

Transformation On Vancouver Island

Registration is now open for the Vancouver Island Intergroup annual summer event. The Big Book Comes Alive For OA: A Transformation Weekend June 7-9, 2019 in Nanaimo. Click [VIIG retreat brochure](#) for more information. This is an event you won't want to miss!

A new OA meeting has begun in Campbell River on Monday evenings at 7:30pm at the Alano Club on 301- 10th Ave. For more information contact Katie at (250)850-4032.

A meeting time change in Nanaimo has provided OA members with a morning option. This 10am Saturday meeting at Barons Rd. has replaced the Saturday evening meeting. Contact oanaimo@gmail.com for more info.

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Share your "You know your abstinent when..."

Submission deadline
June 1

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!



March 31 2019, 1-4pm Ending Isolation in Recovery

1129 Hornby St. Vancouver B.C.

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

April 5-7, 2019 Spring Renewal Retreat

Whidbey Island, WA.

<http://oa-nci.org/>

May 3- 5, 2019 Big Book Study weekend

at the Burnaby Firefighters' Hall at Metrotown B.C.

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

May 6-11, 2019 World Service Business Conference

Albuquerque, NM.

<https://www.oaregion1.org/2019-wsbc.html>

June 7-9, 2019

The Big Book Comes Alive; Transformation Weekend

St. Paul's Anglican Church,
100 Chapel St, Nanaimo, BC.

<https://www.oaregion1.org/2019retreatbrochure>

October 16-18, 2019 Region One Assembly

October 18-20, 2019 One Convention

Portland, Oregon

<https://www.oaregion1.org/2019-assembly.html>

Vancouver Island Intergroup Meetings

All members are welcome

April 13 Victoria 1947 Cook Street

May 11 Skype 1:00 pm

June 22 Skype 1:00pm

SPECIAL TOPICS & REGION ONE RECORDINGS

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

[oaregion1audiorecordings](#)

This is a great OA resource, Region 1 conventions, workshops, special focus conference calls and Skype speakers from 2009 to 2019.



The Big Book Comes Alive for OA

A Transformation Weekend

June 7-9, 2019

St. Paul's Anglican Church
100 Chapel Street
Nanaimo, BC

Registration:

The registrations fee is \$75 and is to be paid to Michelle M. by April 30, 2019. Payment may be made by cash, cheques or E-transfer. She may be contacted at:

Email: oaretreatvi@gmail.com

or

Mail: #31 - 444 Bruce Ave, Nanaimo, BC V9R 5W5

Scholarships may be available — contact Michelle for more information.

Accommodations:

Rooms with two double beds will be available close to the venue (about a 5 minute walk) at the Coast Bastion Hotel at a rate of \$149 per night (a fridge in the room would cost \$10 extra). Most rooms have an ocean view. These rates will be available as long as there are 10 rooms booked by April 30.

Agenda:

Friday, June 7 - Registration at 5:30 pm, Session 6:30 to 9:30 pm

Saturday June 8 - Sessions will be held during the period from 9:00 am to 9:30 pm with several breaks.

Sunday June 9 - Sessions from 9:00 am to noon

Vancouver Island OA Meeting List

Cortes Island

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

Campbell River New

Monday 7:30pm 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 Raelyn (250) 753-7241 or
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 New Time

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-12pm 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 March 2019

Email meeting changes to
vancouverislandintergroup@gmail.com

Peaceful Progress

Other people's opinions are none of my business. Since learning to live in recovery, I have accepted the truth of this, but it wasn't easy. I sacrificed many pages and bytes, much ink, graphite, and finger taps to journaling on my path to acceptance and gratitude.

I eat foods and amounts that are nutritious for my body. I move and rest to keep my metabolism healthy. I let go of resentment or stand up for myself to keep me in balance.

These are hard lessons, every one! I am acquiring the willingness and patience to keep learning them daily, sometimes hour by hour, sometimes minute by minute. Guilt about having this disease does not serve me. Acceptance and gratitude about living in recovery grant me sanity.

My path to spirituality is my path. I am not "bad" because I do not follow the religion of my sponsor, my friend, or my relative. That person's spirituality, whether from birth, from family, or from seeking, belongs to that person. My spirituality does not need to fit that person's opinion or definition. My spirituality connects me to what gives me peace, harmony, balance, and sanity. I live ethically, not from any fear of future or external punishment, but because it is part of being honest with myself. I live in harmony with my beliefs and principles.

