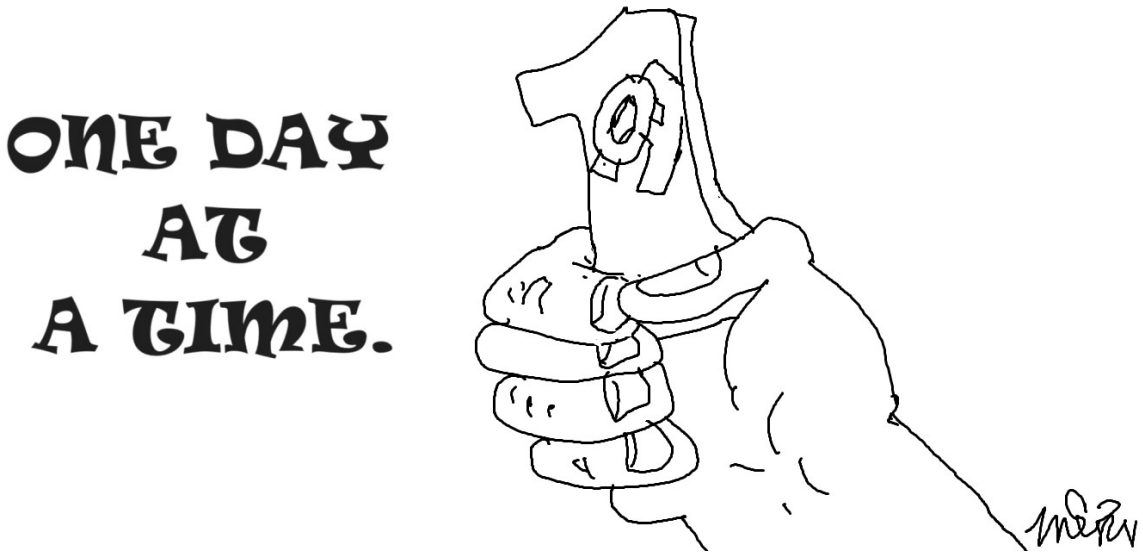
ANCHORSOA
Vancouver Island Intergroup Newsletter

MY LIFE IN RECOVERY

"I knew I belonged."- OA member

Fourth Quarter 2026 June 30, 2026



All artwork submitted by Merv B.

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Vacancies on VIIG Board and Committee: Consider joining your Intergroup as Event Coordinator; Region 1 Rep.(even year); Region 1 Rep.(odd year); WSBC Rep.; Public Information Officer.

Last Meeting: May 9, 2026
Next Meetings:
Note new start times of 12:30 pm so we can finish our lunch.
June 13, 2026 AGM
Sept 12, 2026
Nov 14, 2026

All who wish may attend. Zoom information is on our www.oaviig.org website.

Intergroup Recovery Report: Kelly C.

I am so thankful to have a safe place to recover from the disease of compulsive overeating in Overeaters Anonymous. Whereas my life before was angst-ridden and the days felt stuck on "replay" now my life is new each morning. I find there is order to this life instead

of chaos and emotional havoc. I can take daily action rather stay stuck.

My recovery journey began the day I encountered an old friend who was sporting a new silhouette. I begged her to tell me how she did it and she took me under her wing and walked me through the Fifteen Questions of Overeaters Anonymous. We did one question a day for fifteen days. I felt so cared for by her. Here are the first five questions:

1. Do I eat when I'm not hungry or not eat when my body needs nourishment? I answered yes, all the time.
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick? I answered yes again.
3. Do I have feelings of guilt, shame or embarrassment about my weight or the way I eat? Yes.
4. Do I eat sensibly in front of others and then make up for it when I am alone? Yes.
5. Is my eating affecting my health or the way I live my life? Yes.

I was welcomed into the Tuesday night meeting in Parksville, made a member and found that I belonged there. I was desperate enough to reach out and blessed enough to find the hand of OA reaching back.

In my first year I lost fifty five pounds then was hit with some medical issues that caused me to lose my abstinence. In fact by now I have gained thirty pounds back and have developed painful arthritis. I have tried to fill the hole in my soul with food and soothe the pain by snacking and it doesn't work. Then I read an article that said in another twelve step program that higher affiliation was associated with higher recovery. So I am doubling up my service

efforts so that I can be highly affiliated with OA and make more OA friends and hear more of the message. I am becoming a sponsor and seeking service at three levels in OA.

