

PENINSULA OA INTERGROUP NEWS

The Olympic Peninsula *Recovery* Trail

Vol.2 Issue 4 - Fall 2022

My Interpretation of the Serenity Prayer.

The Serenity Prayer is sometimes misunderstood. Usually by those who do not understand the 12 step programs or God (HP).

I cannot change some things, so I need the Serenity from God to accept this. It helps so I don't go crazy over things.

I need the Courage again from God to change. My behaviors around food, my I can do it by myself attitudes. This is where I need to let guards down and let God into my life.

And Wisdom is definitely where my trust of God comes in to show me what is mine to change, and what is His to deal with.

Donna H., PA/Sequim

PENINSULA INTERGROUP NEWS UPCOMING EVENTS:

**We Welcome Everyone to
Join Us
for IDEA Day
Focusing on
Abstinence through Spirituality**

Time: 10 am to Noon PST
Zoom Meeting:
<https://us02web.zoom.us/j/85492629516?pwd=RG5kMlFZGRpndVl3eTJGUURRUUVhGUT09>
Meeting ID: 854 9262 9516
Passcode: 308316

Agenda:
Opening Readings
3 Speakers with Q & A
Open Share
Meditation
Closing

Overeaters Anonymous
International Day
Experiencing Abstinence

**I.D.E.A. Day
Workshop
November 19, 2022**

Sponsored by
OA Peninsula Intergroup

For more information contact
Martha R. @ mrthrvs1958@gmail.com

**Intergroup Meeting to follow with ELECTIONS:
Open Positions: Vice-Chair, Secretary, Webmaster**

ARTICLE IV – THE INTERGROUP (PI) BOARD

Section 1 – The Intergroup Board

- A. The board consists of the following officers: Chair, Vice-Chair, Treasurer, Secretary.
- B. Meetings shall be chaired by the Chair of the board. In the event the Chair is unable to chair any meeting, the Vice Chair will lead the meeting. In the event the Vice Chair is not available, the Secretary will open the meeting and hold an election for a Temporary Chair.

Section 2 – Nominations to the PI Board

- A. A nominating committee may be formed at the discretion of the PI board.
- B. Nominees must be present at the election meeting or send a letter or email stating their willingness to serve to the PI Chair at least 7 days prior to the meeting. For election, the candidate must receive a majority vote.
- C. Nominations from the floor will be entertained by the Chair.

Section 3 – Qualifications for the Intergroup

To qualify for election to the PI board, an individual must:

- A. Be working the Twelve Steps, Twelve Traditions, and Twelve Concepts of OA Service to the best of his/her ability.
- B. Have six (6) months of current abstinence except as follows (each person shall be the sole judge of his or her abstinence):
 1. World Service Business Conference delegates must comply with the abstinence and length of service requirements in the OA, Inc. Bylaws, Subpart B, Article X, Section 3c 1. Current requirements are one-year current abstinence and at least two years of service beyond the group level.
 2. Region representatives must also comply with the abstinence and length of service specified in the region's bylaws as defined in B.1. for World Service Business Delegates.
- C. Be a regular member of an affiliated group.

Section 4 – Election of Board Members Board

- A. Elections shall be held every November for open positions for Chairperson, Co-chair (Vice-Chair), Secretary, Treasurer and Meeting Chair. Regional & WSBC alternates will be elected every year in May. At that time, the current alternate will become the new delegate/representative. When financially possible both the delegate/representative and their alternate will attend the Region 1 Assembly or WSBC. In this manner, the newly elected delegate/representative will have a mentor for one year. If both attend, only the Delegate will go as a voting representative unless our PI grows large enough to have two voting members. The alternate will go as a non-voting participant who may attend all meetings but not be able to vote. The Delegate will give a report upon his or her return. The Intergroup board will review the financial budget in June and make plans for whether funding will be available to send both the Delegate and the Alternate to WSBC and the Assembly in the following year.

- B. Voting will be by private ballot if there is more than one nominee for any position.

Section 5 – Term of Office

- A. The term of office for a board member at the December-meeting
- B. 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.
- C. 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.

Section 6 – Responsibilities of the Intergroup Board Members

- A. Serve as guardians of the Twelve Steps, Twelve Traditions, and Twelve Concepts with respect to the functions of the intergroup.
- B. Serve as guardian of PI funds; participate in an annual financial audit.
- C. Provide a forum for the interchange of ideas and information among member groups.
- D. Perform the duties of their offices in accordance with PI policies and procedures:
 - 1. Vice Chair
 - a. Shall preside at all regular and special meetings of this Intergroup and Intergroup board.
 - b. Shall be responsible for establishing the agenda for all board meetings.
 - c. May attend all standing committee meetings.
 - d. Shall review Intergroup mail on a regular basis and share with the board.
 - e. Shall find someone to take minutes in the absence of a Secretary.
 - 2. Secretary
 - a. Shall see that the minutes are documented and shared with PI members.
 - b. Shall maintain a file of all minutes of previous meetings for not less than two years. Previous years minutes shall be archived.
 - c. Shall perform the duties of vice chair and treasurer in their absence at the meeting.

