



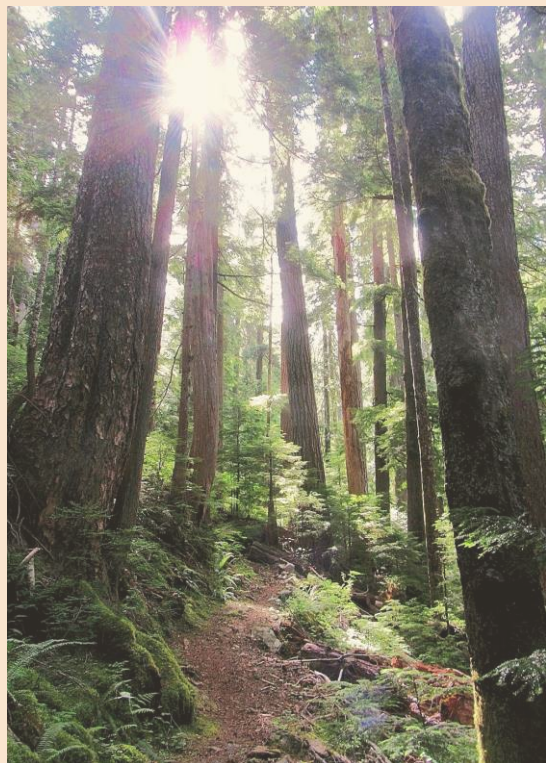
PENINSULA OA INTERGROUP

The Olympic Peninsula *Recovery* Trail

Winter 2021

CONTENTS

- Peninsula Intergroup
- Region 1
- World Service Office
- TOPIC – Intergroup Renewal
- Meeting List
- Recovery Topics
- Creative Recovery



The Fellowship Prayer

Dear Higher Power, I am grateful that:

I am part of the Fellowship, one among many, but I am one.

I need to work the Steps for the development of the buried life within me.

Our Program may be human in its organization, but it is Divine in its purpose. The purpose is to continue my spiritual awakening.

Participating in the privileges of the movement, I shall share in the responsibilities, taking it upon myself to carry my fair share of the load, not grudgingly, but joyfully.

To the extent that I fail in my responsibilities, the Program fails. To the extent that I succeed, the Program succeeds.

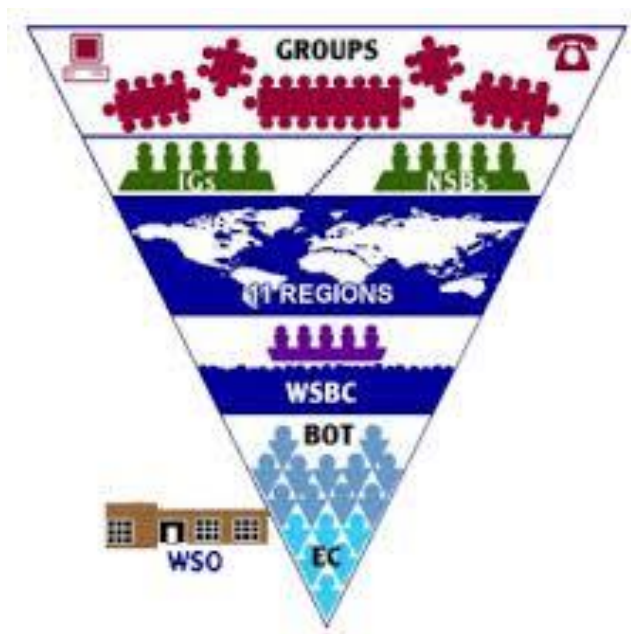
I shall not wait to be drafted for service to my fellow members, I shall volunteer.

I shall be loyal in my attendance, generous in my giving, kind in my criticism, creative in my suggestions, loving in my attitudes.

I shall give to the Program my interest, my enthusiasm, my devotion, and most of all, myself.