I spoke to a dietitian. I was expecting to hear about ounces and grams but I was pleasantly surprised by her warmth and kindness. Her youth was not lost on me and I mused to myself, "what kind of people study nutrition for years?" She asked what I eat typically and her response was often, "delicious". Hmm. I thought. "I eat out a lot", I ventured. "Get enough fiber" she returned. "Don't go hungry", she advised. Hmm. She seemed to be telling me to eat delicious food and not go hungry. This was astonishing. That sounded so, so, normal! I told her I had an 80/20 rule where my food is good 80% of the time and she didn't flinch. We are talking again in a month.

I have a disability and for years my life was ho hum. Now I enjoy epic days with my husband who is busy in retirement. There is no getting around it most of my days are jam-packed. My food plan has to reflect this. And so I am deciding my food plan is simply this : I am going to eat when I am hungry and I am absolutely not going to eat when I am not hungry. The dietitian said it is totally possible to lose weight eating three meals and two snacks. I am so amazed and shocked at how much the diet mentality is still in me. I shared this with an OA share partner, in fact it was she who named it, the 80/20 rule. I am thankful for this clarity. I can breathe knowing my program is tailored to me and my needs and my life. I have my abstinence back. My willingness to put the fork down and to end each meal by giving thanks.

However, it has become clear to me that the crux of my journey in recovery will be in emotional and spiritual sobriety.

Here are some other points about my abstinence today:
I refrain from ever leaving OA.

I refrain from hurting anyone today with my words or tone of voice.

Honesty and surrender to God are attitudes I take each day. I see that my life has changed and is changing. That its “the little thing” Higher Power wants from me. That I CAN DO THIS! My worth is built on inner stability.

If I could be as kind to myself as I am to others.

The 12 steps are designed to diminish self-seeking and replace it with humility and service. The best way out of status-seeking is to think of and help others. I have to tell someone about me if I want to change.

“Think gratefully, how fortunate you are to have a disease that can be arrested one day at a time, simply by not taking that first compulsive bite.”

-Before You Take That First Compulsive Bite, Remember...
Copyright 1995 Posted in Voices of Recovery November 24

Voices of Recovery December 18

There are those gray, bleak days when I don't feel like doing what I need to do to recover. I'm tired of the effort. I want to give up, but I stop and reflect. If I quit making an effort, I'll slide backwards. And backwards, for me, means only one thing – the hell of compulsive overeating and all the accompanying mental, physical, and spiritual anguish it brings.
So I pray for the willingness to do whatever my Higher Power nudges me to do...And then once again, I experience the healing and recovery that taking action on the Twelve Steps always brings.
p.353

There is a responsibility for taking action and more action.

I have new ways of coping with my problems. Recently I observed my anger flare while opening a can of tuna with an old fashioned can opener. It made me laugh and instead I told myself "I'm succeeding!" and struggled some more until the lid was open. I am whole. I am human. I am in recovery. It is not my fault. Keep going.

The group is a power greater than me. They are my flesh and blood brothers and sisters who can help me recover. I am accountable to them. I want to report to them that I am abstinent! God is giving me strength! OA is not a diet club but a spiritual program and it works by changing me on the inside. I need to get "what's eating me" on the inside OUT! Honesty, hope, faith, courage and integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, identity, autonomy, purpose, solidarity, responsibility, fellowship, structure, neutrality, anonymity, and spirituality. People come and go so on my

journey I will hang my hat on these principles that are so rich with meaning, diving in to them each day surely my bruised and battered soul with find healing.

The *Spring Assembly Reunion and Recovery Rally* took place on May 16, 2026 with twenty-five participants. Gary D. was the speaker and he shared how service and recovery are closely linked. He began with a poignant reminder that Bill Wilson said that the way we expand our spiritual life is through self-sacrificing action. Faith alone is insufficient. How we do that is by seeking what God would have us do. Let this be a reminder to all of us. We CAN find time for service in OA. You might ask, "How do you measure results from spreading the message or with a role like Public Information Officer? It is a tough one. In faith we do the footwork and leave the results to God. PIPO's job is to get the word out there. Its a good idea to be visible in our community. It might be ten years before someone enters the rooms after hearing about OA.

There are intergroup vacancies that need to be filled and it is no secret that putting out a general call is not effective as most members will respond thinking "someone else" will step up. Direct requests are better. So consider, "what service would get you excited?"; "What service work would you like your group members and friends to do?"

How to get others involved in service: Perfectionism can be a deterrent to service. In reality, you do the best you can. Fellow Oaers are obligated to forgive you. I found that I did have time for this position. I would never have volunteered for the Inter group but I was asked once or twice to try being a group rep and that got me started. Soon I was hungering for more service. So, have you been vol-untold lately?

