

OVEREATERS ANONYMOUS

HEART OF CANADA INTERGROUP NEWSLETTER- JUNE, 2014

Qualifying

Please don't tell me I'm not a compulsive overeater. I know you love and care for me. But, please, don't offer me just one bite, one sip or one lick. When you do this, I realize that you don't understand my illness. For, if you did, you wouldn't offer me any food or drink between meals. But, offer it though you may, I will always say, "No thanks." I don't need that one bite, one sip, one lick- that potential first step into the land of madness. Yes, madness. I have a compulsion which can multiply a moderate lunch by seven between lunch and dinner. This compulsion has led me to eat the contents of a large economy size snack package and lick my fingers, my hands and the bag. I always had trouble waiting for hot foods to cool, and for cold foods to be warmed. I have eaten in the car, the bed, , the bathroom and even in places where no food is allowed. I ate when I was glad, mad, happy, or sad; when I was broke, when I was flush, in sickness and in health. I can, with cool impartiality, eat the foods I hate , as well as those I love. I have eaten food from my own and anyone else's plate. I have eaten fast and I have eaten slowly. I have dined on the premises, and then ordered some more to go. Oh, and I have lied blandly to waitresses about why I was taking out food after I'd eaten. I took food home to my family which they rarely saw,

(Continued on following page.)

STEP 1: *(Of the O.A. 12 Step Program)*

**We admitted we were powerless
over food- that our lives had
become unmanageable.**

What are some of the principles inherent in each step that we are encouraged to practice in all our affairs?

In step one we learned the principle of honesty as we admitted our personal powerlessness over food, and the fact that without help we could not successfully manage our own lives. Now we will want to continue being honest with ourselves in all our affairs. One important way in which we practice honesty today is by admitting we are still compulsive overeaters, that we still need daily help.

-reprinted from the book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*

In our next newsletter we will discuss Step 2. If anyone would like to share their experiences, strengths and hopes please send them to: sdd1634@mymts.net

The First Step in overcoming mistakes is to ADMIT THEM.

**A journey of 1,000 miles
begins with the First Step.**

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Qualifying (continued)

and surely didn't eat. I planned my whole life around food. And I saw to it that food was always around me. Yes, I am a compulsive overeater. Please don't tell me I have a mild case. Compulsive overeating is an incurable disease which I must live with all the days of my life. There's nothing mild about that. There's nothing mild about an unmanageable life, either. Mine was, in fact, so unmanageable, I was bankrupt in the business of living. I have since found a new business manager: God. We are working together to restore my sanity. Would you still offer me one bite, one sip, one lick? Would you offer a recovering alcoholic just one teensie weensie drink? Don't tell me I am stronger than an alcoholic. Our compulsions. Our lack of control and our unmanageable lives are the same. I pray that the recovering alcoholic does not become a compulsive overeater. I pray that I do not become an alcoholic. But, thank God for O.A. and A.A.; we can both find help there. May God help me never to look down on an alcoholic or anyone else with a living problem. Yes, I am a compulsive overeater. Please don't tell me I'm not. And there's no need to feel sorry for me either. Why feel sorry for a person who can : 1.) Eat three balanced meals every day. 2.) Lose weight and gain sanity. 3.) Keep what I have by giving it away, and enjoy a new way of life by living one day at a time. I am a very grateful abstaining compulsive overeater. Thank God. Thank O.A. Thank you.

-reprinted from the book *Lifeline Sampler* from Overeaters Anonymous Inc. (February 1979)

First Step Prayer

Dear Lord,TT

I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me to understand this day the true meaning of powerlessness. Remove from me all denial of my addiction.

-reprinted from Overeaters Anonymous Northern Vermont

ANNOUNCEMENTS

- 2014 Winnipeg O.A. Convention October 17 & 18 Holiday Inn Airport W. The speaker is from the U.S. and has 31 years abstinence. Used clothing sale and silent auction. Donations can be given to Darryl and Jody.
- Intergroup Elections: Roberta S. was elected Vice-chair and Richard J. was elected Treasurer. Congratulations.
- Dahlia Kurtz from CJOB has been very supportive of O.A. and is very interested in interviewing members. Must have 1 year of abstinence. Contact Roberta S. if interested.
- We are no longer using the sign-up sheet. If you are celebrating a milestone please contact Lynn H. by phone or e-mail or just be present at the celebration.

-announcements continued on next page.

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MEETING SCHEDULE

ANNOUNCEMENTS

(continued)

- Strong abstinence checklist and writing exercise: Now available online at www.oa.org.
- O.A. Brown Book: A new edition is coming out with a new preamble, endorsements from a medical professional, and 40 new stories
- Lifeline Subscriptions : O.A. is aiming at 10,000 subscriptions in 2014. Roberta is the Lifeline rep and it is important to list her name when subscribing.

***Share this newsletter
with a friend. Help to fulfill
our fellowship's primary
purpose of carrying the
message.**

**LOCAL O.A. PHONE NUMBER:
204-334-9008**

**WORLD WIDE O.A. WEBSITE:
www.oa.org**

MONDAY-7:00-8:00 P.M. Good News Fellowship Church 891 St. Mary's Road , Winnipeg (Big Book & Steps and Traditions)

TUESDAY-7:30-8:30 P.M Kirkfield Park United Church 472 Kirkfield St. Winnipeg (Big Book study)

WEDNESDAY-7:30-8:30 A.M .Augustine United Church 444 River Ave., Winnipeg (Big Book Study)

THURSDAY-7:30-8:30 P.M. Victoria General Hospital (Basement) 2340 Pembina Highway, Winnipeg (Steps and Traditions)

FRIDAY-5:30-6:30 P.M. Grey St. United Church Grey St. and Sandhurst (Big Book Study)

SATURDAY-10:30-11:40 A.M. St. Stephens Anglican Church 220 Helmsdale Avenue, Winnipeg (Steps & Traditions)

SUNDAY MORNING:10:30-11:30 A.M. Victoria General Hospital (Basement) 2340 Pembina Highway, Winnipeg (Steps and Traditions)

SUNDAY EVENING ABSTINENCE

CELEBRATION: (On the first Sunday of each month , except long weekends-then is on second Sunday) 7:30-8:30 P.M. Good News Fellowship 891 St. Mary's Rd., Winnipeg (Speaker)