

PENINSULA OA INTERGROUP NEWS

The Olympic Peninsula *Recovery* Trail

Vol.2 Issue 1- Winter 2021/22

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*News from our World Service
Office*



Today!

By Pat C. - Sequim

Today I'm an overeater
Nothing changes that
But I can text or telephone
And simply have a chat

I can go to meetings
And listen more to you
For I'm an overeater
And maybe you are too

I can read the literature
Or write my feelings down
Or pray and ask God for help
So I will not drown

In all my old behaviors
Seeking love in food
And every day I can begin
With a heart of gratitude

For I'm an overeater
I have these many tools
I have a 12-step program
Suggesting brand new rules

For I'm an overeater!



PENINSULA INTERGROUP NEWS

What have we been up to?

On Saturday November 20th our Intergroup joined together to experience I.D.E.A. DAY! This year was a very unique experience, as we met virtually to learn how to be a Temporary Sponsor and take someone “brand new” in OA, through the First Twelve Days of their recovery. We shared this opportunity with people both near and far, as well as those experienced and also those new in OA.

A special thanks to those who participated and showed us just how this works. And THANKS to everyone who took the time and joined us. This workshop was inspiring to me the first time I experienced it and every time since. What fun to pass it along.

Many chose to stay on Zoom after we completed the 12 Days, to ask questions and give feedback. Although it was a long day, it was exciting to cover so much information and receive new HOPE for recovery. What a wonderful reminder of this AMAZING Gift we have received in OA and learn a simple way to pass it along! Because-

IF YOU CAN READ, YOU CAN LEAD!

Carol V., Sequim

New Intergroup Leaders

The Intergroup held their elections at their November 27th meeting. Elected for a 2-year term were:

IG Chair	Kathleen C	Three2chuz@yahoo.com
IG Treasurer	Molly M	mollymessmer@gmail.com

Martha R (mrthrvs1958@gmail.com) remains IG Secretary for another year

The position of Vice Chair is vacant. Please consider serving your Intergroup as Vice Chair. Let your IG Rep or any board member know of your interest.

Dear OA Fellows:

Thank you for the vote of confidence in choosing me for your next Intergroup Chair. I am looking forward to hearing what you'd like to do in this coming year to strengthen our fellowship and serve the individuals and meetings who are trying to recover from compulsive eating!

In that vein, I'd like to invite all of you who have served in the past year (including those whose meetings are now dormant or closed!) to consider participating in a two-part process scheduled for the next two Intergroup meetings:

December 18, 2021: *Let's appreciate what we've accomplished. We'll gather notes about what we wanted to do and what we were able to do. We'll celebrate!*

January 15, 2022: *Let's plan ahead. Where can we do better? What would we like to do in the coming year?*

We'll be sending out a new ZOOM Meeting ID for Intergroup Meetings. The IG decided in our November meeting to purchase an account for the IG.

*Yours in service,
Kathleen O'Brien, Intergroup Chair*

Your Peninsula Intergroup

Chair	Kathleen C	Three2chuz@yahoo.com
Vice Chair		
Secretary	Martha R	mrthrvs1958@gmail.com
Treasurer	Molly M	mollymessmer@gmail.com
IG Rep – Bainbridge Is. (Sat)	Linda S	lksinger@yahoo.com
IG Rep – Bainbridge Is. (Wed)	Kathleen C	Three2chuz@yahoo.com
IG Rep – Port Angeles	Molly M	mollymessmer@gmail.com
IG Rep – Port Ludlow	Brooks	brooksmcmillan@gmail.com
IG Rep – Sequim (Mon)	Carol V.	carolawells@gmail.com
IG Rep – Sequim (Tues)	Elizabeth C.	eacrawforth@gmail.com
IG Rep – Sequim (Sat)	Pat F.	pferris829@gmail.com
Web Master	Martha R	mrthrvs1958@gmail.com
Newsletter Editor	Cyl M.	cylmh2013@gmail.com
Meeting Coordinators	Martha R.	mrthrvs1958@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	TBA

