

SPRING 2022

STEPS OF RECOVERY

OA SOUTH AND EAST ENGLAND INTERGROUP NEWSLETTER

FINDING A HIGHER POWER AND HANDING OVER MY WILL

Welcome to this newest issue of the OA South and East England Intergroup newsletter!

This edition has been delayed, due to the hospitalisation of my Wife. This issue will be focussing on 'Finding a Higher Power & Handing over my Will'.

This newsletter will be produced quarterly, and the topic for the next edition will be 'Realising that food was not our problem'. We are also going to take a look at steps 6 & 7. There's lots of way for you to get involved - keep reading to find out more!



Please note that the opinions expressed in this newsletter are those of individual OA members and do not represent the views of OA South and East England Intergroup or OA as a whole



FINDING A HIGHER POWER & HANDING OVER MY WILL

I worshiped the 'God of reason' for so long – believing peace around food would be in the next diet, self-development course, nervous system re-set. I did training programmes to be a Yoga Teacher and Health Coach, have done so many different forms of therapy, self-help book, meditation retreats, geographicals. All with the hope that it would give me the recovery I craved. It didn't.

At the age of 28, in December 2019 I came back into the rooms of OA and have been abstinent since June 2020. I had tried 12-steps programmes around food before but always left because I couldn't get abstinent and I couldn't get on board to the 'Higher Power,' 'God,' 'Universal Energy' stuff.

This time, I immediately got a sponsor and started working the steps. I had 6 months of relapse – trying to figure out my food plan and being told to pray for the willingness to believe in a Higher Power – the only thing that kept me in the program was the Compulsive Overeaters who had recovered and who had had the same agnosticism as myself yet had the recovery and peace around food I craved.

Two things mark my abstinence date: A food plan based on allowance and praying for 'abstinence, to let go of my ego, and to be of service' – despite not believing at the time. A day at a time, this led to a new level of peace around food. "As soon as we were able to lay aside prejudice and express even a willingness to believe in a Power greater than ourselves, we commenced to get great results" (p.46 Alcoholics Anonymous)

My spiritual practice is based on belief and faith – I haven't had the profound spiritual experiences I had heard other have within the OA community and from people out of OA, but I have had 'coincidences' and I have asked the 'universe' for signs and have received them. Before coming back into recovery, I had a relationship with someone who had such a strong conviction in these 'spiritual things' that, perhaps, it scraped away my resistance to it.

**** Continued ****



Realised that I could not Ignore

One this was unignorable:

(a) That I was a Compulsive Overeater and could not manage my own life

My experience lead me to accept that:

(b) That probably no human power could have relieved my Compulsive Overeating

Which made me to be open to the idea:

(c) That God can and will if He is sought

I am so grateful to this simple (not easy) 12-step program – it is the fertile soil from which all other areas of my life have been able to thrive. It gives me ongoing tools and perspectives to be present for the good times and manage life's complexities and unpredictabilities. It has given me an invaluable gift that I am able to pass onto others – providing me with greater meaning and purpose – to be a piece in the puzzle of helping alleviate others from the suffering and madness that dominated my life since I was 17. I'm now 30 living with a new level of peace around food and body image due to the amazing tools and gifts that Overeater Anonymous offers.

Bella S

Compulsive Overeater

Tradition Four

With respect to its own affairs, each OA group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighbouring groups, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect OA as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Adapted from AA 12 & 12

Not signed up yet to receive our newsletter directly? [Click here](#) to subscribe!



YOUR INTERGROUP BOARD!

Every November, we elect officers to our Intergroup Board for the following year. Fellows can take on the same officer position for up to 3 years in a row, so some of our officers are new to their roles, and some are carrying on with their existing roles.

Thank you so much to all the outgoing officers who have served on the Board this last year - your time, efforts and dedication are very much appreciated by us all!

All our officers can be contacted by email - visit the Officers page on our website for details

Chair: Hannah C

Vice Chair: *Vacant*

Executive Secretary: Darren

Treasurer: Natalie

Recording Secretary: Pam

Website Officer: Robbie

Social Media Officer: *Vacant*

Newsletter Officer: John T

Telephone Officer: Mandy M

Professional Outreach: Jacqueline

Public Information Officer: *Vacant*

Virtual Space Officer: Belle

Intergroup greeter: Will

IG Host: Natasha

WSBC Delegate: Caroline M

Group Support Officer: Caroline M

**Could you give service at Intergroup?
Please take a look at our vacant roles!**





NEWCOMER'S CORNER

What is Crosstalk

"Cross talk" during an Overeaters Anonymous meeting typically means giving direct advice to others who have already shared, speaking directly to another person rather than to the group, telling another member what to think or how to act, and questioning or interrupting the person who is sharing and speaking at the time. Avoidance of cross talk is considered a safety feature of the meetings. Unlike group therapy, Overeaters Anonymous members share their own experience, strength, and hope with one another, rather than telling others what to do or what they should think.

