

# PENINSULA OA INTERGROUP NEWS

The Olympic Peninsula *Recovery* Trail

Vol.1 Issue 3- Late Summer 2021

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## *Just For Today!*

*By Pat C. - Sequim*

*Today I will be abstinent  
Today I will be whole  
Today I'll pray and meditate  
I will connect my heart & soul*

*Today I will be kind to me  
And to all others too  
Today if I make mistakes  
I will call on you*

*To give me some wisdom  
If I forget my Peace  
Today I'll live for today  
And not by some timepiece*

*Today I'll drink some sunshine  
And feel her warmth inside  
Today I'll be authentic  
Today I will not hide*

*Just For Today!*



## PENINSULA INTERGROUP NEWS

*What have we been up to?*

The **Sponsorship: The Ultimate Spiritual Experience** Workshop on Saturday June 19, hosted by the Bainbridge Island groups, was a HUGE Success!!! There was one "Keynote" speaker and six session leaders from across the country with over 40 fellows participating!

Plans are underway for IDEA Day on November 20, 2021. The topic will be The First 12 Days.

Linda S. attended the WSBC as our Representative.

Molly and Kathleen of **Public Information Committee** are working to coordinate with IG Reps who will serve as the point person for their meeting, how long their term will last, and their address. Everyone is being directed to our website for information

The **Meeting Committee** (Cyl and Martha) is building a list of Speakers and of *available* sponsors. Please submit your name and contact information if you wish to be on one or both of these lists to [cylmh2013@gmail.com](mailto:cylmh2013@gmail.com)

Several members of Region 1 Board participated in our May 15<sup>th</sup> Zoom meeting to discuss our IG Renewal progress: Guests were Beverly – R1 Technology Coordinator (Oregon), Margie – R1 Trustee (Oregon) and Lesley – R1 Secretary (Ketchikan, AK). Peninsula Intergroup continues making progress with our IG Renewal which involves

- Leadership
- Inventory
- Survey
- Targeted Recruiting for Intergroup
- Goals/Plans

Region 1 website has more information on: <https://www.oaregion1.org/intergroup-renewal.html>

**Topics being reviewed include:** Zoom, In-person, hybrid meetings; Newcomer Zoom Speaker on Step 1 meeting once a month; Recommending groups have a 15-minute Newcomer meeting before their regular meeting.





## NOTICE OF ELECTIONS TO PENINSULA INTERGROUP BOARD : NOVEMBER 20<sup>TH</sup> A Call to Serve!

### What You Need to Know...

#### **Election of Board Members:**

1. Elections shall be held every November for open positions. This year the positions of Chairperson
2. and Treasurer are open.
3. Voting will be by private ballot if there is more than one nominee for any position.

#### **Term of Office:** The term of office for a board member begins at the **December-18<sup>th</sup>** meeting

1. Board members may serve no more than two (2) consecutive terms in the same position. A member may serve again after a leave of 2 years from the position.
2. Once elected, a board member may not serve also as a group representative at the intergroup, unless a group does not have a representative available.

#### **Responsibilities of the Intergroup Board Members:**

1. Serve as guardians of the Twelve Steps, Twelve Traditions, and Twelve Concepts with respect to the functions of the intergroup.
2. Serve as guardian of PI funds; participate in an annual financial audit.
3. Provide a forum for the interchange of ideas and information among member groups.
4. Perform the duties of their offices in accordance with PI policies and procedures:
  - A. Chairperson/Co-chairs/Vice Chair
    - (1) Shall preside at all regular and special meetings of this Intergroup and Intergroup board.
    - (2) Shall be responsible for establishing the agenda for all board meetings.
    - (3) May attend all standing committee meetings.
    - (4) Shall review Intergroup mail on a regular basis and share with the board.
    - (5) Shall find someone to take minutes in the absence of a Secretary.
  - B. Treasurer
    - (1) Shall maintain a checking account for the dispersal of Intergroup funds.
    - (2) Shall submit financial reports at each board meeting.
    - (3) Shall be co-signatory with another board member.
    - (4) Shall serve as guardian of PI funds.

