

## // Newsletter

OASEE NEWSLETTER: Steps of Recovery

Issue 2: 20 August 2012

**EDITORIAL**

Dear OA Member  
Welcome to the second issue of 'Steps of Recovery', the official newsletter of the South and East Intergroup.

In this edition, we shall be informing you of the latest news from Intergroup (IG) and we also have a special feature on the OA National Convention.

Remember this is your newsletter. So feel free to email with your comments, feedback and suggestions.

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 **THEME**
**THEME: PLAN OF ACTION**

*'An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery'.*

We are continuing with our theme: 'Plan of action'. For example, have you visited any new meetings, workshops, and Conventions this year such as the recent Birmingham Convention?

Please share your experiences of these events or other activities and how they have impacted your recovery.

Why not consider attending the [OA National Assembly and National Convention](#) with OA friends as part of an action plan? We have more exciting news on the OA National Convention below.

**MEMBERS' QUOTES:****Worldwide Connections****Morning Prayer**

I've learned through frustration and sorrow  
To give up my will and my way.  
No more do I promise, "Tomorrow—."  
I promise now, "Just for today —."

In the quiet of morning I hand Him  
My stubbornness, ego, and pride,

To my Maker as I understand Him,  
And I know I shall not be denied.

"One day at a time" I surrender  
My willfulness, asking, in prayer,  
An exchange for His comfort so tender,  
And know that His comfort is there.

And so, for these twenty-four hours,  
As morn's rosy light fills the sky,  
I abandon my weak, self-willed powers  
To the Power that's Greater than I.

— Jean R., San Rafael, reprinted from *The Bulletin*, August 1964

Articles similar to this can be found in 'Step by Step', a publication written by OA members for members. Click [here](#) for some great 'Step by Step' articles on OA recovery, strength and hope.

## OA NATIONAL CONVENTION: Sunday 21st October 2012



### OA National Covention

We announced previously the exciting news that on Sunday 21st following the National Assembly, there will be a [one day Recovery Convention](#) and hope that many of you will plan to attend this event.

There will be **8** OA meetings/workshops ranging from 'Sponsorship' and '12th Step Within' to a 'Body Image' session and fun activities like 'Pass the Parcel'. This is an opportunity to hear powerful OA messages of recovery, strengthen your program and be inspired. Click [here](#) for more OA Convention details and flyer.

Service is one of the 9 tools of recovery. If you would like to do some service at the Convention, then please click [here](#) for the OA Convention flyer, fill out the booking form and post it to the booking secretary. *Providing service could form part of your action plan!*

Please indicate when booking whether you would be interested in a [coach running from Victoria station to Reading on Sunday](#). This will take people to the convention returning on Sunday evening.

For any queries on the OA National Assembly and Convention, please email [OAassemblyconvention@gmail.com](mailto:OAassemblyconvention@gmail.com).

Look forward to seeing you in October!

### OA National Covention Flyer: Special Update !

Dear OA Member, as a recipient of this Newsletter, you may have received an electronic copy of the OA National Convention Flyer on Saturday 4th August 2012. Please note that the following updates have been made to the flyer:

- For satellite navigation to the venue, please use the postcode **RG41 5DG**.
- A **meditation** workshop (not a mediation workshop) will be held on Sunday morning.
- Payments for registration can now be made [electronically](#) to Bank Account number: **73049400**

Click [here](#) or on any of the 'OA Convention' links in this newsletter to display and download the latest Convention flyer.

## NEWS FROM INTERGROUP

### 1. National Service Board (NSB)

Intergroup (IG) are seeking nominations of individuals to the NSB.

If you wish to apply or nominate individuals (with their consent), nominees to the NSB must

meet the following criteria. Minimum of six months of stepwork. Familiarity with OA traditions. Two year's service above group level. Regular attendance at an OA group. Two years of current abstinence.

If you are interested in applying for the role of NSB Officer, then please attend the next IG meeting on the 1st September 2012 so that your candidacy can be considered.

## 2. Financial Contributions

Financial contributions to our Intergroup have been low this year. IG require funds to continue its work and serve our Groups. For more information on how to contribute to IG, please click [here](#) for more details, or post your contributions to: OASE England Intergroup, BM4339, London, WC1N 3XX.

Please ensure that any cheques are made payable to: 'OASE England Intergroup'

## 3. News from World Service Business Conference (WSBC)

[Please click [here](#) for the full report from WSBC].

### Display of Approved Literature

WSBC have stated the following:

*'OA groups maintain unity and honor our Traditions by using, selling and displaying only approved books and pamphlets at their meetings. This includes OA Conference- and board-approved literature; AA Conference-approved books, booklets, and all future editions thereof, with original edition copyright 2010 or earlier; and locally produced OA literature'.*

### Literature Updates

- Before You Take That First Compulsive Bite has been comprehensively re-written. This will have a knock-on effect, as part of the re-write included changing the "15 questions" – all leaflets that include the "15 questions" will be updated to reflect the new wording
- Sponsoring Through the Twelve Steps has been revised to reintroduce the suggestion that sponsors can use the AA Big Book
- To the Newcomer has been revised
- An electronic workbook Voices of Recovery e-Workbook was approved

All new and amended literature is now available.

