

## // Newsletter

OASEE NEWSLETTER: Steps of Recovery

Issue 5: 19 January 2013

**EDITORIAL**

Dear OA Fellows,

Welcome to the January edition of 'Steps of Recovery', the official newsletter of the South and East England Intergroup.

In this edition we shall be bringing you news from our Intergroup and focusing on the tool of recovery: 'Meetings'.

This is your newsletter. If you have any events, stories or comments, then please email your contributions to [newsletter@oasouthandeastengland.org.uk](mailto:newsletter@oasouthandeastengland.org.uk).

Finally, a special thank you to all those who have contributed to this newsletter.

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**THEME****MEETINGS**

*"Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. Though there are many types of meetings, fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify and confirm our common problem and to share the gifts we receive through this program."*

*- Tools of Recovery, Overeaters Anonymous.*

This means that when we speak to another OA member on the phone or messaging them online, we are actually having a meeting and experiencing fellowship with them. This is the beauty and flexibility of OA meetings.

**STRONG MEETINGS**

Is your meeting a 'strong' meeting, i.e. well attended, all positions filled, with available sponsors?

*"It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those*

*who need it in the future'.*

**- Strong Meetings Checklist publication**

Would you like to make your meeting stronger? Go to the [www.oa.org](http://www.oa.org) website for more information, including the [Strong Meetings Checklist](#).

**YOUR EXPERIENCE**

What has been your experience of using the recovery tool of 'meetings'? How has it helped your recovery?

There will be more information on Intergroup meetings in the section: 'News from Intergroup'. Please email [newsletter@oasouthandeastengland.org.uk](mailto:newsletter@oasouthandeastengland.org.uk) with your comments.



**NEWS FROM INTERGROUP**

**LETTER FROM THE INTERGROUP EXECUTIVE BOARD**

Dear OA Fellows

**Please mark your calendars for South and East England Intergroup Meetings for 2013.**

16 February 2013 2-5pm Special WSBC Motions discussion.

2 March 2-5pm.

4 May 2-5pm.

6 July 2-5pm.

7 September 2-5pm.

2 November 1-5pm Annual General Meeting (elections).

All meetings take place in the Boardroom of the [Chelsea and Westminster Hospital](#).

Please encourage your meeting to send an Intergroup Representative to these meetings. Participating at IG is a great way to give service and to give back what you've been given in recovery.

Thanks for your service.

OASEE Intergroup Executive Board

**SOUTH AND EAST ENGLAND INTERGROUP MEETINGS**

Intergroup meetings are held once every two months on Saturdays in the Boardroom of the Chelsea and Westminster Hospital. Please click visit the [Intergroup Meeting Dates Page](#) of the OASEE IG website for a complete list of Intergroup meeting dates and the location address.

It is a great way to meet people and understand how OA operates above group level. Attendees can participate in activities which help to strengthen and enhance their recovery and OA as a whole.

**What is Intergroup?**

*'This is a 9th tradition service committee which is directly responsible to the local groups in South and East England. It currently has more than 60 groups affiliated in London, Berkshire, Buckinghamshire, Cambridge, Hertfordshire, Middlesex, Norfolk and Suffolk and also parts of Bedfordshire, Hampshire, Kent and Essex'.*

**What does Intergroup do?**

*'Intergroup has many functions including:*

- *Maintaining a telephone line to respond to enquiries.*
- *Maintaining a website [www.oasouthandeastengland.org.uk](http://www.oasouthandeastengland.org.uk) which includes our meeting list.*

- *A postal mail box and email box.*
- *Sponsoring and arranging workshops.*
- *Handling public information enquiries.*
- *Professional outreach work.*
- *Assisting new groups being set up.*
- *Passing information from the National Service Board, Region 9 and World Service to our meetings.*
- *Sends delegates to represent local groups at OAGB National Assembly, Region 9 and World Service Business Conference.'*

- 'New Intergroup Reps', [http://www.oasouthandeastengland.org.uk/wp-content/uploads/2011/01/OASEE-IG\\_New-IG-Rep.pdf](http://www.oasouthandeastengland.org.uk/wp-content/uploads/2011/01/OASEE-IG_New-IG-Rep.pdf)

### Intergroup Representatives

Does your group have an Intergroup Representative? If not, why not consider putting yourself forward for this role?

It is important that your group has a representative so that your group's voice is heard at Intergroup. Your representative is the bridge between your meeting and Intergroup. Some of his or her activities include:

- Reporting back to your group after each Intergroup meeting, Intergroup news and announcements.
- Voting on business and matters arising at Intergroup on behalf of your group.

### Committees

We have three committees at Intergroup.