The 12 Step Prayer Book: A Collection of Favorite 12 Step Prayers and Inspirational Readings, 2nd Ed., Written & compiled by Bill P. and Lisa D., Hazelden, 2004, p 63-64

The OA Service Structure and our Primary Purpose



“OA’s Inverted Pyramid” describes our unique service structure. Unlike a traditional business that has tiers of managers directing those “below” them, OA’s Board of Trustees is accountable to those at the region, intergroup/ service board, and group levels. Therefore the “higher” the position a trusted servant holds, the more people to whom the trusted servant is accountable. Our primary goal is to serve those in the Fellowship as we progress in the recovery process” – *OA Handbook for Members, Groups and Service Bodies*, p. 65. Note: At the 2018 WSBC, Delegates voted to add a Virtual Region – Region 11 – to OA!

Interesting...but what does that mean for me, my group, intergroup and region? Look again at that last sentence. “Our primary goal is to serve those in the Fellowship as we progress in the recovery process.” That means that the purpose of every one of those service bodies — and the goal of the OA members in those service positions— is to help those above it on the diagram progress toward recovery!

Wow! That ’s a lot of people pulling for me in my recovery!

Yes! Have you heard about OA’s Strategic Plan? It’s completely focused on bringing recovery resources to the entire Fellowship. The Strong Abstinence Checklist, Twelve Stepping a Problem Worksheet, Working the Steps Workshop book, and those *amazing* podcasts on oa.org are all results of a Strategic Plan dedicated toward strengthening OA for all of us.

What can I do to help the Fellowship? You absolutely *do* help the Fellowship by abstaining and carrying the message of recovery in your meetings, family and community. You play a vital role by being a sponsor, helping others abstain and work the Steps. Awareness of our Primary Purpose and the inverted pyramid service structure tells us what we can do whether we are participating in our home group’s monthly business meeting or sitting on the Board of Trustees. *Most of the work we do in OA should be focused on providing recovery opportunities and resources to our members— carrying the message.* And, that’s exciting, fulfilling work!

We believe Intergroups are in the best position to inform, educate, organize, suggest, energize and provide opportunities for OA members to strengthen their personal program and carry the message to the still-suffering compulsive eater.

PENINSULA INTERGROUP

The Peninsula Intergroup has been busy these last few months.

- For several months the members reviewed, updated, and approved their **By-Laws**, which were last updated in 2012.
- They started Intergroup Renewal – the process of turning Intergroups into training organizations to supplement sponsors, groups and individual OA members
- They took the first step of the Intergroup Renewal process, the **Intergroup Inventory**, which is “sort of a 4th step for our service body.” The next step is a **Members Survey** which will be sent out to all OA group members soon.

A Members Survey is critical to raising awareness, arousing interest and helping people identify and take ownership of the Intergroup. The ultimate goal is to bring all members to the point of understanding that we are all part of Intergroup and Intergroup is part of us, whether we go to Intergroup meetings or not.

LOOK FOR YOUR SURVEY COMING VERY SOON!!!

PENINSULA GROUPS

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

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

Group	Meeting day/time	Rep	ZOOM ID #	Passcode
Bainbridge Island	Sat. 9 AM	Linda S.	465 760 084	463425
Bainbridge Island	Wed. Noon	Kathleen C	875 4899 8315	30398311
Port Angeles	Wed. 5:30 PM	Molly	842 5464 8593	C2A
Port Townsend	Thurs. 5:30 PM	Dave & Nyla	481 115 8037	010868
Sequim	Mon. 4:15 PM	Carol V	891 8848 3591	FoBOA
Sequim	Tues. Noon	Lisa S	799 913 827	953793
Sequim	Sat.10 AM	Cyl (Acting)	416 492 218	798131

