

PENINSULA OA INTERGROUP NEWS

The Olympic Peninsula *Recovery* Trail

Vol.1 Issue 2 - Spring 2021

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The 12 Steps in Short Form

1. *I cannot handle it*
2. *Maybe God can*
3. *I think I will let him*
4. *Who am I?*
5. *This is who I am*
6. *I am ready to change*
7. *Help me to change*
8. *This is who I hurt*
9. *Oops, I'm sorry*
10. *How am I doing?*
11. *What else can I do?*
12. *OA works if you work it.*

Written by Nanci B., of Los Angeles, who has 44 yrs. abstinence and is maintaining a 150 lb. weight loss. Rozanne, OA founder, was her sponsor at the time of Rozanne's death. Rozanne shared these 12 Steps in short form with Nanci as reported in Anchors IG March 2021 newsletter.



PENINSULA INTERGROUP NEWS

The Peninsula Intergroup is in the midst of a Renewal Process. The Intergroup conducted an internal Inventory, then reached out to groups with a member survey. The Summaries of both the Inventory and the Member Survey are available online on our website <https://oopeninsula.org/>

From the results of both the Inventory and the Member Survey, a Focus Group of 2 or 3 Intergroup members, from Board and Reps, met and presented the Intergroup with their recommendations for Goals for Peninsula Intergroup. They were approved at the March 20th Intergroup meeting.

GOALS

- I. Attract and Support Newcomer's Recovery
- II. Retain and Support Existing Member's Recovery
- III. Strengthen OA for ALL in our IG area (Newcomers, Existing Members, Old Timers, Sponsors)

METHODS:

- Training: Sponsor Training Workshops, including Twelve Day, Sponsorship, Tools, Welcoming the Newcomer;
- Create Public Information Chair to identify 3 Action items for the year;
- How to run a healthy meeting.

Other IG "improvements" as a result of the Inventory and Member Survey:

- ★ Website at <https://oopeninsula.org/>;
- ★ Quarterly Newsletter: *Peninsula OA Intergroup News*;
- ★ Formation of a *Meeting Committee* (see below);
 - IG area list of *AVAILABLE* Sponsors;
 - List of Speakers from around the area.
- ★ Formation of a *Public Information Committee* (see below).

Meeting Committee:

The purpose of this Committee is to outline a process to help existing and new meetings operate fluidly either in person or online, and to make this process available via the website. Also, to create a website and identify a webmaster (Martha R) who creates and/or manage content.

Please click on the "*How to Operate OA Meetings*" at <https://oopeninsula.org/committee-news> to view this document on how to set up online and in person meetings.

Below is a list of meeting tasks and who you can contact if you have questions:

- ❖ What is the format for each meeting (OA literature, Big Book, Speaker, etc.)? (Cyl)
- ❖ Meeting adds/changes/deletions which are submitted to Intergroup Region 1, and WSO (Martha)
- ❖ Maintains Speakers list for IG (Cyl)
- ❖ Maintains Sponsors list for IG (Cyl)
- ❖ Changes/comments/questions about the "*How to Operate OA Meetings*" (Cyl)

Meeting Committee Members: Cyl and Martha as Co-Chairs along with Linda S., Nyla, Brooks, and Kathleen.

Public Information Committee:

According to OA's *Public Information Service Manual: Carrying the Message of OA*, "the goal of OA public information work is to carry the message of recovery to compulsive eaters who still suffer. OA is a program of attraction, not promotion; members attract newcomers to OA when we:

- Inform the general public about the program;
- Tell professionals and others who work with compulsive overeaters about OA;
- Keep communication with the Fellowship open so members and groups can carry the message more effectively." (from *Public Information Service Manual: Carrying the Message of OA*, OA WSO Rev 5/2020, pg. 2)

A Public Information Committee (PIC) may provide information about the OA Fellowship to their local community through the various forms of media. Often, they will host PI/Newcomer events, arrange for booths at local health fairs, distribute current OA information to libraries, medical centers, healthcare professional offices, etc., and/or send speakers to community groups.

The Co-Chairs of the Public Information Committee are Kathleen and Molly.

New ways to SERVE your Intergroup and carry the OA message!!!

1. Serve on the **Meeting Committee** to ensure that all our groups are strong and healthy and provide meeting formats to newcomers and/or new participants at an existing group so they can follow along immediately.
2. Join the **Public Information Committee** to help carry the message to those who are still suffering through distribution of OA literature and meeting information to the broader community.
3. IF you are a Sponsor, Temporary Sponsor. Or Twelve Day Sponsor and are available to help a fellow compulsive eater, please send your name, contact information and type of sponsorship to Cyl at cylmh2013@gmail.com to be included on our **List of Available Sponsors**.
4. Be included in our **Speaker's List**: Are you an abstinent member who is willing to share your recovery experiences with other OA members by speaking to groups throughout the Peninsula Intergroup service area? Please send your name, contact information, days/times available and preferred topics or groups (optional) to Cyl at cylmh2013@gmail.com.

