



South and East England Intergroup

OASE England Newsletter

Steps of Recovery

December 2015

In This Issue

[Let go.....Easy does it! Step & Tradition 3](#)
[Upcoming Events, Important Announcements and More](#)
[Meeting updates](#)
[Holidays, Abstinence & Relapse](#)
[Better late than never.....news from WSBC 2015](#)
[Ask-it-basket](#)
[Guidelines](#)

[Join Our Mailing List!](#)

Quick Links

[OASEE Intergroup](#)

[Intergroup meeting dates](#)
[OASEE meetings](#)
[How to update meetings](#)
[Announcements](#)
[Events](#)
[Documents & minutes](#)
[Lifeline weekly](#)

[Heart of England Intergroup & Convention](#)

[OA Great Britain](#)

[OA Region 9](#)

[Online sponsorship](#)

[OA World Wide](#)

[E-lifeline subscription](#)
[Sound bites from OA](#)
[Edit your meeting](#)
[OA podcasts](#)

[Step by Step publication](#)

Dear Friends



A very warm welcome to our December 2015 newsletter!!

As many of us know, the holiday season can be a difficult time for a variety of reasons. Our article on abstinence and relapse could be especially useful to those of us who are struggling. There are links to meeting lists for the entire intergroup and to which meetings are closed over Christmas. We have a report from WSBC delegates and a reminder that perhaps we could do with revisiting Step 3 & Tradition 3.....

Enjoy and happy holidays!!!

Have you missed previous editions of the newsletter? No problem, just click [here](#) to read some golden oldies.

This is your newsletter. If you have any events, stories or comments, please email your contributions to newsletter@oasouthandeastengland.org.uk.

Let go.....Easy does it! Step 3 & Tradition 3



Sometimes it helps to remember that the OA Fellowship only requires one thing of us; the desire to stop eating compulsively. We are not required to work steps, follow a food plan, call other fellows or go to meetings. In a world that is fast and unrelenting, there is such liberation in the knowledge that there is a place for us to go no matter what is going on in our lives and regardless of how we work a programme. Also having spent years trying to control our eating and compulsive behaviours, there can be such relief when we fully realise the power of Step 3. We don't have to run the show, anymore, we can hand it over and.....breathe!

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

The Third Step Prayer

God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

- P.63 of the Big Book of Alcoholics Anonymous

Tradition Three: The only requirement for OA membership is a desire to stop eating compulsively.

As tradition three implies, a desire to abstain - to refrain from eating compulsively - is at the heart of OA membership. There are many opinions among us about what it means, exactly, to stop eating compulsively. Nobody is excluded

from OA membership because of his or her personal opinion of how to achieve abstinence. Note, too, that while the *desire* to stop eating compulsively is required, a person doesn't have to be abstinent to be welcome at OA meetings. We encourage one another to keep coming back, no matter what.

- P.129-135 of The Twelve Steps and Twelve Traditions of Overeaters Anonymous

Upcoming Events, Important Announcements and More.....



To see the list of meetings that are closed over the Christmas period follow this [link](#).
The OA South and east England meeting list is available [here](#).
Chatham group are holding a workshop called "Can we guarantee you this recovery?" on 23rd January. For more information, [click here](#).
There is a new amended Preamble and it's available for groups to download [here](#).
The Hinde st meeting on Monday at 6.15pm is struggling to make expenses and is in need of people to take on service positions.
The Hillingdon meeting on Monday at 7pm still needs greater attendance.

Meeting updates



Important changes for meeting updates

Intergroup representatives and Intergroup Contacts

In order to receive Intergroup mailings:

- All OASEE meetings are required to register their meeting Intergroup Representative (IR) or Intergroup contact (IC) details by clicking the [IR/IC Sign Up](#) link on the Intergroup web page.
If you do not currently have an IR or your IR has changed, please provide updated information by clicking on the [IR/IC Sign Up](#) link on the Intergroup web page.

If you have any queries then please contact: secretary@oasouthandeastengland.org.uk

Website meeting updates

Has your meeting changed? If so, please [update your meeting](#) so that other OA members can find your new meeting details quickly and easily.

