



Upper Peninsula of Michigan OA Intergroup Website:

upperpeninsulaoa.com

Upper Peninsula OA Intergroup Newsletter April 2011

Hello fellows! I just want to thank everyone for their help in getting this newsletter a little more organized. A special thanks to Martha for a couple of very interesting and informative articles. Just the kind of thing that will make our newsletter a little more personal and fun to read. Please keep sending in your thoughts, happenings or just a story you would like to share. Let's keep our OA family connected! You can write, call or email. I'm okay with all of it!

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Retreat Information

Don't forget the First Annual UP OA Intergroup Spring Retreat. It is being held in Newberry at the Comfort Inn at the NW corner of M28 and M 123 May 20th to the 22nd. The retreat begins 7pm Friday and ends noon on Sunday.

There will be a guest speaker –*"I put my hands in yours"*. There will be both an OA-How Meeting and an OA meeting. A clothing exchange and raffles are also being planned. For those interested, a trip to Tahquamenon Falls or Oswald's Bear Ranch is possible.

If you are planning to attend, please bring:
AA/OA 12 Step & 12 Traditions books

The Big Book
All season/weather clothes
Clothing for exchange or sale
A black sharpie marker
Your experience, strength and hope

The Retreat Committee is looking for volunteers for service during the Retreat. If you feel you can be of service, please contact Paula at 906-485-4760 or Laura at 906-228-3419 before April 20, 2011.

Many thanks for the God lead consciousness working of the Retreat Committee in providing this service to our area.

On the next page, you will find a Retreat Registration Form. Hope you can attend!

FIRST ANNUAL UP OA INTERGROUP SPRING RETREAT REGISTRATION FORM

Fill Out & Mail Registration Form

Name: _____

Address: _____

City/State/Zip _____

Email: _____

Home Meeting: _____

Fee Schedule:

Full Package 2 days (2 per room)	\$120 _____
Full Package 2days (4 per room)	\$70_ _____
Full Package 1 day (2 per room)	\$65 _____
Full Package 1 day (4 per room)	\$40 _____
Full Package 2 days (1 per room)	\$170 _____

Full Package includes food and lodging

1 day food — no lodging	\$30 _____
No meals - No lodging	\$20 _____

(please circle)

Assign me a roommate

I am an Early Riser

I am a Night Owl

Or

I would like to share a room with-

Please apply early so we can plan our food supplies

I am contributing an extra amount toward the Scholarship Fund. Thank You \$ _____

Total Enclosed \$ _____

Please contact me with volunteer opportunities at the retreat.

Regretfully there are NO REFUNDS, though Replacements are accepted.

Make checks payable to: Upper Peninsula OA Intergroup Mail to: Mike D., P.O. Box 624, Baraga, Mi 49908

Partial scholarships are available-Contact Mike D. at mduschene@charter.net or 906-353-7346

For volunteer opportunities - Call Paula 906-485-4760

Outreach Committee

The Outreach Committee Chairperson is Paula 906-485-4760. The Committee has helped support an event in L'Anse with reported good response. Congratulations and thanks to all involved.

The Outreach Committee is asking groups to contact them when you need information, pamphlets, materials, etc. A function of this committee is to assist individual groups in attracting suffering compulsive overeaters in their areas. Please feel free to utilize their experience and material support.

The committee has made it known that the area is in need of a new display board. If anyone has any concepts or ideas, please contact Paula.

Local Meeting Flyer

On the next page you will find a form that you can fill in to display in public places such as store bulletin boards in your own area listing local OA meetings and times.



- Do you eat when you're not hungry?
- Do you binge, purge or restrict?
- Is your weight affecting your life?

Contact OVEREATERS ANONYMOUS

NO dues NO fees NO weigh-ins No diets

The only requirement for membership is a desire to stop eating compulsively.

Local Meetings:

Overeaters Anonymous World Service Office
PO Box 44020
Rio Rancho, NM 87174-4020 USA
Tel: 1-505-891-2664
Fax: 1-505-891-4320
www.oa.org

OA Regional Quarterly Assembly

There will be a Regional Meeting held in Fort Wayne, IN. At this time, I'm not sure of the date but our Intergroup is looking for an Intergroup Representative. The person needs to be an Intergroup member. Unfortunately, at present, Intergroup is unable to provide any cost coverage or reimbursement. If you feel you can provide this service, please contact Martha at 906-360-8718.