- **Twelfth-step-within committee.** This committee's purpose is to carry OA's message of recovery to those who suffer within the OA fellowship.
- **Events committee.** This committee helps to run events within OA, organise workshops / retreats and promotes recovery within the fellowship.
- **Public information and public outreach committee.** This committee's purpose is to make members of the public aware of the solution we have found in OA. The committee also seeks to inform professionals, for example in the health and social care fields, about the programme.

You do not need to be an intergroup representative for any group to come along to intergroup meetings and join a committee.

So why not come along? Every contribution, no matter how small, is encouraged and valued within the OASEE Intergroup. Together we get better!

### SPONSORSHIP WITHIN REGION 9 (Europe, Africa, Middle East and Western Asia)

Are you available as an online sponsor or do you need an online sponsor within Region 9? Or do you need a sponsor who speaks another language?

If you are in need a sponsor, or are willing to be a sponsor please contact the Region 9 Secretary at [secretary@oaregion9.org](mailto:secretary@oaregion9.org).

The secretary has a list of OA members in Region 9 who are willing to give service and sponsor through the Internet (e.g. email, Skype). All are English speakers, and also speak other languages.

### OA INTERNET RADIO BROADCASTS

Have a look at the new [Voice America' internet radio programme](#) for soundbites of OA a 12 step solution to compulsive eating. In keeping with tradition 6, OA does not endorse Voice America

From the OASEE IG Region 9 Officer



### NON-OA-APPROVED AND OUTSIDE ISSUES



### Question

Is it a violation of the Sixth and Tenth Traditions if an OA member distributes non-OA-approved literature to other OA members or talks about outside issues during the break at an OA meeting?

### Answer

Although these folks may be well-meaning, when they bring non-OA materials or issues into the setting of an OA meeting, they sidetrack the meeting's primary purpose. OA members need to carry the OA message.

When members include non-OA literature or outside issues in a meeting, even if it is during a break, they dilute and divert OA's message. While a break during an OA meeting does not have an official format, it is a part of the meeting process; thus, members most certainly need to consider Traditions.

Use of non-OA literature or the introduction of outside issues is not in keeping with Traditions Six and Ten. We carry our OA message of recovery through OA's Twelve Steps, Twelve Traditions and the tools. Anything else brought into the OA meeting environment distorts the message. As our "Twelve and Twelve" states in Step Twelve, "*Also, we've found it less confusing to others if we make it a habit when sharing about the program to concentrate on our OA experience, rather than on aspects of our experience not related to OA*" (page 102). Therefore, the Steps as well as the Traditions reinforce the strong suggestion of staying focused clearly and solely on the OA message at any OA function.

- *Archive, June 1999.*

## INFORMATION / ANNOUNCEMENTS



### RELATED LINKS

- [Overeaters Anonymous South and East England Intergroup website.](#)
- [Intergroup Minutes – November 2012.](#)
- [Intergroup Documents:](#) Including Minutes, Bylaws, Reports, and Public Information flyers.
- [Intergroup meeting dates.](#)
- [Intergroup Announcements.](#)
- [Overeaters Anonymous South and East England Meetings.](#)
- [Overeaters Anonymous Great Britain website.](#)
- [Overeaters Anonymous Region 9.](#) Region 9 consists of Overeaters Anonymous meetings, Service Bodies and Intergroups from the following geographical locations: Europe, Africa, Middle East and Western Asia.
- [Overeaters Anonymous \(Worldwide\) website.](#)
- [Step by Step publication.](#)

### THOUGHT FOR NEWSLETTER

*'Family members thought it odd that my eating habits had changed. Some even signified about me being 'too good' to eat the food they had spent all day cooking. My only support came from our program and my Higher Power'.*

- *Black OA Members Share Their Experience, Strength and Hope (p. 7).*

## GUIDANCE

### MEETING UPDATES

#### Intergroup (IG)

- **Please keep IG updated on your meeting's Intergroup Representative (IR) or IG meeting contact for IG mailings.**
- If you do not currently have an IR, please send changes/updates/new information, (including name, email address, phone number, and meeting day/time), to [secretary@oasouthandeastengland.org.uk](mailto:secretary@oasouthandeastengland.org.uk).

**Website Updates**

- Has your meeting changed? If so, please update the meetings list so that other OA members can find your new meeting details quickly and easily.
- Watch a [video](#) on how to update your meeting list.

**FEEDBACK**

- 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.
- If you have received this email from a friend, please consider [subscribing](#).
- If your email address has changed, then please [subscribe](#) to the Newsletter with your new details.
- Personal stories express the experience of the individual member and not of OA as a whole.

**Online Version - Steps of Recovery Newsletter**

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