

Intergroup Service Opportunities

A number of members are “retiring” from VIIG positions after serving our 2 year term. Vancouver Island Intergroup seeks 2 new Region 1 Reps, Vice-Chair, Chair, Treasurer, Literature, Public Information, WSBC Representative and Newsletter Editor.

Lots of great opportunities to give service, learn a new skill, share your experience, meet new people and grow in your recovery. Elections are November 9 and position descriptions are on the website.

<http://www.oaviig.org/help-wanted>



**August 17-18
Sponsorship Day**

3rd Weekend in Aug.

**Become a Sponsor
Get a Sponsor
Commit to Your Sponsor**

In this Edition

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Submission deadline

Sept. 15

anchorsoa@gmail.com

Sign up for the
WSO News Bulletin for the
latest Overeaters
Anonymous information

<https://www.oa.org>

Workshops, Retreats & Conferences:
A great way to strengthen your recovery!



July 26-28 Oregon Intergroup Serenity Retreat
Camp Arrah Wanna Welches, Oregon.
<http://oregon-oa.org>

Sept 13-15. Big Book Workshop Sponsored by
Greater Seattle IG & Wed. Vision 4 You Big Book
meeting. Issaquah, WA.
<https://www.seattleoa.org/>

October 16-18, 2019 Region One Assembly
October 18-20, 2019 Region One Convention
Bridges to Recovery. Portland, Oregon.
<http://oregon-oa.org/region-1-oa-convention/>

Vancouver Island Intergroup Meetings

All members are welcome

July No Meeting

August 10 Victoria 1947 Cook St. 11:45am

September 14 Nanaimo TBD

For meeting updates check

<http://www.oaviig.org/members-page>



Region One OA Convention
October 18-20, 2019
Portland, OR

Free Registration for
Newcomers!!

Please **help us by sharing this information with anyone who has come to your meetings as a newcomer in 2019**, encourage them to contact our registrar by emailing registration@oaregion1.org or call (503) 520-1855

The registrar will be able to give them a special online code that will waive their \$125 registration fee.

The Saturday evening banquet, hotel and transportation costs are not included in this offer
Registration (for everyone) is open at

oregonoa.org/region1convention

Vancouver Island OA Meeting List

Cortes Island

No regular meeting but contact Denise
(250) 935-6601 for an impromptu meeting

Campbell River **NEW**

Monday 7:30-8:30pm Together We Can
Alano Club, 301 10th Ave
Katie (250)850-4032

Duncan:

Thursday: 7:00 pm
New Life Church, 1839 Tzouhalem Rd.
Contact Orlando (250) 732-6450
Call to confirm location

Nanaimo

Monday:
5:30-6:30pm, Steps & Traditions Study
3151 Barons Rd.
Contact oa12x12@gmail.com for meeting info

Thursday: 6-7pm Southwinds Nanaimo OA
285 Prideaux St. Room 305
Contact Janice (250)714-0400
southwindsnanaimo@gmail.com

Saturday: 10:00am Into the Light
3151 Barons Rd,
VIHA Mental Health & Addictions Services
aanaimo@gmail.com for meeting info

Parksville

Tuesday: 7:30-8:30 pm Step & Tradition
Knox United Church, 345 Pym St. Room 5
Contact Lorri B. (250) 248-2582

Friday: 12-1 pm Topic Meeting
Knox United Church, 345 Pym St. Room 5
Contact Jan (250) 586-1615

Port Alberni

Wednesday: 6:30-7:30 pm
Alano Club, 3028 2nd Ave.
Contact Jane (778) 898-1496

Port Hardy

No regular meeting but contact Anne
(250) 230-1673 for an impromptu meeting

Victoria

Monday: 7:15-8:15 pm, Step Study
Franciscan Friary,
1076 Joan Crescent
Contact Lauren (250) 415-7178

TUESDAY: 5-6 pm, H.O.W.

#103-904 Hillside Ave.
Press code 4784
Contact Joy (250) 386-4784

Tues. Wed. & Thurs.: 12-12:45 pm

St Andrew's Presbyterian Church, Kirk Hall,
680 Courtney St. (ring the bell)
Contact Lorraine (250) 386-1238

Thursday: 7 pm H.O.W.

Everyone Welcome Meeting, Cafeteria Room
1814 Victoria General Hospital
Contact Julie (250) 388-4161 or
madrona623@gmail.com

Friday: 5-6 pm H.O.W.