Group	Day/Time	Rep	Zoom Link	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/83086243483	830 8624 3483	527174
Port Angeles	Wed. 5:30 PM	Molly	https://us02web.zoom.us/j/84254648593	842 5464 8593	C2A
Sequim	Mon. 4:15 PM	Carol V	https://us02web.zoom.us/j/89188483591	891 8848 3591	FoBOA
Sequim	Tues. Noon	Elizabeth C	https://us02web.zoom.us/j/799913827	799 913 827	953793
Sequim	Sat.10 AM	Pat F.	https://us02web.zoom.us/j/416492218	416 492 218	798131

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

Friday, December 31 (New Year's Eve). 8am - Midnight Eastern. [Placing Principles Before Personalities with Tradition 12 - Spiritual Principle - Spirituality - What Acronyms and Slogans Do You Utilize to Enhance Your Spiritual Awareness?](#) Virtual Intergroup phone-in event. ***MEETINGS START EVERY HOUR***

January 2022

Saturday, January 1 (New Year's Day). 8am - Midnight Eastern. [Step 1 Spiritual Principle - Honesty - Surrender is Winning.](#) Virtual Intergroup phone-in event. ***MEETINGS START EVERY HOUR***

Saturday, January 1 (New Years Day). 10:30am-Noon Pacific. [Holiday Thank-a-Thon.](#) East Bay OA Unity Intergroup Zoom event. ***REGISTER IN ADVANCE***

Sunday, January 2. 1-4pm Pacific. [Living One Day at a Time: New Year's Resolutions Versus Commitment.](#) OA Rise Zoom event.

Tuesday, January 4 - Tuesday, April 26. 6:45-8:15pm Eastern. [Twelve Step Workshop - 15-Week Step Study.](#) Nassau County Intergroup Zoom series.

UPCOMING EVENTS:

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

Friday, Saturday or Sunday - January 7, 8 or 9. [OA Lifeline Creative Retreat.](#) Save the date.

Sunday, January 9 - ?. 6pm Eastern. [Twelve Step Workshop - 15-Week Step Study.](#) Virtual Region Zoom series. ***REGISTER IN ADVANCE***

Friday, January 14 - Sunday, January 16. [OA Birthday Party - Window of Opportunity.](#) Los Angeles Intergroup virtual event. ***REGISTRATION IS OPEN***

Sunday, January 16. 1-4pm Pacific. [Vital Spiritual EXPERIENCE.](#) OA Rise Zoom event.

February 2022

Sunday, February 6. 1-4pm Pacific. [Replacing Stinking Thinking with Program Speak.](#) OA Rise Zoom event.

Sunday, February 20. 1-4pm Pacific. [Protecting Your Abstinence: Know Your Internal & External Triggers.](#) OA Rise Zoom event.

March 2022

Sunday, March 6. 1-4pm Pacific. [The Culmination, The Call, & the Challenge: The Three Cs of Step 12.](#) OA Rise Zoom event.

Sunday, March 6. 1-4pm Pacific. [Experience, Strength and Hope.](#) OA Rise Zoom event.

OA Region One Assembly, October 23-24, 2021 RECAP

submitted to Peninsula Intergroup, 10/28/21 by Kathleen O. Bainbridge Island

1. Board Elections:
 - a. Chair, Alice W (unopposed)
 - b. 2nd Vice Chair, Laurie A (unopposed)
 - c. Treasurer, Carrie A (unopposed)
 - d. Member at large, Erin F vs. James (Erin was elected)
2. Budget:
 - a. Adopted a zeroed-out budget \$34,035 income, \$34,035 expenses. Well thought out and reflects as much forecasting as possible given COVID.
3. Notebook:
 - a. The Assembly Notebook primarily includes the business of the Assembly (motions, budget, candidate statements, etc.), but also many, many helpful resources. Developed by a project committee and presented by our Sara H. See more about the [Assembly Notebook - REGION ONE OVEREATERS ANONYMOUS \(oaregion1.org\)](#)
4. Region 1's Spring/May workshop:
 - a. Focus will be on hybrid meetings
5. Small Group Discussions focused on three topics:
 - a. What attracted you and what keeps you coming back?
 - b. What attracted you to service at the group level?
 - c. And what are you doing for Professional outreach.

