

SMIG Newsletter for May - June 2024

SMIG Officers	2024	Others	
Chair (Acting)	Trish V.	Website (oamaine.org) & Zoom Accts	Robin S.
Vice-Chair	vacant	Google Docs	Joyce M.
Secretary	Barbara H.	Newsletter Editor	Mary Ellen B.
Treasurer	Karen P.	PIPO Committee Chair	vacant
SMIG Meeting: 1st Sunday of even months 4:30 - 6:00 PM. Next meeting: June 9 th			
PIPO Meeting: 1st Sunday of odd months 4:30 - 6:00 PM. Next meeting: TBD			

WSO - OA Important Dates for 2024

- January OA's Birthday Jan. 20-21, 2024
The third full weekend (Friday included) of January has been set aside as the annual **celebration** of the January 19, 1960, founding of **Overeaters Anonymous.**)
- February Unity Day Feb. 24, 2024
(Observed on the last Saturday in February in even numbered years, and the last Sunday in February in odd numbered years.) This day recognizes the strength of the fellowship worldwide.
At 11:30 AM local time, OA members pause to affirm the strength inherent in OA's unity.
- August Sponsorship Day Aug. 17-18, 2024
(Observed on the third full weekend in August.) Groups and service bodies are encouraged to plan local events to celebrate the Role of Sponsorship in Recovery.
- November IDEA Day Nov. 16-17, 2024
(Observed on the third full weekend in November) International Day of Experiencing Abstinence – This day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating with a moment of silence at 11:30 AM PST.
- December Twelfth-Step-Within Day Dec. 12, 2024
(Observed on December 12th) A day to focus on carrying the message to OA members who are in relapse or still suffering from compulsive eating.

Steps, Traditions, and Concepts for May & June

- Step 5 Spiritual Principle - INTEGRITY
"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."
- Tradition 5 Spiritual Principle - PURPOSE
"Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers."
- Concept 5 Spiritual Principle - CONSIDERATION
"Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

- Step 6 Spiritual Principle - WILLINGNESS
"We were entirely ready to have God remove all these defects of character."
- Tradition 6 Spiritual Principle - SOLIDARITY
"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."
- Concept 6 Spiritual Principle - RESPONSIBILITY
"The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.."

***** Newcomers: Welcome to OA.**

You are not alone anymore. Keep coming back.

You will find lots of good info and help on the following OA websites:

www.oamaine.org
 www.oaregion6.org
 www.oa.org
 www.AVision4You.info

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Serenity Prayer

God, grant me the Serenity to accept the things I cannot change; Courage to change the things I can; and Wisdom to know the difference. Amen

OA Responsibility Pledge

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

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.

Abstinence

Abstinence in Overeaters Anonymous is defined as the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve-Step program on a daily basis.

Tools of Recovery

A plan of eating, Sponsorship, Meetings, Telephone, Writing, Literature, Action plan, Anonymity, and Service

Anonymity

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. Please remember; Whom you see here, what you hear here, when you leave here, let it stay here

Third Step Prayer

God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help, of Thy power, Thy love, and Thy way of life. May I do Thy Will always!
(Alcoholics Anonymous, p. 63)

Seventh Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do you bidding.
(Alcoholics Anonymous, p. 76)

Our Seventh Tradition States:

“Every OA group ought to be fully self-supporting, declining outside contributions.”
Please make your contributions to your group’s treasurer or secretary.

Sharing Your Experience, Strength, and Hope

The SMIG bi-monthly newsletter invites all members to share their experience, strength, and hope by contributing a paragraph or two on any OA related topic.

Please submit your article to: Mary Ellen B. burke_me@hotmail.com .

PS Pages 1-2 contains lots of useful information that rarely changes. You may want to keep a copy of these pages, especially page 2, at hand near where you join meetings. Mary Ellen B.