Group /Day/Time	Zoom Link
Bainbridge Island Sat. 9 AM	https://us02web.zoom.us/j/465760084?pwd=VlllWWRuc3JVWW1FejFQWUpvM2J4Zz09
Bainbridge Island Wed. Noon	https://us02web.zoom.us/j/87548998315?pwd=dmFjRWRzazluUU9DUVpPNUtFa0VlUT09
Port Angeles Wed. 5:30 PM	https://us02web.zoom.us/j/84254648593?pwd=YndLYmZTK1BRdH2ek5GakFjMFZUdz09
Port Townsend Thurs. 5:30 PM	https://us02web.zoom.us/j/4811158037?pwd=K203czNCZldiakw0YVVV1YlNWVld5UT09
Sequim Mon. 4:15 PM	https://us02web.zoom.us/j/89188483591?pwd=U3pHUlVQcGl2elovQkFtNzcwWDVOQT09
Sequim Tues. Noon	https://us02web.zoom.us/j/799913827?pwd=SWWhYSWIYcEZkcTQyOHBFd2M1bmdDUT09
Sequim Sat. 10 AM	https://us02web.zoom.us/j/416492218?pwd=VktMS20rUzRoMHUrREh0cG40NWJsdz09

NEWCOMERS ZOOM Meeting Saturdays at 6pm Meeting ID: 816 2006 3414 Passcode: 153798

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



Chair	Rosie S	sharperosie@gmail.com
Vice Chair	Cyl M	cylmaljan@earthlink.net
Secretary	Martha R	mrthrsvs1958@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 and	twodovers@gmail.com
	Nyla	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>)	cylmaljan@earthlink.net
Newsletter Ed	Cyl M.	cylmaljan@earthlink.net
Meeting Coordinator	Martha R	mrthrsvs1958@gmail.com



Why are there Intergroups? What do they do for us? How come we have to send them money? Why do we need to send a representative? ANDWhy should we care?

Intergroups can offer recovery services which individual OA groups really couldn't do on their own. Intergroup can provide a website so people can find out about meetings or events which are happening locally (in the old days Intergroups paid for a phone number so people could look in the phone book and call to get information). They bring people together so that recovery events can happen: retreats and workshops; newsletter, meeting list, literature ordered from WSO and provided for people to purchase, and much more.

Groups send representatives to Intergroup so that information about all those services can be shared and people are informed about upcoming events so all are able to participate on committees for retreats, workshops, public information events, and all can attend events because they know when events are happening.

Intergroups can host workshops on Sponsorship, Abstinence, Unity and diversity within OA, or finding a Higher Power. Or they can sponsor retreats where an outside speaker can share on their recovery.

These are just some of the wonderful things Intergroups can do together which individual groups could not do alone. So, support your local Intergroup with your money and time to help your own recovery.

Margie - Region 1



Port Townsend, WA

OVEREATERS ANONYMOUS



REGION ONE

VIRTUAL SPONSORSHIP: BY EMAIL, TELEPHONE, ZOOM

Do you need help finding a sponsor, or are you an available sponsor willing to work with someone remotely?

- ☐ Are you looking for a sponsor or sponsee?
- ☐ Are you willing to sponsor someone? Fill out the [SPONSOR](#) application.
- ☐ Do you need someone to help you? Fill out the [SPONSEE](#) application.
- ☐ When you press **Send to Region 1 Virtual Sponsorship Committee**, your completed application goes to the [Virtual Sponsorship Committee](#). They will respond to explain the details of the process. The Virtual Sponsorship Committee will **ALWAYS** protect your anonymity. They will provide your "match" with ONLY your contact information.

How do I find a sponsor/sponsee?

Ideally, we can find sponsors or sponsees in our face-to-face meetings. However, often times it is difficult or impossible to find a sponsor locally. To help members who are isolated, or in an area that has few members, Region One offers online sponsorship for sponsors and sponsees. **A Sponsor is someone who has been around OA and is in recovery. A Sponsee is someone who wants support to work the OA program and may be new.**

More information about Virtual Sponsorship can be found at www.oaregion1.org.

UPCOMING EVENTS:

February 2021

Saturday, February 20 - Sunday, February 21. Virtual Region Convention - There is a Solution. OA Virtual Region Zoom event.