I attended the first and ideas included a "newcomer outreach" person that texts or emails newcomers after the meeting as this encourages them to return. (BI Wednesday likes this idea and has changed its script to accommodate this position.)

6. Motions:
 - a. Consent agenda include clarifications: No major impact. See the notebook if you want specifics as to these motions. Approved.
 - b. Ballots on three issues: a) Bylaw change now allows more latitude in retaining income to support local PIPO and project teams. Previous by-laws channeled most \$ above prudent reserve to WSO. b) Bylaw change institutes a 5-year abstinence requirement for keynote speaker at the region convention c) Bylaw change now uses 5 years rather than 3 years for computing prudent reserve. All approved.
7. Other Literature News: OA is updating the "Group Handbook" and "Traditions Workbook" and expanding "Common Solutions" to include more diverse voices.



2021 OA Region 1 Virtual Convention

Recovery that Lasts: The Spiritual Principles as a way of Life

This year's convention focused on the OA 12 Step Principles. There was a Zoom room focused on the 12 Steps, another room focused on Principle Topics, and the third room was a mixture of special interest meetings.

I was on the Convention Team, and I was the Technical Team Leader. We started planning months in advance to get everything in line for the weekend of the convention. I have done OA service for many events, and you don't rest until after the event is over. I know for myself that I was nervous, had anxiety, and worried until the first day of the event. Then the event starts, and you don't have time for anything else except to get your tasks done as best as you can. Always, "as best as you can" is more than good enough for the event to go off smoothly. I don't really know how that works, but it does, and I am grateful every time.

I have to say that all the speakers I heard during the event were great. I did a lot of laughing when I watched Eric, the 2nd Keynote Speaker do his session. He had great things to say about his program, and I saw how patient he was with his children as they interrupted him during his talk. This is why I am still in program. I have found laughter, calmness, and patience during my time in program. I found it in meetings, speaking, and during events. I am grateful that I have the opportunity to attend special events like this convention throughout my time in program. I am energized once again to do the best I can going forward and using the tools that have taught me so much.

I encourage you to listen to the 2021 Convention Speakers once they are posted on the OA Region 1 website at: <https://www.oaregion1.org/podcasts--speakers.html>. I will be visiting this same link myself to listen to the speakers I missed during the convention. I hope that what you hear will inspire your program, and help you grow in your recovery.

--Martha R, Bremerton

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* Email us at: mal@oaregion1.org

Covering topics like: OA Prayers, Working with a sponsee, Finding the 12 steps in the Big book of AA, Interview questions for finding a sponsor, 12 stepping a problem, OA Resources, and so Much More!!

OVEREATERS ANONYMOUS

WORLD SERVICE OFFICE NEWS

WSBC NEWS FROM A STEP AHEAD – 4th Quarter 2021 issue

<https://oa.org/app/uploads/2021/10/a-step-ahead-fourth-quarter-2021.pdf>

Several great things are happening for the good of our Fellowship:

1. Lifeline will be returning as a blog on oa.org
2. Event Calendar will be returning to oa.org
3. A New Plan of Eating is available
4. OA has made a significant commitment to attract young people and other compulsive eaters in 2022

Meeting Formats Updated with WSBC 2021

Abstinence and Recovery Policy: Following the delegates' decision at World Service Business Conference 2021 to restore OA's previous Abstinence and Recovery Policy, all suggested meeting formats on have been revised to include the updated policy language: "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."

