

ANCHORS OA

Vancouver Island Intergroup Overeaters Anonymous *September 2021 Newsletter*

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I do the tasks that are before me
with a light heart and an
incomparable sense of freedom,
knowing that control of my life is
in God's hands, not mine.

For Today

VANCOUVER ISLAND INTERGROUP NEWS AND EVENTS

The last Intergroup meeting was on September 11th, 2021.

The next meeting will be on **November 20th at noon.**

The complete and current VIIG meeting list is available as a PDF download from our VIIG website at OAVIIG.ORG in the Meetings tab.

Board positions still available:

Vacant: Event Coordinator (2023)

Vacant: Region 1 Rep (odd year - 2023)

Vacant: WSBC Delegate (2023)

Vacant: Region 1 Rep (even Year - 2022)

Vacant: Public Information Chair (2022)

Please go to OAVIIG.org to read the job descriptions..

2021/2022 BOARD AND COMMITTEE MEMBERS

Position	Name	City	Term Ends
Chair	Lorraine T	Victoria	June 2023
Vice Chair	Loretta B	Victoria	June 2022
Secretary	Theresa H	Nanaimo	June 2022
Treasurer	Lauren N	Victoria	June 2023
Event Coordinator	Vacant		June 2023
Region 1 Rep (Even Year)	Vacant		June 2022
Region 1 Rep (Odd Year)	Vacant		June 2023
Literature Chair	Elise W	Qualicum	June 2023
Newsletter Editor	Melanie A	Victoria	June 2023
Public Information Chair	Vacant		June 2022
Group Coordinator	Rene	Victoria	Nov 2022
WSBC Rep	Vacant		June 2023
Webmaster	Sarah H	Victoria	June 2022

REGION 1 NEWS AND EVENTS

Links to all the events can be found at
<https://www.oaregion1.org/events.html>

September 2021

Tuesday, September 28. 7-8pm Pacific.

[Get to Know Overeaters Anonymous - for Health Care Professionals, Educators, Faith Leaders, and Human Resources.](#) Silicon Valley Zoom event. ***FREE - REGISTER IN ADVANCE***

Tuesday, September 28. 6-8pm Pacific.

[This is OA - Newcomer Night.](#) Silicon Valley Intergroup online event. ***FREE - REGISTER IN ADVANCE***

Tuesday, September 28. 7-8pm Pacific.

[Get to Know Overeaters Anonymous - for Health Care Professionals, Educators, Faith Leaders, and Human Resources.](#) Silicon Valley Zoom event. ***FREE - REGISTER IN ADVANCE***

October 2021

Friday, October 1. 12:30-1pm Pacific.

[Friday Fun & Fellowship Dance Party.](#) Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.

Sunday, October 3. 1pm-4pm Pacific.

[Getting Out of Relapse and into a Relationship with God.](#) OA Rise Zoom event.

Monday, October 12 (Indigenous Peoples' Day and Canadian Thanksgiving). 8am - Midnight Eastern.

[Step 10 Spiritual Principle - Perseverance - Keep Coming Back.](#) Virtual Intergroup phone-in event. ***MEETINGS START EVERY HOUR***

Tuesday, October 12 , 19, 26 and November 3. 8 - 9:30pm Eastern.

[Quick Step Study Series.](#) Central Ontario Intergroup Zoom event. ***REGISTER AT LEAST 24 HOURS IN ADVANCE OF FIRST SESSION - LIMITED SPACE***

Saturday, October 23 - Sunday, October 24.

[Region One Assembly: Sharing Hope, Offering Resources, Recovering Together.](#) OA Region One Zoom event. ***REGISTER IN ADVANCE***

Sunday, October 31 (Halloween). 8am - Midnight Eastern.

[It's Not What You're Eating, It's What's Eating You.](#) Virtual Intergroup phone-in event. ***MEETINGS START EVERY HOUR***

November 2021

Thursday, November 4 (Diwali). 8am - Midnight Eastern.

[Celebrating Recovery - Happy, Joyous and Free!](#) Virtual Intergroup phone-in event. ***MEETINGS START EVERY HOUR***

Thursday, November 11 (Veteran's Day/Armistice Day). 8am - Midnight Eastern.

[When Doing OA Service, Do I Trust the Results to HP?](#) Virtual Intergroup phone-in event. ***MEETINGS START EVERY HOUR***

Not all news and events are listed here. Please visit <https://www.oaregion1.org/events.html> for the full list.

WORLD SERVICE OFFICE

NEWS AND EVENTS

Call for Diverse Voices!

Deadline October 31, 2021

OA is updating *A Common Solution: Diversity and Recovery* and expanding the representation of OA's diverse membership.