YOUR INPUT WANTED: Our next newsletter will focus on **Sponsorship** and **Service**. All OA fellows are encouraged to submit an experience they had in OA, where a service or a caring moment made a difference to them or others. Share the experiences that made a difference! Also share your Sponsorship/sponsee stories. Send to Cyl at cylmh2013@gmail.com by **June 15th**.

LOOK FOR MORE EXCITING THINGS TO COME!

Your Peninsula Intergroup

Chair	Rosie S	sharperosie@gmail.com
Vice Chair	Cyl M	cylmh2013@gmail.com
Secretary	Martha R	mrthrvs1958@gmail.com
Treasurer	Annie H.	annienickeleharris@gmail.com
IG Rep – Bainbridge Is. (Sat)	Linda S	lksinger@yahoo.com
IG Rep – Bainbridge Is. (Wed)	Kathleen C	Three2chuz@yahoo.com
IG Rep – Bremerton	Toby	tobysteddies@gmail.com
IG Rep – Port Angeles	Molly M	mollymessmer@gmail.com
IG Rep – Port Ludlow	Brooks	brooksmcmillan@gmail.com
IG Rep – Port Orchard (Mon)	Toby	tobysteddies@gmail.com
IG Rep – Port Townsend	Dave D Nyla	twodovers@gmail.com nylamaxine@gmail.com
IG Rep – Sequim (Mon)	Carol V.	carolawells@gmail.com
IG Rep – Sequim (Tues)	Lisa S.	lisamarie1957@gmail.com
IG Rep – Sequim (Sat)	Cyl M. (<i>Interim</i>)	cylmh2013@gmail.com
Web Master	Martha R	mrthrvs1958@gmail.com
Newsletter Editor	Cyl M.	cylmh2013@gmail.com
Meeting Co-Coordinators	Martha R. Cyl M	mrthrvs1958@gmail.com cylmh2013@gmail.com
Public Information Co- Chairs	Molly M Kathleen C	mollymessmer@gmail.com Three2chuz@yahoo.com

PENINSULA GROUPS MEETING VIRTUALLY VIA ZOOM During COVID-19's Shelter-In-Place

Please send any new/updated/canceled meeting information to mrthrvs1958@gmail.com

Peninsula Intergroup	Zoom Link
Monthly Intergroup Meeting : 3 rd Sat., 1-3 OPEN TO ALL OA Members	https://us02web.zoom.us/j/81454945639

Group	Day/Time	Rep	Zoom Link	ZOOM ID #	Passcode
Bainbridge Island	Sat. 9 AM	Linda S.	https://us02web.zoom.us/j/465760084	465 760 084	463425
Bainbridge Island	Wed. Noon	Kathleen C	https://us02web.zoom.us/j/87548998315	875 4899 8315	30398311
Port Angeles	Wed. 5:30 PM	Molly	https://us02web.zoom.us/j/84254648593	842 5464 8593	C2A
Port Townsend	Thur. 5:30 PM	Dave & Nyla	https://us02web.zoom.us/j/87455663582	874 5566 3582	592078
Sequim	Mon. 4:15 PM	Carol V	https://us02web.zoom.us/j/89188483591	891 8848 3591	FoBOA
Sequim	Tues. Noon	Lisa S	https://us02web.zoom.us/j/799913827	799 913 827	953793
Sequim	Sat.10 AM	Cyl (<i>Acting</i>)	https://us02web.zoom.us/j/416492218	416 492 218	798131

NEWCOMERS ZOOM MEETINGS listed separately in Newcomers Section

To find other Zoom OA meetings go to: <https://oa.org/find-a-meeting/?type=1>

OVEREATERS ANONYMOUS



REGION ONE

April 2021

Friday, April 16. 12:30-1pm Pacific. [Friday Fun & Fellowship Dance Party](#). Silicon Valley IG Rise Zoom event. *1st & 3rd Friday of each month.*



Overeaters Anonymous Silicon Valley Intergroup
Invites You to

Friday Fun & Fellowship Dance Party

**Dress up or come as you are,
it's a time to play, shake, and share.**

**When: 1st & 3rd Friday of each Month
12:30-1pm PST
Begins March 5, 2021**

**We invite you to turn on your video or feel free to
turn it off and just dance, shake and play. You get to
choose your groove! Anyone wanting to stay after
and share, there will be time for that as well.**

Send your favorite song(s) to c2b@comcast.net

Friday, April 16 - Sunday, April 18. [Spring into Action - Virtual Retreat](#). Sonoma County IG Zoom event. ***REGISTER IN ADVANCE***

R1 Saturday, April 17. 10am-11:30am Pacific. [Speaker Meeting](#). North Cascade IG Zoom event.

Saturday, April 17. Noon - 2pm Pacific. [The Joy of Living](#). Los Angeles IG Zoom event.

Saturday, April 24. Noon - 2pm Eastern. [Let It Go: Working Through Shame in OA Recovery](#). Brandywine IG Zoom event.

May 2021

Friday, May 7 12:30-1pm Pacific. [Friday Fun &](#)

UPCOMING EVENTS:

BE SURE TO CHECK www.oaregion1.org/Events.html for current information

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

Sunday, May 9. 12-1:30pm Pacific. [Relieve Me of the Bondage of Self - Losing Our Ego and Re-Aligning Our Will](#). Virtual Region *"Second Sunday"* Zoom workshop.