## Your Peninsula Intergroup

<b>Chair</b>	Rosie S	<a href="mailto:sharperosie@gmail.com">sharperosie@gmail.com</a>
<b>Vice Chair</b>	Cyl M	<a href="mailto:cylmh2013@gmail.com">cylmh2013@gmail.com</a>
<b>Secretary</b>	Martha R	<a href="mailto:mrthrvs1958@gmail.com">mrthrvs1958@gmail.com</a>
<b>Treasurer</b>	Annie H.	<a href="mailto:annienickeleharris@gmail.com">annienickeleharris@gmail.com</a>
<b>IG Rep – Bainbridge Is. (Sat)</b>	Linda S	<a href="mailto:lksinger@yahoo.com">lksinger@yahoo.com</a>
<b>IG Rep – Bainbridge Is. (Wed)</b>	Kathleen C	<a href="mailto:Three2chuz@yahoo.com">Three2chuz@yahoo.com</a>
<b>IG Rep – Bremerton</b>	Martha R	<a href="mailto:mrthrvs1958@gmail.com">mrthrvs1958@gmail.com</a>
<b>IG Rep – Port Angeles</b>	Molly M	<a href="mailto:mollymessmer@gmail.com">mollymessmer@gmail.com</a>
<b>IG Rep – Port Ludlow</b>	Brooks	<a href="mailto:brooksmcmillan@gmail.com">brooksmcmillan@gmail.com</a>
<b>IG Rep – Port Orchard (Mon)</b>	Toby	<a href="mailto:tobysteddies@gmail.com">tobysteddies@gmail.com</a>
<b>IG Rep – Sequim (Mon)</b>	Carol V.	<a href="mailto:carolawells@gmail.com">carolawells@gmail.com</a>
<b>IG Rep – Sequim (Tues)</b>	Lisa S.	<a href="mailto:lisamarie1957@gmail.com">lisamarie1957@gmail.com</a>
<b>IG Rep – Sequim (Sat)</b>	Pat F.	<a href="mailto:pferris829@gmail.com">pferris829@gmail.com</a>
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<b>Public Information Co- Chairs</b>	Molly M Kathleen C	<a href="mailto:mollymessmer@gmail.com">mollymessmer@gmail.com</a> <a href="mailto:Three2chuz@yahoo.com">Three2chuz@yahoo.com</a>

### 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](mailto:mrthrvs1958@gmail.com)*

Peninsula Intergroup	Zoom Link
Monthly Intergroup Meeting : 3 <sup>rd</sup> Sat., 1-3 <b>OPEN TO ALL OA Members</b>	<a href="https://us02web.zoom.us/j/81454945639">https://us02web.zoom.us/j/81454945639</a>

Group	Day/Time	Rep	Zoom Link	ZOOM ID #	Passcode
Bainbridge Island	Sat. 9 AM	Linda S.	<a href="https://us02web.zoom.us/j/465760084">https://us02web.zoom.us/j/465760084</a>	465 760 084	463425
<b>* Bainbridge Island</b>	<b>Wed. Noon</b>	<b>Kathleen C</b>	<b><a href="https://us02web.zoom.us/j/83086243483">https://us02web.zoom.us/j/83086243483</a></b>	<b>830 8624 3483</b>	<b>527174</b>
Port Angeles	Wed. 5:30 PM	Molly	<a href="https://us02web.zoom.us/j/84254648593">https://us02web.zoom.us/j/84254648593</a>	842 5464 8593	C2A
Port Townsend	Thur. 5:30 PM	Dave & Nyla	<a href="https://us02web.zoom.us/j/87455663582">https://us02web.zoom.us/j/87455663582</a>	874 5566 3582	592078
Sequim	Mon. 4:15 PM	Carol V	<a href="https://us02web.zoom.us/j/89188483591">https://us02web.zoom.us/j/89188483591</a>	891 8848 3591	FoBOA
Sequim	Tues. Noon	Lisa S	<a href="https://us02web.zoom.us/j/799913827">https://us02web.zoom.us/j/799913827</a>	799 913 827	953793
Sequim	Sat.10 AM	Cyl (Acting)	<a href="https://us02web.zoom.us/j/416492218">https://us02web.zoom.us/j/416492218</a>	416 492 218	798131

**\*NEW Link**

### NEWCOMERS ZOOM MEETINGS

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

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



## OVEREATERS ANONYMOUS



## REGION ONE

### August 2021

Saturday, August 21. 10:30am-1:30pm Pacific.

Recovery Roadmap. Sacramento Valley Intergroup Zoom event.