Following a religious practice that I do not believe would be dishonest and upset my balance. I can visit ceremonies and rituals of the people I love without needing to submit to the beliefs expressed. I can choose not to visit with anyone who cannot accept my peaceful path.

Each day I live in recovery is special, and I learn these lessons as often as I need to. I need never be perfect. Quiet, peaceful, patient, persistent progress is good enough for me to live in recovery, one day at a time.

—Anonymous

Lifeline Feb. 1 2017

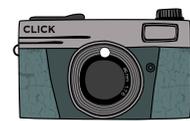
Creative Recovery



It took a long time to realize part of my spiritual practice is making, and the sketchbook is the quickest access to this daily practice. The intention for this time is to draw quickly, with no attachment, no eraser, and experiment with various art supplies. Working in a small sketchbook that fits in a day bag, this sketchbook and a pencil case containing water-soluble pens & pencils, markers, and a small watercolour palette goes everywhere with me. Being creative daily is important to me, and this "spiritual first aid kit" ensures I never have an excuse to ignore this part of my life.

Angela B.
Nanaimo

Send your creative recovery
submissions to
anchorsoa@gmail.com



Signs of Spiritual Awakening

A tendency to think and act spontaneously rather than a fears based on past experiences

A loss of interest in judging one's self and others

Loss of interest in interpreting the actions of others

Loss of interest in conflict

Loss of ability to worry

Frequent overwhelming episodes of appreciation

Contented feelings of connectedness with others and nature

Frequent attacks of smiling

Increased tendency to let things happen rather than make them happen

Increased susceptibility to the love extended by others

Uncontrollable urge to extend love.

Catastrophe Living

I've always related to the idea that my cup was half empty, which was apparent in my behavior. My plate was never full enough. I always had to have a beverage at hand. Anxiety would develop if I thought I was going to run out of something in the cupboard (I still have issues with this, but now it happens with my abstinent foods). I always anticipated the worst possible outcome in any scenario. My thinking was, if I prepared myself for the worst, I could be happy with any result less catastrophic than the imagined one. I vowed to be grateful—but I never was.

Nothing was good enough. My insatiable desires played with me on every level: I never felt I had enough food, substance, money—or this or that or the other thing. Gluttony was embedded in me. I had to have it all or nothing.

My connection to my HP through OA has changed this character defect. It has re-manifested: my “all or nothing” attitude has become the driving force in my desire to absorb every piece of recovery I can. Perseverance reigns. Being blessed with what I need liberates me from acting on wants. I don't have to worry about what tomorrow holds. For today, I have a roof over my head, food on my plate, clothes on my back, love in my life, close friendships, a program that works because I work it, and a Fellowship to which I feel akin. Where else could I be so understood, so accepted, and comfortable enough to share my ugly transgressions without fearing judgment? OA has given me a chance to redeem myself, an opportunity to be a changing person. The beauty is that I only have to do it in intervals of twenty-four hours.

I am overcome with peace of mind, body, and spirit. I don't anticipate tomorrow. But now I am aware: by living the OA Steps, using recovery Tools, and thanking God for the good graces that brought me to this new way of living, I have options to face whatever comes my way, now and going forward.

Thank you for your patience in reading my share (rant). A rush of emotion flows through me into my hands, and out comes the negativity I could drown in. Each time I delve into it, I am released from the chains with which I once bound myself. Cleaning up my side of the street, I believe the hole I once buried myself in was no one's fault but my own.

Blessings to all for an abstinent twenty four hours!

You Just Might Be

Half my family is from a very small town in Kentucky, and redneck jokes are often shared at family events, no matter how many times I roll my eyes in protest.

Recently, during one of my daily conversations with my sponsor (the kind you think will be simple but turn out to be amazing) I shared about a mini-vacation from which my husband, son, and I had just returned. I made a joke about “if, after a vacation, you immediately unpack your bags and do laundry . . . you might be abstinent.”

When I’d been in the food, I’d often come home from vacation completely full of sugar and regret. Bags would be unpacked “later”—sometimes weeks later—and laundry would be done “as soon as I feel better.”

