

Anchors OA

2ND QUARTER 2015

NEW Vancouver Island Intergroup Website

The Vancouver Island Intergroup (VIIG) has a new website. You can access it here:
www.oaviig.org.

You will find information for newcomers, upcoming events in our district as well as Region 1, meeting lists and the newsletter. There are links to the Region 1 site as well as to other information on the OA.org site.

Please have a look and provide your feedback. It is a work in progress and I welcome any constructive insight. Thank you to Genevieve for a great job in organizing and setting up our first site!

Maintaining a Healthy Weight?

The Fellowship Needs Your Story. Deadline September 30.

OA is revising the pamphlet *Maintaining a Healthy Weight* and looking for new stories. We want to hear from all members and are especially interested in stories from members who had to gain weight to reach and maintain a healthy weight. Stories of weight maintenance from members who exhibit any manifestations of the disease, including anorexia and bulimia, are welcome.

The deadline to receive stories is September 30, 2015. Stories of approximately 500 words have a greater chance of publication, and submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc. Submissions are not returned. All submissions must contain the author's full name and address. You may request anonymity with publication. Your state, province, or country may remain anonymous if you so indicate.

Email your story to info@oa.org with the subject line "Healthy Weight."
(from <https://www.oa.org/category/whats-new/>, retrieved on July 10, 2015)

Step Six Podcast—FREE to download or stream

Second Sunday Telephone Workshops continue in 2015, and [Step Six podcast](#) is now available to download or stream. Spend some time in recovery and take in this in-depth focus on Step Six. To participate in the next telephone workshop on Sunday, July 12, see the [Datebook Calendar](#) for dial-in instructions.

(from <https://www.oa.org/category/whats-new/>, retrieved on July 10, 2015)

Region 1 Quilt Raffle

BACKGROUND: At the 2014 business conference one intergroup offers to create the 2015 quilt based on the theme. The theme for 2015 for Region One is "Working All Twelve Steps" with a secondary theme of "Out of the Darkness into the Light."

Over the winter the committee selects the colours, purchases the materials and mails the fabric to each intergroup in Region 1 with instructions reminding intergroups of the theme and the 'due back' date. Intergroups select someone (likely who quilts) to create the quilt square on their behalf and mail it back to the committee, who



arranges the squares to make the quilt top. I believe the quilt is stitched professionally.

The completed quilt is raffled off at the convention. Quilt tickets are available

at <http://www.oaregion1.org/2015-quilt-raffle.html> . If you would like to win this lovely quilt, find out who is going to convention and give them your completed tickets and money

OR print the raffle tickets and mail (*postmarked by Sept. 5*) to: Region One, PO Box 23235, Tigard, OR 97281.

You do not have to be at the convention to win, it will find its way to you!!

From REGION 1 Quilt Committee:

Don't forget to buy your raffle tickets. You will want a chance to win this beautiful hand made quilt. Each square was made by an individual from different intergroups, each one telling its story of the journey from darkness to light.

The proceeds will go to help spread the word of Overeaters Anonymous to those who still suffer.

The cost of raffle tickets is: \$1.00 each, 6 for \$5.00 or 25 for \$20.00. Remember, you do not have to be present to win.

You can see pictures of some of the squares at oaregion1.org/2015-quilt-raffle.html. Also, if you click on the individual intergroups, you can see each intergroup's square. You can also print out raffle tickets there. You can bring your tickets to the convention at Bend, OR, Sept. 18 – 20th or send them, along with your check, to the address printed on the tickets.

We hope to see many of you at the convention.

Region 1 Quilt Committee,
Carol & Arlene

Vancouver Island Intergroup Committee Contacts

VIIG: Vancouverislandintergroup@gmail.com ,

Newsletter: AnchorsOA@gmail.com

The next VIIG meeting will be held on Sat. September 12 2015 in 3151 Barons Road, Nanaimo BC

Overeaters Anonymous Meetings on Vancouver Island –July 2015**Victoria**

Tuesday, Wednesday, Thursday: noon – 12:45 pm, St Andrew’s Presbyterian Church, Kirk Hall, 680 Courtney St. (ring the bell). Contact Joy 250-386-4784

Monday: 7:15-8:45 pm, Step Study, Franciscan Friary, 1076 Joan Crescent; Contact Sarah 250-217-4178 or Tracy 250-704-6880.

