



October 13&14  
Fall Convention

## The Messenger

# OVEREATERS ANONYMOUS WINNIPEG FALL CONVENTION

FREEDOM FROM BONDAGE

FINDING ABSTINENCE-

EMOTIONAL SOBRIETY-STAYING ABSITINENT

It's that time of year again!! It's convention time!!!  
The next two days are all about you. They are about listening, learning and growing. This is the time to make new connections, strengthen your program but also to have fun. There are crafts, literature and silent auction. Take this opportunity to soak up all the knowledge you can. Really listen to what YOU are feeling and try to be open to new ideas and thoughts YOU may be having. I look forward to this all year. So let's get started...I have my journal, pen and high lighter at the ready!!!!



### SPECIAL POINTS OF INTEREST

- Strong Abstinent List
- Suggested Reading
- Voices of Recovery
- Prayer Ideas
- Understanding
- Squirrel



## A VERY SPECIAL THANK YOU

A very, very special thank you to Lynn and Christina who chaired this years convention. Also, many thanks go out to the members of the convention planning committee. To all those who volunteer you don't know what

a blessing you are.

Thanks to the Fund Raising Committee for all their hard work to get us the key chains and water bottles.

Thanks so much for your service.

*Don't run from it. Don't bury it. Don't ignore it. Face it. Feel it. Heal it.*



## VOICES OF RECOVERY

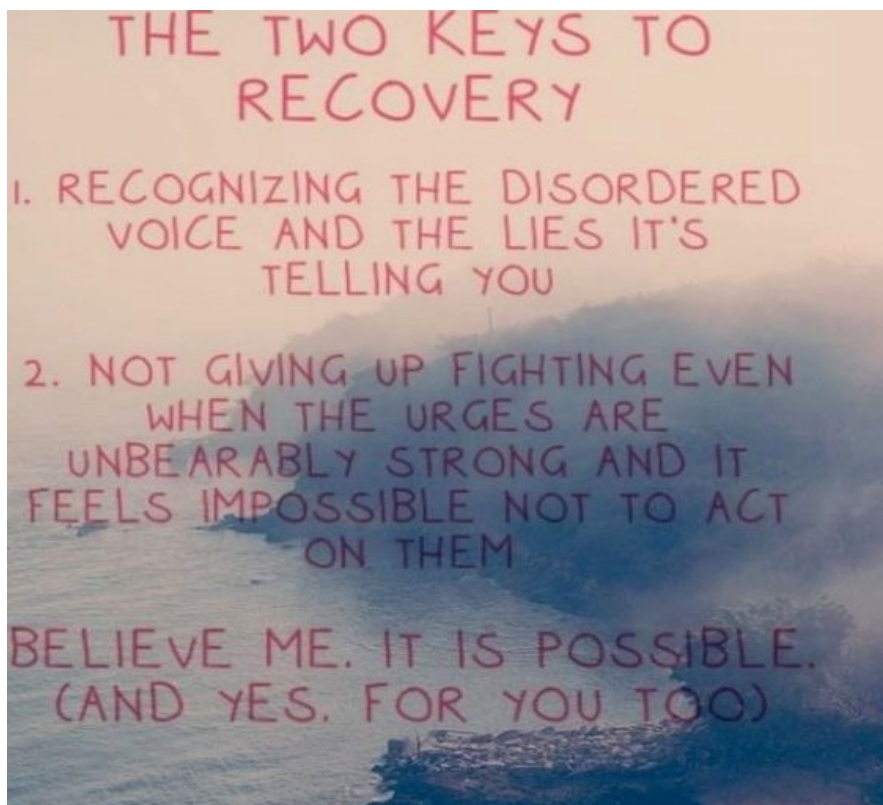
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"Nothing in us can be changed until we first accept it. Step Five, by helping us to know and accept ourselves, makes it possible for us to change and recover."

The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p.48

Admitting the truth about myself requires honesty, the courage to tell the truth, and the willingness to accept it. Sometimes it seems like it is more than I can bear, but the only way to get it over with is to go through it.

If I do not accept that I am sick, then I am not likely to seek any kind of medical treatment. If I am not willing to take my medicine, then it is unlikely that I will change and eventually get better. It comes down to how much I am willing to pay. If my time, money, and energy are not worth much, then I am not likely to pay the price. If living in recovery, enjoying life, and reaping the benefits are my primary concerns, then I am willing to pay the price and grow from that opportunity.