Thursday, May 13. 4-5pm Pacific. [Sponsorship Panel: Help! I'm a Sponsor, Now What?](#) Central Indiana IG Zoom event.

Friday, May 14 - Sunday May 16. [OA is an Adventure! Spring Retreat at Camp Bighorn in Plains, Montana](#). Bitterroot IG event. ***REGISTER BY APRIL 10.***

Friday, May 21 - Sunday, May 23. [Sunlight of the Spirit Retreat](#). Central Oregon IG Zoom event.

Friday, May 21. 12:30-1pm Pacific. [Friday Fun & Fellowship Dance Party](#). Silicon Valley IG Rise Zoom event. *1st & 3rd Friday of each month.*

June 2021

Sunday, June 13. 3-4:30pm Eastern. [The Sponsor - Sponsee Connection](#). Virtual Region *"Second Sunday"* Zoom workshop.

R1 Saturday June 19. 10-2 [Sponsorship: The Ultimate Spiritual Experience](#) Peninsula IG.

July 2021

Friday, July 9 - Sunday, July 11. [Region 2 Convention: The Keys to Recovery](#). Zoom event. ***REGISTER IN ADVANCE***

Sunday, July 11. 3-4:30pm Eastern. [What Does it Really Mean to Surrender?](#) Virtual Region *"Second Sunday"* Zoom workshop.

August 2021

Sunday, August 8. 3-4:30pm Eastern. [A Threefold Disease: Physical, Emotional and Spiritual](#). Virtual Region *"Second Sunday"* Zoom workshop.

OVEREATERS ANONYMOUS WORLD SERVICE OFFICE NEWS

Historic Rozanne S. Recordings at [Two-Rozanne-Recordings](#)



As we celebrated OA's birthday in January and Unity Day in February, take some time—38 minutes or so—to listen to “Reflections: A Visit with OA's Founder,” the 1999 interview with OA founder Rozanne S., found via the [Podcasts page](#) and more directly at <https://oa.org/founder-recordings/> In the interview, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she's overseen the spread of the OA message around the world. Listen as Rozanne speaks with enthusiasm, humor, and joy on the inauspicious yet aspirational beginnings of OA, and gain new insights into how the powers of human connection and compromise shaped our organization from the very beginning.

Additionally, the “And Now a Word from Our Founder” recording can also be found at [Podcasts page](#). It was originally published in 2003 as a compilation of five keynote speeches that our founder,

Rozanne S., was asked to present to World Service Business Conference delegates in 1994, 1997, 1998, 2000, and 2001. Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA's Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Feel inspired to rejuvenate your own program as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large—to engage in greater acts of service on behalf of OA.

Plan to join OA members from around the

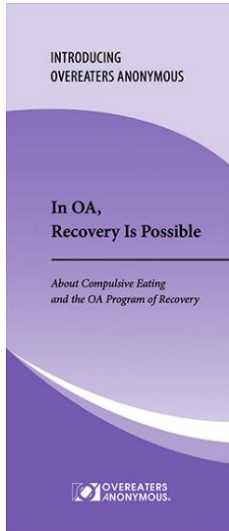
world in sunny Orlando, Florida USA for the **2021 World Service Convention** as we celebrate recovery while “Walking in the Sunlight: One Day at a Time!” Together, we will enjoy fun and fellowship at the Renaissance



Orlando at SeaWorld®, **August 26–28, 2021**. Keep an eye on the World Service Convention web page for upcoming announcements about registration, hotel lodging, and a schedule of events.

In the meantime, you can Join the Convention email list by including your name and email address in an email to conventioninfo@oa.org. And share the Convention spirit with the official Convention bookmark. Downloadable from the Convention web page, there are two versions so you can have them professionally printed or print them at home.

FROM THE OA BOOKSTORE

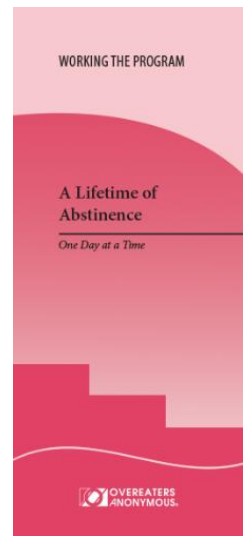


New Newcomer Pamphlet Available in Print and as E-Book

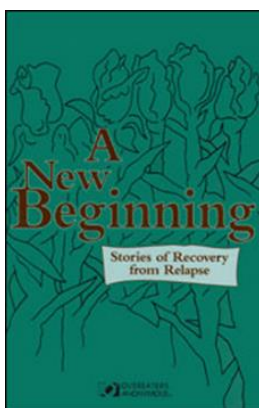
To simplify our literature and carry the OA message of hope, the WSO has combined several older pamphlets into a new, streamlined pamphlet. [In OA, Recovery Is Possible: About Compulsive Eating and the OA Program of Recovery](#) (#135) distills the vital information from Questions and Answers, A Program of Recovery, and Compulsive Overeating: An Inside View, which are all now discontinued (An Inside View will remain in the [Professional Presentation Folder](#) (#870)). In OA, Recovery Is Possible focuses on defining compulsive eating for the newcomer and answering questions about the basics of our recovery program. Conveniently, you can find it in print in our [OA bookstore](#) and as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms for US \$2.00.