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Some OA News

SMIG Bi-monthly Meeting via Zoom was held on Sunday, April 7th. Highlights of the meeting included:

- Trish V. has agreed to be Acting Chair until a permanent Chair and Vice-Chair are found. Meanwhile a few of us volunteered to chair the IG meetings to help Trish out.
- Trish V., John K., Elizabeth W., and Gina T. volunteered to organize a Sponsorship Workshop to be held tentatively this June.
- Trish V., John K., and Deanna are going to Re-start the PIPO Committee.
- The Region 6 Convention will take place in Nashua, NH, the weekend of October 25-27. For more information, go to www.oaregion6.org . (Nashua is approximately 2 hrs from Portland.)

Well Done SMIG!!! Thanks to all who participated in a very productive meeting. A special thanks to those who volunteered to work on our new initiatives.

Please help – We need contact information (name, phone number or email address) for a contact person at each of the following meetings:

- Brunswick Tuesday Noon;
- Waterville Thursday 10AM;
- Augusta and Lewiston Saturday 10AM.

You can send the info to me (burke_me@hotmail.com) or any IG person. Thanks.

MEMBERS SHARING THEIR EXPERIENCE, STRENGTH, AND HOPE

*** Please Note: The personal stories included in this newsletter express the experiences of the individual members of OA, and not OA as a whole.

Amends for Mom

from **Taste of Lifeline** Pg. 41 December 2013
(Included here just because May 12th is Mother's Day.)

When I was in college, I remember telling a friend, "I wish my mom was dead, so I could collect her life insurance benefit." Although this sounded harsh, it reflected the hurt and anger I felt toward my mom. Fast-forward thirteen years: I talk to my mom often, genuinely tell her "I love you," and help her whenever I can. This is a gift of the program.

When I worked the Steps for the first time, my sponsor helped me to dig deep, see that I had a part in my relationship with my mom, and make amends to her.

Before the program, all I could see were my mom's shortcomings and all the times she had hurt me. After I came to OA, I began to see her with compassion. She was a single parent who struggled to earn a living and raise me. She didn't learn many loving parenting skills from my grandparents, and life had hurt her deeply. If I had been in her shoes, I don't know how much better I would have fared.

My mom's apologies to me were another miracle that healed our relationship. Shortly after I'd made amends to her, she apologized for making many mistakes. She would do things differently and lovingly if she could raise me again. This was an unexpected apology. It helped heal me even more. She still apologizes to me from time to time when we talk about the old days. I tell her "I know you did your best. I know you had a hard life. Everything is okay now." This is my miracle story.

Happy Mother's Day to all Mothers, and to all those who take on the role of Mother when needed.

Uncovering

from Taste of Lifeline Pg. 35

March/April 2011

It all begins with a problem,
You know – a problem that plants itself,
Overtaking all thoughts,
Like a thick, permeating ivy
That the sun won't shine through,

Until you uncover the cause of the problem,
the person, place, or thing,
A statement, a behavior,
An institution's policies or procedures,
A resentment relived.

Whatever the cause,
you dig until you discover how you are affected,
Battered self-worth,
Emotional and physical security,
Rocked.

Writing is the Tool
that chips away at denial,
So that we see our part,
Our part in the problems,
Our part in the causes.

Underneath the problem
And the cause and our part in it,
Lay those character defects,
Defenses built up in a lifetime.

Perfectionism and procrastination,
Denial and avoidance,
Pessimism and being judgmental,
People-pleasing and self-centeredness.
A moral inventory

Taken in Step four,
Because we have taken step Three,
And are willing to do what we need to do
To uncover, discover,
And recover.

**[This space reserved for an SMIG member
who is willing to share their Experience, Strength, and Hope.]**

If you're wondering what you could share about for this newsletter, here's a suggestion.

Choose one of your Favorite Slogans, then answer the questions below. (There are no wrong answers.)

- This is what this slogan means to me
- This is how this slogan can help me ...
- These are situations where I need to use this slogan ...
- This is how I'm going to use this slogan to improve these situations ...

PS I'll be glad to work with you if you're willing to give it a go. ☺