The revised formats are:

- Suggested Meeting Format
- Lifeline Meeting Format
- Suggested Reading and Writing Meeting Format
- Suggested Recovery-from-Relapse Meeting Format
- Suggested Step-Study Meeting Format
- Suggested Telephone Meeting Format
- Suggested Young People's Meeting Format

You can find all our suggested meeting formats in the Document Library on oa.org under the category "Meeting Formats." Spread the word! Let your meeting secretary know about this change, which affects OA as a whole.

Two New Pamphlets: OA's newest pamphlets and ***A Lifetime of Abstinence: One Day at a Time*** and ***A New Plan of Eating*** (#144) are now available in the OA bookstore!

A New Plan of Eating helpfully combines the structured food plans of Dignity of Choice (#140) with the inspiration and compassion found in A Plan of Eating (#145) and replaces both of these pamphlets as Conference approved literature.

A New Plan of Eating explores our eating patterns, motivations, and behaviors, from explaining what "trigger" or "binge" foods are to accepting the many imperfections that come with active recovery. The sample plans of eating included in this pamphlet were reviewed by a registered dietitian and can help compulsive eaters define, structure, and review a new eating plan with clarity and confidence. Its guidelines also include insightful and constructive tips for long days, irregular hours, and special occasions, including twelve-hour shifts and food-centered social engagements.

A Lifetime of Abstinence: One Day at a Time: Diving more deeply into the details of what abstinence looks like on a daily basis, *A Lifetime of Abstinence: One Day at a Time* combines and replaces the discontinued pamphlets. This updated, compressed pamphlet gives newcomers and members practical suggestions for how to build and develop a recovery program as well as compassionate advice on the multifaceted disease that is compulsive eating.

A New Plan of Eating and *A Lifetime of Abstinence: One Day at a Time* pamphlets are also available in e-book format on Amazon Kindle, Apple Books, and Barnes and Noble Nook platforms. As a reminder, OA receives a royalty share for e-book purchases made through these third-party vendors.

With these new pamphlets please note that *Dignity of Choice*, *A Plan of Eating*, *A Commitment to Abstinence*, *Before You Take That First Compulsive Bite*, *Remember ...*, and *Maintaining a Healthy Body Weight* are **no longer Conference-approved literature.**

Tradition 8 and Non-Professionalism? How Am I Doing?

Recently had the opportunity to read Tradition 8 with a sponsee and review the questions at the end of the chapter. One question stopped me short:

“Do we try to speak as experts in OA meetings or when sponsoring? On recovery? On health issues and medicine? Or on nutrition? On the Big Book? On the OA Fellowship or program? On psychology? On spiritual matters? Or, even on humility?”

This is a great question. Although I might pass on personal experience regarding health, medicine, nutrition, and psychology to sponsees, I don't believe I try to speak as (or be) an expert on these areas. However, as an “old-timer” I think it's entirely possible that I might slip into “expert” mode when speaking about program from time to time. This question helps me understand that I need to look at the way I share my experience strength and hope on the Big Book, or the fellowship, or 12 steps, or spiritual matters, and “even on humility!” I love the humor in that!

What does it mean to be an expert? According to “google” an expert is “a person who has a comprehensive and authoritative knowledge of or skill in a particular area.” It would be a lie to say I do NOT have comprehensive knowledge and/or skill in these programmatic aspects. That's a gift of long-term abstinence and the ability to actually take in and learn the lessons that abstinence provides.

The KEY word though is “authoritative.” I am not an AUTHORITY on the Big Book, the 12x12, or how OA works. Google again: authority is defined as “the power or right to give orders, make decisions, and enforce obedience.”

The reference to “humility” is a key to answering this question honestly. What is my motive when I share? Do I want to be seen as “smart”? Do I want to “control”? Thanks to this question in the 12x12 I'm having to consider this possibility. If I want to experience the freedom of recovery, I need to check my motives when I am sharing my experience, strength, and hope at a meeting or one-on-one. The best way to protect this tradition, and the principle of non-professionalism, is for me to ask my higher power for help before sharing my experience, strength, and hope. God is the only “professional” I need in OA!

Kathleen O-C (Bainbridge)