I went on to share that I often think of these jokes, filling in with “You know you’re abstinent when . . .” Almost immediately, my sponsor suggested I complete some of those jokes and share them. Since one of the fill-ins could now read, “You know you’re abstinent when . . . you are up for a new challenge,” I decided to take fingers to keyboard and do it.

You know you’re abstinent when . . .

- ✓ You no longer get bagged meals through a window.
- ✓ You consider trying something as weird looking as quinoa. You really know you’re abstinent if you like it!
- ✓ You name your disease (mine is named Hopper).
- ✓ Your trashcan has a one-way entry—things only go in, not out.
- ✓ Your family and friends all know you will not share your meal—it’s weighed and measured. You want it all.
- ✓ You “splurge” on butter lettuce.
- ✓ You make a to-do list and actually DO it.
- ✓ You find yourself admiring other people’s pretty food containers and lunch bags.
- ✓ You break out a scale at a restaurant.
- ✓ You find yourself saying things like, “I just love my measuring cups.”

If you feel stuff—a lot . . . you might be abstinent.

If you realize there’s more than one color of apple, and “berry” isn’t just a flavor of candy . . . you might be abstinent.

If you brush your teeth at night (because you actually stop eating before you fall asleep) . . . you could very well be abstinent.

There’s a good chance you’re abstinent if: you have a new passion for life; you are present in each moment; you say “Sorry” and mean it; you ask, “How are you?” and care.

If you’re grateful, if you have dates with friends instead of food, if you’re open to growth and change, well . . . you just might be abstinent.

Fill in your own!

Jessica H., Tampa, Florida USA
February 2019 Lifeline

**We'd love to hear your
"You know you're abstinent when..."
so they can be shared in the next issue.**

Phone Meeting for Catch the Wave

Inviting Region 1 participants

Gayle from Brookings has graciously agreed to host the meetings for us. Our topics vary but mainly will be step work. Listen and have your phone on mute until you are called on to share or pass.

This meeting was started as a result of [Catch The Wave Intergroup](#) meeting with Region 1 officers in September. We needed a way to unite all our groups along the south & central coast, so we all worked together to create a phone meeting.

We have been working on new ideas to expand our meeting. An idea shared by Region 1 has been to send this notice out to other groups close by in the hope of sharing our strength and hope, remembering that it is a 'we' program and together we can recover.

We are hoping to add guest speakers and keep growing our Thursday evening meeting.

Every Thursday at 6:00 Pacific Time

Dial-in number (US): (605) 475-4824 Wait until you are connected and then when prompted, enter the access code.

Access code: 139729#

International dial-in numbers: <https://fccdl.in/i/dctoney2>

Online meeting ID: dctoney2

Join the online meeting: <https://join.freeconferencecall.com/dctoney2>

CONGRATULATIONS!

Angela B. of Nanaimo
1 Year Abstinent March 13

Having an OA Birthday (or one that just passed) let us know so we can share your OA milestone!

Lifeline is looking for you written OA experience. The 2019 Lifeline topics and deadlines can be found at this link.

[2019LifelineTopics.pdf](#)



Keep Calm
It's
Just For Today

Anchors OA
Vancouver Island Overeaters Anonymous
oaviig.org

The Professional Exhibits Fund is available to help your service body participate in a trade conference or convention for professionals who may refer patients and clients to OA. Applications are reviewed monthly. Go to oa.org/groupsservicebodies for specific details.

What does “spirituality” mean to me?

As a newcomer, the term “spirituality” was my way of describing the faith-based aspects of the OA program in a way that differentiated them from religious practices and beliefs. I had heard that 12-Step programs were “spiritual, not religious” but there was that God word in the Steps when I came in.

I took the advice given at my first meeting to choose a “power greater than human power” of my own conception. It could be anything that I wanted it to be. As I hung around the program, I learned that doing the Steps was the way to have the spiritual experience/awakening that would take away my obsession to eat compulsively. The letters g-o-d could stand for Good Orderly Direction or just be a name that was easiest to use for a loving Creator.

Nowadays, I use the term “spirituality” to describe any faith life, whether it be the practices and beliefs of a religion or a set of practices and beliefs unique to an individual that involves a power greater than human power. As well as having a physical and emotional life, I have a life that involves spirit. To me, that implies connection with a greater whole. For an egotistical addict, that is a good thing to strive for!

Rose V.
Nanaimo

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

email
anchorsoa@gmail.com
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