

# OVEREATERS ANONYMOUS

HEART OF CANADA INTERGROUP NEWSLETTER- JUNE 2015

**STEP 4:** Made a searching and fearless **Moral Inventory** of ourselves.

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

In **STEPS 4 and 5** we learned **courage** and **integrity** as we faced the truth about our defects of character. Applying these principles in all our affairs means that we are no longer ruled by a fear of admitting our mistakes. We have the **integrity** to show the world our true selves. No longer needing to appear to the world as perfect people, we can live more fully, having the **courage** to face up to our mistakes and test our strengths in the challenges of life.

- Reprinted from "The Twelve Steps and Twelve Traditions of Overeaters Anonymous"

---

---

---

To persevere, trusting in what hope one has, is **courage**. The coward despairs.

- Euripides

-reprinted from "For Today" P. 58

In accepting myself as I am, I accept God's will for me today. Only through self-acceptance am I able to change.

-Reprinted from "For Today" P.29

**Courage** is resistance to fear, mastery of fear – not absence of fear.

-Mark Twain

-Reprinted from "For Today" P.86

**COURAGE** doesn't always roar.  
Sometimes **COURAGE** is the quiet voice at the end of  
the day saying, " I will try again tomorrow".

BELIEFS REGARDING **STEP 4** --From Clancy I.

Seven Questions That Can Be Used For a **STEP 4** Inventory:

- 1 In looking back over your life, what memories are still painful, guilt-ridden and feel dirty?
- 2 In what ways do we feel inadequate?
- 3 Who do we resent and why?
- 4 What are ongoing problems in relationships?
- 5 What are defects in character?
- 6 What is your goal in life?
- 7 How can Overeaters Anonymous help you reach these goals?

Clancy I's personal opinion is that we should not be taking **STEP 4** over and over. We should be dealing with these things in an ongoing 10th. Step.

**STEP 4 – GET TRUCK GOING**  
**STEP 10 – KEEP STEERING**

Don't try to impress your sponsor, they already know we are crazy- what we need to do is ACTION.

In **STEP 4** we must open our armour and make ourselves vulnerable. We must expose things we are not comfortable anyone else will understand.

**STEP 4** is a great turning point. It is our first major surrender.

In **STEP 4** we write things down that we have buried for so long. By writing them down we make the jumble in our minds make sense.

We should not take **STEP 4** too early in the program.

Many people balk at **STEP 4**. It can be painful, but we cannot work on Individual issues in life if our life is in shambles.

We are often fearful of beginning **STEPS 4** and **5**, but after we finished it didn't seem so difficult.

After hearing many inventories they all sound the same to him – they have the same patterns.

Please keep in mind the above are personal opinions of Clancy I.  
not Overeaters Anonymous.

## ALCOHOLICS ANONYMOUS BIG BOOK (3rd. Edition) CHAPTER 5

Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was a vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and be rid of, the things in ourselves which had been blocking us. Our liquor (**Food**) was but a symptom. So we had to get down to causes and conditions.

Therefore, we started upon a personal inventory. This was **STEP 4**.

We took stock honestly. First, we searched out the flaws in our make-up which caused our failure. Being convinced that self, manifested in various ways, was what had defeated us, we considered its common manifestations.

Resentment is the "number one" offender. From it stems all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick. When the spiritual malady is overcome, we straighten out mentally and physically. In dealing with resentments, we set them on paper. We listed people, institutions, or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships, were hurt or threatened. So we were sore. We were "burned up."

We went back through our lives. Nothing counted but thoroughness and honesty.

It is plain that a life which includes deep resentment leads only to futility and unhappiness. But with the alcoholic (**Food Addict**), whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the spirit.

If we were to live, we had to be free of anger.

We turned back to the list, for it held the key to the future. We saw that these resentments must be mastered.

Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking, and frightened? When we saw our faults we listed them. We admitted our wrongs honestly and we were willing to set these matters straight.

We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them.

