

# Branching Out—The Upper Peninsula of Michigan OA Intergroup Newsletter

Volume 2 Issue 3

July 2011—October 2011

## May 2011 Intergroup Retreat

### - I put my hand in yours - (a little late review)

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### The New 9th Tool An Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery.

While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it.

This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

It was the best weather ever. Must have been in the 70's and the trilliums covered the hills.

After settling in to our comfortable surroundings in Newberry, we all got together for an Ice Breaker, opening talks from our guest speakers and a OA Meeting focusing on the Fifth Step.

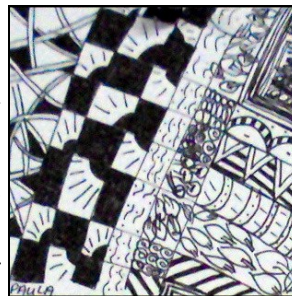
Saturday started with a fun relaxed morning learning ZenTangle. A compulsive activity that we all took to. We enjoyed being able to create such intricate designs from such simple moves.

Our guest speakers gave much of themselves with their stories sharing their experience, hope and faith with us. We were honored to receive them.

In the afternoon, Judy, the Region 5 Representative held a workshop explaining the OA service structure, the twelve traditions and the 12 concepts. We learned how we can rely on meetings to help the suffering compulsive eater walking in the door. Where as, an intergroup, helps a group of local meetings to stay in touch and create

local events or other services which are beyond the financial capability or volunteer-power of individual meetings. Region 5 covers Michigan, Wisconsin, Ohio, Indiana, Northern Illinois, Southern Ontario and Kentucky. Representatives from Intergroups and lone meetings may send representatives to region assemblies to participate in decisions regarding regional activities and related issues. Region 5 has a Strategic Operation Plan to help us build strong meetings, increase public and professional awareness, and help create committed service bodies.

There was also an Intergroup meeting to explain to the 20 some participants of the retreat how the Upper Peninsula Intergroup can unite to accomplish more. I believe the visiting participants from Wisconsin were impressed with our enthusiasm and unity. We gladly learned we do not have to reinvent the wheel. Region 5 wants to help! They have definitely been an unknown untapped resource for the Upper Peninsula.



- For example, a newcomer's action plan might focus on planning, shopping for and preparing food.
- Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance.
- Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program.
- Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

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**Upper Peninsula OA Intergroup Meeting Agenda**

October 8, 2011—12:30 pm Eastern Standard Time

**Dial in number 712-432-3900 - Access code 132873 - Moderator code 166627**

I. Call to Order - II. Introductions

III. Old business

A. Standing Committee Reports

1. Retreat Committee updates    2. Outreach Committee updates-    3. Newsletter Committee updates-

B. Treasurer's Report

C. Intergroup representative updates

D. Establishing budgets for committees

E. Arranging bus to Region V convention this fall

F. OA 9<sup>th</sup> Tool update

IV. New Business

A. Establishing short and long term goals for IG

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Upper Peninsula OA Intergroup Meeting Minutes

September 10, 2011

I. Call to Order-Serenity Prayer opened meeting at 12:30 pm

II. Introductions-Present are Delaine, Mike and Martha

III. Old business

1. Retreat Committee updates - Delaine reports that the retreat will take place at the Comfort Inn located in Manistique, MI. They are undecided about topic-will choose between "Back to Basics" a four hour workbook based Big Book 12 step study or "The Promises". They are going to be contacting Region V for speaker list to start contacting. The committee meets on the last Sunday of the month at 7pm on same dial in number as for IG meeting.

2. Outreach Committee updates— An OA article has been submitted to Gwinn Quarterly newspaper. A copy will be forwarded to Delaine to send to her local newspaper. This same article will be submitted to various Marquette county free news outlets. We are using contact of OA.org-referring folks to website to find meeting near them. It was brought to attention during IG meeting if our IG web address could be used and this will be placed in all written correspondence. IG rep, please let outreach committee know of outlets in your area we could send articles to. Our hope is to have PSA on Charter and Ish-peming local community boards on TV. We ask all meetings to be prepared to greet the newcomer!! New members are always welcome to all our committees and we ask IG reps to get the word out of service opportunities at IG level. Our outreach committee will meet next on 9/15/11 via dial in number at 5:30 pm.

3. Newsletter Committee updates-Laura P has assumed this position. Plan is for Oct release

4. Intergroup representative updates— Currently no rep for Thursday Mqt meeting, ? IG involvement new 1hr HOW meeting.

5. Establishing budgets for committees-No updates.

6. Arranging bus to Region V convention this fall-No one was aware if this has been taken on. Possibility of a bus leaving from Appleton area????

IV. Treasurer's Report—Mike reports that in Aug we had \$23.00 contributions for current balance of \$1124.12. Mike will forward a report to Laura for inclusion in next newsletter.

V. New Business

A. Establishing short and long term goals for IG-defer until more members avail

B. Delaine brought up how groups might incorporate new world service tool-"9<sup>th</sup> tool".

In light of each group autonomy, those present felt it would be best to perhaps include in next newsletter info on new tool and other changes recently adopted by World Service for each group to review and do with what their group conscience leads them to do.