3027 Henderson Rd.
Contact Loretta (250) 592-6705

Saturday: 10:30am-11:30pm 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: 1:30-2:30 pm H.O.W.

102 Meadow Park Lane
WEST SHORE, phone ahead
Contact Julie (250) 388-4161 or
Lorraine (250) 386-1238

Sunday: 5-6 pm H.O.W

Near Jubilee Hospital phone ahead
Contact Jayne (250) 598-7707

FOR MEETING UPDATES GO TO

<http://www.oaviig.org/meetings>

Updated June 2019

Email meeting changes to
vancouverislandintergroup@gmail.com

ANCHORS OA

VANCOUVER ISLAND INTERGROUP
OVEREATERS ANONYMOUS

I have always wanted to express myself through writing. I had been given plenty of opportunities to do so but I always said no, or accepted and then found an excuse to back out of it. When the Newsletter Editor position came up for election in 2017 I thought it would be a perfect opportunity to work through my fear.

In the past I would post on social media 1-2 times a year, and it was always emotionally and physically draining. It would take weeks to commit to sharing something minor about myself, a few days to write and edit a 3-5 sentence post. A couple more days to work myself up to press share and then spend the next week anxious that I'd shared too much. This process took place in all aspects of my life.

Working on Anchors OA over the last 19 months has helped me become comfortable presenting myself online personally and professionally. Five months ago I started sharing my creative endeavours with ease, and this online sharing has developed into opportunities I never expected. I've discovered a lot about myself sitting behind the keyboard curating content for Anchors OA and I'm excited that someone else gets an opportunity to use this creative tool in their recovery.

The newsletter editor is a creative and flexible service position. You will create and distribute a newsletter once every 3 months (lots of time & its yours to re-design), update the subscription list (easy peasy), submit a simple monthly newsletter report for the intergroup meetings (a quick email), and attend Skype or in person VIIG business meetings 10 times a year (online in your pj's, road trip, or at an OA function you're already attending). If you need help or have any questions while working as the editor, I'm just a call, text or email away.

The Anchors OA Newsletter Editor position will be up for election November 9, if you have any questions contact me at anchorsoa@gmail.com. Or contact vancouverislandintergroup@gmail.com to apply.

-Angela B.

Send your creative recovery
submissions to
anchorsoa@gmail.com



Compelling Benefits

I have been reading Lifeline for years and have loved many articles, but this is the first time I felt compelled to respond to an article. I really loved “**You Just Might Be**” (February 2019), which lists off many indicators, in a humorous way, to tell if you’re abstinent or not. I could relate so much!

The first time I recognized that I was abstinent—and not just in my eating but in my living too—was when I went hiking with my new baby and husband. I was only a month or so abstinent, but I packed in my planned lunch and snack, and we had a great time. The recovery I noted was that when we got home after a long day, I went straight to putting things away just like the article says, so I knew that this program was much more than just not eating compulsively. (In the past, I would leave things undone or not go hiking at all!) And like the article mentions, I too would fall asleep on the couch without brushing my teeth after eating too much. So today I know I’m abstinent when I brush before bedtime.

The author also states so beautifully the other benefits of abstinence such as being grateful, the ability to apologize, caring for others, and much more. Here’s a few of my own.

You might be abstinent if:

- Your dishes are washed daily and your laundry kept up.**
- You say yes to being a speaker and “commence to outgrow fear”.**
- You weigh yourself only twice a month just for information; it’s not your god.**
- You answer your phone when it rings and don’t screen your calls.**
- You honor your commitments and take your service positions seriously.**
- You eat your meals moderately, mindfully, prayerfully, and gratefully because that is all you will eat until it’s time to eat again.**

And, you just might be abstinent if you listen to your intuition and write that letter to Lifeline instead of procrastinating.

Thank you, OA!

Heather S.

Reprinted from Lifeline May 2019

You Just Might Be

Inspired by Jessica H. *You Just Might Be* printed in the Feb. 2019 Lifeline

You know you're abstinent when...