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

Holidays, Abstinence & Relapse



When I think of the precautions I take during the holidays, one principle guides me: abstinence first. Anything I put before abstinence, I will lose, including the good times I long for. In my early recovery, this meant giving up many things. When parties were too much about food and alcohol, I brought my own meal, ate separately, and socialized with soda water and lime. If my thinking started stinking, I would excuse myself and go to an OA meeting. I also didn't indulge in New Year's or Super Bowl parties. The most important thing I learned when I came into recovery is, for me, food was a drug. I had to accept that even the smallest treat could lead to a horrible relapse. So I adopted the mantra, "If in doubt, do without." This is what I learned that first abstinent holiday season:

- * With the help of my Higher Power and others in recovery, I could remain abstinent.
- * I was never sorry I had stayed cleanly abstinent.
- * I discovered a new spirit of the holidays, one I had missed when preoccupied with food.

Gratitude has replaced the food and social frenzy—first, for my abstinence, and second, for the new life of the spirit I have found in me and in others. I even attend a gratitude meeting and bring myself full of this Twelve Step spirit as a gift to my family and friends. Even New Year's Eve has a feeling of recovery. I attend a candlelight meeting to reflect on the past year and how my Higher Power's will and mine can become one. Now that's celebrating an abstinent holiday.

- Lifeline, December 2003

To read more form the Lifeline archives click [here](#).

For many of us compulsive eaters, fear of relapse, especially during the holiday season, can be extremely stressful. Whether you're on the verge of relapse or already deep in the food, there is a solution.

The answer is simple. If you will honestly face the truth about yourself and the illness; if you will keep coming back to meetings to talk and listen to other recovering compulsive overeaters; if you will read our literature and that of Alcoholics Anonymous with an open mind; and, most important, if you are willing to rely on a power greater than yourself for direction in your life, and to take the Twelve Steps to the best of your ability, we believe you can indeed join the ranks of those who recover.

- Our Invitation to You

Also, WSO has recently published a video called Breaking out of Relapse. To watch it, follow this [link](#) and scroll down the page.

Better late than never.....news from WSBC 2015



Our trusted servants Caroline and Francene attended the World Service Business Conference (WSBC) in Albuquerque, New Mexico earlier this year as delegates from OA South and East England Intergroup.

What is WSBC?

WSBC serves as the collective conscience of the Fellowship of Overeaters Anonymous. Held annually in April or May, this week-long meeting is attended by delegates representing OA service bodies around the world. It is held to elect trustees, amend bylaws, adopt new business policies and provide information to delegates through presentations and workshops on issues that affect OA as a whole.

Each OA member, group and service body has a stake in Overeaters Anonymous. Conference is the one opportunity we have as "shareholders" to come together and question, chart and steer the course of Overeaters Anonymous. It is also our obligation to report back to our service bodies and groups on the current state of OA and its direction for the future.

World Service Convention: World Service Convention promotes recovery, fun and fellowship in Overeaters Anonymous. You can attend workshops, marathons and other OA related events, and hear speakers from other countries. Come share your experience, strength and hope with hundreds of OA members from around the world.

To read our delegates' report please click on [here](#).

Ask-it-basket



How should an OA member express his objections to something that is happening in a meeting (e.g., when somebody talks too much or makes noise)? By an announcement, by a group conscience, or in the business meeting?

Page 116 in the OA 12&12 asks the question "Does our group encourage members to speak briefly, or do we allow some to dominate discussions by speaking so much that others don't get their turns?"

Many meetings have timekeepers. When the person's time is up, the timekeeper jangles keys, uses the sound on a smart phone, etc.

The leader of the meeting gently reminds those who continue to speak to wrap up their sharing. If a member is interrupting the meeting or making undue noise, the leader of the meeting will gently ask the person to stop.

As an initial step, raise your issues at a business meeting. The group conscience will decide whether or not to amend the meeting format and make an announcement. Before you do anything, it is always best to speak with your sponsor.

- Ask-it-Basket, WSBC 2015

Guidelines

Newsletter guidelines and subscription

Email 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 by clicking on the **Join Our Mailing List** link in the contents section above.

If your email address has changed, then please [subscribe](#) to the Newsletter with your new details, or click on the **Update Profile/Email Address** link at the bottom of this newsletter.

Personal stories express the experience of the individual member and not of OA as a whole.

Thought for newsletter

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them.

- The Promises; Alcoholic Anonymous ('The Big Book') pages 83 - 84



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OA South and East England Intergroup | OASE England Intergroup | BM 4339 | London | WC1N 3XX | United Kingdom