The meeting was adjourned at 1:25 pm after repeating the Serenity Prayer. Next meeting 10/8/11 at 12:30 pm

## OUTREACH COMMITTEE ANNOUNCES

**October 2011 - AS POST A FLYER MONTH!!**

Does your community know about your meeting? Does it even know a 12 step program of recovery is out there to help with their weight issues? Do you struggle with how to get the word out?? Your UP OA Intergroup outreach committee has declared October as Post a flyer month. We believe if every person who attends an OA meeting in the UP takes a copy of flyer and posts just one-we up the chances of finding that still suffering compulsive overeater. Attached please find several examples to distribute at meetings for folks to take to copy and post. Also attached is small announcement to be placed in church bulletin if your meeting is held in a church. Lets get the word out about recovery!!



**IS FOOD A  
PROBLEM FOR  
YOU?**

- DO YOU EAT WHEN YOU'RE NOT HUNGRY?
- DO YOU GO ON EATING BINGES FOR NO APPARENT REASON?
- IS YOUR WEIGHT AFFECTING THE WAY YOU LIVE YOUR LIFE?

**WE HAVE A SOLUTION-WE CAN HELP!**

*CONTACT*

**OVEREATERS ANONYMOUS**

**[www.oa.org](http://www.oa.org) or [www.upperpeninsulaoa.com](http://www.upperpeninsulaoa.com)**

**NO Dues\*NO Fees\*NO weighs-in\*NO diets**

## Statement on Abstinence and Recovery

Abstinence in Overeaters Anonymous is 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 living the Overeaters Anonymous Twelve-Step program.

Adapted 4/30/11 WSBC

## Were on the Web!

[www.upperpeninsulaoa.com](http://www.upperpeninsulaoa.com)

Financial Report!

## Outreach ? Public Information? Intergroup? Who the heck does what and how?

Just what is an Intergroup and why do we have one? As we all know, our primary purpose in meetings is to bring the message to those still suffering. Our various meeting formats throughout the Upper Peninsula have been established to do just that. Prior to forming our Intergroup, many folks from these meetings acted independently to help spread the message. In OA, as with other twelve step groups, it has been found effective if neighboring groups pool their efforts and resources and form an Intergroup. In a way it connects us all under the OA umbrella! " Intergroups spring from a grassroots need to provide service for a number of local groups and better information about OA in a particular community. Intergroups are formed simply because they are the easiest, most efficient way of getting OA jobs done well. They provide needed services for compulsive eaters with a minimum of organization."

So what does this mean for each of us as individuals working a program of recovery? By having an Intergroup, we can keep our meetings focused on recovery vs managing the business of outreach, communicating with other meetings or organizing annual retreats. Our Intergroup currently has a functioning outreach committee, retreat committee, newsletter committee, treasurer and a website. All committees are open and seeking new membership -so if you are lacking in a service position at your local meeting, we strongly encourage you to seek an Intergroup service position. We meet monthly on the second Saturday of the month at 12:30 p.m. via teleconference. All you need to do to attend is dial in at 712-432-3900, access # 132873. Our retreat committee is already busy planning another spring retreat. The outreach committee is working on formatting various flyers, public service announcements and newspaper articles. Our goal is to have all public information available to promote Overeaters Anonymous throughout the UP to all groups. We hope to be your one stop resource for flyers, pamphlets and even cash as needed when a local event like health fair comes up that someone from your area is interested in attending. Perhaps your group is small and these things in the past have seemed too overwhelming to do—please feel free to call on your intergroup outreach committee for assistance—we are here to serve—as are all our Intergroup board members. Please feel free to contact any Upper Peninsula OA Intergroup Board member below with any questions or concerns.

Martha K. Chairperson 906-360-8718    Laura P    Secretary    906-226-2762  
Mike D    Treasurer    906-353-7346

## Important Dates 2011—2012

**October 8** UP of MI Intergroup mtg 12:30 pm Dial in number 712-432-3900, Access code 132873 all are welcome

**October 28—30** Region 5 Convention, Stepping into the Circle of Recovery, Indianapolis, IN, contact: Tyra 317-809-0781

**Nov 4 –6** Minnesota Unity Intergroup Convention, Connect to Recovery, Minneapolis, MN, contact: Julie C., 612-558-3687

**Nov 12** UP of MI Intergroup mtg 12:30 pm Dial in number 712-432-3900, Access code 132873 all are welcome

**Nov 19** International Day Experiencing Abstinence (IDEA), Wild Rose WI, contact: Carol 920-787-2833

**Dec 10** UP of MI Intergroup mtg 12:30 pm Dial in number 712-432-3900, Access code 132873 all are welcome



### Dec 12 Twelfth-Step-Within Day

Celebrated on 12/12 each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating.

### Jan 21, 2012 OA's Birthday

**Feb 25, 2012** Unity Day—This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, 11:30 a.m. Pacific time, OA members pause to reaffirm the strength inherent in OA's

**March 23 –25** Milwaukee Area Intergroup Plan of Action Convention, Milwaukee, WI, contact: Tracy 414-704-4875

**May 18-20, 2012** UP of MI Intergroup Retreat at Comfort Inn in Manistique, MI,