Perhaps there is a better way—we think so.. For we are now on a better basis: the basis of trusting and relying upon God. We trust infinite God rather than our finite selves.

We never apologize to anyone for depending on our Creator. **The verdict of the ages is that FAITH means COURAGE.** All men of **FAITH** have **COURAGE**. They trust their God. We never apologize for God. Instead, we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear.

If we have been thorough about our personal inventory, we have written down a lot. We have listed the people we have hurt by our conduct, and we are willing to straighten out the past if we can.

**OVEREATERS ANONYMOUS**  
**Winnipeg Fall Conference 2015**

**INTO ACTION:**  
**The elevator is broken - use the steps.**

**WHEN?**

Friday, September 25<sup>th</sup> and Saturday, September 26<sup>th</sup>

**WHERE?**

Holiday Inn Airport West  
2520 Portage Avenue, Winnipeg, MB R3J 3T6 Canada  
Call direct: 204-885-4478 or Toll free: 1-877-660-8550  
Email: [res@airportwest.com](mailto:res@airportwest.com)  
10 rooms have been set aside for Friday night at special rate of \$119 + taxes  
Guests should refer to the group code "OEA". Book by September 2<sup>nd</sup>, 2015 to receive special rates.

Or contact Carla if you need a place to stay as we have members who may billet you for the weekend! Carla: 204-229-0532 - [carnason@shaw.ca](mailto:carnason@shaw.ca)

**WHO?**

We have a WSO Trustee from Florida as our keynote speaker for the weekend. The meeting format is designed to be interactive and engaging.

**COST:**

Friday night only: \$20  
Saturday only: \$30  
Friday AND Saturday: \$40  
Guest price: Seventh Tradition

**WHAT:**

The weekend will be jam packed with the great speaker, silent auction, clothing sale, literature table, and of course the fellowship. Don't miss your opportunity to put your program **INTO ACTION!**

**SILENT AUCTION:**

Part of the convention will be a silent auction to help raise funds for our intergroup to be used in future endeavors. We are looking for new or gently used items to be included in the auction. Please keep in mind that we are self-supporting and all donations and contributions are to come from within OA. We also ask that donations not be in an advertising nature or in direct support of a company. All donations are to be within the realm of the 12 traditions.  
Please give any donations to your intergroup rep to be forwarded onto Allan B. - [petto@shaw.ca](mailto:petto@shaw.ca) - donations are being accepted now.

## ADDICTED TO FOOD

-by Doug Lunney

The following article appeared in The Winnipeg Sun on Saturday, March 28, 2015

To put into perspective what a difference Overeaters Anonymous has made in Allan's life, consider this: Winnipeg Jets forward Adam Lowry is listed at 207 pounds.

In just over two years, Allan has lost 208 pounds.

Imagine how difficult life would be if you were carrying around the equivalent of another large person.

"I'm so free," Allan said on Thursday. "I'm taking yoga and even though I'm 68, a lot of my athletic abilities are able to return. I'm enjoying life again."

Unlike those who can be helped through diet and exercise alone, Allan was addicted to food and he needed more guidance. His journey to recovery began at OA meetings in January 2013.

Just prior to that, Allan had his rock bottom moment at an opera in Chicago when he tried to wedge his 398-pound body into a seat.

"I was forced to sit through three hours of mental anguish, knowing that my neighbour on each side of me was being encroached upon by my body," said the retired Winnipegger. "There was nothing I could do about it. I simply had to swallow my pride and suffer in silence."

That day convinced him to go to OA, hoping he could lose 60 pounds or so. He was about six months into the program, taking his dog for a walk in Maple Grove Park when he had a breakthrough. He was able to bend down and tie his shoelace without the threat of blacking out.

"In the past, I wouldn't have been able to bend down," he said. "I would have had to sit down on a bench and twist my leg around, because I wouldn't be able to reach it. There would be so much pressure on my stomach."