Tuesday: 5:00 – 6:00 pm, H.O.W. #103 – 904 Hillside Ave. Press code 4784. Contact Joy 250-386-4784

Wednesday 7-8:00 pm. Royal Jubilee Hospital 1952 Bay Street, Patient Care Centre, Room 801; Topic meeting . Parkade parking (\$3.50) or street if prepared to walk. Contact Rosaline 250-598-9693

Thursday: 7:00 pm Regular OA meeting; Cafeteria Room 1814 Victoria General Hospital. Contact Julie 250-388-4161 or madrona623@gmail.com

Friday: 5:00 – 6:00 pm, H.O.W. 3027 Henderson Rd., Contact Loretta 250-592-6705.

Saturday: 10:30 am - noon, Love in Action & Newcomer meeting, Victoria Health Unit, 1947 Cook St. Contact Patty C. 250-386-1192

Sunday: 5:00-6:00 pm, H.O.W near Jubilee Hospital. Phone ahead. Jayne 250-598-7707

Sunday: 5:00-6:00 pm, H.O.W. WEST SHORE Phone ahead Julie 250-388-4161

Denman Island

Sunday 1200 noon- 1 pm Denman Island Medical Clinic (side entrance), 3351 Piercy Road; Contact Eileen 250-335-3351

Duncan

Thursday: 7:00 pm, New Life Church, 1839 Tzouhalem Road. Contact Orlando 250-732-6450 (call to confirm location)

Sunday: morning 8:30 am, 371 Festubert St. Contact Rita 250-746-9366

Parksville

Tuesday: 7:30 – 8:30 pm, Step & Tradition, Knox United Church, 345 Pym Street Room 5 Contact Elise 250-248-2719 or Lorri B. 250-248-2582

Friday: Noon – 1:00 pm, Topic Meeting, Knox United Church, 345 Pym Street Room 5 Contact Elise 250-248-2719, or Jan 250-586-1615

Nanaimo

Saturday: evening 7:00 – 8:00 pm Into the Light, VIHA Mental Health & Addictions Services; 3151 Barons Rd, Nanaimo, Contact oanaimo@gmail.com for meeting information

Thursday: evening 6-7 pm Steps and Traditions Study; focus anorexia/bulimia. Office Building 3151 Barons Road (outside doors locked –ring doorbell) Contact Angelina 250-619-1975

Cortes Island: No regular meeting but for a spontaneous meeting Contact Denise 250-935-6601

Port Hardy: No regular meeting but phone Anne 250-230-1673 for an impromptu meeting

Changes to meetings? Contact Janice M. 250-598-1968 or janicebentzmaxwell@shaw.ca if there are changes to your meeting information

Overeaters Anonymous H.O.W. Program

OA also offers the Honest Open Willing (HOW) program which works the 12 Steps and 12 Traditions in a more structured way while using a suggested HOW food plan among other things. These meetings are in the evenings from 5 to 6 pm at various members’ homes and those wishing to partake in these meetings just need to contact the person listed. You need not be following the HOW program to attend these meetings. Here is a list of Victoria HOW meetings:

Tuesday	5 pm – 6 pm	- Ste #103 - 904 Hillside Ave (ring #4784)	- Joy 250-386-4784
Friday	5 pm – 6 pm	- 3027 Henderson Rd	-Loretta 250-592-6705
Sunday	5 pm – 6 pm	- near Jubilee Hospital –1740 Duchess St	- Jayne 250-598-7707
Sunday	5 pm – 6 pm	- H.O.W. Westshore – Phone Ahead	- Julie 250-388-4161