

OASE England Newsletter

Steps of Recovery

March 2016

In This Issue

[Ways to keep our meetings healthy](#)

[Upcoming Events, Important Announcements and More](#)

[Meeting updates](#)

[What a truly abstinent meal feels like](#)

[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](#)

[Newsletter Archives](#)

Dear Friends

Spring at Last!!!!

Hello to you all and welcome to our March edition of the South and East England intergroup newsletter. There's a lovely personal piece from one of our fellows, resources we can use to keep our meetings thriving and news on what's going on in the intergroup and around the country. A new telephone meeting has recently been started and you'll find all the info you need below.

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.

Ways to keep our meetings healthy.....



Suggested Meeting Format: Great for Meetings of All Sizes!

Check out the new format. Does your meeting need to review their format to incorporate some of these ideas?

Recent updates to OA's Suggested Meeting Format highlight abstinent sponsors, Seventh-Tradition contributions and Lifeline subscriptions. The meeting format now includes the Abridged Tools of Recovery, which makes it fast and easy to review all nine tools. And as always, the format contains Our Invitation to You and the list of Twelve Steps and Twelve Traditions. It's a lot of program information condensed into one package. [Suggested Meeting Format](#).

For more useful information for you and your meeting follow this [link](#).

Twelve Traditions

"These Twelve Traditions are to the groups what the Twelve Steps are to the individual. They are suggested principles to ensure the survival and growth of the many groups that compose Overeaters Anonymous."

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.
6. An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centres may employ special workers.
9. OA, as such, ought never be organised; but we may create service boards or committees directly responsible to those they serve.

10. Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never to be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

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



- The OA South and East England meeting list is available [here](#).
- Intergroup Retreat - "The Importance of Working **ALL** Twelve Steps" will be held in Belsey Bridge, Suffolk from 17th to 19th of June 2016. For more info click [here](#).
- Heart of England Intergroup's 16th Annual OA Convention will be held at the Hilton Metropole Hotel in Birmingham from 8th to 10th July 2016.

The theme of the Convention is "Honest, Open, Willing - using the tools to work the first three steps". For details click [here](#).

- A new telephone meeting has recently been set up. It's on Fridays at 9.30pm.

The number to dial is 0330 6060182 and Access code is 649305#.

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.

What a truly abstinent meal feels like.

In the first few weeks of recovery, I had a powerful experience one dinner time.

In Step 1, I had identified that tortilla chips were a binge food. However, this meal time, I reasoned: "I'll just have a few with my meal, no problem" and I counted ten tortilla chips out onto a side plate.

As always before a meal, I lit a candle and closed my eyes to say out loud the first three steps... and within my mind, God made it crystal clear that I was not to eat the tortilla chips. It was just a NO - non-negotiable, clear, firm.

I continued into the 3rd Step prayer and straight after that, I stood up and took the tortilla chips back into the kitchen and put them back into the chip bag. I was laughing at how clear and powerful that guidance was, and how I had no choice - because I had affirmed Step 3 and therefore my will was in God's care.

I could feel the love of God, saying "Why would you make this hard for yourself, My beloved child? You don't need to test the boundaries. Your abstinence is clear, have this dinner be easy."

At the end of my calm and enjoyable meal, I had two mouthfuls of quinoa left on my plate that I wasn't hungry for and I offered them to my wife. She didn't want them. After a few moments, I picked up my fork to eat them and again the power of God stepped in - gently but so firmly - and put my fork down. It wasn't me; it was truly a power greater than me.

Since admitting my powerlessness over food, this is what abstinence feels like - a gift given to me by the power of God.

- *Corrina, OA member*

Ask-it-basket

LITERATURE - IDENTIFYING OA APPROVED LITERATURE

Is the presence of the OA symbol on literature the only way to know that literature is OA approved? What if a group decides in a group conscience to use a piece of literature that is not OA approved?

Many ways exist for OA members to verify whether a piece of literature is approved. The following is not an all inclusive list:

- The [OA Guidelines OA Approved Literature List](#) lists OA approved literature
- All OA approved literature carries the OA Conference, or AA Conference Seal of Approval, or the statement "OA Board approved literature."
- Overeaters Anonymous sells only OA approved or AA approved literature as listed in the OA [literature catalogue](#).

The first two paragraphs in the OA Guidelines OA Approved Literature List state the OA policy on using nonapproved literature:

"Policy Statement on OA/AA approved literature adopted by Conference 2010

'In accordance with our Traditions, we suggest OA groups maintain unity and honour our Traditions by selling and displaying only approved books and pamphlets at meetings. This includes OA Conference and board approved literature; AA Conference approved literature; and locally produced OA literature. Locally produced literature must be developed according to the OA Guidelines for Locally Produced Literature, and should be used with the greatest discretion. Local literature should be considered temporary and discontinued when OA literature approved for general use is available to cover the topic.'

"

"Policy statement on literature that is not OA approved adopted by Conference 1993

'It is the group conscience of the 1993 World Service Business Conference that the sale or display of literature other than OA approved literature as described in WSBC Policy 1982b [replaced by WSBC Policy 2010a above] is an implied endorsement of outside enterprises, and therefore is in violation with Tradition Six.'

Displaying non OA materials in an OA meeting dilutes OA's message and is not in keeping with Traditions Six and Ten. We carry our OA message of recovery through OA's Twelve Steps, Twelve Traditions and tools. Anything else we bring into the OA meeting 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" ([The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#), p. 102).

Displaying non OA approved literature at OA meetings gives the newcomer a confusing picture. As a Twelve Step recovery organisation, we need to offer the newcomer (and the rest of us) material pertaining to Overeaters Anonymous.

Tradition Ten tells us we have no opinion on outside issues; non OA approved literature is an outside issue no matter how "good." Each of us is free to read whatever he or she wishes and to make private recommendations to friends and sponsees. However, as members of an OA group, we ought to decide what message we want our group to carry and how best to do so. If we stick to our primary purpose, carrying the OA message, we avoid controversy and make our meeting a place where the OA message, clear and simple, is carried to those who still suffer.

OA encourages groups within its Fellowship to abide by its Traditions, bylaws and policies. While displaying outside literature at OA meetings is at odds with the principles the Twelve Traditions embody, each group through the group conscience is free to decide for itself whether to display non OA approved literature.

- *January 2012*

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

God, I am faced with indecision and I am unable to determine which course to take. I ask You for inspiration, an intuitive thought, or a decision. God, I pray to be shown what my

next step should be. Give me whatever I need to take care of my problems. Especially free me from self-will so that I may be of help to others. What can I do today to help others?

Decision Prayer - P.86 The Big Book (Alcoholics Anonymous)

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