New Abstinence Pamphlet Available in Print and as E-Book

[A Lifetime of Abstinence: One Day at a Time](#) (#155) dives into the details of what abstinence looks like on a daily basis. This pamphlet combines the best of the three newly discontinued pamphlets it replaces: A Commitment to Abstinence, Before You Take That First Compulsive Bite, Remember . . . , and Maintaining a Healthy Body Weight. A Lifetime of Abstinence gives newcomers and members practical suggestions to build and develop a recovery program, as well as a compassionate perspective on the multifaceted disease that is compulsive eating. Find it in print in the [OA bookstore](#) and as an e-book on [Amazon](#), [Barnes & Noble](#), and [Apple](#) platforms for US \$1.00.

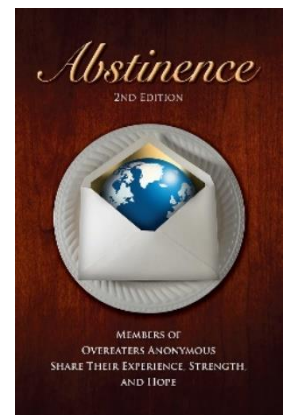


OLDIES BUT “GOODIES”



Need a “fresh” outlook? Fear you may be on the edge to relapse? [A New Beginning: Stories of Recovery from Relapse](#) contains stories from Lifeline magazine full of experience, strength, inspiration and wisdom.

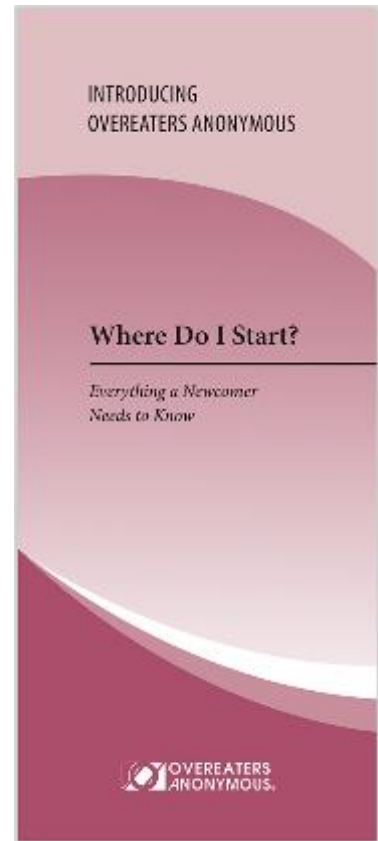
[Abstinence](#), one of OA’s most popular books, updated and expanded with 50 percent new stories from Lifeline, OA’s international magazine of recovery. Find help, encouragement, and guidance to help you achieve and maintain abstinence.



NEWCOMER INFORMATION

Where Do I Start? for Newcomers now an E-book. It pairs with the *New Sponsorship Guide* download . We've heard your concerns! Newcomers are showing up to virtual meetings, but it's challenging to quickly give them some OA literature. To help solve this difficulty and further spread the OA promise of hope, we've made our thirty-two-page *Where Do I Start?* pamphlet for newcomers available in e-book formats from Amazon Kindle, Barnes and Noble Nook, and Apple Books for about US\$1.

Sponsorship is a vital part of the OA recovery process, as it builds a tight knit, trusting fellowship and invests purposefully in newcomers. To this end, OA's newest resource intends to bolster relationships with newcomers—and instill confidence in those new to sponsoring—by partnering those new to OA with a “temporary sponsor” to guide them through the pivotal first days of their OA journey. Stamp out feelings of intimidation about sponsorship and jump-start a newcomer's experience with our helpful introduction to program, *Temporary Sponsors: Newcomers' First Twelve Days*. This free downloadable guide is available as a PDF at <https://oa.org/app/uploads/2020/05/Temporary-Sponsors-1.pdf> *Temporary Sponsors* is one of the newest pieces of literature to receive the Conference-approved Literature Seal of Approval during WSBC 2020.



What is the Purpose of the First Twelve Days in OA?

- To help newcomers, returning OA members, and other members learn about the OA Twelve Step recovery program by using this personal, short-term introduction to Overeaters Anonymous.
- To help sponsees learn how the OA recovery program might help them to stop hurting themselves with food.
- To help members who may be ready to sponsor but are reluctant to do so. This is an opportunity for a member to help a newcomer in a very structured way and to experience what it might be like to be a regular sponsor.

This program takes place during twelve sessions, which may or may not occur in twelve consecutive days. For instance, you may want to schedule calls on weekdays only. You also may want to look ahead at the sessions, and if you are uncertain about how to discuss any of the topics with the sponsee, you may want to ask your sponsor or another OA member for ideas. During your calls, share the experience, strength, and hope you have because of the solution offered by working the Twelve Steps of OA. Without dominating the conversation and without judging the sponsee, share just enough to draw them out, answer their questions, and encourage their unique process of discovery and recovery. Books that are not OA-approved, as well as diets and other programs, are outside issues. Remember, it is not your responsibility to force someone to be abstinent (nor is it possible). The journey of the sponsee is between that person and their Higher Power. A sponsor is there for support.

