

Heart of Canada Intergroup

April 2013 Newsletter

Announcements:

- 1) **Annual General Meeting** Where the elections will take place for intergroup's executive committee is May 13th 2013 @ 530pm at 891 St. Mary's Rd. Good News Church
Please contact Darrell (204-802-1460 or gmd316@gmail.com) if you would like to let your name stand for either Intergroup Chair or Secretary, applications must be in one month prior to elections.
- 2) **Public Information Committee** still looking for interested members to join their endeavors ☺ next meeting April 13th/13 @ 9am Saturday meeting location (220 Helmsdale)
- 3) The summary from our last Intergroup meeting on March 17/13 is attached at the end of this newsletter.
- 4) We now have a web page for heart of Canada OA area, <http://heartofcanadaoaig.blogspot.com/> it is in progress and will be another spot for the public to get updates on announcements and information about our intergroup and OA area.
- 5) **100 pounders recorded speaker meeting** <http://millcreekmeeting.libsyn.com> and **Approximately 150 OA telephone meetings** each week as well as many online meetings, visit www.oa.org and click on "find a meeting".
- 6) www.xa-speakers.org on this website you have only to enter OA in the search bar and all the OA speakers on the site will come up, then click on or choose a speaker and download to listen on your computer.
- 7) OA "Hour of Power" telephone meeting Mon-Friday 12noon and 8pm (central time). Reading + sharing on Big Book and AA 12+12 as used to recover from compulsive overeating. Not a discussion meeting, started by and chaired by members who have recovered from Compulsive overeating through the practice of the twelve step instructions as laid out in the Big Book of Alcoholics Anonymous. # 1-712-432-5200 pin 956915#
- 8) **List of all meetings in our intergroups @ the end of this newsletter**

Literature Treasures

"Just as a sponsor is not responsible for the sponsoree's disease, neither are we responsible for her or his recovery."

----- *A Guide for Sponsors, p. 12*

As I grow in the program of Overeaters Anonymous, I need to recall how it was in the early days of abstinence. The pink cloud effect made me believe that everyone could do just as I was doing.

After having several sponsees drop out of OA, and others who found recovery in different ways, I came to the awareness that I was not "in charge." Each person has his own path. I need to follow what is best for me and let go of other people's programs.

(taken from Voices of Recovery p. 294)

“... we focused on others’ faults and thought for hours about what they should do to solve their problems, while our own problems went unsolved.”

----- *The twelve Steps and Twelve Traditions of Overeaters*

Anonymous, p. 12

I’ve done that for hours. I’ve done it for days when someone made me angry. I’ve done it for years when I thought about how I was brought up. When people share the mess instead of the message, at meetings or elsewhere, I realize that I am not alone in getting things backward.

I’m grateful that something (Could it be my Higher Power?) has been waking me out of these long reveries with the question, “And am I doing what I would suggest to them?” It’s promising when I realize how my advice would apply to myself. It’s progress when I put my advice into practice. May I take notice and act accordingly when my Higher Power gently makes a suggestion.

(taken from Voices of Recovery p.297)

“ By trying to control others through manipulation and direct force, we had hurt loved ones. When we tried to control ourselves, we wound up demoralized. Even when we succeeded, it wasn’t enough to make us happy.”

----- *The Twelve Steps and Twelve Traditions of Overeaters Anonymus, p.5.*

When eating compulsively, I focused on other people’s problems. It took the focus off me and created a false sense of power. People couldn’t manage their lives without me. “Fixing” other people gave me a false sense of security, much as the huge amount of food seemed to blur all my fears. I believed that this power made people admire, respect, and appreciate me. However, I did not admire, respect, or appreciate myself.

The insanity was in trying to play God for everyone else, then bowing to the god of compulsive overeating when I was alone.

Today, neither food nor control keeps the fears away.

For today, I choose not to do for others what they can do for themselves. I seek God’s will, make sure my affairs are in order, and turn the outcome of my life and others’ lives over to Higher Power.

