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South and East England Intergroup

OASE England Newsletter

Steps of Recovery

December 2016/January 2017

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Step Twelve - December 2016



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Happy Holidays To You!

A very warm welcome to Steps of Recovery. We've news of our service Task Force, 12th Step Within Day and the Region 9 Convention bid result. We're looking at Step Twelve, Step One, The Simplicity Project and celebrating OA's birthday. We'll share stories, OA prayers, meditations, events and links to meeting lists.

Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practise these principles in all our affairs."

- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p99

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ServiceTask Force

OA South and East England Intergroup are looking for recruits to a new database of fellows willing to carry the OA message. They want people who are interested in working on short-term projects. The Taskforce flyer says:

"We are putting together a database of fellows interested in giving service to help the intergroup carry the message to compulsive overeaters everywhere.

Being on the database will mean you are offered the opportunity to join a range of projects being run by intergroup. These projects will be varied in nature and will enable you to meet other fellows and collaborate in a new way!

For example, our intergroup just won the bid to host the region 9 convention and assembly, scheduled for September 2018. There will be lots of opportunities relating to this event and we need your help!

More information will be coming in 2017, after the January 7th intergroup meeting. Feel free to come! For more info click [here](#)

- The OA South & East England Task Force, Overeaters Anonymous South and East England Intergroup



"Is there someone to who I can give of myself - my time, my presence, my attention?"



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.

12th Step Within Day - 12th December 2016



OA Responsibility Pledge

"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Recovery is contagious relapse is not

The big, important work of recovering from relapse, preventing relapse and maintaining recovery, is not just about attending day-to-day OA meetings and doing step work. Here are five 12th Step Within suggestions to reaffirm our commitment to recovery.

1. Reach out in a loving way to those who still suffer.

2. Give a Chair on recovering from and preventing relapse.
3. Use the Simplicity Project resource to deliver a workshop.
4. Watch the video "Breaking Out Of Relapse".
5. Give any form of service - no matter how small.

For more information visit: www.oasouthandeastengland.org



SERVICE

"A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps to fulfil that promise."

- The Tools of Recovery, Overeaters Anonymous

Celebrate Our Winning Region 9 Convention Bid

Region 9 Representative, Holly, spent a couple of days in Holland in October attending the annual OA Region 9 Assembly and Convention. Read on to find out about her experience.

I presented a bid on behalf of South and East England Intergroup to host the 2018 assembly and convention at Imperial College London in September 2018. The bid was successful. Following the bid, I was made aware that the dates we had originally presented (5-9 September) coincide with a Jewish holiday, and this would have a detrimental impact on some reps ability to attend the assembly, as well as overall attendance at the convention. Following the assembly, the bid committee contacted the venue to confirm other dates, and a more suitable timing of 12 - 16 September 2018 has been agreed.

The committee put a lot of time and effort into producing the bid, and provided me with an excellent document with all the relevant information, beautifully presented. I was able to answer most of the questions I was asked. I am very grateful to the enthusiasm and persistence of the bid committee.

However, now we have been successful in securing the bid, the real work begins!! Whilst 2018 may seem like a long way off now, we do need to start getting preparations underway, and of course that means we need members willing to give service. Please consider if you are able to give service on the assembly and convention committee. It is also very likely you know other members who would like to get involved. This is not limited to intergroup reps, so please tell your groups about this service opportunity during the announcements at the meetings you go to.

Anyone who is interested, or who wants to know more, can get in touch with me at: region9@oasouthandeastengland.org.uk

- Extract from Region 9 Assembly report to SEEIG



- The OA South and East England meeting list by day is available [here](#).
- The next South and East England Intergroup meeting is on Saturday 7th January 2017 from 2pm-5pm, in the Boardroom, Chelsea and Westminster Hospital.
- OA Chatham Workshop - "A disease of the Mind, A disease of the Body, A disease of the Spirit" will be held at the Maidstone Community Support Centre, 39-48 Marsham Street, Maidstone, Kent. ME14 1HH on Saturday 21st January 2017 10 am-3:30 pm. For more info click [here](#)
- Heart of England Intergroup's 17th Annual OA Convention will be held at the Hilton Metropole Hotel in Birmingham from Friday 30th June to Sunday 2nd July 2016. The theme of the Convention is Steps 4, 5 and 6 - A Fearless and Searching Inventory. For details click [here](#)

