

Steps Of Recovery



Annual General Meeting 4th November 2017

Welcome to Steps of Recovery in this issue we've news about our AGM, workshops, meetings, steps and traditions stories too. Our next Intergroup meeting is Saturday 4th November 2017, from 1-5pm, at Chelsea and Westminster Hospital. To find out more read on...

[Visit our website](#)

Annual General Meeting

Join us for our Annual General Meeting. It'll be five hours of OA fellowship come along to feel included, speak up and be heard. Love the chance to update your presentation skills? How about being an intergroup officer? Find out what we spend your seventh tradition pot on and why what we do makes OA in South and East England just that much better. Everyone's welcome to attend, to ask and share ideas. Click [here](#) for the agenda.

Date: 4th November 2017

Time: 1pm to 5pm

Venue: Boardroom, Chelsea and Westminster Hospital, Fulham Road, SW10 9NH



Skype through the Twelve Steps

Travel through the OA steps in 15 sessions using the [Twelve Step Workshop and Study Guide](#). Seven members from the 8pm, OA Priory, Roehampton meeting used the study guide and Skype to journey through the Steps. They met for two hours, every other week, taking turns to co-lead, sharing stepwork with a sponsor outside of the sessions. The workshops are designed to help people achieve and maintain abstinence even if there isn't a sponsor who's worked through all 12 steps leading. These workshops aren't OA meetings as they're closed to new participants after the first session, To set up an OA Step Workshop and Study group click the link above, to find out about sponsorship in OA [click here](#)



Find an OA Meeting

You can find printable PDFs to meetings in and outside London by clicking the links below. The Monday 6.15pm meeting at Hinde Street is struggling and has asked for members to come along to support it. The Saturday 8.30am Greenwich meeting has moved, click the link below for the address of the new venue.

- [Outside London Meeting list \(printable PDF\)](#)
- [London Meeting List \(printable PDF\)](#)
- [Saturday 8.30am Greenwich meeting has moved to](#)



Step 10: Emotional response to life

"Continued to take personal inventory and when we were wrong, promptly admitted it."

Steps 10 and 11 are my emotional response to life and the measure of my emotional maturity in the OA program. At the end of each day I 'constructively' review my day (Big Book p86). I look at where I was selfish, dishonest and afraid. Today I was afraid because I heard that my father

has cancer, I'm afraid of losing someone who was part of my journey of recovery. He encouraged me with my food and abstinence. Today, I resent my manager, as I had to work the weekend to deliver a major project for my company. Do I own an apology? No, today was a good day for me. I smiled and showed love and courtesy to those I encountered. I was kind and loving to all. What could I have done better? I could have had some me 'relaxation' time; placed some boundaries around work instead of seeing how much I could pack into the day. I thank God that each day I can work on my defects as they arise, pray for their removal and perform service. Thank you God for steps 10 and 11, your healing grace and love. If you wish to hear more shares like this please join the Hinde street 6:15 pm Step meeting, where each week there will be a OA and Big Book focus on the 12 steps.
Deborah



Monday, 6:15pm, Room 3, Hinde Street Methodist Church, 19 Thayer Street, W1U 2QJ

[Twelve Steps and Twelve Traditions of OA](#)

[Journal your way to recovery with OAGB Tenth Step Workbook](#)

Step 11: Ready to face a beautiful day

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

As with everything in recovery, I don't believe there is a 'right way' to meditate. Some do it in silence, some listen to a tape or recording, some chant a mantra ... In my

experience, anything where I can concentrate on something rather than simply letting my mind meander, often furiously, can be meditative. One of my favourite ways of meditating is a daily swim. I don't aim to break any records and as an addict I have found it a good idea not to have a fixed time or number of strokes/lengths (because then I start thinking about where I am in the 'routine') but my slow passage through the water gives me a golden opportunity to focus on my breathing, on the feel of the water against me, on the position of my arms and legs. Of course I can't do this for long before the mind wanders and needs gently to be brought back into the moment and sometimes I listen to music through my waterproof MP3. But generally as I leave the pool I find I am just a little more calm, just a little more in touch with my higher power, just a little more ready to face a beautiful day.

Malcolm



[OA For Today Daily Affirmations](#)

[OA Voices of Recovery Inspirational Quotes](#)

The 12 Concepts of OA

All officers at OA South and East England Intergroup use the Twelve Concepts of OA Service, OA Steps and Traditions to guide the way we go about our service positions and conduct our business meetings. [Read on](#)



Fall into 24 carat OA service

Put up your hand if you love Autumn? It's the season for comfy jumpers and pretty leaves paving our streets in gold. We have an abundance of vacant officer positions at South East and England Intergroup. We're looking for members willing to dive right into OA SEEIG business actions. To find a vacant officer position [click here](#)



Tradition Ten: Opinion-Free

"Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy."

When I first joined OA in 1990, I assumed all members thought the way I thought and believed what I believed. I was sure we all felt the same about religion, politics, and social action. [Read on](#)

From www.oalifeline.org



Tradition Eleven Attractive Anonymity

Living in a small town, I found it difficult to maintain anonymity. At first, I did not want anyone to know I was a member of OA. My meeting took place in the church I attended, so I felt somewhat uncomfortable. Later, I helped the members find another meeting space. [Read On](#)

From www.oalifeline.org



Serenity Prayer

Grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.
Grant me patience with changes that take time,
appreciation of all that I have,
tolerance of those with different struggles,
and the strength to get up and try again
one day at a time





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



Thank You



07583 533090 | [Intergroup Officers Contact Details](#)

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