Saturday, August 21. 1-4pm Eastern. Body Image, Relationships and Sexuality. Central Jersey and South Jersey Intergroup Zoom event.

Sunday, August 22. 2-4pm Eastern. Sponsorship Day Workshop. CT Intergroup Zoom event. \*\*\*Zoom info available two weeks before event -- call or email for link\*\*\*

### September 2021

Friday, September 3. 12:30-1pm Pacific. Friday Fun & Fellowship Dance Party. Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.

Sunday, September 12. 3-4:30pm Eastern. The Promises of the Program. Virtual Region "Second Sunday" Zoom workshop.

Friday, September 17. 12:30-1pm Pacific. Friday Fun & Fellowship Dance Party. Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.

## UPCOMING EVENTS:

**BE SURE TO CHECK [www.oaregion1.org/Events.html](http://www.oaregion1.org/Events.html) for current information**

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.



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](mailto:c2b@comcast.net)**

Sunday, October 10. 3-4:30pm Eastern. [Applying the Traditions in Daily Life.](#) Virtual Region "Second Sunday" Zoom workshop.

Friday, October 15. 12:30-1pm Pacific. [Friday Fun & Fellowship Dance Party.](#) Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month

Friday, October 15 - Sunday, October, 17. [Silent Retreat - Acceptance is the Answer.](#) Central New Mexico Intergroup event in Pecos, NM. **\*\*\*REGISTER IN ADVANCE\*\*\***

**R1** Saturday, October 23 - Sunday, October 24. Region One Assembly. OA Region One Zoom event. **\*\*\*SAVE THE DATE AND WATCH FOR REGISTRATION INFORMATION\*\*\***

### [November 2021](#)

Friday, November 5. 12:30-1pm Pacific. [Friday Fun & Fellowship Dance Party.](#) Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.

Friday, November 5 - Sunday, November 7. [Region 7 Convention - USS Recovery: All Aboard!](#) OA Region 7 in-person event. **\*\*\*REGISTER IN ADVANCE\*\*\***

**R1** Friday, November 12 - Sunday, November 14.



**Region One Convention: Recovery that Lasts: The Spiritual Principles As A Way of Life.**  
**\*\*\*SAVE THE DATE AND WATCH FOR REGISTRATION INFORMATION\*\*\***

Sunday, November 14. 3-4:30pm Eastern. [To Carry the Message to Other Compulsive Overeaters.](#) Virtual Region "Second Sunday" Zoom workshop.

Friday, November 19. 12:30-1pm Pacific. [Friday Fun & Fellowship Dance Party.](#) Silicon Valley Intergroup Zoom event. 1st & 3rd Friday the month.

**PI** Saturday, November 20. [IDEA Day.](#) Peninsula Intergroup. **\*\*\*SAVE THE DATE AND WATCH FOR REGISTRATION INFORMATION\*\*\***

Sunday, November 21. 2-4pm Eastern. [IDEA Day Workshop.](#) CT Intergroup Zoom event. **\*\*\*Zoom info available two weeks before event -- call or email for link\*\*\***

### [December 2021](#)

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

Sunday, December 12. 2-4pm Eastern. [Twelfth Step Within Workshop.](#) CT Intergroup Zoom event. **\*\*\*Zoom info available two weeks before event -- call or email for link\*\*\***

Sunday, December 12. 3-4:30pm Eastern. [Connection is the Opposite of Addiction.](#) Virtual Region "Second Sunday" Zoom workshop.

Friday, December 17. 12:30-1pm Pacific. [Friday Fun & Fellowship Dance Party.](#) Silicon Valley Intergroup Zoom event. 1st & 3rd Friday of each month.



# OVEREATERS ANONYMOUS

## WORLD SERVICE OFFICE NEWS

2021 World Service Convention CANCELED!!!



Theme: *Walking in the Sunlight: One Day at a Time*

Dates: August 26-28, 2021

# CANCELED

Renaissance Orlando at SeaWorld®  
6677 Sea Harbor Drive  
Orlando, FL 32821 USA  
Phone: 407-351-5555

### ***Note from the Board of Trustees Chair (8/3/21)***

I am sad to report that the Executive Committee of the Board of Trustees has voted to cancel the 2021 World Service Convention. If you have been following the status of COVID in Florida, and especially in Orlando, you know that the virus is surging there. They are at the highest possible level for community transmission, and according to the Orlando mayor, there are clear indications that it will get worse in the coming days and weeks.