MEET YOUR INTERGROUP BOARD

Hi, I'm Martha K, grateful compulsive overeater! I have been abstinent since July of 2006 and maintaining a 93lb weight loss. When not at work or at my weekly OA/HOW meeting in Gwinn on Monday nights, you'll most likely find me at the barn with my horse Bella. I'm also your Intergroup(IG) Chairperson. As I was typing the minutes up from our most recent IG meeting I realized that I referred several times to have folks contact one of us on the board-but you may not know who we are and what we do. Here is just a summary of my role. The full job description may be found in our IG bylaws which is avail on our website www.upperpeninsulaoa.com. The IG Chair shall preside at all regular and special meetings of IG and IG Board, shall be responsible for establishing the agenda for all IG meetings, shall be open and available to talk with members about concerns or dissatisfactions, and can communicate with Region board about concerns regarding tradition breaks, etc. I have to admit that on paper this job seemed a bit overwhelming..but I am grateful to find myself amongst many other like minded service people in this fellowship. So far, most of my job has been stepping back and allowing the process to occur. What a huge gift of recovery this is for me. Like many of you, I struggle with control and a sense of having to do it all. What a great relieve for me to work this process where large jobs are divided and conquered by many versus just one or two. I learned early on in my recovery that service to others can both be provided and more importantly, for me at least—I can reach out and ask others for help and in doing so I am giving another an opportunity for service. So, I wish to thank you all for this opportunity for me to do service and grow and recover as I learn to extend my hand out and ask others to perform service. Please feel free to contact me anytime! I'm grateful to be walking this recovery path with you all!

Martha K 906-360-8718

Hopefully, next newsletter, I can convince my fellow board members to introduce themselves!

They are-Laura P, Secretary 906-226-2762 and Mike, Treasurer 906-353-7346

What is a Region?

We all attend a local OA group. Recently representatives from these groups in the Upper Peninsula have come together to form Upper Peninsula of Michigan OA Intergroup. Our Intergroup is a part of Region 5. What is a Region you ask? Read the following to find out.

“To obtain trustees from all parts of the country, the United States was divided into eight regions. Each region nominates one or more regional trustee candidate, one of whom is elected at the annual World Service Business Conference to serve OA as a whole. As part of OA’s service structure, the region office is important in coordinating Twelfth-Step work on a broad scale. Each intergroup sends at least one representative to the regional assembly, which is a business meeting.”*

*Excerpted from *OA Handbook for Members, Groups and Intergroups: Recovery Opportunities*

Advice for the new sponsor

New to the sponsor line? Been a sponsor and need some helpful hints? Read thru the following advice given by sponsors at our IG gathering last June in Gwinn:

- Share your experience, strength and hope.
- Listen
- Follow OA 12 steps and use the 7 tools of recovery
- Be patient
- Read through the Sponsor guidelines closely prior to sponsoring
- Remember, we don’t have to be perfect.
- Stay focused in the present
- We do this program One Day at a Time
- Ask other members what they do to replace obsessive thinking with positive solutions
- You don’t have to know all the answers. You can say “I don’t know, let me talk with others and get back to you”
- Be willing to listen with love and acceptance to a limit and know your limit
- Be gentle on yourself
- Listen carefully
- Don’t play God
- Don’t give answer you are not sure of-call others and get back with them
- Progress not perfection
- Sponsors are not God, they help each other
- Be kind, caring and pass on your experience, strength and hope
- Pray to your Higher Power to give you the words sponsee needs to hear today

- Choose a time you have available to give a sponsee 15 minutes each day and offer it to those needing a sponsor. If they really want recovery, they'll make seemingly undesirable times doable
- Go through sponsee guidelines together on phone so they know what is expected of them to receive abstinence

Still not convinced your ready to sponsor? Just think of this-where would you be if your sponsor never felt prepared to sponsor? Remember-we can't keep this gift of abstinence we have been given unless we give it away! Step up to the sponsor line-you do have something to give-your experience with recovery, your strength and your hope!!

Intergroup Meeting Minutes February 5, 2011

Present: Laura A., Kathy H., Delain, Martha and Laura P.

Committee Reports:

For the newsletter - I believe we decided on quarterly. So the next newsletter would be in April 2011.

And then we talked about having Intergroup buy and supply books for the area. Kathy H. volunteered to take on that position. They would need to be at an easily accessible location.