What is so Special about OA?

OA includes members who have experienced different manifestations of compulsive eating and food behaviors. Our fellowship includes anorexics, bulimics, and overeaters; ALL who struggle with food obsession are welcome and have found recovery in OA. Weight is not a criterion for membership. Patterned after Alcoholics Anonymous, the OA recovery program uses addresses the physical, emotional, and spiritual aspects of compulsive eating.

There are no dues or fees for members, and we do not accept outside donations. We are self-supporting through our own voluntary contributions.

Take our quiz to see if you might be a compulsive eater.

Is OA right for me? Am I a Compulsive Eater?

Only you can answer this question, but if you answer “yes” to several of these questions, you may be a compulsive eater; OA can help:

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
4. Do I eat sensibly in front of others and then make up for it when I am alone?
5. Is my eating affecting my health or the way I live my life?
6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?
7. Do my eating behaviors make me or others unhappy?
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots, or other medical interventions (including surgery) to try to control my weight?
9. Do I fast or severely restrict my food intake to control my weight?
10. Do I fantasize about how much better life would be if I were a different size or weight?
11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies, or beverages?
12. Have I ever eaten food that is burned, frozen, or spoiled; from containers in the grocery store; or out of the garbage?
13. Are there certain foods I can't stop eating after having the first bite?
14. Have I lost weight with a diet or “period of control” only to be followed by bouts of uncontrolled eating and/or weight gain?
15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

If you have concerns about your relationship with food, we hope that you'll give yourself a chance for recovery in OA. Meetings are available in person (after COVID 19), online and by phone. We recommend that newcomers attend at least six different meetings to help you

decide if OA is for you. Below are some resources, but please don't think you have to figure it all out at once; going to a meeting is a great first step.

What can I expect at a meeting?

Meeting formats vary, but you'll likely hear a few readings from OA literature as well as stories from OA members about their struggles and recovery from compulsive eating and food behaviors. A list may be passed around for all to sign their first names and phone numbers, so people can offer each other support between meetings.

Most meetings collect a few dollars to pay for the rooms we meet in, but contribution is always voluntary and often newcomers are encouraged not to contribute.

Many meetings will have a featured speaker who shares for 10-20 minutes. Some meetings have a special area of focus such as LGBT, 100+ pound weight loss, or anorexia / bulimia / compulsive exercising.

At many meetings, you will have an opportunity to introduce yourself as a newcomer, if you like. Anonymity is a foundational principle of OA so you are assured that what you share will be held in confidence. Someone from the meeting may call you to offer support or answer questions you have about the program, and you are welcome to take down phone numbers to reach out for help or to ask questions

How does OA work?

The [Twelve Steps](#) are the heart of the OA recovery program. They offer a new way of life without the need for compulsive food behaviors like overeating, anorexia, or bulimia. Typically, you will work through the Twelve Steps with the guidance of a sponsor, who shares their experience, answers your questions, listens as you discuss your feelings, and most importantly guides you in taking the Twelve Steps.

The [Twelve Traditions](#) are the means by which OA remains unified in a common cause. We have also found that a number of [tools](#) are useful in assisting our recovery.

Where can I Buy OA Literature? Literature is available at the [OA Bookstore](#). If you are brand new to the program we recommend starting with the following: [A Newcomer Pamphlet](#) and then the [Twelve Steps and Twelve Traditions of Overeaters Anonymous](#).



Bremerton, WA

NEWCOMER RESOURCES

WHERE DO I START PAMPHLET - ORDER FROM [OA.ORG](http://oa.org) OR GET EBOOK!! SO HELPFUL!!

<https://oa.org/news/now-available-as-e-book-where-do-i-start-oas-newcomer-pamphlet/>

START WITH A PLAN

https://bookstore.oa.org/pc_product_detail.asp?key=A4C55C3E3CDF4A009C43DCB97E96E27B

FROM RELAPSE TO RECOVERY-THERE IS A SOLUTION

<https://oa.org/working-the-program/relapse-prevention/>

HOW TO 12 STEP ANY PROBLEM-MOVING BEYOND THE FOOD

https://oa.org/app/uploads/2019/12/twelve_stepping_a_problem.pdf

oaregion1.org/audio--speakers.html

SPIRITUAL PRINCIPLES OF THE PROGRAM:

STEP 1 -HONESTY

STEP2- HOPE

STEP3-FAITH

STEP4-COURAGE

STEP 5-INTEGRITY

STEP 6- WILLINGNESS

STEP 7-HUMILITY

STEP 8- SELF DISCIPLINE

STEP 9- LOVE

STEP 10- PERSEVERANCE

STEP 11- SPIRITUAL AWARENESS

STEP 12- SERVICE

SERENITY PRAYER FLOWSHEET

<https://images.app.goo.gl/ZziboMveq5jxve166>

NEED A SPONSOR????? EMAIL :

1. sponsorship@oavirtualregion.org AND/OR

2. FILL OUT THIS FORM: <https://form.jotform.com/92487527972170>

WHAT TO ASK OF A SPONSOR:

1. What are the 5 things I want from a sponsor?
2. What are the 5 things I need in a sponsor?
3. What are the 5 actions I am willing to take to work with a sponsor?
4. What do I want out of working this program?

