

PENINSULA OA INTERGROUP NEWS

The Olympic Peninsula *Recovery* Trail

Vol.2 Issue 2- Spring 2022



PENINSULA INTERGROUP NEWS

What have we been up to?

New Intergroup Leaders – Update

A few changes were made in our Intergroup Leadership since the last issue. Shortly after their February 19th IG meeting, where Cyl was reinstated as Vice-Chair, our new Chair had to step down (hopefully a temporary action). The remaining officers met via Zoom after the Unity Day workshop to discuss the situation.

As a result of this meeting our Peninsula Intergroup officers are:

IG Chair:

Cyl M cylmh2013@gmail.com

IG Vice Chair:

Rosie S sharperosie@gmail.com

IG Treasurer:

Molly M mollymessmer@gmail.com

IG Secretary:

Martha R mrthrvs1958@gmail.com

(See page 3 for IG Representatives & Committee Chairs)

Unity Day 2022

Unity Day (February 26th) was a great success. Our Higher Power sent just the right people to receive the gift of new insights and growth. Our speaker, Nan, was a wonderful teacher. She referred to *the Big Book of Alcoholics Anonymous* often and showed us how we Compulsive Overeaters could identify with every page. Now I see why that book is Conference approved. Amazing insights!

Something else she shared:

What does **P.A.U.S.E.** mean to you?

- **Pray And Use Spiritual Energy**
- **Pray And Use Step Eleven**
- **Postpone Action Until Serenity Enters or**
- **Pray And Unload Selfish Emotions**

Many thanks to those who took part and made it a special day. Together we get better 😊

Carol V., Sequim

Did you go to the Unity Day Event hosted by the Peninsula Intergroup on February 26th? I did and I am so glad I did. I took notes and listened to the words that were spoken by the speaker Nan, from Michigan. She was great! I loved that she referenced the Big Book throughout her talk. The Big Book has meant so much to me in my program and I have attended many Big Book Studies in the past. One of my favorite quotes from Nan was “make your abstinence attainable, sustainable and maintainable through the roller coaster of life.”

This made me think about how I have defined my abstinence over the years. I don't think it was ever anything I could really attain for long. There were also some acronyms that I liked which are: PAUSE: pray and use spiritual energy. SID: strength, inspiration, and direction. Letting go of the guilt and shame of past behaviors. If you compare you despair. When you have slips you just correct and keep moving forward with your abstinence. All of this was just wonderful and above all I heard Nan's honesty that just made my heart fill with joy. This is why I keep coming back to OA meetings, workshops and retreats. I always hear something I need to hear at that moment.

Martha R., Bremerton

Your Peninsula Intergroup Reps & Committee Chairs

IG Rep – Bainbridge Is. (Wed)	Linda S	lksinger@yahoo.com
IG Rep – Port Angeles (Interim)	Rosie S.	sharperosie@gmail.com
IG Rep – Sequim (Mon)	Mary L.	oa.mary.12@gmail.com
IG Rep – Sequim (Tues)	VACANT	
IG Rep – Sequim (Sat)	Pat F.	pferris829@gmail.com
IG Rep – Bremerton (Sun)	Toby W.	tobysteddies@gmail.com
Meeting Coordinator	Martha R.	mrthrvs1958@gmail.com
Public Information Chair	Molly M	mollymessmer@gmail.com
Newsletter Editor	Cyl M.	cylmh2013@gmail.com
Web Master	Martha R	mrthrvs1958@gmail.com

PENINSULA GROUPS

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

FACE-TO-FACE MEETINGS

Peninsula Intergroup	Zoom Link
Sundays at 3 pm.- Agape Unlimited, 4841 Auto Center Way, Bremerton	tobysteddies@gmail.com 360-981-3220

MEETING VIRTUALLY VIA ZOOM

Peninsula Intergroup	Zoom Link
Monthly Intergroup Meeting : 3 rd Sat., 1-3 OPEN TO ALL OA Members!	Meeting ID: 854 9262 9516 Passcode: 308316

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

OTHER MEETINGS

Direct Link to list of Newcomer meetings: <https://oa.org/find-a-meeting>. For other Zoom OA meetings go to: <https://oa.org/find-a-meeting/?type=1> OR OA Footsteps Virtual Group <https://oafootsteps.com/meetings/>



VISIT www.oaregion1.org/Events.html for current upcoming programs & workshops

For Current World Service Office news view their newsletter at [A Step Ahead 1st Qtr. 2022 \(pdf\)](#)

OA Tool for the Season: Action Plan.

It has been my experience that the *Action Plan* tool is the least discussed tool at meetings. That is sad because it is a wonderful adaptable tool. Actually, in a sense, it is a tool that we may not be realizing we are using. We all create “To Do” lists for daily (weekly, monthly) tasks. The OA Action Plan is very similar except we are planning actions to support our recovery at all levels physical, emotional, and spiritual. Our action plan is personalized to our own unique recovery process and will most likely need to be adjusted as we travel the road to recovery.

