

# PENINSULA OA INTERGROUP NEWS

The Olympic Peninsula *Recovery* Trail

Vol.2 Issue 3 - Summer 2022

## PENINSULA INTERGROUP NEWS

*What have we been up to?*

- In-Person Summer event – **H J Carroll Park, Salmon Shelter, Chimacum, WA: Saturday July 23<sup>rd</sup> 10-2.** (See side bar →)
- **I.D.E.A. Day (Nov 19)** Workshop on *Spirituality: How members are working the spiritual aspect of the OA program.*
- Linda S. represented the Peninsula Intergroup at the recent World Service Business Conference. A copy of her report is available at [oopeninsula.org](http://oopeninsula.org)
- The Intergroup requested assistance from Region 1 for training on how to set up successful hybrid meetings

### Recovery Returns to Port Townsend

Please join us via Zoom as we re-launch the beloved Port Townsend OA meeting after a long Covid break.

**Day/Time: Thursdays, 4:15 to 5:15 pm, Pacific Time**

**Format:** Reading, writing, meditation (7 minutes each) followed by open sharing

Zoom Meeting ID: 812 0821 8600

Zoom Passcode: 060222

For more information, contact  
[Port.Townsend.OA@gmail.com](mailto:Port.Townsend.OA@gmail.com)  
or call/text Mary at 206-932-5744.

Please support the re-launch of this meeting by attending and/or telling others about it.

## Peninsula OA Summer Gathering

*Together we get better!*



**Saturday, July 23<sup>rd</sup>, 2022**

**10 AM - 1 PM**

*Outdoor OA meeting on Fellowship.*

*Spiral Journal Collage project:*

*(Bring a selection of Magazines or pictures for project)*

**BYO Brown Bag lunch and Fellowship**

**H J Carroll Park, Salmon Shelter**

**9884 SR Hwy 19 (Rhody Drive),**

**Chimacum, WA**

*(Heading north on HWY 19 from the stop*

*light at Chimacum intersection*

*travel approximately 1.5 miles, turn right*

*on H.J. Carroll Park Road.)*

*Suggested Donation \$5 + Optional OA spiral journal (\$5)*

**Intergroup Meeting to Follow: All are invited to stay!**

**More Information:**

<https://oopeninsula.org/events>

**Questions? [cylmh2013@gmail.com](mailto:cylmh2013@gmail.com)**

**Emergency Contact: 206-932-5744**



## OA Tool for the Season: Writing

In addition to writing our inventories and the list of people we have harmed, many of us have found that writing has been an indispensable tool for working the Steps. Putting our thoughts and feelings down on paper, or describing a troubling incident, helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them. When we put our difficulties down on paper, it becomes easier to see situations more clearly and perhaps expand our spiritual connection with our Higher Power.

### Writing for Recovery

One of the tools in our program is writing. I write almost daily as part of my early morning meditation practice, usually simply noting ideas that come up in my readings or from my quiet time. I also practice “wild writing” which is responding to a poetic prompt or question without caring whether what I write makes sense. But in this article, I wanted to share about writing letters as a way to clarify best and next steps. A while ago, a sponsor suggested writing a letter to God sharing what was going on for me and asking for guidance. Then, she suggested writing a letter from God, and letting that guidance come through. It worked! I continue this practice and pass it on to my sponsees.

Another practice relating to letter writing is putting on paper my feelings as a result of an interaction with someone else. These letters are rarely, if ever, sent. I recently wrote a letter to my husband’s doctor, who I am really, really angry with for missing the fact that John was suffering from cancer. Like most things, I ran the letter by my sponsor. She was glad I’d gotten my feelings down on paper. But, as you probably would guess, she observed the emotions of the letter and the underlying threat in it, and she suggested letting the letter sit for a while... that perhaps it had already done its job, just by being written. I’m so much better for having gotten it down on paper and out of my heart and mind.

*Kathleen C., Bainbridge Island*

### The Tool of Writing

Such a powerful tool. I love this tool! Writing gives me such freedom to express what I am thinking.

One of the tools I love with writing is journaling, along with journaling using the workbooks that come with program. In the mornings I set aside time to wake up with Higher Power, read one of my daily books, and then journal about what the topic was for the day. I high light and make notes that sticks out to me.

The power of writing can be simple. One tool that I use in writing is called bullet point journaling and it has helped me expand my thoughts on paper using a journal this way, Bullet journaling is like using a list to write down your thoughts. Lastly, with the tool of writing I use the step workbook to help guide myself and sponsees to do the steps. Happy writing!

Write on!

Megan V., Sequim

### How writing has helped me

Writing is one of my favorite tools. Amazing recovery can happen with writing. Not long before I joined a 12-step program, over 4 decades ago, I had my first experience with spiritual writing. I had been suffering from deep depression. I received a letter from my brother mentioning that he had found a Higher Power (after joining a 12-step program). I was skeptical but I was desperate, so I decided to write

a letter to a God that I didn't believe in. Surprisingly I ended up writing a long letter. By the time I was through I knew I believed that there was a goodness that I could tap into, a spiritual power that could bring me relief.

My recovery has had its ups and downs. I try to write every day. I have a morning journal where I pick a quote from one of my daily readers and write a Dear G- letter. It is always followed by a sentence or phrase to me from my Inner Guide (or Goodness within). I have an afternoon journal, where I write what I've been doing and feeling during the day. I use a God List rather than a God Box. This list is in the back of my morning journal. I write the date and write a person's name or a situation that I need to let go of. In the evening I write at least 5 things I'm thankful for in the day past.

Writing seems to bring to the surface issues I need to work on. I can then turn to the steps and a partner in recovery to work it through with.

I recommend writing as a tool to clarify the path of recovery you're on and to ensure your spiritual recovery is strong!

Lesley K., Region One Secretary  
Liaison for Peninsula Intergroup

### **Good Night, Sweet Beverage**

I turn from you now and say good-bye.  
No longer is there a sense of hopelessness,  
A sense that I *must have* another one.  
No longer is there a chain around my tongue  
A link to that sweet taste.

I gave you up, Diet Coke.  
I let you go and that was the hardest thing I  
have ever done.  
Harder than sugar, harder than desserts.  
I had to remember for over a year, that I had  
given you up.  
Just one. Just one time. It's hot out. It would  
feel good on my tongue.

Sorry Charlie—that is a seduction from a lit up  
red light beacon.  
Steer clear!

And then there was Stevia soda.  
And then there was Kombucha.  
And then there was the Ice drinks.  
And now there is the Olipop soda.

And next there will be the xyz drink.

What do they have in common—that fizz, that  
sweet taste.  
What do they want from me—my whole life, soul  
and being.

I heard that addiction was giving up everything  
for one thing.  
And that recovery was giving up one thing for  
everything.

And so today, I give up the latest and greatest  
one more sweet beverage: –Insert brand name  
here–  
So that I can experience the everything of life  
that recovery promises.

I want to be free. And so I accept today's  
willingness to be free of thee.  
Be well, be elsewhere, and may our paths never  
cross again. So grateful.

Mary L., Sequim