## CHANGE IS A PROCESS NOT AN EVENT

Recently at my job there have been a lot of changes, so many in fact that they have called in a Change Practitioner. I didn't even know that was a job. She seemed to be very excited about change and all that it had to offer. I however, do not share her enthusiasm. But since there is nothing I can do, I need to go along for the ride. That doesn't mean it has been easy. There has been a lot of anxiety and fear the past few months. In her talk she said some things that got me thinking about program. She gave us a sheet that said MY PERSONAL CHANGE ASSESSMENT, it has 2 columns. The first column is for IMPACTS and the second is for SOLUTIONS. This helped me to put things into perspective and think about what I could do. She also talked about understanding the personal impact. This was about the emotional push back, time for transition and steps toward acceptance. This too made me think of program and how emotional it is, we don't give ourselves time, and what can I be doing to accept this new way of being. The last thing that struck me in this talk was STRATEGIES FOR MANAGING CHANGE. There were 5 things she mentioned. Take care of yourself, be open and flexible, be positive and keep the change in perspective, take control of your life and make changes. The key one there for me is take control of your life. That really made me think how I spend a lot of time just coasting and not really putting my foot down and saying to myself you need to do make this happen. The bottom line is change is inevitable and it doesn't matter if you like it or not it, it's happening. So try and enjoy it!

MAY I NEVER FORGET...

ON MY BEST DAY...

THAT I STILL NEED MY  
HIGHER POWER AS  
DESPERATELY AS I DID  
ON MY WORST DAY.

I have found this to be so true. When things are going well for me I don't need my Higher Power but the minute that things turn bad I am back praying up a storm. I am not sure why because it is so peaceful to communicate with my HP. I feel so good and I shouldn't just be wanting something but thanking my HP for all that I have. This is true about all aspect of program. The same goes with abstinence and my food plan. I get lulled into a sense of "I'm OK. I got this." and of course guess who hears that...MY DISEASE. Who is more that willing to "help" me through any situation. That kind of help I do not need. So this reminds me to keep in constant contact with my HP so that there is always a strong connection and we can fight this together instead of me fighting on my own.

## ATTENTION:

### Fundraising Committee

#### NEEDED:

People with great ideas

#### HOW:

Just a little bit of time is needed from you. Most contact is through email with a meet maybe once a month.

#### WHY:

To come up with fundraising ideas for OA and the intergroup. All funds we earn support intergroup to help spread the word to those who still suffer.

#### WHO:

You can call Lori V. at 204-253-8532 if you are interested.

**There is a web site for OA Winnipeg it is OAheartofcanada.ca**

**New letters will be archived there.**

## STRONG ABSTINENCE CHECKLIST

1. Have I been abstinent today?
2. Did I pray and meditate today?
3. Am I maintaining or working toward a healthy body weight?
4. Did I rely on my Higher Power to get or stay abstinent today?
5. Is what I am currently doing working for me to remain abstinent?
6. If I am having problems, have I asked someone else what they are doing?
7. Have I made an OA call today?
8. Did I have an attitude of gratitude today?
9. Did I plan my food today?
10. Have I helped someone else today?
11. Did I have an action plan in place to stay abstinent today?
12. Do I have a sponsor and am I working the Steps with that person?



*Strong Abstinent List - [WWW.aa.org](http://WWW.aa.org)*

## KEEP IT SIMPLE

Sometimes we get stuck in our own way of seeing things. We may feel as if everything that happens, happens to us or for us. If it rains, we may think about our ruined picnic and not about the dry fields that need the rain. We need to focus on the big picture. This keeps us from becoming self-centered. If it rains, we'll gather indoors and be glad for the farmers. When we do our part, things go well. When we don't we feel it. Every else feels it too. Self pity keeps us from doing our part.

**Prayer for the Day:** Higher Power, help me see myself as a big part of the picture. My job is just is to do my part.

**Action for the Day:** Today, I'll think about how I fit in with my Higher Power, my family, the place I work, my community. Do I do my part?

## PRAYER IDEAS

Higher Power, Take this from me and direct me to where you want me to be.

High Power, Please lift from me my expectations.

High Power, Please help me pick up the phone before I pick up the food.

High Power, Show me where you want me to go.

High Power, Help me take suggestions.

High Power, Keep me willing to do whatever it takes. Keep me willing to be willing.