We are seeking stories that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

- Race (Black, Asian/Pacific Islander, Indigenous, Latinx)
- Male, non-binary, transgender • LGBTQ+
- Atheist, agnostic, Jewish, Muslim, Buddhist, or other religion
- Young (under 30) • Nationality outside of North America
- English not first language
- Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery)
- Disability or other health condition.

To download the call-for-stories flyer now and share it with your OA fellows please visit the homepage on the OA Region One site at www.oaregion1.org
Help others find hope by sharing how the OA recovery program has helped you.

Email your story to info@oa.org with "Common Solutions" in the subject line.

Attention Sponsors: We Need Your Story!

Deadline November 30, 2021

Give service to new and veteran OA sponsors by sharing your 250–300 word story about your sponsoring experience!

In a few months, OA will begin updating and reforming our current sponsorship literature and creating a new publication to provide guidance to sponsors who are challenged to meet the needs of our increasingly diverse Fellowship.

We are asking all sponsors to share their experience, strength, and hope, and we have some great questions in our downloadable flyer for you to respond to. We need you to write about the ways you provide support and guidance to your sponsees, while keeping the focus on their recovery through the Twelve Steps and Twelve Traditions.

Do you know someone who is an OA sponsor? Share the flyer found on the OA Region One homepage at www.oaregion1.org/

The deadline to submit your story is November 30, 2021.

Email your story to info@oa.org with "Sponsorship Story" in the subject line.



REGION ONE ASSEMBLY October 23-24, 2021 (online)

Registration is now open!

Deadline October 16, 2021

Assembly is an amazing opportunity to connect with other OA members around Region One, help generate resources for recovery, and lend your voice to the group conscience of Region One.

Intergroups represented at Assembly are strengthened -- Representatives bring home ideas, resources and connections that will help the intergroup and the meetings it serves.

We hope ALL of our 25 intergroups will be represented at Assembly 2021.

Please contact chairr1@gmail.com if you have questions about Assembly.

Reps and visitors please register and read more information at www.oaregion1.org

REGION ONE CONVENTION November 12-14, 2021 (online) SAVE THE DATE -REGISTRATION OPENS SOON!

RECOVERY THAT LASTS: THE SPIRITUAL PRINCIPLES AS A WAY OF LIFE

First Year in OA? Please register and attend as our guest!

Other members choose your registration donation amount!

All who struggle with compulsive eating and obsession with food are welcome.

Closed captioning will be available at all Convention sessions and the Help Desk.

For more information go to www.oaregion1.org/



WORLD SERVICE BUSINESS CONFERENCE

April 25-30, 2022 (online)

What is World Service Business Conference (WSBC)?

WSBC is the group conscience of OA as a whole. This annual conference brings together Delegates from around the world to conduct OA business and elect our Board of Trustees (BOT).

Our 17-member Board, together with the World Service Office (WSO), acts on behalf of all members of the Fellowship to provide us with quality resources, support and services.

Each intergroup/service board is entitled to send Delegates to WSBC, in proportion to the number of groups belonging to that intergroup/service board. Thus each individual member, group, and intergroup/service board become a part of the collective voice of OA as a whole.

We hope that ALL Region One intergroups will participate by sending Delegate(s) to WSBC. Full participation strengthens personal recovery and all levels of OA service.

Contact chairr1@gmail.com to find out more about WSBC. Don't miss this amazing opportunity for recovery and service!

For more information go to www.oaregion1.org



SEPTEMBER GREETINGS

Hello!

I'm pleased to introduce myself as your new editor. I'd like to say a big thank-you to Sarah H. for the wonderful newsletters we received under her tenure and for her support as I take over this new service role.

September brings an end to carefree Summer days and a fresh start in a new school year. An opportunity to look back, and the chance to think about where we'd like to go. As many of us return to school buildings and workplaces for perhaps the first time since the pandemic shut down, now seems like a fitting time to re-evaluate the things that matter to us.

"When an old habit – a way of doing or thinking – no longer serves, it is time for a new way to emerge. It can mean stretching myself to find the courage to speak up, or refuse to be used or to use others; it can mean reaching out to share real feelings instead of meaningless talk. As outworn as the old way is, it is hard to give up. Who knows the outcome? There is no guarantee, no well-worn path to follow. I may feel alone on that jump into nowhere until I have reached safe ground. Then I know that my Higher Power was with me all along. I could not have done it alone. Can I stay abstinent alone? No. But there is no limit to what we – my Higher Power and I – can do together."

For Today, February 8

Perhaps some of you, like me, have been clinging to old habits during this time of uncertainty, or maybe the pandemic has been a handy reason to avoid hard decisions or actions that need to be made. I invite you to join me in considering what this season of change could bring if we have the courage to take those first steps.

Happy September!

Melanie A.