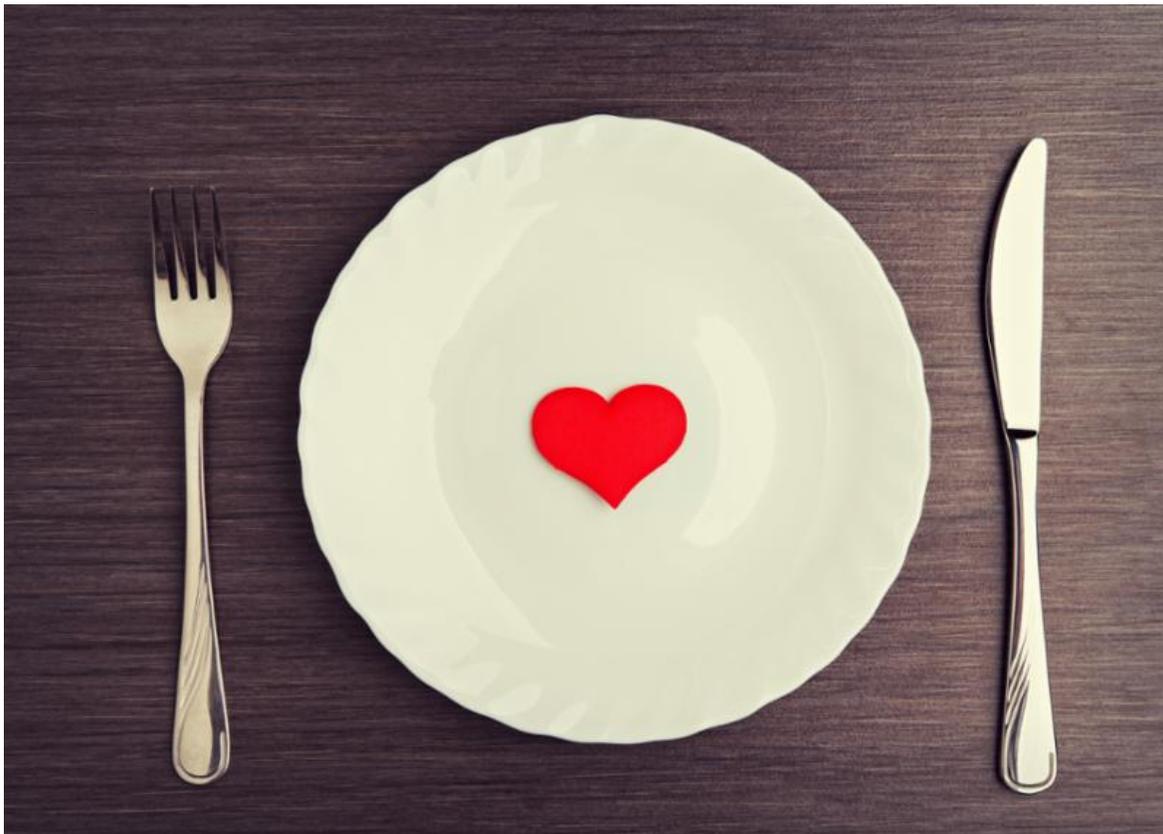
Meeting updates



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.

Step One



Step One

*"We admitted we were powerless over food - that our lives had become unmanageable."
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p1*

When You're Ready

Where else can you go and be told, "Go at your own pace" and "Easy does it"? In OA we have no time schedule. You get your abstinence when you're ready; you take the Steps when you're ready; you come to know your Higher Power when you're ready.

I am a slow learner in OA, so I am thankful there is no pressure. I was glad to hear one is considered a baby in the program for the first five years and that slowgrowth is good growth. I believe that. Like a baby, I have crawled, walked, stumbled, picked my-self up, and tried again.

After seven years in program, I'm still here, learning and recovering one day at a time. Always I have felt the support and love, truly unconditional love, of my OA friends. Unfailingly, I have heard what I needed to hear, starting with "Keep coming back."

