

ANCHORS OA
Vancouver Island Intergroup
Overeaters Anonymous

2nd Quarter
December 2025

The complete and current VIIG meeting list is available as a PDF
Download from our VIIG website: WWW.OAVIIG.ORG on the Meetings
Tab.

Our Members:

The Tool of Writing

The following submissions came out of a 5-minute writing exercise
during a zoom meeting

Dear Journal,
I already regret this.

Let me start by saying: I hate journaling. I hate it with the fire of a thousand unsent emails and the intensity of a group chat that suddenly turns into a therapy session. Every time I sit down to “capture my thoughts,” my brain goes full witness protection—no thoughts, no feelings, just static and the vague urge to clean my fridge.

People say journaling is healing. That it’s a safe space. But for me, it’s more like a passive-aggressive life coach who keeps asking, “And how did that make you feel?” while I scream internally, “I don’t know, Vanessa, I was just trying to eat!”

Also, journaling assumes I want a written record of my emotional chaos. Why? So, future-me can cringe at past-me’s spiral over a text that said “k”? So my descendants can discover that I once cried because my sock had a hole in it and I felt symbolically exposed? No thank you.

And don't get me started on the pressure. The beautiful pressure. The "dear diary" energy. The bullet points. The prompts. The expectation that I'll somehow transform my existential dread into a poetic reflection with a neat moral curve. Sometimes I just want to scream into the void—not organize it into paragraphs.

Let's be honest: journaling feels like emotional taxes. I know I *should* do it. I know it's "good for me." But evstill showing up. Maybe this is my version of healing—chaotic, reluctant, and slightly unhinged.

Every time I try, I end up writing three lines, getting distracted by a crumb on the table, and end up spiraling into a YouTube rabbit hole about medieval armor.

So here I am, journaling about why I hate journaling. The irony is thick. The duplicity is real. But maybe that's the point. Maybe this entry is my way of flipping the bird at the journaling gods while Anyway, I'm off to do something less emotionally invasive. Like alphabetize my trauma. Or rewatch a show I've already seen six times because it doesn't ask me how I feel.

Sincerely,
Christina P

A journal-hating journaler who just journaled. Again. Send snacks.

From a grateful OA member:

Writing on writing ... well I do some, occasionally, it is not a daily practice for me. The other day I did some writing after my prayer and meditation time and it was calming and I had the willingness to do it. I hope that comes more often, naturally although I don't think I have the self-discipline to make a commitment to it as a daily practice in the moment!

I love step 10's however and usually take a full page & the other side to write out an irritation or angst ... seeking to see my side of what is going on and then writing a prayer to ask god to remove the traits that are blocking me from being serene... I write, then say the prayer aloud, and then reach out in a phone call to someone else in program,

asking them how there day is going, not sharing the step 10 with them.

it is always clearing!! and spiritually nourishing!!

I am grateful when I take the time to write

Elise

Our Intergroup:

Intergroup Meetings:

The last Intergroup meeting was held on September 13,2025.

Upcoming Intergroup meetings are scheduled as follows:

- January 10, 2026
- March 9, 2026
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- June 13, 2026 AGM
- September 12, 2026
- November 14, 2026

All who wish may attend. Come find out what is going on.

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- Event Coordinator
- Region 1 Rep (Even year)
- Region1 Rep (Odd year)
- WSBC Rep

Intergroup Service reports:

Newsletter Editor: Kelly C

One thing I am enjoying as the Newsletter Editor is how it draws me in to the lives and struggles with food of other OA members, their

experience, strength and hope. I read literature and listen to podcasts available at www.oaviig.org and www.oaregion1.org; materials I don't come across every day. Service is challenging at times. It puts iron in my bones. It is a way to give back for what I have freely received. When I am in self-pity, I falsely believe my case is harder than the next, even though I know others suffer more than me. I am grateful for the health I enjoy even though I am challenged by medications that cause hunger. My challenge is to not eat after supper. It is rather hopeless yet recovery is possible with my Higher Power.

We are all in this together! One day I listened to an AA fellow say that he came into contact with "the power that separated him from alcohol". That same Power can separate me from food in the evening hours.

PIPO Coordinator - Hayley

The Role of PIPO in OA

The Public Information and Professional Outreach (PIPO) Representative serves as the voice of Overeaters Anonymous (OA) to the public, helping carry the message of recovery to individuals, professionals and communities throughout Vancouver Island. This service role focuses on public education and outreach, ensuring that those who may benefit from OA are aware of the programs, resources, meetings, and supportive fellowship.

In recent years, our PIPO efforts have included representing OA at Soberfest (2024 & 2025) in Langford, BC, and Recovery Day Victoria (2024) – offering information booths filled with OA Literature, pamphlets, meeting schedules, and personal connection through shared experience, strength and hope. These events have provided opportunities to engage with individuals in recovery and professionals in the helping community, fostering understanding of OA's principles and accessibility.

Looking ahead to 2026, the Vancouver Island Intergroup plans to expand its outreach efforts by:

- sharing OA resources with recovery centers, health care professionals, counselors, and community support programs
- organizing community fellowship retreats and educational workshops

- Enhancing visibility and accountability through local partnerships and public awareness campaigns.

We warmly welcome members who feel called to service work in public information and outreach – those who wish to share OA's message in alignment with the Twelve Traditions, ensuring that our efforts remain grounded in anonymity, unity, and attraction rather than promotion.

-Hayley A.