Allan's greatest reward came four months ago when he became a grandfather. He's certain if he hadn't found a healthier lifestyle, his eating would have killed him. His doctor told him as much.

Allan lost weight in the past through other methods, but it always returned. He would go home from work with two loaded pizzas, two cakes, and a couple of two-litre bottles of pop. He thought if he didn't eat the second pizza or cake, he could save it for the next day -- but that never happened.

**Overeaters Anonymous has no dues, fees or weigh-ins. It's not a diet club. The only requirement is a desire to stop eating compulsively. It has a 12-step program similar to Alcoholics Anonymous.**

Allan had to abstain from "trigger foods" containing sugar, cooked in grease or fat. He gave up pasta, most sauces, salad dressing, most dairy products, and salty treats.

Allan had a long list of health issues, affecting his back, knees and hips. He suffered from sleep apnea, high blood pressure, and high cholesterol.

But today he is off one of his blood pressure meds and the other is cut in half. He has almost no LDL cholesterol (the bad kind) and his waste has dropped from a 58 to a 36. He keeps his old belt around as a source of inspiration as it wraps around him almost twice. It's become his championship belt.

"But if I go back to certain things like french fries and gravy, I'll be right back just the way an alcoholic would, because it's happened so many times in my life from as far back as I can remember," he said.

Christina's struggles with food began in her childhood when she would steal money from her parents to buy candy. When they caught her, she stole snacks from the store.

She became overweight by age 13 and was 280 pounds by the time she was 18. She went to a well-known weight-loss company on three occasions, resulting in her dropping pounds but gaining them back.

In her early 20s, she would binge eat in private and constantly lose battles in trying to refrain from eating her roommate's high-calorie treats.

"It was very similar to what alcoholics do, where they're buying bottles and hiding them around the house," she said.

Christina moved back in with her family at 25 in July 1998 when she was 290 pounds. She thought a gym membership would help, but she would hit a drive-thru after workouts and gained more weight.

By December that year, she topped out at 326, despite going to the gym four times a week.

**On Dec. 27, 1999, she tried Overeaters Anonymous and realized she was addicted to food.** She started seeing progress within three weeks and it wasn't long before she dropped 40 pounds.

"I realized my pants were too big," she said. "I wasn't following any kind of a diet, just doing what my sponsor recommended, which was eating three meals a day or three meals and a snack if it was a day that I went to the gym."

Christina shed 100 pounds in a year and today the 41-year-old remains down 110 pounds.

"The biggest freedom is I don't have food constantly running through my head and the second thing is I get to buy clothes at regular stores," she said. "I get to buy nice clothes."

Overeating addiction is often misunderstood. **It's been 16 years since Christina started losing weight with Overeaters Anonymous, but she knows she must keep attending meetings to remain healthy.**

"I will forget that I'm an addict," conceded the 41-year-old Winnipeg property manager. "When I'm not with my people, when I'm not hearing them and sharing my story ... I'm very quickly going to turn into somebody who can't have just a little bit, just like an alcoholic.

"I can't just have a bit."

Allan, who has been attending OA meetings for more than two years and lost 208 pounds, said friends and family often don't understand what it means to be addicted to food. They will tell him to treat himself to something now that he's lost the the weight, but that would be like offering a beer to an alcoholic to celebrate his sobriety, he said.



**"What they fail to understand is that I am not suffering any more," said Allan, 68. "I no longer look at food as a treat, reward, or something to celebrate with.**

**"To me, food is a necessary fuel to keep my body alive. All of those other so-called treats would do nothing for me, except to send me spiralling back into the hell I knew as obesity and an early grave."**

**For Allan, it was the third step of OA's 12-step program that really hit home.**

**"Step 3 is a decision to turn our will and our lives over to the power of our God as we understand him," he said. "I said 'You've got to handle it. I can't handle it anymore.'**

**"It isn't like all of a sudden God is going to change everything, but now all the pressure on me was handed on to my higher power. I still had to do the work but at least I had my higher power to talk to and consult."**