- ♥ -You burst into tears at the prospect of a meal being delayed by an hour
- You spend 10 minutes looking through all the apples in the bin for the largest ones because your plan of eating calls for "one piece of fruit"
- Your commute home is 20 minutes shorter because you are not going through the drive-through
- The plane seat seems larger this trip
- You take a deep breath and say to your spouse/partner/parent/child/coworker "I'm sorry that you feel that way. I'm not going to..."
- Your 12 x 12 falls apart
- You can name 20 vegetables
- You notice the flowers instead of the garbage
- You go into Tim Horton's for a coffee - and come out with a coffee

Rose V. Nanaimo

- ♥ -You feel no shame when taking out the trash
- You've accomplish something you've always been afraid of, with ease
- Your skin stops crawling when people talk of self love & you start talking like those people
- When you see someone enjoying something that you don't consume anymore and feelings of envy and rage no longer exist
- When you truly believe you're worth the effort

Angela B. Nanaimo

- ♥ - Clothes fit the same day after day, season after season
- I am basically happy and calm all throughout the day, every day
- If something disturbing happens it is easy to determine if I can help with a situation or just lend support to someone in their hour of need-mostly with a loving ear
- I eat mindfully
- Food tastes great(I have an appetite)
- My salad looks better than someone's burger and fries
- I am not afraid to step on the scale once a month
- I don't feel the need to weigh myself every day
- I love my home meeting
- I appreciate all the things people do that add love to the world
- I am grateful for the freedom from compulsive eating thoughts.

Lauren, Victoria

Craving VS. Conscious Contact

I've long felt that, for compulsive eaters, one of our worst fears is simply being hungry and having to sit still and do nothing about it. The association between physical hunger and existential void triggers the sense of hopelessness that preceded so many of my forays into the deadly rituals from which I now abstain. Its black-sheep brother, the craving, is simply hunger with an attitude.

A craving is an urgent desire—a manic call to action. Once it gets into the mind, it can turn into a compulsion, a constant irritant, a distraction from reality, an insistent voice that beckons the host to remember only the pleasure of the addictive act, none of its dire consequences.

However, a craving can also be a reminder to tap into a source of power far greater than any urge, desire, or thought. Food addicts can face down our enemy and enjoy the miracle of sober eating three times or more each day. Every time we make the right choice, we find the value in learning to wait; to delay gratification; to pursue the goal of ingesting just enough food, no more and no less—and grow spiritually in the process.

Once I got abstinent, I found I was most prone to cravings when I was overly emotional, stressed, or over-busy; when I had gone from drawing energy from a surplus borne of a daily pursuit of balance, and drifted into my essence, the well of spiritual protection that my faith in a Higher Power has brought about.

I have a disease that requires a level of mindfulness in order to avoid the pitfalls of old behaviors. I have a recovery that demands daily conscious contact with a spiritual entity/energy/deity that grounds me and invites me to transcend my physicality and enter a world of connection, optimism, and peaceful acceptance of my disease—the disease that became the admission price into this beautiful alternate living experience.

So, when I experience a craving, I can overreact and give in to it (as I did so many times before), or I can remember that my admission of powerlessness over food brought me to Overeaters Anonymous and ultimately to this spiritual world, whose benefits far exceed any fleeting pleasure that a bite of food could offer. The more I choose the latter, the closer I come to being the person I was meant to be, the one who can be of maximum usefulness to his fellow addicts.

Neil R., Baltimore, Maryland USA

Re-printed from Lifeline September 2018

Sharing on Paper

When I came into OA in the mid-1970s, sponsors gave their sponsees assignments or topics to write about. They encouraged sponsees to read at meetings to help the newcomer open up and share in front of the group.

Today if we write something—trace it, face it, and erase it—and our sponsors ask us to share it, why not submit it to Lifeline? I write to uncover my feelings and help myself, but the Tool of writing also helps our Fellowship.

Many times what I write feels God-inspired because I feel like I am in a meditative or trance state while writing, getting out of my own way and not censoring the flow of thoughts. I let it flow from my heart, and God is my cowriter.

Perhaps that is why Lifeline articles are messages of hope, strength, and recovery for me. Once, I even happened to read an article of my own that was published years ago and got the message I needed now!

I encourage sponsors to become acquainted with the Lifeline Writers' Guidelines on oa.org and share on paper. Then you can share this experience with the newcomer.

Try it. You might like the thrill of carrying the message in this way.

C.D., Bronx, New York USA
Reprinted from Lifeline June 2019

Pitch Your Idea for OA's Next Book Cover!

The OA Board of Trustees is asking for help. They need ideas for the cover of OA's forthcoming book, *Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous*

It's important to note that this is not a contest but a search for creative ideas that will interpret and inspire an attractive book cover.

To learn more and send your ideas, download the flyer and release form. The deadline for sub-missions is July 31, 2019.

OA GUIDELINES



Lifeline Writers' Guidelines

Who Writes *Lifeline*?

Lifeline is written by OA members for OA members.

Every member has a story to share, and your story is important. When you write for *Lifeline*, you join a group of OA members who make the effort to “carry this message” by sharing their recovery story.

Lifeline depends on you and other OA members. Without our OA authors, there would be no *Lifeline*.

Thank you for contributing!

Basic Guides

1. Write directly to the topic you have chosen.
2. Briefly describe your physical, emotional, and spiritual condition when you entered OA. Be specific, including your weight at that time.
3. Relate in detail how the Twelve Steps, Twelve Traditions, Twelve Concepts of OA Service, Tools of recovery, and/or spiritual Principles have helped in your recovery process.
4. Describe your OA experience. Your focus should be on OA. References to additional support found outside of OA must be nonspecific to avoid endorsement of outside issues and are only appropriate in discussions of how they helped or hindered your OA recovery.
5. Tell the length of your abstinence and the weight change you have maintained.
6. Limit your story to 500 words if possible. When submitting handwritten stories, please write legibly.

Email, mail, or fax your story to:

Lifeline, PO Box 44020

Rio Rancho, NM 87174-4020 USA

Email: info@oa.org

FAQ

What kinds of stories does *Lifeline* publish?

Lifeline seeks personal stories of recovery:

- “What I was like before OA; how I worked the OA program; what happened as a result; what my life is like today.”
- Describe how OA helped you; include specific details that make the story lively and colorful. *Lifeline's* slogan is “A Meeting on the Go,” and most of the featured articles are written like meeting “shares.”
- The most effective OA stories relate how conflicts are resolved, self-esteem is improved, or daily life is made manageable through the OA Twelve Step program. Motivational stories that reach out to struggling newcomers or members in relapse inspire all *Lifeline* readers.
- To encourage submissions, every July *Lifeline* publishes the “*Lifeline* Topics” list for the next year. See this year’s topics and upcoming deadlines on the OA website in the *Lifeline* section under “Share Your Story.” Especially appreciated are stories on the Twelve Steps, Twelve Traditions, spiritual Principles, Tools of recovery, service, spiritual awareness, and newcomers’ experiences. Consider these topics as well:

Abstinence
Aging Issues
Anonymity
Anorexia/Bulimia
Asking for Help
Attitude
Attraction
Body Image
Deadly Disease
Emotional Wellness
Fear/Resentment
Feelings
Freedoms
Gratitude

Health Issues
Higher Power
Holidays
Honesty
Keep Coming Back
OA Literature
Loners
Longtimers
Meetings
Membership Retention
Perfection
Physical Recovery
Plan of Eating
Pregnancy/Infertility

Find [2019LifelineTopics](#) here

The Big Book Came Alive with Lawrie C. in Nanaimo

52 OA members from the Island and the mainland came to Nanaimo June 7-9 to attend the annual VIIG summer event. This year's event was called The Big Book Comes Alive for OA. The speaker was Lawrie C. from Winnipeg and from the enthusiasm I heard, it sounds like an amazing weekend was had by all.

Here are a few responses from OA members on what they found to be **the most important thing they took away from the weekend with Lawrie C.**

**Lawrie C. laid out the steps in such a simple, approachable format that anyone can do it!
If you follow the steps it will lead to freedom from compulsive overeating!**

Simple but true!

Alex, Nanaimo

What stands out for me was his suggestion to work the steps rather quickly to gain the benefits faster.

Brenda, Nanaimo

I really appreciated the way he walked us through the AA Big Book 12 steps and explained the language in many places, as it was written almost 80 years ago. Some terms don't mean what they used to.

He gave a great explanation of the agnostic/atheist and how they can work the 12 Steps in their own way. I have not had to sponsor an agnostic yet, but now I feel I could do that with some better understanding of how a member can turn their life over to a power greater than themselves, even if they don't consider that power to be God.

The other thing that I especially appreciated was how often he reminded the room that he was only telling his story, he wasn't perfect, he had made some mistakes in his recovery and then proceeded to explain how he used the 12 Steps to approach and recover from his disease of compulsive overeating.

I went to the retreat struggling with my abstinence and found a new breath of life to remember what brought me to OA and how good it feels to be abstinent.

I highly recommend the VIIG retreat – and others as well – as a way to rekindle the spark of OA and to have a chance to get out of isolation – again.

Lauren N., Victoria

The primary purpose is to carry the message to those that still suffer.

Patty, Nanaimo

The Big Book Came Alive with Lawrie C. in Nanaimo - Continued

“The most important thing that still resonates with me that I heard Lawrie C say at the Transformation weekend, was that compulsive overeating leads to a slow death. That struck me as so true when I think about my challenges with high blood pressure and borderline diabetes. My addiction is just as serious as some of the other addictions and I choose to make a responsible choice and live abstinely, one day at a time.”

Joan M.

“The two things I came away with from the Weekend of Transformation are; one, the idea of ‘good enough abstinence’ and two, that Step Ten is actually about doing a Step 4, 5, 6, 7, 8, and 9.

Good enough abstinence helps put a wet blanket on my perfectionism. Nothing is perfect or at least not for long. Step Ten isn’t just about making amends. It is about figuring out what is going on for me, telling someone, asking HP for guidance or inspiration, turning it over and then make amends if they are needed.

When I got home I started a food plan, naming my trigger foods and some ‘iffy’, hard to let go of foods. I had been so fearful of making a food plan. I hadn’t wanted to see into my future of giving up foods and facing my emotions.

I discovered that my food plan is not perfect. It is a work in progress and I’m okay with that. My sponsor said the food plan is about honesty and I have found that honesty gives me freedom. I’ve been abstinent since the retreat.

Theresa, Nanaimo

What I took away from the event is that we must reach out to the still suffering compulsive overeater if we are to heal ourselves.

Michelle

What still resonates for me from Lawrie's talk is his observation that many people from Overeaters Anonymous don't have the same sense of urgency about their illness in the way that people in Alcoholics Anonymous seem to. So as a result many of us still don't reach for recovery when we are in just as dire a situation as any another addict.

Janice

World Service Business Conference 2019

Attended and report by Rita P. Duncan

Hi Everyone! I have just returned from the **WSBC 2019 in Albuquerque, New Mexico** and would like to give you a little “taste” of what it was like. I had made arrangements to share a cab from the airport with another member but I had not seen her waiting for the plane to board. I really knew my Higher Power was in charge when I took my seat on the plane and she took her seat soon after in the same row! I arrived at 9:30pm and settled into my room at the hotel. The next morning I made my way to Santa Fe with OA members from Calgary and Portugal. I am so amazed that this wonderful Fellowship of OA is truly a worldwide Fellowship and the WSBC vividly reminds me of that.

Because our hotel is too far to walk to restaurants and grocery stores, shuttles are arranged so members can buy food or go to restaurants in Old Town Albuquerque. We are so well taken care of!

There were 18 countries represented at WSBC and 188 members attended the Conference. The countries represented were: Portugal, England, Scotland, the US, Canada, Greece, Israel, Italy, Germany, Austria, Thailand, New Zealand, Brazil, Mexico, Australia, Spain, Costa Rico, and Sweden.

We listened to the Officer Reports and were pleased to discover that **OA is in a very healthy position financially!** Unfortunately however, there was some disappointing news about our recovery magazine Lifeline. OA will not accept new subscriptions for Lifeline beyond December 2019 and Lifeline will be discontinued after December 2020.

Our Forum topic this year was “Each One, Reach One Every Day-Carrying the Message of Hope”. For me, it was one of my favorite events at WSBC. We split into groups and discussed 21 questions about carrying the message to new members and member retention. It really made me think about what actions I could do locally and worldwide to “reach one”. The Regions Chairs Committee did a fabulous job encouraging communication on carrying the message of hope to all still suffering compulsive overeating. **I love anagrams. I took this one from the Forum: H: hang O: on P: pain E: ends. So true!**

I was assigned to the “Unity with Diversity” Committee and we discussed last year’s goals and if we should continue working on previous goals or choose new ones. **We chose members for next year’s subcommittees and my subcommittee was tasked to create a short questionnaire to give to members who have left OA, newcomers who attend once or twice and don’t return and people of different ethnic heritage or perhaps different sexual orientation.** We are seeking answers to questions such as “Why did you not return?”, “Was it something we did or could have done?”

The subcommittee discussed why membership tends to be white, middleclass, female and heterosexual and if there is something we are doing individually or as a fellowship to discourage diversity. This was the reasoning behind the questionnaire.

