

ANCHORS OA

Vancouver Island Intergroup
1st Quarter
Overeaters Anonymous
September 2025

What We Do Have To Offer Is Far Greater...

From the Introduction to the Twelve Steps and Twelve Traditions of
Overeaters Anonymous 2nd Edition

The solution is in the surrender.

"Today we can have the miracle of recovery. That summarizes it. It implies it doesn't come from me, but from my willingness to follow guidance." - a Parksville member.

Browse 2025 WSO Event Calendar
<https://oa.org/event-calendar/>

VIIG Meetings
All members are welcome
Next meeting September 13
<http://www.oaviig.org>

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Bulletin for the latest Overeaters

Contribution from Kelly C.-

With thanks to the founding members of Alcoholics Anonymous,
Bill Wilson and Dr. Bob Smith in 1935, what OA has to offer is far

greater than a diet club. It is life-changing. We have found a Fellowship in which to share the healing power of love – one compulsive overeater to another. In understanding our common disease of compulsive overeating and our common solution we learn the practice of surrender to our Higher Power and live by spiritual principles, like honesty and responsibility. We move out from ourselves toward other people and the world. We work out the solution on the spiritual plane as well as the altruistic plane.

Before I joined OA I was very lonely and stuck in the food. My mind was in a thousand places. Ironically, I thought so well of myself, my skills and abilities yet I was aware that I was missing out on living the good life, that other people I could see were and my talent was going to waste. Food was the excitement in my life. I ate constantly and I ate alone. I tried desperately to stop living this way, I had a high resolve to diet and exercise. I would succeed in losing 10-12 pounds on occasion but always would gain it back and more. The cravings were beyond my mental control. For a period of time, I would wake up and find date squares and chunks of cheddar cheese in my comforter and have no recollection of having got up in the night. I gained 30 pounds in one month. Even remarried my weight climbed and food remained my primary relationship as I would snack on the couch actually thinking, "He has to accept me this way, he is married to me." Now how supportive is that? I cringe to think that lying voice occupies space in my mind.

Enter the healing power of love one to another. At a funeral one day I bumped in to an old friend whose silhouette has changed dramatically. She has always been beautiful but now she is slender and gorgeous, inside and out. That day I weighed 235 pounds and I determined that whatever she had done I would do. Although she had a full plate of service already, she graciously led me through fifteen questions in fifteen days long distance over the phone, one question at a time, to really make sure I identified as a compulsive overeater. I think I said yes to every one. A funny thing, she did too. I was not alone anymore. She welcomed me to OA.

Two years in, my gratitude for the program keeps increasing the more I hear, the more I keep coming back. This world is not mine, I am just in it. I can only change what is inside of me. God grants me courage to change the things I can, and He relieves me of the bondage of self. Being asked to write and speak takes me back to my

youth when I did that successfully. Thank you. May my voice and words join the chorus of the Fellowship. Recovery is possible one day at a time.

What we do have to offer is change. I have suffered losses in career, in health and mobility yet I am maintaining a 47 pound weight loss. My health is good today in spite of arthritic feet and knees. My blood sugar is so low it is off the chart. My energy is even throughout the day inspite of being on powerful relaxants. I am able to put in long days serving with my husband. I am recreating my life to be a spiritual one, one day at a time as I am sold on the ideas presented in the Big Book of Alcoholics. I am a part of life at last. "I would have the... elements of a way of living which answered all my problems." p.13 Doctor's Opinion. Things are going smoothly. There is a lightness of being where before I made a tough go of things. I feel free. The price...destruction of self-centeredness. From unlovely to loveliness. I am doing the same things as before but in a new spirit. I am growing in humility. My roots are grasping new soil and I am preferring abstinence and enjoying emotional sobriety. Through his love, my Higher Power has done for me what I couldn't do for myself. Human will power failed me. Now I know happiness, peace and usefulness.

Vancouver Island Intergroup Members vancouverislandintergroup@gmail.com

Chair	Sarah H.	Region1 Rep (Even Year) Region1 Rep (Odd Year)	Lauren N.
Vice Chair	N/A		N/A
Treasurer	Gail P.	Literature	Lorraine T.
Secretary (Acting)	Scott F.	Newsletter Editor	Kelly C.
Event Coordinator	N/A	Public	Hayley A.

Group Coordinator	Lauren N.	Information Chair	
WSBC Rep	N/A	Webmaster	Scott F.

Region 1 Assembly will be virtual this year October 3-4-5, 2025

Region 1 Convention will be a live event in Bellingham October 17-18-19, 2025

For more information see the Region 1 website Oaregion1.org

Next intergroup business meeting

September 13, 2025
Zoom ID: 897 8985 6841
Password: 854829