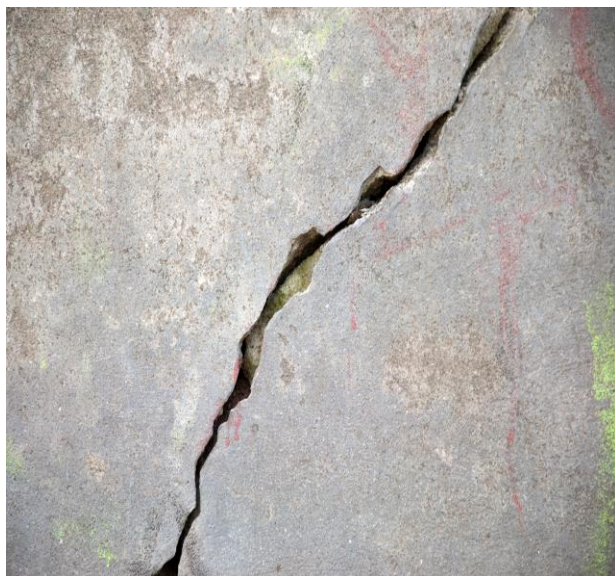
**Then Allan had an honest conversation with himself. He asked himself what healthy foods he could eat.**

**"It sure wasn't hard because I knew all the foods that caused me problems," he said. "But it wasn't easy to quit. I had to work at it for a long time, but it became easier and easier."**

**For more details on Overeaters Anonymous, go to [oa.org](http://oa.org).**

---

**Coming to OA opened a tiny crack in the wall I put up to protect myself. What I saw was so interesting I considered letting in a little more light – a truly frightening proposition. To look at my defences is to see myself, perhaps for the first time.**



**Although I have found many benefits in looking inward, I still tend to resist. It's only when I'm tired of stumbling around in the dark that I stop muttering about "the way things are" and turn on the light that will lead me to new freedom.**

## OVEREATERS ANONYMOUS

### Winnipeg Meeting List

- MONDAY EVENING:** 7:00 – 8:00 P.M. Good News Fellowship Church  
891 St. Mary's Rd.  
Winnipeg, Manitoba R3M 2E2  
**Big Book & Steps and Traditions**
- TUESDAY EVENING:** 7:30 – 8:30 P.M. Kirkfield Park United Church  
472 Kirkfield St.  
Winnipeg, Manitoba R3K 1E6  
**Big Book Study**
- Wednesday Morning:** 7:30 - 8:30 P.M. Augustine United Church  
444 River Avenue  
Winnipeg, Manitoba R3L 1X8  
**Big Book Study**
- THURSDAY EVENING:** 7:30 – 8:30 P.M. Victoria General Hospital  
(In basement behind cafeteria)  
2340 Pembina Highway  
Winnipeg, Manitoba R2N 1L8  
**Steps and Traditions**
- FRIDAY EVENING:** 6:00 – 7:00 P.M. Grey Street United Church  
651 Sandhurst Ave.  
Winnipeg, Manitoba R2L 181  
**Big Book Study**
- SATURDAY MORNING:** 10:30 - 11:40 P.M. Saint Stephens Anglican Church  
220 Helmsdale Avenue  
Winnipeg, Manitoba R2K 0V9  
**Steps and Traditions**
- SUNDAY MORNING:** 10:30 – 11:30 Victoria General Hospital  
2340 Pembina Highway  
Winnipeg, Manitoba R3T 2E8  
**Steps and Traditions**
- SUNDAY EVENING** 7:30 – 8:30 P.M. Good New Fellowship  
891 St. Mary's Road  
Winnipeg, Manitoba R2N 1L8  
Abstinence Celebration:  
(First Sunday of each month,)

**REMINDER:** The next newsletter will go out in **OCTOBER**. We will discuss **STEP 5**. Please share experiences, strengths, and hopes @ [sdd1634@mymts.net](mailto:sdd1634@mymts.net) by **Sept. 20**.



