



ANCHORSOA
Vancouver Island Intergroup Newsletter

THE JOY OF SERVICE

“Service is a huge part of my recovery and I would love you all to experience this first hand.” - Lauren N. from Parksville

Third Quarter 2026

March 31, 2026

Board and Committee Members:

Chair	Sarah H.
Treasurer	Gail P,
Secretary	Kim M.
Group Coordinator	Lauren N.
Newsletter Editor	Kelly C.
Webmaster	Lauren N. (Acting)

Vacancies on VIIG Board and Committee: Consider joining your Intergroup as Vice-Chair, Event Coordinator, Region 1 Rep (even year); Region 1 Rep

(Odd year); WSBC Rep, Public Information Officer.

Last Meeting March 14, 2026

Next meetings:

Note new start times of 12:30 pm so we can finish our lunch!

May 9, 2026

June 13, 2026 AGM

September 12, 2026

November 14, 2026

All who wish may attend. Zoom information is on our www.oaviig.org website.

Intergroup Service Report: Kelly C

“We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action.” There Is A Solution, Big Book page 17.

“We have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.” There is A Solution p.25.

“LET'S GO! LET'S GO! LET'S GO!” After four years of sedentary life I have been working out again over face time with a warm and lively OA sister from the BC Interior. We do chair exercises and work with weights and bands. Its a joyful and productive time for us. We meet on Mondays and Wednesdays at 3 pm. Pray I can show up big in a fellow sufferers way like she does!

“Service affords us spiritual experiences. So we go for more!!” Heard on the podcast referenced below with Meg and Laurie.

“We are no longer chained to food. We are free. Free to say no, thank you. Free to put down the food. Free to stop eating right now!”see Voices of Recovery p.155

Website Information: www.oa.org talks about taking another step toward recovery with service. Any form of service no matter how small that helps reach a fellow sufferer adds to the quality of our recovery.

[Www.oa.org](http://www.oa.org) answers the question “Why Service?” in a 20 minute podcast.

- opens up a world beyond you
- is a gift you give to yourself
- a learning and growing opportunity
- a chance to learn to get over fear and procrastination
- skill development
- learn to represent other people's interests
- become a more active listener
- feel like you have to jump in
- experience diversity and our principle of unity
- we get to make mistakes in OA
- Service gives opportunities to take on roadblocks to real living
- Learn to navigate those people who irritate you and quite possibly become their close friend

Go to www.oaviig.org for information on the Vancouver Island Intergroup. Newcomers, meetings, literature, intergroup info, links, events and contact info.

WSO

Latest update on the Find a Meeting Campaign. It is moving forward at full speed. They have raised \$22,566 US so far.

Lifeline Magazines are archived on the WSO website

There is much to read about service at OARegion1.org under BOARD BLOG.

I heard a motto last night that I am adopting for my own. Nobody has it better than me. **NOBODY HAS IT BETTER THAN ME.** Takes me out of the muck and mire of self-pity when inside my head is a bad place to be. After repeating it a few times I start to believe it. Nobody has it better than me.
-Kelly C. Parksville



Graphics by Merv B.- Ladysmith