ALL INFORMATION FROM [OA.ORG](http://oa.org) AND FROM REGION 1 ASSEMBLY NOTEBOOK OF 2020



Port Townsend, WA

NEWCOMERS ZOOM MEETINGS

Direct Link to list of Newcomer meetings: <https://oa.org/find-a-meeting>

Day	PST Time	ZOOM Link	Contact	E-mail
Sun	6:00 AM	ID: 822 8900 6597, Password: 120912	Lynne Renée	info@oabrigade.org
Sun	12:00 PM	https://zoom.us/j/293355222	Alix-Sandra	alix@oafirststeps.com
Sun	4:00 PM	https://us02web.zoom.us/j/87277683154	Michelle	zoomingintorecovery@gmail.com
Sun	5:00 PM	https://us02web.zoom.us/j/87277683154		zoomingintorecovery@gmail.com
Sun	7:00 PM	https://us04web.zoom.us/j/3404760511	Sarah	mccabe.s.k@gmail.com
Sun.	8:00 AM	https://zoom.us/j/293355222	Mary Fran	maryfran@oafirststeps.com
Sun.	10:00 AM	https://zoom.us/j/293355222	Sandy C	sandyrecovers@gmail.com
Mon	6:40 AM	https://us04web.zoom.us/j/234613884	Alison	kurnali777@mac.com
Mon	12:30 PM	https://us02web.zoom.us/j/85825589122	Lisa	lisaorourke84@gmail.com
Mon	4:00 PM	https://us04web.zoom.us/j/234613884	Ann	mom910@hotmail.com
Mon	4:30 PM	https://zoom.us/j/838589348	Carolyn	carolyn.lecomte@gmail.com
Mon	4:30 PM	https://us02web.zoom.us/j/87219496753	Keri	bkkrukow@gmail.com
Mon	8:00 PM	https://us02web.zoom.us/j/764584118	Chris	oapacificnewcomers@gmail.com
Mon.	10:00 AM	ID: 84954293543, Password: 716 694 4848.	Judy	judynibe@aol.com
Mon.	11:00 AM	https://us02web.zoom.us/j/83047073179	Cydney	bigbookstudy.12steps@gmail.com
Tues.	8:30 AM	https://zoom.us/j/960011311	Cate M	centralcoastnewcomers@gmail.com
Tues.	10:00 AM	https://us02web.zoom.us/j/82312200799	Bob L	oapacificnewcomers@gmail.com
Tues.	3:30 PM	https://us02web.zoom.us/j/86005581826	Cristina	ccavirtualchile@gmail.com
Tues.	4:30 PM	https://us04web.zoom.us/j/234613884	Heather	hfletcher825@gmail.com
Tues.	4:30 PM	https://us02web.zoom.us/j/75404375924	Neil	neilrauch@comcast.net
Tues.	5:30 PM	https://zoom.us/j/91679615439	Diana	cocobuggypuff@gmail.com
Tues.	7:30 PM	ID: 825 944 5125, Passcode: 2020	Darryl	robcofoa@gmail.com
Tues.	7:30 PM	ID: 874 2739 5259, passcode: 156402	Ilene	ilenestarr11@gmail.com
Wed	8:30 AM	ID: 289 304 1418, password: 826463	Pepe	bubblemaker@cox.net
Wed.	1:00 AM	https://us02web.zoom.us/j/81876609872	Jordan	jordo2441@hotmail.com
Wed.	5:00 AM	https://us02web.zoom.us/j/87129235081	Sabina	oapp.uk.online@gmail.com
Wed.	6:00 AM	https://us02web.zoom.us/j/86526565566	Cydney	bigbookstudy.12steps@gmail.com
Wed.	10:00 AM	ID: 84954293543, Password: 716 694 4848.	Judy	judynibe@aol.com
Wed.	11:00 AM	https://us02web.zoom.us/j/83047073179	Cydney	bigbookstudy.12steps@gmail.com
Wed.	1:00 PM	https://us02web.zoom.us/j/84161126101	Shirley	saquig357@gmail.com
Thurs.	6:00 PM	ID: 934 6772 5942, Passcode: 172301	Pat	orpato711@gmail.com
Thurs.	9:00 AM	https://us02web.zoom.us/j/84071707191		ninahannahhecht@gmail.com
Thurs.	3:30 PM	ID: 846 4928 8456, password: 529544	Nerissa	oaheartland@gmail.com
Thurs.	4:00 PM	https://us02web.zoom.us/j/81069289063	Lynda B	contactdatabase3@gmail.com
Thurs.	4:00 PM	https://us04web.zoom.us/j/234613884	Claire	oapipovirtual@gmail.com
Fri	10:00 AM	https://zoom.us/j/5175169963	Shalece	shalecerecovery@gmail.com
Fri	11:00 AM	https://us02web.zoom.us/j/83047073179	Cydney	bigbookststudy.12steps@gmail.com
Fri	6:00 PM	https://us04web.zoom.us/j/75291430109	Sasha	sashabbsg@gmail.com
Fri.	6:30 AM	https://us04web.zoom.us/j/234613884	Claire	oapipovirtual@gmail.com
Fri.	10:00 AM	ID: 84954293543, Password: 716-694-4848	Judy	judynibe@aol.com
Sat.	6:00 AM	https://us04web.zoom.us/j/774646690	Jaime	abc1@gmail.com

Healthy and Strong Group Meetings

The Strong Meeting Checklist was a part of OA's 2008–2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; **meetings have to be strong and must function effectively for people to “stay for the miracle”** and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?



