



Celebrating Our 57th Year!

SAVE THE DATE – JANUARY
13-15, 2017

FOR THE 57TH OA
BIRTHDAY PARTY WEEKEND
CELEBRATION

[Http://www.oalaig.org/ConReg/index.php](http://www.oalaig.org/ConReg/index.php)

NEW! Official OA Facebook Page.

January 06, 2017

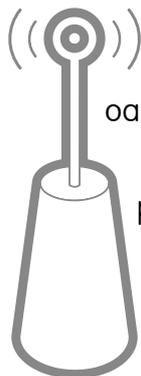
CHECK OUT OA'S NEW SOCIAL MEDIA PLATFORM TO ATTRACT
NEWCOMERS AND INFORM THE FELLOWSHIP!

www.facebook.com/OFFICIALOVEREATERSANONYMOUS.

"Like" our page. With each "Like," the number of page
followers goes up and helps carry the message to the still-
suffering overeater searching for a solution. (See OA's
Statement on Public Media Policy)

Support your abstinence, hear about OA resources, read
inspirational quotes from OA-approved literature—and see
what others "like"—at OA's new social media page.

Looking for OA New Year's Podcasts?



OA World Service Soundbites podcast, New Year's
Resolutions, at <https://oa.org/podcasts/sound-bites-from-aa-ep-13-new-years-resolutions/>

It's the New Year but the Problem is Timeless (Harlan G)
podcast at

<http://avision4you.info/media/876148-1451827807.mp3>

Unity day

This day recognizes the strength of the
Fellowship worldwide. On the last
Saturday in February, at 11:30 a.m.
pacific standard time, OA members
pause to reaffirm the strength inherent in
OA's unity

Responsibility Pledge

Always to extend the hand and heart of OA to all who share
my compulsion; for this I am responsible.

Steps 10 and 11

There is great confusion in the 12 step world-about steps 10 and 11. This is partly because there is a great deal of overlap. There is prayer and meditation in the "spot-check" of step 10, and there is also a "spot-check" in the prayer and meditation of step 11. In addition, both these steps must be practiced continuously throughout the day. As a go through my day I may feel angry, resentful or fearful. If my nose is in anyway out of joint, that tells me I need to use step 10 at that exact moment; not at bedtime, and not the next morning. At that exact moment (see the December issue of The Abbie). That's it. The meditation component of Step 11 is chiefly done "when we retire at night" and "on awakening". That means at bedtime and as soon as possible after waking up. I do my meditation by pondering (and answering) the questions on page 86 of the Big Book and follow the directions on page 87. I do not time my meditation, I simply do it for as long as it takes to do these things. I do not sit for 30 minutes staring at a wall. I do not assume a lotus pose and focus on my breathing for an hour. I do not knock these practices, but they are not for me because it is not what the Big Book says to do. Of course, if someone has the time, ability and inclination to follow the Big Book instructions and still use these techniques, even better. But I can only do one thing, so pages 86 and 87 are my choice. If you would like a copy of the worksheet I use as a guide, please feel free to contact me and I

will email you a copy. There is more about Step 11. In addition to evening and morning, I still need to stay connected to my Creator throughout the day, because routine (or not-routine events) can easily throw me off kilter, making me vulnerable to the food or to harming others with my attitude and behaviour. So I am instructed to "...pause when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done"". What this means is that if I am agitated, I am probably resentful. If I am doubtful, I am probably fearful. So I must clean this up before escalates (that is right: step 10). Once I have done this, I meditate on the results of my work and I am open to receive G-d's direction. I also ponder the fact that "in this drama of life, G-d was going to be my Director". This is hard work, as it requires constant awareness and much mental exertion. But the payoff is huge: "We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decision. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves. It works – it really does". This has definitely been my experience.

Neseh R.

Reprinted from "The Abbie" Central Ontario Intergroup Newsletter
<http://www.oaontario.org>

It's funny because we ask GOD to change our situation not knowing he put us in the situation to change us.

USING THE TRADITIONS TO HAVE HAPPY, JOYEOUS, & FREE HOLIDAYS

Here are a few questions to help you think about how the Traditions can help during the Holidays

1) UNITY - Our common welfare should come first; personal recovery depends upon OA unity.

- * Am I thinking more about bringing happiness to the party than thinking about myself?
- * Do I listen to crazy Uncle Louie with an open mind and give his ideas a respectful hearing?
- * Do I focus on similarities/common bonds rather than differences?

2) TRUST - For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- * Do I make holiday decisions together my mate? Do I courage active communication and participation?
- * Do I use these magic words “You could be right.” or “I’m sorry. I was wrong. Please forgive me.”?
- * Do I practice simple kindness and courtesy?

3) IDENTITY - The only requirement for OA membership is a desire to stop eating compulsively.

- * When I deal with difficult family members do I treat them with tolerance and acceptance?
- * Do I remember the basic requirement for a good relationship is a mutual desire to make it work? Am I doing my part?
- * Am I inclusive or exclusive with family members?

4) AUTONOMY - Each group should be autonomous except in matters.

- * How do I balance family responsibility and recovery needs?
- * Do I exercise my freedom at the expense of others or do I honor the idea of “Do no harm.”?
- * Am I willing to go to any length to protect the integrity of the relationship?

5) PURPOSE - Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

- * How do I try to keep the holidays simple and focus on what’s important?
- * Can I remember “Acceptance is the answer to all my problems”?
- * Do I use blackmail? “If you loved me you would.....” Do I pout when I don’t get my way?

6) SOLIDARITY - An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

- * Do we work as a team?
- * What does “first things first” mean in my family?
- * Do I make commitments for the holidays without the knowledge and agreement of my partner?

Traditions

7) RESPONSIBILITY - Every OA group ought to be fully self-supporting, declining outside contributions.

- * Do I accept responsibility for myself? (Our troubles are of our own making.)
- * Am I financially responsible today? Do I have a tendency to overspend for the holidays?
- * Am I a controller? Am I overly dependent?

8) FELLOWSHIP - Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

- * Do I play the expert? Do I have a know-it-all attitude?
- * Do I share what I've been given?
- * Am I willing to hire outside help when needed?

9) STRUCTURE - OA as such, ought never to be organized; but we may create service boards or committees directly responsible to those they serve.

- * Do I play the Boss or am I a "Peace at any Price" person?
- * Can I speak up, relax and then let HP take charge of the holidays?
- * Do I know how to lighten up and not take myself too seriously?

10) NEUTRALITY - Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.

- * Am I publicly critical of my mate?
- * Do I expect family members to see and feel the same as me on issues?
- * Would I rather be happy or right? Can I live and let live?

11) ANONYMITY - 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.

- * Do I remember to treat others the way I would like to be treated?
- * Do I try to be attractive physically and in the way I speak to others?
- * Do I expect reward when I do something nice for others?

12) SPIRITUALITY - Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

- * Does the way I treat others enrich our relationship?
- * Do I treat my mate one way in public and another way in private?
- * Do I sometimes discount the message because of the messenger? Can I listen to family members with an open mind?

One of the most wonderful gifts of recovery is warm and loving relationships. May the holidays bring peace, joy & fun to you and your loved ones as you practice the principles of the Traditions.

OA MEETING LIST - DECEMBER 31, 2016

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 - SEPTEMBER 30, 2016 ..CONTINUED

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