



RECOVERY IN THE EMERALD CITY REGION ONE CONVENTION: 2017 IN SEATTLE

16500 South Center Parkway, Seattle, Washington
98188 Double Tree Suites, Seattle Airport South Center

<https://sites.google.com/site/2017oaregion1convention/online-registration-form-1>

SEA TO SKY INTERGROUP Workshop: Defining Your Abstinence

Hosted by Northshore OA Recovery
October 28, 2017 from 1pm to 4:30pm
Northshore Alano Club
176 East 2nd Street, North Vancouver

Join us on October 28th for an afternoon focused on the OA definition of "abstinence" and working out (or refining) what it means in your recovery day to day. There will be directed readings, writing prompts, collage making, and sharing. Check out our [events page](#) for all the details.



IDEA Day is celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

INTERNATIONAL DAY OF ESTABLISHING ABSTINENCE

NOVEMBER 18



Fall into Recovery

- Location: Westwood Community Hall, 12139 105 St NW, Edmonton, AB T5G 2N7
- Date: October 13th & 14th

<http://oaedm.com/wp-content/uploads/2017/04/2017-Fall-Retreat-Flyer.pdf>



IDEA –

International Day Experiencing Abstinence Workshop

Theme – Difference between Abstinence and a Plan of Eating

November 18, 2017 from 10am to 2pm (bring a lunch)

King of Life Church (1198 Falcon Drive, Coquitlam)

<https://oaseatoskv.com/events/>

You are being presented with a choice: evolve or remain. If you choose to remain unchanged, you will be presented with the same challenges, the same routine, the same storms, the same situations, until you learn from them, **until you love yourself enough to say “no more”, until you choose change.**

If you choose to evolve, you will connect with the strength within you, you will explore what lies outside the comfort zone, **you will awaken to love, you will become, you will be.** You have everything you need.

Choose to evolve. Choose love.

Creig Crippen

**IF I QUIT NOW I WILL
SOON BE BACK TO
WHERE I STARTED.
AND WHEN I
STARTED I WAS
DESPERATELY
WISHING TO BE
WHERE I AM.**

Sponsorship: Are you doing it right?

I had been feeling really confused about being a sponsor recently, not sure about whether I was doing enough, whether I was helping the fellows that I was working with in their recovery. I felt that the sponsees that I had didn't stay in program; those that did, I wasn't sure I was instilling 'the message' of recovery. In short, I was restless, irritated, and discontent regarding my ability to sponsor. I thought I should stop the service of sponsorship, because I wasn't doing it right.

I needed help, but I didn't know where to go. The people I talked to said I was doing a good job, but I didn't want to believe them—I'm willful that way. And my sponsor told me to give it up to my higher power and let the response be my guide. I realize now that I had listened to her, but I didn't hear her. So I kept on going in this funk, letting myself (and my program) suffer because of this self-doubt. One day, my sponsor's words over the preceding weeks and months finally sunk in, and I decided to ask my Higher Power for help. Finally, I was willing to hear advice from my Sponsor, and when I was willing to do the next right thing, the answer came from my Higher Power.

I remembered the [Sponsorship Kit](#) I got when I was first asked to take on this service by my sponsor. Reading through the instructions and advice in the kit, I realized that I was indeed a sponsor; but there was more that I could do, with specific ideas and instructions to make sponsorship easier and more effective for all involved. It's an amazing tool to use, and I recommend it.

If you are thinking of sponsoring, please give it a try after a good check-in with your sponsor and your higher power. If your meeting has a need for sponsors, remember that anyone can sponsor to the level of their ability... the Sponsorship Kit not only taught me that, but reminded me of that as well. Many fellows have different opinions about this, but I think that any member who has completed the fearless moral inventory of Step 4 to the best of their ability and is abstinent can sponsor newcomers in the program to help them understand the first three steps. I put myself up as a temporary sponsor for the first time before completing my first set of steps. No one asked me to be their sponsor, but I know that the change in me, in my willingness, helped my program.

~ Tim C.

Reprinted from Sea to Sky Newsletter

Overeaters Anonymous Meetings on Vancouver Island, August 2017

Victoria

Monday: 7:15-8:15 pm, Step Study, Franciscan Friary, 1076 Joan Crescent; Contact Lauren 250-415-7178 (yes, even on statutory holiday Mondays ;))

Tuesday, Wednesday, Thursday: noon – 12:45 pm, St Andrew's Presbyterian Church, Kirk Hall, 680 Courtney St. (ring the bell). Contact Lorraine 250-386-1238

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, Sorry, no pets, babies or children please. 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. 102 Meadow Park Lane WEST SHORE Phone ahead Julie 250-388-4161 or Lorraine 250-386-1238

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

Monday: 5:30pm, OA Steps and Traditions Study, 3151 Barons Rd, Nanaimo B; Contact Raelyn, 250-753-7241, OA12x12@gmail.com for meeting information

Saturday: 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 Lorri B. 250-248-2582

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

Denman Island

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

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

Port Alberni: No regular meeting, but phone Jane 778-898-1496 for an impromptu meeting