Tips for Running Healthy & Effective Meetings: Don't be TOO anonymous! (By Kathleen O)

Right now, most OA meetings in the Peninsula Intergroup area are on-line. So, let's look at a topic that has special consideration in an on-line setting: Anonymity. In particular, let's look at how the spiritual principle of anonymity as discussed in the 12th tradition. In "Twelve Steps and Twelve Traditions of Overeaters Anonymous" our program stresses that anonymity is "not the same as secrecy." The text also refers to OA's pamphlet *Tools of Recovery* where it says: "It is not a break of anonymity to use our full names within our group or OA service bodies." By letting others know who we are we make it easier for members to reach out to one another when we need help, and to carry out our service work. It also makes others in the meeting feel safe.

So, when a meeting attendee enters an on-line meeting, we need to take special care to provide a way for them to identify themselves and be "known" to their fellows. The meeting script can include an invitation to all those off-camera to announce themselves so they can be welcomed. The technical host/chair can chat with individuals identified only by a phone number or device if the individual needs help renaming themselves so they can be readily recognized. In addition, it is always helpful to provide a way for newcomers (and old-timers!) to collect phone numbers. In the case of on-line meetings, we can suggest participants add this information to our name/id or use the chat function to share our phone number (or other means of contact), either with the group or to individuals.

Practical experience has shown us that some "anonymous" attendees are not really intending to participate, but to disrupt. One way to address this is to publicize the meeting contact with a generic email address, rather than publicizing the meeting ID and password. It will be important to have a system set up where these requests for meeting access information are attended to in a timely fashion.

Other ways to protect anonymity in an on-line setting include disabling any ability to take screen shots or record the meeting.

And one final point: In discussing the 12th Tradition, our 12x12 stresses that newcomers may be unfamiliar with the principle of anonymity, and recommends we share "in a general way during OA meetings and save the more intimate details for our sponsors." (pg. 165)

For more information on *How to Operate Healthy & Effective OA Meetings* go to and download the informative document at <https://oapeninsula.org/committee-news>



View of Seattle from Bainbridge Island, WA

STEPPING THROUGH CREATIVITY

Step 2: *Came to Believe that a Power greater than ourselves could restore us to sanity.*

Activity: Creating a Visual Higher Power.

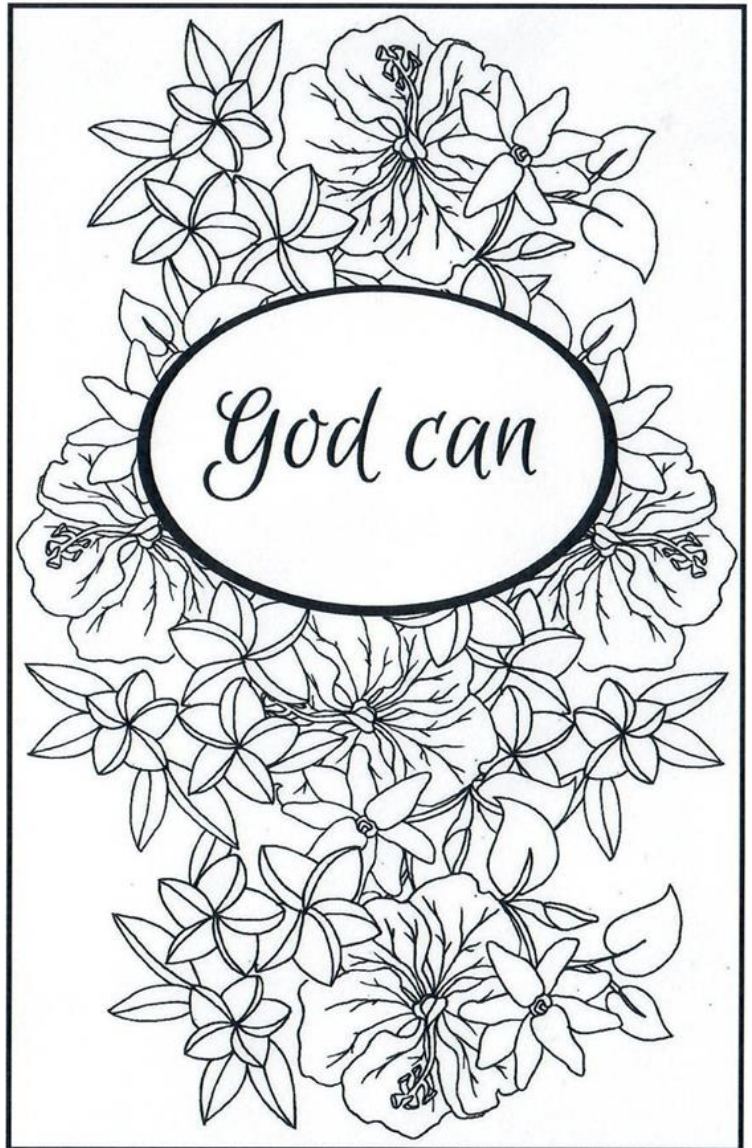
Principle: Hope

Materials needed:

