



Steps Of Recovery



Meetings News

Welcome to Steps of Recovery in this issue we've virtual, face-to-face and business meetings news, steps and traditions stories too. Our next Intergroup meeting is Saturday 2nd September 2017 at Chelsea and Westminster Hospital. You're all invited! To find out more click the button

[Visit our website](#)

Furry Good OA Meetings Lists

Hop along to an OA meeting where you'll get furry good identification and bunny shares from other COEs. We've links to lists for London and meetings outside London. You'll also find meetings by day and location. Click below [London Meeting List \(printable PDF\)](#) [Outside London Meeting List \(printable PDF\)](#) [Meeting list by day](#) [Meeting list by location](#)



Hump Day WhatsApp Meeting

Celebrate Hump Day with a marathon 24-hour online meeting. This topic meeting takes place every Wednesday on WhatsApp. If you're a fan of virtual sharing this meeting maybe perfect for you. To join or find out more [Read on](#)



Anonymity in the Digital World

It is important to consider how the use of electronic media might impact our own or anyone else's anonymity as we recover and help to carry the message of recovery offered by the Twelve Steps and Twelve Traditions of Overeaters Anonymous. [Read on](#)
Extract OA Anonymity Guidelines



Together We Can! Convention

The Together We Can Convention! takes place on Sunday 22nd October 2017 at Cranage Hall in Cheshire. Everyone is invited, the Assembly begins on Friday 20th October and ends on Sunday. OA National Service Board says: "It would be great to see as many groups as possible take part in the Assembly, to make it truly representative of OA in Great Britain. The weekend is a great chance to meet fellows from all around the country, attend meetings and workshops and give a little bit back to the OA fellowship on a national level. [Read On](#)



Service Task Force

At South East England Intergroup we're carrying the message to the still suffering COE with the projects below:

- Convention and Assembly; 26th to 30th September 2018, Roehampton, London.
 - Card in the community; Placing cards around the South East England region to advertise OA.
 - Grassroots; Surveying the work of groups in our region.
 - Skills Workshops; Running workshops to promote recovery and learn new skills
 - Professional Outreach; Informing medical professionals about OA
- To get involved [Read On](#)



Step Eight OA Podcast

"Made a list of all persons we had harmed and became willing to make amends to them all."

Both speakers stress the freedom and relief felt in making the list and becoming willing, without any thought or concern about the future steps. Individual sharing is excellent as members relate their own positive experiences, including the need to add one's own name to the list and then become willing to making amends to oneself. [Listen now](#)
Podcasts - Overeaters Anonymous



Step Nine OA Podcast

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Both speakers describe their own personal experience with doing Step Nine, giving specific examples of amends they have made. In addition, they emphasize the need to make amends in order to refrain from returning to compulsive eating, and to be released of the negative feelings or turmoil created by holding on to the amends. [Listen now](#)
Podcasts - Overeaters Anonymous



The Promises

The OA Promise: I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady will power. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands we find love and understanding beyond our wildest dreams. Overeaters Anonymous Inc.
The AA Promises: Big Book, Chapter 6 Into Action, bottom of page 83. Alcoholics Anonymous



Looking for a virtual sponsor?

Region 9 has a list of OA members willing to sponsor by email, Skype, Facetime, telephone and WhatsApp. To get a list of available sponsors email sponsors@oaregion9.org



Tradition Eight Labour of Love

"Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers"

I remember when I was new to OA. I sat with my first sponsor, going over my journaling on Step One. It took quite a bit of time, and I couldn't believe how patiently my sponsor sat there, listening. She wasn't giving advice. [Read on](#)
From www.oalifeline.org



Tradition Nine Alive and Well

Our group has no government, no permanent officeholders, no small committee that runs everything, and no authorities. Instead, we encourage rotation of service for all offices. Our longest-term members are not even informal leaders. Instead, they are only members among members. [Read On](#)
From www.oalifeline.org



Words

OA Eight and Nine Puzzle

twelve

L A N O I S S E F O R P N U
G C Y X L L L D P W B T L P
G P O J T M N T N N M I W N
J N U M O R G A N I S E D L
A W I O M B L K L T T T D Q
X M S L R I Y R E V O C E R
E J E M L G T S B Q D Y J T
V D R N X I R T Q M Q N Z Z
L T V Y D E W E E D T B L V
E L E Z K S K Q T E J Q Z R
W R N R G T L D Y N S B R Y
T T O Q Y R T Y V L I Z Y W
N W D G B R M R P M K X Y L

nonprofessional
amends
organised
workers
intergroup
committees
serve
willing
recovery
list

Feedback?

Thank you for reading Steps Of Recovery Newsletter. We'd love to hear from you! Send completed puzzles, OA inspired stories, poems, prayers, drawings, cartoons or paintings to newsletter@oasouthandeastengland.org.uk

[Email Us!](mailto:newsletter@oasouthandeastengland.org.uk)



Thank You



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STAY CONNECTED:

