

Anchors OA

March 31, 2017



Overeaters Anonymous Vancouver Island Intergroup Newsletter 2nd Quarter

Vancouver Island Intergroup

2017 Summer OA Retreat

June 9-11th

The Nuts and Bolts of Recovery



Bethlehem Retreat Centre
Nanaimo BC

[Registration information](#)



Central Oregon
Intergroup

Sunlight of the Spirit
Retreat

May 19-21 2017

Suttle Lake, Oregon

[Registration information](#)

**Miracles start to happen when you give as much
energy to your dreams as you do to your fears**



2017 Region One Convention

October 13-15, 2017

EVENT DETAILS

Held annually, the OA Region One Convention brings together members from the Pacific Northwest for three days of program and fellowship. Groups will attend from the Canadian provinces of Alberta, British Columbia, and Saskatchewan, plus the Yukon and Northwest Territories; and the American states of Alaska, Idaho, Montana, Oregon, Washington, and Wyoming. Everyone is welcome!

Early Bird Registration: US\$150, now through August 15, 2017.

**Recovery in the Emerald City
Seattle, USA**

PROOF POSITIVE

Incontrovertible evidence. Beyond a doubt. I was a real compulsive eater, further complicated by anorexia.

- **A mind that gravitates to food with any uncomfortable feeling**
- **A spoon and a fork to manage every living problem**
- **The scale is a god**
- **A band across my forehead blinking f-a-i-l-u-r-e**
- **A wardrobe of baggy to snug sizes**
- **Missing social events because of fear of food**
- **A library of psychology and nutrition books**
- **A collection of recipes never tried**
- **Endless mind chatter**

My life as a compulsive eater identifies with the pages of Alcoholics Anonymous. I see in 'Bill's Story' the progression of the disease when he writes "Liquor ceased to be a luxury; it became a necessity." I had to chew, though (feared) being a fat mother with severely limited food choices. Although a determined and committed individual, my will was weakened in regards to food. I didn't weigh 200 or 300 pounds and was never hospitalized for intravenous feedings, but I know the shame and hopelessness that comes with doing something I didn't want to do and couldn't stop once I started.

My food history brought incontrovertible evidence to light – the light of God's mercy and love. N.J.

The Butterflyer Newsletter Region 5

OA MEETING LIST - MARCH 31, 2017

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 Lauren 250-415-7178

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 .
Contact Rosaline 250-598-9693

Thursday: 7:00 pm H.O.W. everyone welcome 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

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

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

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

OA MEETING LIST - MARCH 31, 2017

COURTENAY

Monday: 12:00-1:00pm, Literature study, Upstairs Quality Foods, 2751 Cliffe, Contact Bev 250-334-0096

Wednesday: 7:00 -8:00 pm, Topic meeting, Comox Valley Sports Centre, 3001 Vanier Drive;

Contact Beverley 250-334-0096

DENMAN ISLAND

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

SALTSPRING ISLAND

Thursday 7:00-8:00 pm, Seniors centre, 379 Lower Ganges Road, Contact Helani 250-931-5555

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