How to raise funds especially for the Outreach Committee.

Next meeting will be Saturday, March 26 at 12:30 pm.

UPPER PENINSULA OF MICHIGAN INTERGROUP

Meeting Minutes

March 26, 2011

I. Call to Order

Meeting was called to order by Martha K at 12:30 pm at Messiah Lutheran Church, Rm 202, in Marquette, MI. After reciting the Serenity Prayer all present introduced themselves.

II. Attending

The following Intergroup Representatives were present either in person or via phone:

Martha K Gwinn, Monday HOW meeting
Paula B Mqt, Thursday HOW meeting
Laura A MQT, Wednesday Big Book Meeting
Linda MQT, Wednesday Big Book Meeting
Carol Chassell, Thursday OA Meeting
Joan L'Anse, Tuesday OA Meeting
Others attending: Willie

III. Old Business

A. Standing Committee Reports

1. **Retreat Committee Updates:** The retreat planning is well under way. The theme is "*I put my hand in yours*" and is scheduled for May 20-22 in Newberry, MI. There will be 2 speakers traveling from outside the area. Region V has funds and will assist with paying for expenses for both speakers. No registration has been received as of yet-please encourage folks to submit their registration. A list of service opportunities was passed around and will also be placed in upcoming newsletter. People are asked to contact either Laura A or Paula B to sign up for service. There will be a silent auction with all proceeds going to the intergroup treasury. Please encourage all to send along an item to be auctioned. There will also be a clothing exchange-so bring your gently used clothing items to swap.

2. **Outreach Committee Updates:** The display board used for outreach has been located and is now housed at the MQT HOW meeting site. The committee anticipates need for a more professional display board as well as need to purchase outreach brochures and business cards. It was discussed and decided to defer any purchases until after the retreat expenses have been cleared and our treasurer Mike will be available to inform IG of budget status. Also to be decided by IG in future is how to handle purchasing of outreach materials. Will IG purchase then individual groups buy from IG? Tabled to discuss later-possibly at retreat. Joan from L'Anse requested listing of all local meetings. A listing will be taken from OA world service website and mailed to her by Martha. A brief report by Martha was given on recent fellow attendance at L'Anse/Baraga area health fair. She reported much interest in OA and gave out many brochures.

3. **Newsletter Committee Updates:** Linda is taking information for April newsletter so it can be mailed out prior to May retreat. She requests items are submitted by April 1st so the newsletter can be mailed out the first week of April. Please remember that anyone can submit a writing, favorite quote or saying to our newsletter and

each group was encouraged to submit at least one item. The April newsletter will contain retreat flyer and schedule.

4. **Treasurers' Report:** Mike was not avail for the meeting but had submitted a written budget statement.

IV. New Business:

1. **Region 5 website:** The information available on this website was briefly discussed. The website address is www.region5oa.org. If you scroll to bottom of home page and click on "Region 5 business", then "Public Information", then "Professional Outreach", much information is avail to be copied and tailored to our needs. No need to re-invent the wheel!! Please share this information with your groups. Those without internet service please feel free to contact your IG Board and we can print and mail any information to you.

2. **Region 5 Representative:** Our IG currently serves 10 local OA groups. Our region hosts a quarterly Assembly of all Region 5 IG representatives which means our IG could send one representative to these meetings. Unfortunately, these assemblies currently take place in Ft. Wayne, IN, which would be a considerable drive and cost to someone. Currently the attendance would have to be self funded. But-that doesn't mean someone out there may not have the calling to do service on this level. If that person is you-and you are an IG representative, feel free to let an IG board member know.

V. Adjournment: The next meeting date will be determined at a later date-possibly at Retreat in May. The meeting was concluded with reciting of the Serenity Prayer at 1:15 pm.

VI.

Minutes taken by Paula B and submitted by Martha K in Laura P's absence.

Thought

I learned early on in my OA recovery that my compulsive eating is closely related to my stress level. My stress level is directly related to my overwhelming need to control everything. I am slowly learning to turn my will over to my Higher Power. I have found that when I persist in trying to exert my control, the outcome is rarely serene and my chances of maintaining my abstinence become shaky at best. When I hear myself say, "I know what my Higher Power is telling me but..." I know trouble is on the horizon. My prayer is that I get my "but" out of the way and let my Higher Power do her job.