VIIG Region 1 Representative: - Lauren N

R1 Rep Assembly Report 2025

October 3-5 2025 - held as VIRTUAL by Zoom

I attended the R1 Assembly via Zoom representing Vancouver Island Intergroup. It was a wonderful way to meet others from our vast geographical region. R1 includes BC, Alberta, Saskatchewan, Manitoba, Yukon, NWT, Alaska, Washington, Oregon, Idaho, Montana. That is one very large area!

I will need to step down as the VIIG R1 Rep as I am now on the R1 Board. The reason for stepping down from R1 Rep is I will be voting at assembly in my board capacity. I cannot vote twice, so our IG R1 Rep will have their own vote at assembly. I really encourage anyone meeting the requirements for a R1 Rep to consider this position. More than anything, it helps me stay abstinent with all of the support I receive from our region on top of going to meetings in VIIG. I likely spent about 4 hours/month on my R1 duties.

Thank you all at VIIG for entrusting me in the R1 Rep position over the past few years. Service is a huge part of my recovery and I would love you all to experience this first hand.

I did not attend the R1 Convention this year in Bellingham WA due to personal preference for not crossing the US border. R1 Convention 2026 in October will be held in Montana. Details are still being sorted out, but it is likely to be held in Billings, MT. R1 Assembly 2026 will be held virtually through ZOOM next October.

THE BUSINESS OF VOTING:

R1 has 23 Intergroups and some intergroups have more than one representative. Voting members are the attending R1 Reps and R1 Board members. If a voting member needs to leave for a couple of hours, voting continues and they miss their chance to vote. The maximum voters were 22 but they were not all present for the whole weekend.

2025 Assembly Attendees (this decides our voting quorum)

Intergroup Representatives: 15

Board Members: 7

Intergroups Represented: 11 (out of 23)

Parliamentarian: 1 (no vote)

Visitors: 1 (no vote)

Elections:

Region One Board

- Chair: Alanna C. (new)
- Treasurer: Judy B. (2nd Term)
- 1 st Member-at-Large: Lauren N. (new)
- WSBC Trustee Nominees (these will be voted on at the WSBC in April 2026)
 - Beverly M (2nd Term)
 - Alice W. (new)

2026 Region One WSBC Delegates (going to WSBC to represent R1)

- Diane D.
- Tim C.
- Alice W.
- Annie F.

Many policy and bylaw amendments were administrative in nature and so were simple to adopt. The following may be out of order numerically, but this is the order in which they were discussed.

Here is the outcome of the voting.

By-Law Motion Amendments:

Motion B-2 – Move to amend Article III, Section 4 –

Adds specific qualifications to be an Assembly Representative – by inserting:

d) Each Representative should have a minimum of six (6) months of current abstinence and at least one (1) year of service beyond the group level. Each Representative shall be the sole judge of his/her abstinence and maintenance.

e) Each Representative should be selected for sound judgment, experience, stability, willingness to service and for faithful adherence to the program of the Twelve Steps and the Twelve Traditions of Overeaters Anonymous.

The Motion was adopted

Motion B-3 – Motion to Amend Article V, Section 1 – Redefines the Chair’s ability to vote – by inserting:

I. The Chair has a voice but will only have a vote in case of tie or secret ballot.

The motion was adopted.

Motion B-1 – Motion to Amend Article VIII, Section 1 Trustee Nominees Applications – by inserting:

b) Applicants shall be qualified members who:

i. Live in Region One at least six months of the year or,

ii. Claim a Region One group as their home group or,

iii. Are known through service to Region One. The motion was adopted as amended.

The motion was adopted as amended.

Policy Amendment Motions:

Motion P-6 – Motion to Amend Section 5, Subsection 5.1 - Adds language to verbally validate

an email request for reimbursement – by inserting:

5.1.5.1 Requests for disbursements of funds received via email shall be verified

verbally with the person making the request prior to executing the Disbursement.

5.1.5.2 Board members shall submit their expenses within 60 (sixty) days of the date of

the incurred expense.

The Motion was adopted as Amended.

Motion P-7 – Motion to Amend Section 6, Subsection 6.2 - Region One Assembly Nomination – By inserting:

6.2.3 When electing for the position of Chair, if the incumbent is running, the Chair shall appoint a board member to preside over the election proceedings.

The motion was adopted as amended.

Motion P10 – Motion to amend Section 5 – Representative and Delegate Support – to specify:

2025 Representative expense reports and all receipts are due to the Region One Treasurer by December 1 of the year the expenses were incurred.

The motion was adopted.

Motion P11 – Motion to amend Section 5, subsection 5.4

-Representative and Delegate Support – to specify:

WSBC Delegate Support expense reports and all receipts are due to the Region One Treasurer within 60 (sixty) days after WSBC.

The Motion was adopted

Motion P12 – Motion to Amend Section 4, Subsection 4.2 Chair Responsibilities – by inserting:

4.2.7 Appoints a Head Regional Delegate who shall serve as a resource for the other Regional Delegates.

The Motion was adopted as Amended

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OA Region 1

A new flyer is out describing Phase 2 of an effort to improve the search function of Find A Meeting for newcomers and members alike. Find it at <https://media.oa.org/app/uploads/2025/09/20090653/find-a-meeting-improvements-phase-2-flyer.pdf>

Literature:

Now for a special treat! A Heyzine digital flip book was released at Assembly 2025 entitled "The Joy of Service". Take a look. There are pages and pages of experience, strength and hope. You won't be disappointed! Here is the link:

<https://heyzine.com/flip-book/95df03fa8e.html#page/1>

Literature

Literature can be purchased at www.bookstore.oa.org

Holiday Events

Attend Twelve Steps in Twelve Days December 20-31 hosted by Southern BC Interior Intergroup. 7-8 pm. Register with them.

Candlelight Holiday on-line meeting Thursday Dec 11 7-8:30