High Power, Keep me on my food plan just till my head hits the pillow tonight.



## SQUIRREL...

When I gave up my trigger foods I thought I was going to die without them. They had so much power over me. Just seeing them would cause my heart to sink like I was seeing an old flame. My most favorite trigger food is pop. When I would hear the can or bottle open it was like a dog seeing a squirrel, all my focus would go. I would be in midsentence and stop talking, my head would whip to the direction of the sound and I would salivate. It was a fight but NOW, it has no power over me. I haven't had pop in 3 years and don't miss it at all. Don't get me wrong I have had weak moments where my disease tells me I want it but I push back and remember how deadly it is for me and how good I feel without it. I did it by praying A LOT and reaching out in tough moments. I want to take this opportunity to thank the people who supported me threw my crazy texts. You know who you are!!!



*“People often say that motivation doesn’t last. Neither does bathing. That’s why we recommend it daily” Zig Ziglar*

## SUGGESTED READING

I really enjoy the Big Book. I didn't when I first started. It is written in funny English, it is sometimes boring and really what do they know... Well, it turns out that they (the people who wrote the book) really know A LOT. It is really a manual. It tells you exactly how you behave, what you are thinking and what you have to do. Now, with most manuals we don't read them (not just the men). If we did then we won't have such a hard time. It is not an easy read so you may have to start it a few times but it is worth it!! My copy of the Big Book is highlighted, written in, underlined, dog eared and full of book marks. After being in program for a bit it is much easier to understand. I think the reason I didn't get it at the beginning is because I didn't want to believe what they were saying. It has helped me realize that I AM AN ADDICT. The things they talk about in the Big Book for alcoholics are exactly

what I do with food. There is no hiding from it; it's all in there in black and white. If you are having trouble with it, read it with another member. I find that is really helpful. Then you can discuss as you go along. No there is a WARNING: things will start to make sense. You may be blinded by all the light bulb moments you will have, but that's ok you can handle it. So get yourself a copy if you don't have one and give it a try and if you have one take it off the shelf and get reading.





## UNDERSTANDING

*...the growth of understanding follows an ascending spiral rather than a straight line.*

- Joanna Field

We each are traveling our own, very special path in this life. At times our paths run parallel to each other. On occasion they may intersect. But we do all have a common destination: knowledge of life's meaning. And we'll arrive at knowledge when we've arrived at the mountain's summit, separately and yet together.

We do not go straight up the side of the mountain on this trip. We circle it, slowly, carefully, sometimes losing our footing, sometimes backtracking because we've reached an impasse. many times we have stumbled, but as we grow in understanding, as we rely more and more on our inner strength, available for the taking, we become more sure-footed.

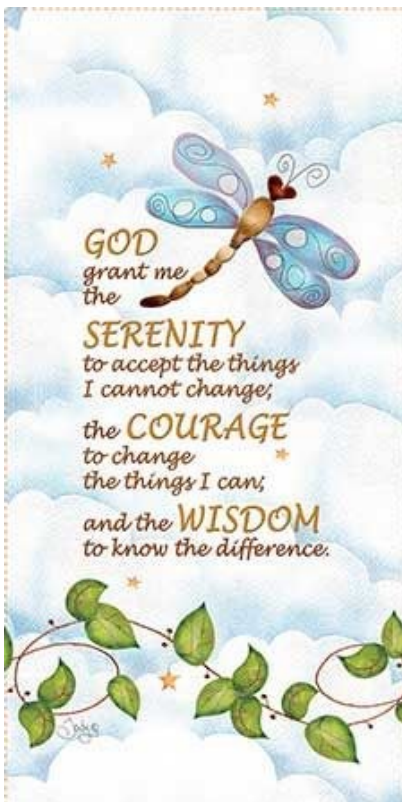
We have never needed to take any step alone on this trip. Our troubles in the past were complicated because we did not know this; but now we do. Our lifeline is to our higher power. If we hang on to it, every step of the way will feel secure. The ground will be stable under us.

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*I am on a path to full understanding. I am learning to trust the lifeline offered by the program and God and my friends. As I learn, my footing is less tentative, and it supports me more surely.*

Each Day A New Beginning: Daily Meditations for Women; Karen Casey, August 10th

(Hazelden Meditations)



Please email me with any story ideas, articles or questions you have.

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Copies of The Messenger on  
Oaheartofcanada.ca