



# Branching Out

## The Upper Peninsula of Michigan OA Intergroup Quarterly Newsletter

Volume 3, Issue 3

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

October 2012

### Abstinence is a Precious Gift

Abstinence is the most important thing in my life today. It really is. It is the most precious gift I have. The reason is: I can't buy it, can't borrow it, and if I lose it, it's not that easy to retrieve, based on my personal experience. When I first came to program and just sat in the room, I lost my abstinence after 46 days, and then I lost it again after 90 days. After I lost something so valuable twice, I've come to believe that it is very precious and I don't want to lose it again.

My first sponsor told me to treat my abstinence like a very precious gem. A million dollar gem, so precious, so important, that you really want to hold on to it. If you were to go to dinner, and there is a salad bar, you wouldn't say "I'll just leave my precious gem here, and hopefully it will be here when I get back." No, it's really precious!

I've carried a little gem around with me for 22 years. Here's the trick: I don't have to "get it"-- I've gotten it. Every time I go to an OA meeting I get the gift of abstinence. I thought abstinence had to start Monday morning. I thought abstinence had to start in the morning. When I binged at a retreat I thought, "well, there goes today.." That's not true. If I've had my abstinent dinner, then I'm in my first hour, of my first day, of my first year, of my first decade, of my first lifetime of abstinence. I don't have to GET abstinent. I have to KEEP it. That's the secret, for me, to OA. OA is not about getting used to my disease. OA is not about me learning to live with my character defects. OA, for me, is learning how to live abstinently, and as the BB says "to face and get rid of my problems promptly and without regret" That was very attractive to me.

So I have a gift for you: an abstinence gem. You get to make the choice. When the bag comes around, you can make a choice to take the gem and treat your abstinence like a precious diamond, or you can pass. I don't want anyone to think they can't be abstinent because they binged on the way to this workshop. we are all, right now, abstinent in this room.

I've had a hundred thousand dollars in the bank, I've had a lucrative job, I've had a car, I've had a home, I've had a partner, I've had a lot of things. I've never had this before coming to Overeater's Anonymous. None of those things are as precious to me as this gem is.

*This is just one of the gifts we received at the May 2012 OA Intergroup Retreat . Do you know where your gem is today. Our Speaker/Facilitator received this reading from "action is the magic word" workshop,( from sacramento valley Intergroup )*

#### Intergroup Officers May 2012-2013

Delain, Newberry  
906-322-4495  
Chair

Janice, Baraga  
906-395-0695  
Vice-Chair

Mike, Baraga  
906-395-7346  
Treasurer

Sandra, Treasurer  
906-361-6484  
Secretary



**906-361-4947**  
**New Hotline to the**  
**U.P. Overeaters**  
**Anonymous**

#### Attention Group Secretaries

Please make copies of  
this newsletter to share  
with your group  
members

# Upper Peninsula OA Intergroup Meeting Minutes for Saturday, Sept 8, 2012

Dial in number 712-432-3900

Access code 132873

Moderator code 166627

Call to Order - Delain opened with the Serenity Prayer

Introductions - Laura who represents Saturday Morning Marquette OA meeting, as well as Outreach & Newsletter Committees, JoAnn/2013 Retreat Committee Chair, DeLain/new Intergroup Chairperson, Janice/new Vice-Chairperson, Mike/Intergroup Treasurer and Sandra/new Intergroup Secretary

## III. Old business

Laura reviewed Minutes from July's Intergroup Meeting.

Treasurer's Report update—Mike reported that the Intergroup current checking account balance is \$1,514.84, and that's without additional contributions being added that he believes amounts to an additional \$400.00.

### 2013 Retreat Committee update

Joann reported that Mary W went to the Alberta retreat center and received a \$1,500.00 tentative quote for 23 people. Joanne mentioned that Mary W really liked the Alberta location, and Joanne wanted to thank Mary for her hard work on this. The Retreat Committee will be having their next phone meeting Wednesday evening. They still need to nail down a few details such as setting a date and theme. Joanne will have more news to report at the next Intergroup Meeting.