Saturday, February 27 Peninsula Intergroup Celebrates Unity Day 10-12 PM Hosted by Port Angeles Weds Group: [Peninsula Intergroup Unity Day 2021](#) Peninsula Intergroup Zoom Event

April 2021

April 21-24 World Service Business Conference: "Looking to the Future: One Day at a Time"
<https://oa.org/world-service-business-conference/>

May 2021

Friday, May 14 - Sunday May 16. OA is an Adventure! Spring Retreat at Camp Bighorn in Plains, Montana. Bitterroot Intergroup event. ***REGISTER BY FEBRUARY 29 FOR "EARLY BIRD" RATE. ALL REGISTRATIONS MUST BE RECEIVED BY APRIL 10.***

August 2021

August 26-28. World Service Convention More information at <https://oa.org/world-service-convention/>



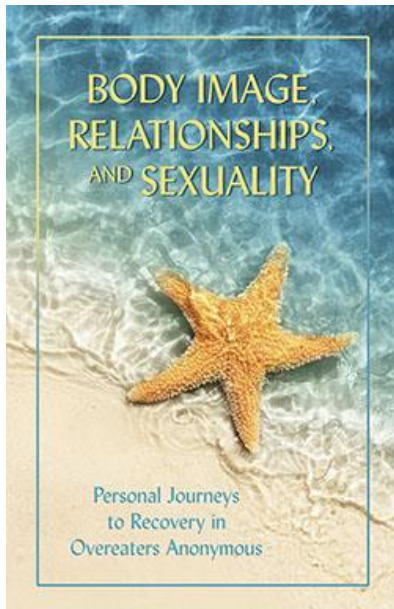
Walking in the Sunlight: One Day at a Time

August 26-28, 2021
ORLANDO, FLORIDA USA

Join the Convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory, and country.

OVEREATERS ANONYMOUS

WORLD SERVICE OFFICE NEWS



NEW OA BOOK! “A first-of-its-kind collection”

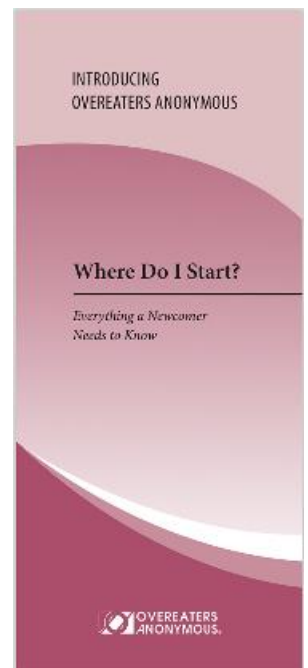
Our disease can be deeply intertwined with the most intimate parts of our lives— our deeply held traumas, personal relationships, and changing identities. Inside this book, OA members share openly and honestly about their journeys from unfulfilled— even shattered— existences to lives over owing with the acceptance, freedom, and serenity found by working and living OA’s Twelve Step program of recovery. Find hope as you read in *Body Image, Relationships, and Sexuality* how these OA members became truly “happy, joyous, and free.”

132 pages. Softcover print edition available at bookstore.oa.org. Search item #950 (US\$12.00 each) or #951 (US \$270.00, box of 25). Shipping not included. E-books available for US \$9.60 each from Amazon, Apple, and Barnes and Noble.

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.



CREATIVE RECOVERY

The creative therapies can be extremely helpful in the process of recovery from Compulsive Overeating or Compulsive Food Behaviors. They offer the opportunity to get in touch with the inner self and with the higher power and can provide a form of expression for feelings that cannot be easily identified or put into words. Through helping the person with Compulsive Overeating connect with his/her more authentic self, the expressive therapies can help raise self-esteem and provide an opportunity to create new experiences beyond habitual and painful overeating patterns and behaviors. The creative arts foster a renewed ability to relax without compulsive overeating.

CREATIVE ACTIVITIES TO TRY:

1. MUSIC: Make a playlist of songs that you can listen to, dance to and/or sing along to when you are feeling angry. Playlists are particularly useful, as they give you a specific, limited period of time during which I can practice tolerating an uncomfortable feeling. When you hear someone else's voice describing through music what you are feeling. If you are musically inclined, you could alternatively write your own song or learn to play or sing a song that expresses anger.