We recognize that a lot of amazing work has gone into planning this Convention. It was certain to be a truly fabulous recovery boost for all and we deeply appreciate all the volunteers have accomplished. Additionally, we accept that OA will be taking a financial hit. But the health and well-being of our staff and members is our paramount concern. It would be reckless for us to ignore the extreme danger presented had we decided otherwise.

We will certainly miss gathering with you and OA members from near and far, but this will just make Convention 2025 even more joyous. (I'm assuming that it will be easier for our international members to join us in person by then!) I, for one, am so ready for hugs!

Stay well, please. Take good care.

With you in recovery and service,  
Judy H.  
Chair, Board of Trustees

## MORE WSBC NEWS FROM A STEP AHEAD – 3<sup>rd</sup> Quarter 2021 issue

Delegates to WSBC 2021 approved a number of **policy changes** that affect OA as a whole. Here is a summary of these changes.

**Abstinence and Recovery Policy:** The revised *OA's Abstinence and Recovery Policy*, which defines the meaning of abstinence and the means of recovery in OA, is:

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

“Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.”

**“Unity with Diversity” Policy:** The “Unity with Diversity” Policy was revised with grammar corrections and changes in wording to more correctly reflect how it applies to the Fellowship. [2021/04/policy-statements-related-to-unity-with-diversity.pdf](https://www.oa.org/2021/04/policy-statements-related-to-unity-with-diversity.pdf)

**Hybrid Meetings:** Hybrid meetings are a blend of virtual and face-to-face meetings, where some members attend in person and others attend by telephone or videoconference. As the pandemic events of 2020 developed, many face-to-face groups that had gone virtual registered their virtual meetings as a new group. To fix the confusion this has caused, the existing hybrid meeting policy was amended to allow a face-to-face or virtual group (telephone or online) to become a **hybrid group**. Hybrid groups and all other groups will now be **registered only once** with the World Service Office and will be assigned only one group number. Hybrid groups will appear in **both** face-to-face and virtual meeting results in *Find a Meeting* on oa.org.

**Annual Events Policy:** OA's annual events policy has established four annual events: OA Birthday, Unity Day, Sponsorship Day, and International Day Experiencing Abstinence. OA has revised its policy to expand the definitions of weekend events to include Fridays. This year, for example, **Sponsorship Day** will

be celebrated the 3<sup>rd</sup> full weekend (Friday included) **August 20–22, 2021, a Friday, Saturday, and Sunday.**

**Fresh Literature:** Three more contemporary and inclusive literature for the Fellowship were adopted and given the Conference Seal of Approval:

- the thoughtfully updated *The Tools of Recovery* pamphlet (#160)
- *A New Plan of Eating: A Physical, Emotional, and Spiritual Journey* (#144), will combine the information and inspiration found in *Dignity of Choice* (#140) and *A Plan of Eating* (#145) replacing both of these pamphlets; and
- the much-anticipated second edition of *Voices of Recovery* to be released early in 2022.

**More strides,** the Conference-approved Literature Committee (CLC) has begun the next literature projects for WSBC.

- ★ The *OA Handbook* is in the process of revision.
- ★ Two **“revise and combine”** projects:
  - One combination will combine the wisdom of *A Guide for Sponsors* (#200), *Sponsoring Through the Twelve Steps* (#220), with the *Sponsorship Kit* (#210).
  - The other project will focus on unity with diversity to combine *A Common Solution* (#254), *Black OA Members Share Their Experience, Strength, and Hope* (#285), and *To the Man Who Wants to Stop Compulsive Overeating, Welcome* (#290).

The Public Information/Professional Outreach Committee is **revising and combining** the Board-approved *Public Information Service Manual* (#762) and *Professional Outreach Manual* (#772).



## *Sponsorship Experiences*

I have been in the program for over 18 years. In those years I have been sponsored by many, and I have sponsored many. I can't do this program without a sponsor. I need someone to be honest with in my program. I came to this program lying all the time, and I can't live my life that way anymore. A sponsor will help me stay honest. It is hard to describe how that works for me, but it does. I do not want to lie to my sponsor. It goes against my beliefs and ethics. I actually hurt internally when I lie and have to make amends quickly. My sponsors have been good friends to me. I cherish our relationships. I have told my sponsors more about me than I have anyone else in my life. I feel safe with them, and they comfort me. It is the best part of this program, and I will hold these memories we make together throughout my life close to my heart.