I believe this is the most important OA suggestion of all. Recovery starts when we come to our first meeting. So what if we failed the first, second, or twenty-second time? We are not on a time schedule. We will never graduate. So keep coming back. It works.
Lifeline, May 1983

- Lifeline Weekly Vol. 6, No. 3 Jan. 19-25, 2015

If you have any stories, poems, quizzes, cartoons or comments, please email your contributions to newsletter@oasouthandeastengland.org.uk

Keep It Simple Sweetheart



The Simplicity Project helps us divide our commitment to abstinence into smaller chunks. "Write the essentials of your program on the front and back of an index card, then carry that card with you wherever you go."

Take the card out and read it anytime you need to reaffirm your program," says the OA World Service 12th Step Within Committee. Each day, instead of worrying about overeating, the goal is to live in the steps and abstinence. For more Simplicity Project tasks click [here](#)



Overeaters Anonymous is 57 in January 2017. Birthday parties are being thrown across the world to say thank you to the fellowship and to show gratitude for personal recovery from compulsive eating. The following is an extract from a tribute to Rozanne S, founder of OA.

Rozanne S. Tribute

In November 1958, she saw a television program profiling a new Twelve-Step program, Gamblers Anonymous. She and Marvin took a friend-in-need to a meeting, not realizing it was she who would find salvation. She thought, "I'm just like that . . . Their compulsion is with gambling and mine is with food, but now I know I'm not alone anymore!" (Overeaters Anonymous, Second Edition, p. 11). She realized she wasn't "wicked or sinful." She had a disease, and it had a name: compulsive overeating.

However, no groups existed for compulsive overeaters. A year later, in desperation she returned to another Gamblers Anonymous meeting where the founder encouraged her to pursue her idea of starting a Twelve-Step program for compulsive overeaters. On January 19, 1960, Rozanne and two friends convened the first meeting of Overeaters Anonymous. (For more of Rozanne's personal story of recovery, see "Keep Coming Back: Rozanne's Story," Overeaters Anonymous, Second Edition, p. 7.)

Rozanne became OA's visionary, always searching for new ways to reach out and carry the recovery message. She abandoned her initial attempts to rewrite the Twelve Steps and Twelve Traditions for compulsive overeaters, relying instead on the universality of the original Steps and Traditions of Alcoholics Anonymous (AA). Early on she recognized the media's value in carrying the message. She coaxed the producers of a syndicated television show to feature OA. On November 1, 1960, seven OA members appeared on the show; it produced a significant jump in OA membership. With meetings in her home, endless hours dealing with correspondence and counseling and cajoling on the phone, papers piled high in her dining room, and hours spent on financials, Rozanne's life, with Marvin's support, became OA. But "together we can," and with increasing membership and helping hands, together she and OA members grew the organization.

Rozanne brought significant change to OA's diversity, its outreach and its recovery program. She suggested OA hold its first Conference in August 1962. In 1961, OA had voted to ban men. Rozanne disagreed. With the Conference Committee's approval, she invited A.G., a male Texan and cofounder of Gluttons Anonymous, to attend. Gluttons Anonymous merged with OA at the Conference, and thus began the welcome of men into OA.

The announcement of the upcoming Conference appeared in the first OA Bulletin, written by Rozanne and precursor to OA's Lifeline magazine. She thought of the name Lifeline when imagining a lifeboat next to a huge ocean liner at sea.

A first Board of Trustees (BOT) emerged from the first Conference, and members also voted to hold an annual May Conference. The OA Convention grew out of a day of sharing experience, strength and hope

at the first Conference.

In 1979, after Rozanne expressed concern for helping international OA members, the first Conference International Committee became a reality with Rozanne as chair. She also served on the BOT and as National Secretary. Rozanne wrote many literature pieces for OA, including the original To the Newcomer pamphlet (1966) to orient newcomers; I Put My Hand in Yours (1968) to give information on how to start and strengthen groups; and Beyond Our Wildest Dreams (1996) to share OA's history. A DVD interview titled Reflections: A Visit with OA's Founder and a CD compilation of speeches And Now a Word From Our Founder . . . Five WSBC Speeches brought Rozanne's insights and hope to members at large.

Rozanne's compassion for and understanding of the emotional, physical and spiritual challenges faced by compulsive eaters have touched people worldwide. She leaves an enduring legacy that will continue to inspire and heal those who still suffer. To read on click [here](#)
- Overeaters Anonymous World Service Office.

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.



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 willpower. 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."

- The OA Promise, by Rozanne S.