ANCHORS OA
Vancouver Island Intergroup
Overeaters Anonymous

First Quarter September 2026

Willingness

I come to meetings.
Abstinent or not.
I won't stop.
I belong here.
Living well one day at a time.
Directing kindness and consideration to me as well as others.
Noticing the positive behaviors I'm practicing.
Willing to talk about everything.
Willingness comes with prayer.
It makes the program work for OA members.
Thy will be done
We take responsibility for ourselves.
Willingness to work the tools and the steps
Till God lifts the food problem from me
One day at a time.

If love is an action
Maybe willingness is, too.

Abstinence

Three meals a day with nothing in between,
no bingeing and no junk food.
No negative self-talk
Walking with my Creator
toward a life of sane and happy usefulness
I am relaxed and happy without food.
The best service I can give is abstinence,

I am persevering with this issue in spite of it all. I thought about quitting. *I have reasons. Don't we all have reasons to procrastinate?* But, faith in my Helper wins every time. *I am a responsible person.* Lately I have been like a ship without a rudder

questioning my own adherence to program. I have found it necessary to start an appetite medication and it has been slow going getting started. The theme of this issue, willingness and abstinence, is a meaty one. I want to live in the overflow of joy this program gives me. I discipline myself to read slogans! I resumed writing this morning. A voice in my head told me: *Be faithful to your calling*. *Others are blessing you. Be a blessing to someone else. Carry the message to the still suffering compulsive overeater.*"

Let's face it, we compulsive overeaters can have a weird relationship with food that warps our personalities. Um, I'm kind of a mess. OA can help take us back to the Garden. The way we were made to be.

"I need to be willing to give up that which attracts me in the first place." For Today, page 132.

Board and Committee Members

Chair	Sarah H.
Treasurer	Gail P.
Secretary	Kim M.
Group Coordinator	Lauren N.
Newsletter Editor	Kelly C.
Webmaster (Acting)	Lauren N.
Event Coordinator	Lauren N.

Board Vacancies

Vice-Chair; Region1Rep.(Even year); Region1Rep.(Odd year); WSBC Rep.; PIPO officer.

Last Meeting:

September 12, 2026

Next Meeting:

November 14, 2026
Note new start times of 12:30 pm so we can finish our lunch. All who wish may attend. Zoom information is on our **www.oaviig.org** website.

I have heard it said that service is slimming. Well, I am not certain about that but doing service keeps me from eating. Here are some job descriptions for our current Board **Vacancies:**

Vice-Chair: Serves in the absence of the chair; Assists the chair and standing committees as needed; serves as one of three signing authorities; provides a report at all VIIG regular meetings.

Public Information Chair: Answers requests for information and interviews from the

media, public institutions and community groups; Distributes public information to the media and for distribution in public places; Reports PI activities at all regular VIIG meetings.
World Service Office Representative: Attends the World Service Conference of Overeaters Anonymous referring to the VIIG Travel Handbook for obtaining reimbursement of related expenses; In all areas, the World Service Conference delegate (s) shall meet qualifications and requirements as outlined and defined in the Overeaaters Anonymous, Inc, bylaws, Subpart B.; Reports to VIIG the actions o the Conference, keeps the Intergroup and represents groups aware of WSO Information, communicates important VIIG information to WSO.
Regional Representative: Attends all Region1 Assembly Meetings, referring to the VIIG Travel Handbook for obtaining reimbursement of related expenses.; Meets all qualifications and requirements as outlined in the Region One Bylaws, Article 5, Section 3.;Reports to VIIG the actions of the region assembly.; Keeps VIIG and represented groups aware of Region Information.; Communicates important VIIIG information to the Region.

Selections from the Overeaters Anonymous 2nd Edition
on
Willingness and Abstinence

“We have found that a simple prayer for willingness to take action works to get us started...”p.27.

“Trying to practice the new thinking and behaviors to the best of our ability shows our true willingness to change.” p.47.

“When we work Step Six we dedicate ourselves to a lifetime of growth and change.” p.47-48.

“A willingness to change is the essence of Step Six.” p.48.

“Our commitment to embrace the needed changes in our thinking and behavior has given us an extraordinary power to deal with life's challenges.” p.49.

“The Steps, Traditions, Concepts and Tools are...the vital difference between OA and all the other ways we have tried to deal with our compulsive overeating.” p.108.
“The heart of OA membership is a desire to stop eating compulsively...We encourage one another to keep coming back, no matter what. In fact, many of us have kept coming back to OA despite problems with abstinence and have found this to be the key to our recovery. “p.109.

“In OA, the door never closes to a member who has returned to active compulsive overeating, and many members who have maintained long term abstinence had, at some time in the past, felt themselves to be hopeless because they had trouble staying abstinent or experienced a relapse.” p.109.

On maintaining abstinence: Its not what we eat, nor what we weigh...but
A plan of eating helps us each day to get and remain abstinent.

“Our problems and self-will interfere with the connection to our Higher Power and our intuition. As we work the steps the interference begins to be removed.” p.20.

“In order to continue being abstinent, we have to have a Power greater than ourselves operating in our lives daily...to trust God's guidance in everything we do.”p.21.

“God eliminates yearning for the kind of eating that harms us.” p.21.

“Much of the time we no longer want to eat unwisely and we come to prefer foods that are appropriate for us. This miracle of sanity, the results of working OAS Twelve Steps, is an everyday reality for thousands of recovering compulsive overeaters.”p.21.

Everyone is equal. “The OA member abstaining from compulsive eating is no more important than the member in relapse.” p.166

Snippets from Region One
Find details at www.oaregion1.org

The annual appeal has been extended.

Check out the new podcast.https://www.oaregion1.org/podcasts--speakers.html

Events page:
“Let's Talk About: Public Info & Professional Outreach” Wednesday, September 23, 6:30-7:30 pm (PT)

OARegionOne Convention (Register Now), October 2-4. All day.

OARegionOne Assembly. October 23-25, 2026. The Region1Assembly will be held on Zoom.

OA GREEN LIGHT HUMOR

WHY AREN'T GRAPES EVER LONLEY? THEY COME IN "BUNCHES"!