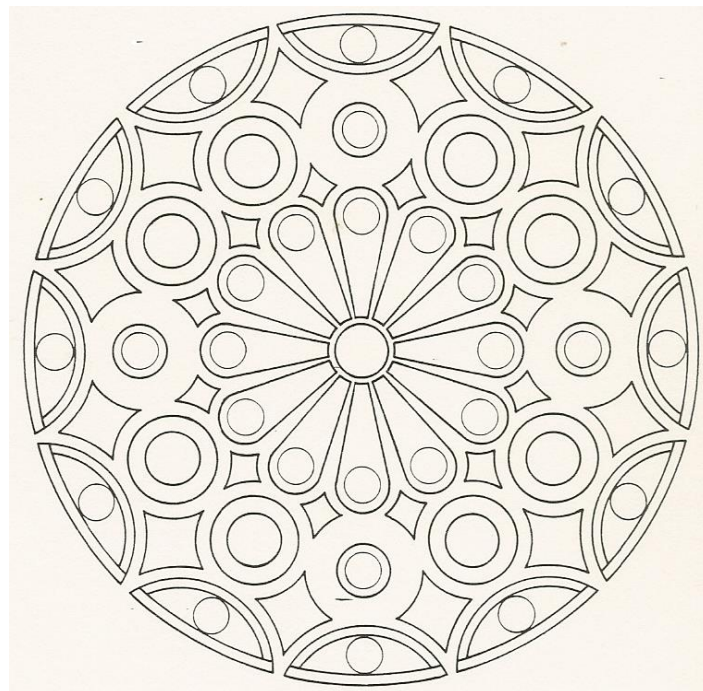
2. POETRY: Try making a Haiku about what you are feeling. Haikus are poems that have a rhythmic pattern. The first line has 7 syllables, the second line has 5 syllables, and the last line has 7 syllables. You do not need to write in complete sentences. You can select nouns and adjectives to reflect your angry mood.

3. SPOKEN WORD: Volunteer to be a speaker at an OA meeting. Tell the story of why you came to OA. What are you powerless over and how has it made your life unmanageable? How are you using the program to change your life?

4. VISUAL: Draw, paint or photograph an image to go with this quote by Pia Mellody: "Hug your demons or they'll bite you in the @\$\$."

5. WRITING: Make a list of 10 reasons NOT to engage in Compulsive Overeating or Compulsive Food Behaviors. You may want to be even more specific. For instance, list your top 10 trigger foods, or 10 circumstances or situations that are or may trigger a relapse, etc.

6. DANCE / DRAMA: Consider inviting a friend to join you in this activity. Like charades, without words or sounds AND without facial expressions, use your body – through movement or dance – to convey specific feelings. Focus on keeping your face neutral while letting the emotion out in your body. Have your partner guess what emotion you are conveying. Take turns. Between the two of you, make sure you convey these three: angry, sad and scared. You may choose other emotions as well.



Your Healing Mandala

The mandala, a Sanskrit word meaning "circle" and "center," has been used throughout history as a symbol of healing and spirituality.

"Healing Art" is any work of art that is created with the intention of restoring balance and harmony to the body, mind and spirit.

STEPPING THROUGH CREATIVITY

Step 1: *Admitted we were powerless over compulsive overeating and that our lives had become unmanageable.*

Activity: Paint or draw a picture or collage of “unmanageability” and/or “powerlessness.”

Principle: Honesty

Materials needed:

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

Method:

1. Take ten minutes to read step one from the Overeaters Anonymous’ 12 Steps & 12 Traditions.
2. Then set aside 45 – 60 minutes to make a collage, drawing, Zen tangle, and/or doodle to explore what powerless, insanity, and/or unmanageability looks like to you. For another time, explore what a manageable, sane life would look like.



12 STEP RECOVERY WORD SEARCH: 1ST STEP

WE
ADMITTED
WE
WERE
POWERLESS
OVER
FOOD
THAT
OUR
LIVES
HAD
BECOME
UNMANAGEABLE

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