(Voices of Recovery p. 22)

March 2013 IG Meeting Summary

1. The annual general meeting of our intergroup will be on May 13, 2013, at 5:30pm at 891 St. Mary's Road, please come out and support the members running for service positions, get involved see what it is all about and how you can help.

Up for election this year: position of Chair, so far we do not have any nominations if you are interested please contact Darrell
Secretary – Tracey has been nominated for this position

2. Monday night meeting has moved to the Good News church located at 891 St. Mary's Road.
3. The Sunday night birthday meeting will have a new location for the next meeting, please listen for announcement in this regard.
4. Do to some confusion of callers to the OA general phone line, intergroup is recommending that all groups change the contact person named on the website for their group to "Winnipeg OA phone line". The phone committee has a list of the contact people for each group which will be each groups responsibility to keep current with the phone committee – this contact list is for the purpose of the phone answering person putting newcomers in touch with someone at the meeting to assist them in getting to the correct room and welcoming them into the meeting.(we were finding confusion when the person called asking for a certain person and was getting a call back from a different person, we had to explain why that was, rather than having to waste time not carrying the message with unnecessary explanation, we suggest this change for each group to consider).

We also need volunteers to return the messages for July, October and December – 3 months abstinence, if you have it or will by then please sign up.

5. Unity Day Workshop was a very big success, with a great turnout, great workshop and inspiration. We were able to raise 219.00 from the clothing sale for our World service rep to travel to the business conference. We raised another 173.00 to help Intergroup carry the message, so thank you to everyone who attended and helped out!
6. WE are going to be able to carry the message in a couple of exciting ways in the upcoming months: Intergroup is supporting and Lawrie has agreed to do a Big Book step study in Thunder Bay the weekend of July 5-7 so mark your calendars if you want a road trip, details are just in the planning stage more information to come.

Lynn H. is chairing a committee planning a road show to Brandon to carry the message to our struggling group there, please let us know if you would like to come along in the car pool, date to follow with more information, stay tuned.

7. we have set up a Public Information budget of 400.00 for the first time in ages and the PI committee will be meeting April 13 at 9am at the Helmsdale location, please come out and support the committee and get involved in doing what you can to get the message of recovery through the 12 steps out to the public.
8. We have a convention committee chaired by Roberta, if you want to help plan and organize please jump in and do service, if you want to help with another clothing sale please let Roberta know as well.
9. Chelsea is our new media rep!

Meetings in Winnipeg

Monday, 7:00 p.m., 891 St. Mary's rd. Good News Church (speaker meeting, all are welcome 1st Monday of the month)

Tuesday, 7:30 p.m., Kirkfield United Church, 472 Kirkfield St. (basement)

Wednesday, 7:30 a.m., Augustine United Church, River Ave. & Pulford (last entrance off Pulford) "Kick Start"

*****New weekly meeting started November 15th/12***Thursday, 730pm in education classrooms, basement of Victoria General Hospital, 2340 Pembina Hwy.**

Saturday, 10:30 a.m., St. Stephan's Anglican Church (open to all speaker meeting last Saturday of the month), 220 Helmsdale (basement, use buzzer if door locked)

Sunday, 10:30 a.m., Victoria General Hospital, 2340 Pembina Hwy. (classroom #1, basement)

Celebrating Abstinence Milestones meeting (open to all—speaker meeting) will be on the first Sunday of each month (new location pending)

Outside of Winnipeg meetings

Brandon - Saturday morning 10:30 AM Brandon General Hospital basement (turn left at cafeteria, meeting room at end of hall)

Thunder Bay, ON – Thursday, 7:00-8:00 p.m., Margaret Smith Centre, 35 Algoma St.

Local OA phone line : 334-9008 or world wide OA website www.aa.org

SUBMISSIONS WELCOME @ cbridgetcampbell@hotmail.com It's your newsletter and you can contribute short or long eg; little things God as you understand him has revealed to you or how you used the program in a particular situation or something more lengthy like your story. All submissions will be kept anonymous. Thanks in advance!
