

Anchors OA

December 31, 2015



OVEREATERS ANONYMOUS, VANCOUVER ISLAND INTERGROUP - 4th Quarter

Hello and Happy New Year from your newly appointed Newsletter Editor. My name is Diane W. I'd love any submissions you may have for example an entry from the For Today, or a poem that speaks to you or even a personal story about your journey so far and your experience strength and hope. Please send your submissions to anchorsoa@gmail.com.

WSO is pleased to announce

SERVICE and MY RECOVERY



3-4 PM ET (-5:00 GMT) Second Sunday
each month

US phone bridge = 641-715-3818;
Pin Code = 925619#

Please join us Jan 10, Feb 14, Mar 13,
Apr 10, May 8, June 12,

July 10, Aug 14, Sept 11, Oct 9,

Nov 13, & Dec 11.

INCLUDED WILL BE TOPICS SUCH
AS:

HOW SERVICE ENHANCES RECOVERY

HOW TO ENCOURAGE SERVICE

SERVICE AS A PRINCIPLE

HOW WE CAN EXTEND THE HAND AND
HEART OF OA

This will be an interactive workshop - two speakers on the topic and members will be encouraged to share their own Experience Strength and Hope.



OA is developing a new publication to address body image, relationships, sexuality, and recovery, and we need your story.

Strengthen your recovery, give service, and share your experience, strength, and hope with others about these vital topics.

Groups and service bodies are encouraged to print the flyer and bring it to meetings.

For more information, including submission guidelines and ten questions to help you get started go to oa.org/pdfs/bisrr_flyer.pdf

Email your story to info@oa.org with the subject line "Body Image" by January 31, 2016.



Save the Date

Spring Retreat

June 10 = 12th at Beautiful Westwood Lake

In Nanaimo. More info in the March Newsletter

Serenity

The state of being calm, peaceful, untroubled

Serenity Prayer

God grant me the serenity to
Accept the things I cannot change;
Courage to change the things I can;
And the Wisdom to know the difference.



What many of us don't realize is that the Serenity Prayer was written by theologian, Reinhold Niebuhr, and has additional verses as follow:

Living one day at a time;
enjoying one moment at a time;

accepting hardships as the pathway to peace;

Taking, as He did, this sinful world as it is, not as I would have it: Trusting that He will make all things Right if I surrender to His Will;

That I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen

– for an interesting treatise on the history of the Serenity Prayer see AAHistory.com.



The idea of OA came to founder Rozanne S. at a Gamblers Anonymous (GA) meeting she attended with a compulsive gambling friend in 1958. As GA members shared their stories, she heard her story—not of gambling, but of compulsive overeating. She knew then that the Twelve-Step and Twelve-Tradition program founded by Alcoholics Anonymous (AA) and modeled by GA offered her a chance to change her life and reduce her 152-pound (69-kg) body to a size that would fit her 5-foot-2-inch (157-cm) frame. Not until 1960, when her weight had increased

to 161 pounds (73 kg), could she find other people who shared her convictions.

Her chance meeting with a new neighbour, Jo S., gave Rozanne strength in numbers, even if it was only one person. Together they found another compulsive overeater, Bernice S., and convened the first OA meeting in Los Angeles, California, January 19, 1960.

Today, about 6,500 OA groups meet each week in over 75 countries. With OA divided into 10 regions worldwide and over 60,000 members worldwide, it helps thousands of compulsive eaters find new life in recovery.

(For more on OA's history, read *Beyond Our Wildest Dreams*.)

Strong Abstinence Checklist and Writing Exercise

Use this valuable tool every day to support you in keeping your abstinence strong and intact. You may also use it as the focus for meetings and workshops.

CHECKLIST

- 1) Have I been abstinent today?
- 2) Did I pray and meditate today?
- 3) Am I maintaining or working towards a healthy body weight?
- 4) Did I rely on my Higher Power to get or stay abstinent today?
- 5) Is what I am currently doing working for me to remain abstinent?
- 6) If I am having problems have I asked someone else what they are doing?
- 7) Have I made an OA call today?
- 8) Did I have an attitude of gratitude today?
- 9) Did I plan my food today?
- 10) Have I helped someone else today?
- 11) Did I have an action plan in place to stay abstinent today?
- 12) Do I have a sponsor and am I working the Steps with that person?

WRITING EXERCISE

- 1) What is compulsive eating for me?
- 2) What are the foods and food behaviours that trigger me to eat compulsively?
- 3) Am I afraid to get abstinent and if yes, why?
- 4) Why do I think abstinence is important?
- 5) What do I do to stop eating compulsively?
- 6) What Steps do I take to remain abstinent in all circumstances?
- 7) What is the difference between abstinence and a plan of eating?
- 8) What actions do I take to maintain my abstinence and achieve or maintain a healthy body weight?
- 9) How do I begin my day in order to abstain from compulsive eating and compulsive food behaviours?
- 10) What tools do I regularly use?
- 11) How does remaining abstinent improve the quality of my life?
- 12) What place does food have in my life today?

Overeaters Anonymous Meetings on Vancouver Island – Dec 2015

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 Sarah 250-217-4178 or Tracy 250-704-6880.

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 . Parkade parking (\$3.50) or street if prepared to walk. Contact Rosaline 250-598-9693

Thursday: 7:00 PM Regular OA 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

Denman Island:

Sunday 1200 noon- 1 PM Denman Island Medical Clinic (side entrance), 3351 Piercy Road; Contact Eileen 250-335-3351

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

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

Don't tell God (HP) how big your problems are; tell your problems how big your God (HP) is!

Nanaimo:

Saturday: evening 7:00 – 8:00 PM Into the Light, VIHA Mental Health & Addictions Services; 3151 Barons Rd, Nanaimo, Contact oananaimo@gmail.com for meeting information

Thursday: evening 6-7 PM Steps and Traditions Study; focus anorexia/bulimia. Office Building 3151 Barons

Road (outside doors locked –ring doorbell) Contact Angelina 250-619-1975

Courtenay:

Wednesday from 7:00 to 8:00PM

Aquarium Room Comox Valley Sports Centre 3001 Vanier Drive - Contact Bev 250-334-0096

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

Changes to meetings? Contact Janice M. 250-598-1968 or janicebentzmaxwell@shaw.ca if there are changes to your meeting

information

Overeaters Anonymous H.O.W. Program

OA also offers the Honest Open Willing (HOW) program which works the 12 Steps and 12 Traditions in a more structured way while

using a suggested HOW food plan among other things. These meetings are in the evenings from 5 to 6 PM at various members'

homes and those wishing to partake in these meetings just need to contact the person listed. You need not be following the HOW

program to attend these meetings. Here is a list of Victoria HOW meetings:

Tuesday 5 PM – 6 PM - Ste #103 - 904 Hillside Ave (ring #4784) - Joy 250-386-4784

Friday 5 PM – 6 PM - 3027 Henderson Rd -Loretta 250-592-6705

Sunday 5 PM – 6 PM - near Jubilee Hospital -1740 Duchess St - Jayne 250-598-7707

Sunday 5 PM – 6 PM - H.O.W. Westshore – Phone Ahead - Julie 250-388-4161