- magazines for collage
- large sheets drawing paper or newsprint
- colored pencils or pens, crayons, markers
- scissors, glue and/or tape

Method:

1. Read Step two from the Overeaters Anonymous' 12 Steps & 12 Traditions.
2. Close your eyes and sit quietly for about 5 minutes. Think about what a Higher Power means to you. What colors, symbols, emotions come to mind? What attributes does your Higher Power have?
3. Take some time to select images from a magazine or the Internet as symbols that represent the qualities of your Higher Power.
4. Cut/print the images you selected. Glue to a sheet of paper. Use colored pencils, crayons, markers to create a background.



2nd Step

**CAME
TO
BELIEVE
THAT
A
POWER
GREATER
THAN
OURSELVES
COULD
RESTORE
US
TO
SANITY**

Z	W	R	X	P	T	R	D	L	H	A	O	G	N	F
Y	X	P	A	M	E	S	F	B	H	Q	M	R	F	L
A	B	N	T	S	O	F	Z	U	E	N	T	E	O	U
T	H	A	T	S	R	O	D	T	D	L	P	A	L	I
R	L	O	U	R	S	E	L	V	E	S	I	T	T	E
C	R	L	A	P	J	J	U	K	I	B	X	E	C	P
E	I	I	N	M	Q	Q	O	C	E	N	I	R	V	N
Z	L	W	Z	N	K	V	C	M	A	C	C	T	L	E
K	N	M	H	R	V	T	A	T	C	Y	Y	T	S	P
T	H	F	W	X	E	C	T	C	B	P	A	G	R	Y
Y	T	I	N	A	S	W	O	H	X	A	J	K	K	O
P	F	P	P	G	J	C	O	N	A	H	Z	J	S	Z
H	M	J	B	E	P	S	B	P	C	N	H	O	B	A
L	W	J	U	E	T	X	V	D	S	N	V	D	C	L
V	S	T	N	R	H	A	A	L	J	X	G	J	C	O

OA Creative Reprieve



Putting our thoughts and feelings down on paper, ... helps us to better understand our actions or reactions in a way that is often not revealed to us by simply thinking or talking about them.” - Tools of Recovery Pamphlet, p.4

If you enjoy this section of the newsletter, you might be interested in the OA Footsteps Virtual Intergroup’s **OA Creative Reprieve** Zoom meetings.

This special focus meeting of Overeaters Anonymous is all about embracing our creativity as a means to help navigate our recovery in Overeaters Anonymous, and to deepen our relationship and connection with our Higher Power. This is an opportunity to put *“put our thoughts and feelings down”* through a wide variety of creative mediums, so that we might better understand them, and see them with greater clarity. This is an opportunity to share your current work, and how this creative process has expanded our spiritual connection with our Higher Power. Each week we will be reading a small extract of HOPE, found in our OA-Approved literature. Once the weekly reading is complete, we will then sit silently together for a specified period {15-25 minutes}, meditating and pondering upon those words, allowing for inspiration to come to us. We do

not strive to ‘make it happen,’ We simply here to set up ‘inviting conditions’ through meditation, writing and prayer, to allow this creative process to begin, in whatever way feels right for you no matter what your skill level, in whatever medium you choose: journaling, reading a small extract of HOPE, found in our OA-Approved literature. Once the weekly reading is complete, we will then sit silently together for a specified period {15-25 minutes}, meditating and pondering upon those words, allowing for inspiration to come to us. We do not strive to ‘make it happen,’ We simply here to set up ‘inviting conditions’ through meditation, writing and prayer, to allow this creative process to begin, in whatever way feels right for you no matter what your skill level, in whatever medium you choose: journaling, poetry, writing, playing or composing on an instrument, creating an artwork, and/or any other type of crafting, like knitting, crocheting, doodling, etc.... You may choose any medium or creative pursuit that beckons you. Whenever you feel ready, during the quiet, meditative period of this meeting, you may begin to work with the medium that you have chosen to work with.

Click here to join in any of our ZOOM meetings on OA Foot Steps VIG: <https://zoom.us/j/81738885598> {password: 1212}

OR <https://us02web.zoom.us/j/81738885598?pwd=TEd6U285bG1YRIJSY3o5cUdDMjB5Zz09>

TO JOIN BY TELEPHONE: Find your local number: <https://zoom.us/j/81738885598> + Meeting ID: 817 388 85598 {password: 1212}

If there is enough interest, Cyl would like to start a similar group for our area... Let her know – or better yet, join her at a Wednesday 5 -6 PM (Pacific Time) meeting!

To view the vast variety of OA Footsteps Virtual Intergroup Zoom Meetings, visit <https://oafosteps.com/meetings/>