I have to tell you that being a sponsor in the beginning was very scary. I didn't know what to do. I was afraid I would say or do something wrong. Could I do something that would make someone leave the program because of my actions? I don't have that kind of control over someone else's life, and I never will. I learn so much from my sponsees. They teach me as they are learning about themselves. Their actions make them stronger and they help me to be stronger too. For today I am grateful for my current sponsor, my sponsors from the past, and all the people I have sponsored in program. They have all given me hope, and a better way to live my life. Thank you to all these beautiful people! I love you all.

*Martha R. – Bremerton, WA*

### **The 12-Day Sponsorship Process: A Program Boost that Benefits Everyone**

Sometime this Spring, a visitor to our Wednesday Bainbridge Island Noon meeting mentioned as part of his share that he'd just completed the "12-Day" Sponsorship process and was looking for a sponsor. We were all curious!

I checked out OA's world service website and found this tool for anyone wanting to try it out: [Temporary Sponsors: Newcomers' First Twelve Days - Overeaters Anonymous \(oa.org\)](#). There are some general instructions, as well as a script providing reading and discussion questions. In addition to the script, you and your 12-day partner will need a copy of the OA pamphlet "Where Do I Start?" That's what you'll both be reading.

Since then, I've tried it out with three sponsees, and I've found it a tremendous boost to anyone, whether new, returning, or maintaining. I recently completed the process with a sponsee with 4 years in the program who's been attending meetings for several years consistently, abstinent for most of that time. When we were winding it up, she said it was like a "second honeymoon." With someone trying to get abstinent for the first time, it was "a real boost." With someone returning, it was the thing that helped her find abstinence after years away from the program.

Like sponsorship in general, both parties benefit. But I have to say that 12-day process was quite the "shot" in the arm" for this member! It was exhilarating to get back to basics and freshen my program.

I want to share two ideas I personally gleaned from going through the process.

1. You can adapt the process, if necessary. For me that's meant breaking up an assignment if the reading or questions demand more time given the particular situation.
2. It's good to keep the check-ins short. 15 minutes has worked well for me and the temporary sponsee. It keeps the process flowing and prevents deep dives into "diet mind" when it comes to discussing the food plan section of the pamphlet.

I recently celebrated 18 years of abstinence, and I have a full plate of regular sponsees that I adore. So, in fairness to my sponsees, my family --and me—I'm not taking any new sponsees today. But...I can take on a temporary sponsee for 12 days. I heartily recommend it to anyone wanting to "freshen" your program, as it did mine.

OA suggests that the 12-day process is a great way for someone to dive into sponsoring if they haven't done it before. I also think it's a good way for someone with a terribly busy work/family life to add being a sponsor to their personal toolkit and still be in balance with the rest of their lives. The process clearly provides a timeframe with a beginning and end. That clarity is part of what's so wonderful about the process. Try it, you'll like it!

Our Region also provides a description of the process. It's similar to that provided on OA's world service website, but you might check it out: [12 days of oa - region 1.pdf \(oaregion1.org\)](#)

Finally, the Nassau County Intergroup (Long Island, NY) provides trainings in the 12-day process. Check out when the next training is at their website portal: <https://www.nassauoa.org>

*Kathleen, Bainbridge Island*

## **Healthy and Strong Group Meetings**

### *A Healthy Meeting Fosters Sponsorship*

An important way to keep a meeting healthy is to support sponsorship. At our recent workshop on sponsorship this past June, Linda G. (from New York) suggested that the group provide opportunities for members to discuss sponsorship in a "support group" atmosphere. The Westchester United Intergroup holds such meetings on the 2nd and 4th Thursday of the month at 2:30 pm Pacific. The meeting is "intended for sponsors and for those planning to be sponsors" and invites attendees to "bring challenges, questions, experience, strength and hope." This is certainly something that can be done on the group level, or at our Intergroup Level. To get a taste how this works we are welcome to attend the Westchester United sponsorship meetings. Contact Roberta at 914-329-1126 for more information. (Or just join the zoom meeting at 896 9825 4909, PW 121212.)

*Kathleen, Bainbridge Island*

For more information on [How to Operate Healthy & Effective OA Meetings](#) go to and download the informative document at <https://openinsula.org/committee-news>