I attended four workshops. The “All about Conference” workshop is a must for Green Dots like myself who have never attended Conference or have attended more than ten years ago. The workshops were: “How Attractive Are We to New Members?”, “Keeping Members Engaged”, and my favorite “Attraction Rather than Promotion – What Up? Attracting Young Persons”. **My favorite takeaway from this meeting was “Attractive recovery is attractive period – no matter what age”. I certainly agree with that! We discussed the need for laughter, fun and fellowship and the role it played in keeping us coming back.**

We elected 7 new Trustees. They are as follows: Region 2 - Hanna S, Region 5 - Barb K, Region 6 - Beth B, Region 8 - Andrea S, Region 9 - Vaselliki T, Region 10 -Letecia M and General Service Trustee Tina C.

I am pleased to announce the new Literature that received Conference Approval. **The new book “Body Image, Relationships and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous” was approved. Also, the two pamphlets Welcome Back and Members in Relapse will be removed and replaced with a new pamphlet “Welcome Back: Suggestions for Members in Relapse and for Those Who Care”.**

There were a number of proposed New Business Motions and Bylaw Amendments. Amazingly, we got through them all. Many were concerned with virtual meetings/virtual intergroups. Some were withdrawn, postponed, defeated or Referred to Committee as well as adopted. I would like to draw your attention to one Proposal (C) that was adopted. We now have a definition if 1) Abstinence and 2) Recovery.

Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional and physical recovery is achieved through working and living the OA 12 Step program.

The Convention wound up with a great dinner, a speaker sharing and a wonderful dance. I truly enjoyed the Convention. I’m sure my better understanding of procedures helped!

I want to thank you so much for the honor and privilege of representing VIIG at the WSBC. I will always remember this wonderful experience. Thank you!!!

Men of OA You are Not Alone

Overeaters Anonymous resources for men, if you have any resources that you would like to share please send us the links.

<http://www.oamen.org/> is a website for Mens OA phone, online meetings and email loops.

Connect with other male OA members around the world, get on the oamen.org phone/text list to grow your OA support.

Listen to OA member Charles talking about his experience and recovery in this podcast.

<https://oa.org/podcasts/oa-podcast-18-interview-with-charles/>

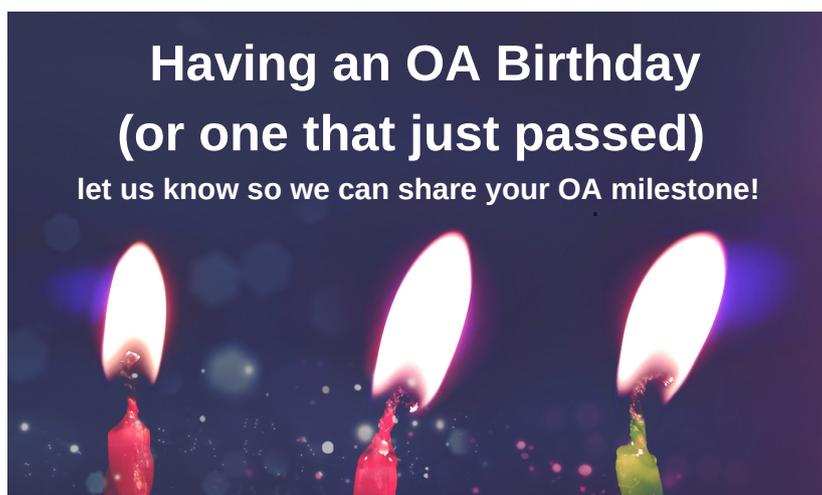
OA member Patrick B. talks about his experience, lots of great speakers on the A Vision 4 You website.

<https://www.avision4you./specialedition>

SPECIAL TOPICS & REGION ONE RECORDINGS

Region 1 has provided audio podcasts to “Inspire Recovery” throughout the region and beyond.

oaregion1audiorecordings



Find Vancouver Island Intergroup
at

<http://www.oaviig.org/>

email

anchorsoa@gmail.com
to subscribe

Trust...trust the process, trust the process, trust the process! That's a hard one, especially if I am blocked from relationships with people and my Higher Power. So, how do I get unblocked and begin to trust that this will work for me? Sally A. from New Jersey shares her thoughts on this topic. Have a listen.

<http://www.avision4you.info/media>

Reprinted from Serendipity Newsletter of the Recovery Group
March 2019