## 4. Is your group struggling?

Do you need guidance on setting up a new OA Group?

Please contact for more details: [groupsupport@oasouthandeastengland.org.uk](mailto:groupsupport@oasouthandeastengland.org.uk)

## 5. Are you unable to get to meetings, physically incapacitated or have special needs that prevent you from attending meetings?

Please contact: [lonersupport@oasouthandeastengland.org.uk](mailto:lonersupport@oasouthandeastengland.org.uk)

## ASK IT BASKET



### BIRTHDAYS—FIRST DAY ABSTINENCE OR FIRST DAY ATTENDANCE

**QUESTION:** Is there an OA policy regarding birthdays? Does an OA birthday refer to the first day of abstinence or the first OA meeting attended?

**ANSWER:** A birthday observance at an OA meeting recognizes a member's first day and subsequent years of abstinence. The Group Handbook expresses this point clearly. One of the duties of the group secretary, the handbook states, is "keeping a file on OA birthdays, if the group wishes. Birthdays are celebrated for each year of continuous abstinence." In addition to suggesting that birthdays, sometimes called anniversaries, refer to abstinence, this statement alludes to the autonomy of OA groups.

Provided it does not injure other groups or OA as a whole, each group has the freedom to choose its own practices under the Fourth Tradition, such as whether or not birthdays will be celebrated. OA defines abstinence as the action of refraining from compulsive eating [*and compulsive food behaviours while working towards or maintaining a*

*healthy body weight*];—each member must decide what that means personally. Consequently, a member can only judge for herself or himself the appropriate time to celebrate an OA anniversary.

— Ask it Basket Archive: June 1994  
The section in Italics was agreed at the WSBC in 2011.

## EVENTS / INFORMATION



### RELATED LINKS

- [Intergroup Documents](#): Including Minutes, Bylaws, Reports, Policies and Public Information flyers.
- [Intergroup meeting dates](#)
- [Intergroup Announcements](#)
- [Overeaters Anonymous South and East England Meetings](#)
- [Overeaters Anonymous South and East England Intergroup website](#)
- [Overeaters Anonymous Great Britain website](#)
- [Overeaters Anonymous \(Worldwide\) website](#)
- [Step by Step publication](#)
- [OA National Assembly Flyer 2012](#)
- [OA National Convention Flyer 2012](#)

### RECENT ANNOUNCEMENTS

- [OA Sponsorship workshop flyer](#): **Saturday 15th September**, 2:00 – 5:00pm, The Hall, Hinde Street Methodist Church, London W1U 2QJ
- [East Finchley Workshop flyer: Living by Spiritual Principles](#): **Sunday 7th October**, 10.30am - 3.30pm; Anne Owens Centre, East Finchley, N2 8LT
- [New meeting in Tooting Bec, SW17 Springfield Hospital](#): 7:00-8:30pm Thursday, South West London Recovery College, Building 28, Springfield Hospital, 61Glenburnie Road, SW17 7DJ. Nearest tube: Tooting
- [National Assembly flyer](#): **Saturday 20th October**. The National Assembly is the Group Conscience of Great Britain. To ensure your Group is represented and its voice heard, your Group Rep should apply to attend the Assembly. You can also attend to hear and share in the OA message of GB, please click flyer for more details.

### THOUGHT FOR NEWSLETTER

*I may indeed be very busy, but I won't have a life if I don't put my program first.*  
*A New Beginning, p14.*

## FEEDBACK GUIDANCE / HOUSEKEEPING

### FEEDBACK

It would be great to receive some contributions to the Newsletter.

If you have not received the newsletter, then please check your SPAM / BULK / JUNK / TRASH mail and move the newsletter to your INBOX. Also please add [mail@clvrmail.com](mailto:mail@clvrmail.com) to your ADDRESS BOOK/CONTACTS.

If your email address has [changed](#), then please click [here](#) to subscribe to the Newsletter with your new details.

### GUIDANCE

- Email [newsletter@oasouthandeastengland.org.uk](mailto:newsletter@oasouthandeastengland.org.uk) with your comments.
- Please note that due to the size of this newsletter, comments are limited to **75 words**.
- Traditions Six and Ten guide us to select only material from within the OA Fellowship.
- Why not forward to OA friends. They can click [here](#) to subscribe.
- **Personal stories express the experience of the individual member and not of OA as a**

whole.

**HOUSEKEEPING**

- Reminder to update the meetings list.
- Watch a [video](#) on how to update your meeting list.

**Online Version - Steps of Recovery Newsletter**

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