn, to be able to practice the spiritual foundation of the Traditions; and much is needed for me to keep my serenity.

- Melanie (Truro)

## LET GO AND LET GOD

Sometimes in my daily life it takes awhile for me to see I am hanging onto my ideas. This is especially true when it comes to family members. I think I know best! This only continues the struggle.

The wisdom of this program says, "Let Go and Let God". Maybe I've been growling for awhile before I clue in that I have to accept the things I cannot change! Righteous behaviour maintains my struggles. They lose their sting when I lose my opposition.

It takes awhile sometimes to MMOB\*! I will step aside and Let God.

*\*Mind My Own Business*

-Joanie (Truro)



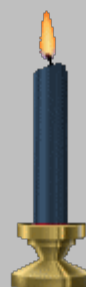
### In MEMORY OF A FELLOW

*Suddenly you were gone,  
No warning to be had.  
Your presence will be missed;  
My heart it just feels sad.*

*I will not eat due to sorrow  
It's OK to shed a tear  
I know this too shall pass  
The Steps I have them near.*

*My memories I hold close,  
Your outreach calls and shares.  
I smile & feel your Spirit,  
As you smile down  
from up there.*

*I will Take it one day at a time;  
keep on trudging the road each day.  
I will reach out to others & share;  
Work my program, I'll be OK.*



*For there is no mistake we met,  
One day I may know why.  
There's no need to understand;  
With acceptance, I will get by.*

*Love you xox  
-Melanie, Truro Group*



## HONESTY

A serious slip recently forced me to go back and tweak my food plan.

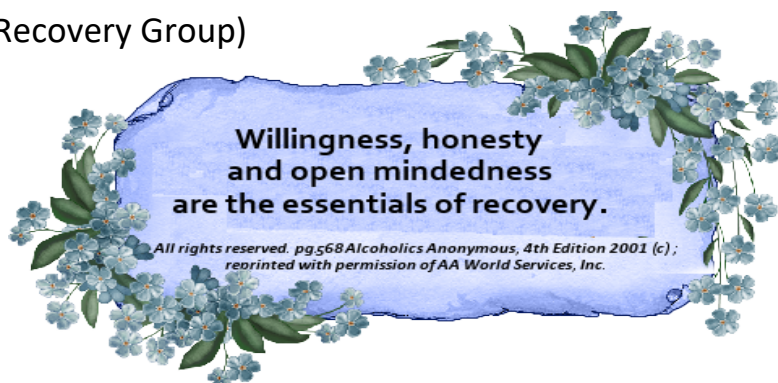
“What foods have I thought I could handle in spite of feeling increasingly uneasy about them?” I tell myself I can handle them as long as “I control” amounts, and yet my body inevitably wants more.

Big Book tells me I have an allergy of craving to certain substances: that won’t change no matter how I try to get around it.

What excuses have I used? “Others don’t eat!” “At least it’s not sugar!” “I don’t want to look self-righteous or weird!” “It’s not as lethal as what I really want!” “I didn’t get enough supper...!”

When I fully surrendered three more foods this week to my HP (no more excuses), my fear of being without them disappeared, replaced by that new freedom and happiness we are promised on page 83 of the Big Book. I love this program.

--Elsa P. (Atlantic Recovery Group)



## FINDING THE BALANCE

Before recovery, I was not a balanced person; I was a person of extremes. My eating activities were extreme too. I was either stuffing in excessive quantities of food or starving myself. I repeated this over and over. Fortunately, I stopped while I was still living. Of course all compulsive overeaters stop someday. I became willing to stop before it killed me. Stopping was the easy part. It is the staying stopped that matters.

The Steps taught me a new way of living, a new way of acting, a new way of thinking and behaving. The old destructive behaviour was normal to me. My new behaviour took a lot of practice, and still does.

Sometimes it is not yet automatic. There is still discrepancy between the person I want to be and the person I am. That shows me I need God more than ever. That shows me I am human and progressing.

--Joanie (Truro)