Often our actions plans will include use of the other OA tools. Action Plans may specifically address all three areas of recovery. For example:

Physical: planning, shopping, preparing food, a fitness program.

Emotional: “Quiet time,” stress relief techniques, time with family and friends, journaling.

Spiritual: attending Worship services, meditation practice, inspirational reading...

Using of this tool may help us bring structure, balance and manageability into our recovery program.

I remember when the Action Plan was added to the OA Tools. This was years ago and many of the members saw this as a great thing to add to their bag of tools. I was not really sure how to use this tool. I felt it was the same thing as my abstinence, and then I went to a workshop that focus just on this tool. I see this tool in a new light now. An action plan can include all three parts of the stool, physical, spiritual and emotional. I think about these three parts as I put an action plan together for the day. What am I going to do to make sure my day includes all three parts? My physical is usually walking or sometimes cleaning house. My spiritual is doing my journaling where I feel very close to God. And last, but not least is my emotional health. This part can be hard at times, but I have tried and true tools that help me keep a balanced emotional life. I can attend a meeting, talk to my sponsor or another member of OA, and sometimes just taking a nap works great because I was just tired and needed the rest. These are all parts of my action plan and I try to keep to them every day. Some days are better than others, but I always find progress and that is what I am looking for in my life.

Martha R., Bremerton

What Do I Need to Do Today to Maintain Abstinence?

To benefit from the other tools of the Program, I have found that I need to get more specific on how to use them. These specific actions are what make up my Action Plan, like meditating (*Christian Meditation* or *Centering Prayer*); keeping a Spiritual Journal; doing the *Daily Examen* as my nightly inventory, etc. My plan may also include which meeting(s) I will attend, meetings with my sponsor, and/or scheduled dance/exercise times. But, in addition to all of these, is the most critical action I must take every day to remain on the path to my recovery – *Create!* I have always known that there is a correlation between my compulsive overeating and my avoidance of doing my art. It was a vicious cycle, when I don't do my art I overeat, when I overeat and I get depressed, which makes me not want to do my art... To overcome this cycle, I had to borrow a tool from a 12 Step Program for Artists – the tool is *5Alive*, which requires that I do at least 5 minutes of something creative every day. As expected, sometimes the 5 minutes turns into an hour! My OA meeting of choice are the OAFootsteps' *Creative Reprieve* meetings held every day at 8 AM and 5 PM. My Action Plan isn't set in stone, it evolves – sometimes with daily schedules, or weekly events, or even with the seasons. This is what works for me, I hope you create the Action Plan that works for you.

Cyl M., Sequim

A DAILY ACTION PLAN IS GOOD MEDICINE

Being in program for a few years has taught me that a daily action plan is good medicine. It keeps me happy, joyous and free of my disease of compulsive eating and compulsive food behaviors. If it works for me, it can work for you! When we have a disease, we take our daily medicine don't we? We have several other in program guaranteed to keep our disease at bay: gratitudes, reading, writing, praying, talking and planning our food. Doing these things daily doesn't take much time but provides me my needed medicine.

My Action plan includes the use of these other tools. Gratitudes rewire my brain to look for the positive. Writing my gratitudes daily counteract negative thinking. Reading a little bit of something inspiring can adjust my attitude as well. There are many daily readers out there to choose from. After reading a selection, I write little bit on whatever comes to mind. Whenever something is bothering me, I use this time to free write about what's bugging me and contemplate a better way of looking at it. Praying about it also helps and if that doesn't fix it, calling someone in your God squad or your sponsor to talk it out can do the trick. I still have to deal with food every day, so planning ahead what I am I going to eat is imperative to staying on course. I figure out what my breakfast, lunch and dinner will be in advance and write it down. I refer to it throughout the day and eat only that to the best of my ability.

After writing our gratitudes, our thoughts about a reading, and our food for the day, we can send it to our sponsors. Sharing exactly what we are up to with a trusted guide is a practice worth its weight in gold!

This action plan continues to serve me well, knowing I have taken the daily medicine I need to stave off my disease of compulsive eating and compulsive food behaviors. I hope you find something helpful to you in what was shared. Together we get better!

Lynne F., Sequim

I find it very helpful to create a daily action plan after I complete my prayer and meditation in the morning. It's basically a to-do list, but it focuses on what I'm doing today to maintain my recovery and protect the serenity that comes with maintaining abstinence. What my disease looked like on a daily basis was some combination of binging and starving, so an important part of my action plan is making sure I eat regular meals (in my case it is 2 meals and a snack.) I also yo-yoed between too much exercise and too little when I was out there. As with my meals, I need to plan "just enough" regular exercise. Setting up walks with program friends is a great way to get exercise and fellowship! One thing I do need to be careful about and that is trying to be perfect. Which often looks like putting too many items on my action plan/to-do list. Today, I can keep it simple: I need some way to feed, exercise, and care for my body, soul, and mind. If I've covered those bases, my plan is complete.

Kathleen C., Bainbridge Island