In the Overeaters Anonymous meetings, members refrain from cross talk. The idea is for members to speak only about their own feelings and experiences and accept without comment what others say because whatever they say is true for them. Overeaters Anonymous members work toward taking responsibility in their own lives, rather than giving advice to others.

It is also bad form to talk about sensitive topics such as politics and religion in AA, except as these topics are directly related to your personal experience with compulsive overeaters.

OA members come from different social and political backgrounds. We share a common problem with overeating; meetings should stay focused on how to remain abstinent and help others to achieve abstinence.

REMEMBER with crosstalk?

"Feedback, cross talk, and advice-giving are discouraged here. Cross talk during an AA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking/sharing at the time."

Phones in Meeting

Check what, that Group has decided





MUSINGS ON STEP TWO – FINDING A POWER

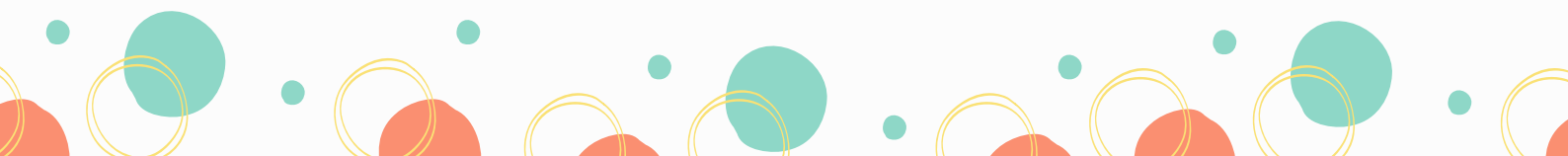
The concept that I'd like to talk about is power. So, in Step one we talked about the powerlessness and in Step two, about a power, greater than ourselves, restoring us to sanity. Once you crossover into addiction you become powerless so that means that you're unable to really stop on your own; so that's where the powerlessness comes in, so we need a power that is greater than just our own self sufficiency, to recover.

I think that a lot of people get hung up on this concept, because they equate that power to God and although you know we're going to talk God; as we go through the steps. The God that is mentioned throughout the steps; is a God of your own understanding and the power can be something as basic in understanding as the power of the group.

What I believe is that the power that's referred to in Step 2 is not necessarily God because I have seen many people who are relying solely on their relationship with God to keep them abstinent, and it doesn't work. I believe that even though the concept of God and the relationship with God, is your understanding of God whatever that may be the universe you know nature whatever your belief system

is about that that if you're just solely relying on that and you're not interacting with other people and you don't have a support group and a fellowship that's helping you to stay abstinent then it's generally not going to work. I have seen many people, who are just solely relying on their relationship with God or their religion to stay abstinent, relapse. It generally doesn't work, so this power greater than yourself, in my opinion, is having a group of people who had already achieved abstinence to help me to obtain long term abstinence; so, that's concept number one.

Just to clarify something about God. I don't want people out there thinking okay John said that we don't have to believe in God or that our belief in God isn't going to keep us abstinent because that's not at all what I meant.





MUSINGS ON STEP TWO – FINDING A POWER Cont'd

Historically if you look back at people that tried to solely rely on their religion or solely rely on their relationship with God to keep them abstinent, it doesn't work. I've met many people who have shared with me that they prayed that they have a very strong connexion with God that they're very religious people and that they've prayed over and over and over again for God to remove this obsession from them and it hasn't worked. My belief is that the reason why it hasn't worked is because they need to be connected to others, they need to be connected with someone else who has achieved what they are seeking to achieve. This is the key point you know from Bill W that that is the basis of the whole programme.

One person struggling with addiction is connecting with another person, that gives them more power to succeed. So what I'm saying is that you really need a power greater than yourself, and you need to be like in a connected relationship with that person. Yes, building a relationship with a higher power and spirituality is key and very important, but when it comes to just entering into working the steps this power greater than yourself in my opinion is as simple as the group. By connecting with a group of people that have achieved what you're seeking to achieve that that is a power.

The step does not say we came to believe in a power greater than ourselves the step says we came to believe that a power greater than ourselves could restore us to sanity





Your newsletter – How to get involved!

Deadline: 31st July 2022

Write an article

The topic for our next newsletter is "Realising that food was not our problem" - could you write 500-600 words on this topic? Alternatively you could interview another fellow, asking them three or four related questions.

Also, we are going to look at Steps 6 & 7 and tradition 5.

Or send in a contribution for our Newcomer's Corner!

Get creative!

We also welcome other contributions such as poems, art work, games etc that are related to recovery - we'd love to see what you can come up with!

Make suggestions for future newsletters

Do you have any ideas for improving the newsletter? Or ideas for future topics? Please get in touch!

Get in touch at
newsletter@oasouthandeastengland.org.uk

Please note: Contributions may be edited for length or for adherence to the Traditions. Depending on how many contributions are received, it may not be possible to publish them all.