**We are all called to serve our Fellows-
How will you Serve?**

Your Peninsula Intergroup Reps & Committee Chairs

Chair/Newsletter	Cyl M	cylmh2013@gmail.com
Vice Chair	Rosie S.	sharperosie@gmail.com
Secretary/Web Master	Martha R.	mrthrvs1958@gmail.com
Treasurer	Molly M.	mollymessmer@gmail.com
IG Rep – Bainbridge Is. (Wed)	Linda S	lksinger@yahoo.com
IG Rep – Port Angeles	Carol V	Carolawells@gmail.com
IG Rep – Sequim (Mon)	Mary L.	oa.mary.12@gmail.com
IG Rep – Sequim (Tues)	VACANT	
IG Rep – Sequim (Sat)	VACANT	
IG Rep – Bremerton (Sun)	Toby W.	tobysteddies@gmail.com
IG Rep – Port Ludlow	VACANT	
IG Rep –Port Townsend	VACANT	

PENINSULA GROUPS

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

FACE-TO-FACE MEETINGS

Peninsula Intergroup	Contact
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
Port Townsend	Thur. 4:15 PM	https://us02web.zoom.us/j/81208218600	812 0821 8600	060222
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 **Region 1 Convention- Nov 1-13, 2022- Register NOW!**

For Current World Service Office news view their newsletter at [A-Step-Ahead-3rd-quarter-2022-issue](#)

OA Tool for the Season: Literature

We study and read OA-approved Literature: OA-approved pamphlets and books, such as *Overeaters Anonymous, Second Edition, The Twelve Steps and Twelve Traditions of Overeaters Anonymous, For Today and/or the Voices of Recovery SECOND EDITION (New!!!)*; We also study the book *Alcoholics Anonymous*, referred to as the “Big Book,” to understand and reinforce our program. Any AA literature, such as the *Twelve Steps and Twelve Traditions of AA* are approved.

Many OA members find that when read daily, the literature further reinforces how to live the Twelve Steps. Our OA literature and the AA “Big Book” are ever-available tools which provide insight into our problem of eating compulsively, strength to deal with it, and the very real hope that there is a solution for us.

Reading for Recovery

Being in OA means we have many ways to receive and exchange support and guidance. In meetings I get to see the people who are on the same path. They are a live, current group connection. The telephone is a more personal connection, to help between meetings, to offer and get support. Literature is always there, day and night, ready for me when I need it. There are daily readers to start my morning. There is our own wonderful OA 12 and 12 (the 12 steps and 12 traditions) which offers details about our Program, inspiration for being on the path, and is a vital source to use when going through the steps with a sponsee/sponsor. We also have our parent book, *The Big Book of Alcoholics Anonymous*. Our program was born from AA and there is much to learn from the story of addiction and healing that is outlined in this primary source. There are books sharing stories of people's journeys in recovery. There are copies of the *Lifeline*, OA's magazine. There are many wonderful pamphlets with answers to questions we might have. Early in recovery my sponsor taught me that I should bring the book we are reading to my meetings, read along from my own copy, and underline important passages. It was part of teaching me responsibility and follow through. If I didn't have my book, she would ask me where it was! I also get to see from year to year what parts were important to me, and what is vital now. Our literature is a godsend and I could not work the program if I did not have it as part of my life.

Rosie S., Port Angeles

I look forward to reading OA Literature:

OA has so much literature and I am grateful for it all. I get excited when there is a new book or pamphlet coming out and I want to purchase it right away. I know there will be something in it that will help my recovery and I can't wait to read it. I read our literature every day and most days I write about what I read. My OA library is extensive. Just having them close to me gives me comfort, more than food ever did. I read the stories and I remember that I am not alone. I see my life in the stories that I read, and I find solutions to people, places, and things I had no answers to before reading. Our daily readers are some of my favorites. They are short and to the point. They give me a time to pause in my morning and think about myself and how I am working my recovery. OA has given me a reason to continue to live and do the best I can for myself. I continue to look forward to the next published literature by the World Service Office. –

Martha R – Bremerton

Literature

Our OA literature has enriched my life and guided my recovery immeasurably. To start my day, I have the OA daily readers. I copy a phrase into my morning journal to encourage me to work my program. I also read from my mini-Big Book in the morning. It is comprised of the first eleven chapters of the Big Book plus six of the seven appendixes and the twelve traditions. My phrase often comes from it.

I joined OA in 1987 and at that time we didn't have the OA 12x12. We did have what we called the Brown Book of Overeaters Anonymous which includes the 'Our Invitation to You' chapter, many stories, and seven interesting appendixes. We used the AA 12x12 which I still read from each month as well. I always learn something new about the step of the month. We now have the 2nd and 3rd edition of the Overeaters Anonymous book. All three editions include our founder Rozanne's Story in the first chapter but the newer editions aren't brown anymore 😊.

When the OA 12x12 came out it was very exciting and wonderful. Now we have so much more literature. I always subscribed to the Lifeline magazine and am very sad that it isn't being published anymore. However, we have books of some of the best submissions to the Lifeline magazine. My favorite is the Lifeline Sampler which I've read through many times. My home group is reading through it in our literature/writing/meditation format meeting. The stories always seem new when we read and share on them together. We have read the Lifeline compilation called Abstinence and plan to read Body Image, Relationships, and Sexuality next. There are two other compilations: Seeking the Spiritual Path and Taste of Lifeline. They all have special stories to read and learn from.

I have a quiet time in the afternoon where I read 12x12 literature, journal, and meditate. That is when I read the stories in the Big Book. From the Big Book Fourth Edition page 417 I am reminded that acceptance is the answer. And I'm reminded that it's just "Twenty-four hours a day" on page 357. And on page 549 and 550 is the explanation for HOW: honesty, open-mindedness, and willingness. This chapter also has the inspiring resentment prayer, page 552.

Our literature is a treasure trove of recovery which I can't resist coming back to over and over!

Lesley K., Region One Secretary
Liaison for Peninsula Intergroup