Do something you hate. It's a very selfish self-centered disease we have, said Gary. No matter what your skill set this is a place to

make mistakes and learn “I am not abandoned”. Make mistakes AND amends in service as character defects will crop up. Continue to work and let trust happen.

Focused-asks do work. There's a service role that would be a good fit. You don't know the impact you could have. This is a disease of inadequacy. After many years in OA Gary can say “God has made me useful”. Happily and usefully whole. Service is ACTION and ATTITUDE. We will love you until you can love yourself. Today, “I am a loving man”.

He claims abstinence is the starting point. The goal is getting the obsession removed. Practice the steps. Surrender is a skill to practice. If we are will we live well. Possessing the joy of recovery people find attractive. “I'm happy!” “I'm joyous!” There is great humility in being used.

If we move away from program, here's the problem: ego comes in and you can lose friends. So we maybe need to take on something bigger. Step up to Inter group. How much fun it is. Nothing is more enjoyable than a 12th Step job done well. Be reminded of the importance of the work we do. There are stark reminders that people die from anorexia, bulimia and compulsive overeating, etc.

I rely on OTHERS doing service! Why not me serve?

Coming Events
as seen on the Region1 website
www.oaregion1.org

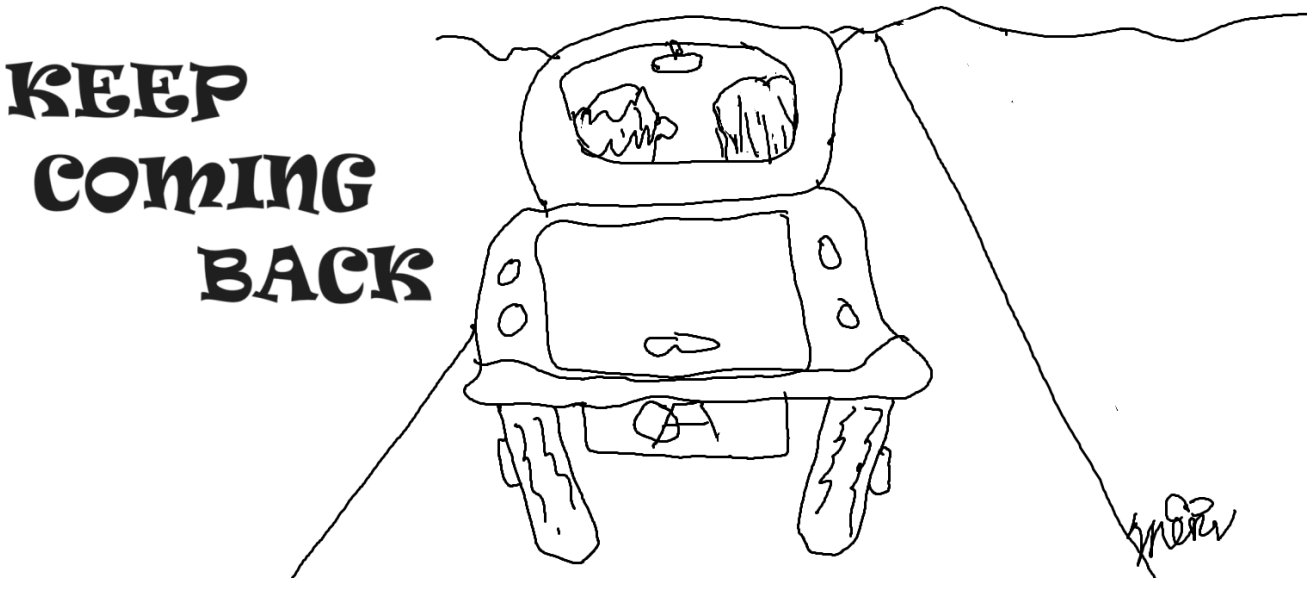
Make sure you check out events coming up on the Region1 website above.

Region 1 Convention 2026 in Billings, Montana in October. A

wonderful way to meet up with people and boost your program.

Coming Events
as seen on the WSO website
www.oa.org

An hour doing service is an hour I am not in the food. I am in service getting free training and making great friends, building my program.

"Who knew that feeling worthwhile, useful, and connected could feel better than compulsive eating?"
-Quote from share: Feeling Useful – June 2014 – Taste of Lifeline, page 110 in print – top of page 111.

"SERVICE AND RECOVERY ARE STRONGLY LINKED".