### Outreach Committee update

Laura emailed a report to Intergroup members for whom she had an email address requesting \$500.00 in funds with \$371.00 immediately to purchase of a tabletop display, poster flyer, lamination of display materials, an Intergroup contact trak phone (with limited minutes), a rubber self-stamp to include the UP OA Intergroup phone number, website contact information. Laura would like the Intergroup to allot \$500.00 to the Outreach Committee as part of the annual budget for the year. This amount would give the Outreach Committee funds so that they could make the materials available to all OA groups for events. Laura is hoping to have an OA card for events that lists the Intergroup phone number that would be the trak phone number, along with the Upper Peninsula OA website. Laura mentioned that she tried to get hold of MGH for their next professionals conference but was turned down. Laura feels that they were just not aware enough of OA and with our presence at other events this may change in the future. She now has a book to keep track of ongoing annual events so that she can look ahead of time and prepare for these events.

Laura's request for \$500.00 in funds for Outreach Committee as part of the annual budget was unanimously approved by the Intergroup members present. Mike commented that Intergroup has already spent \$156.00 this year for Outreach, \$56.00 in February and \$100.00 in April. It was then unanimously voted to give \$371.00 immediately to the Outreach Committee and to replenish the funding beginning January of next year as requested by Laura on behalf of the Outreach Committee.

Laura's application with the OA World Service Office to borrow their event display was turned down because ours is not a trade show. Laura also put in an application to Region 5 for reduced cost to literature but she has not heard back.

### Newsletter Committee update

Laura mentioned that somebody wanted to volunteer for the newsletter but she can't remember the member's name and asked if members present know of anyone to let her know. Laura was gone most of August and once she gets the Outreach project finished (as noted above in item 2.); she hopes to then work on getting the newsletter out in October. Laura asked for an article from Delain for the newsletter to introduce herself as the new Intergroup Chair. Laura would also like to post the Intergroup newsletter on our website. She received something from WSO she hopes to put into newsletter and asked others to contact her with any ideas for the newsletter. Delain thanked Laura for her service with the newsletter.

## IV. New Business

Delain is thinking of an Intergroup activity, maybe a day event and asked for input. Sandra mentioned the OA annual IDEA (International Day Experiencing Abstinence) day as a possibility. Laura confirmed that it is held worldwide on the 3<sup>rd</sup> Saturday in November which occurs this year on November 17<sup>th</sup>. Delain asked if we could have a phone meeting about it. Laura asked if Delain would put something together for the newsletter and Sandra volunteered to help Delain.

Laura asked about the new meeting that gave a donation this summer to the Intergroup. Delain didn't know about a new meeting but mentioned that their group is changing their meeting time and locate. She mentioned that the Sault Ste Marie group will be ad hoc for now and that the plan was to meet somewhere in between Newberry and Sault Ste Marie locations but nothing has yet come of it. Mike asked Delain to email him with the change in her meeting schedule, which she said she will do when she officially changes it.

Intergroup meeting frequency -Delain suggested meeting again in October and decide at that time how often the Intergroup will meet because of the number of topics discussed this morning. It was agreed to hold the next Intergroup meeting on October 27<sup>th</sup> at 8:00 am.

All members then thanked Delain and with no further business to discuss the meeting was adjourned.

Respectfully Submitted, Sandra K/UP OA Intergroup Secretary

# OA Posters Enclosed to Post

While the World Service Organization is reaching the larger community, we can join the outreach blitz in our own neighborhoods. Enclosed are posters with tear-offs to post in libraries and local stores, or small flyers to place in waiting rooms and Laundromats. Our goal is to coincide with World Service Public Announcements from October 17 to January 9, 2013.

## OA Carries the Message to Professionals

Overeaters Anonymous participated in the American Academy of Diabetes Educators (AADE) tradeshow in Indianapolis, Indiana USA, August 1-3. More than 5,000 dietitians, nutritionists, registered nurses certified in diabetes and diabetes educators attended the conference and tradeshow. OA hosted a booth with local volunteers from the Indianapolis area, handed out OA literature and displayed the OA Web site's podcasts and Find-a-Meeting application.

OA budgeted for two tradeshows in 2012 to support its strategic goal of encouraging attendance at professional tradeshows. The second tradeshow is with the American Academy of Family Physicians (AAFP), October 17-20, 2012, in Philadelphia, Pennsylvania USA, with an expected attendance of 5,000.

**WANTED**  
**IDEAS TO CELEBRATE**  
**"IDEA DAY"**  
**NOVEMBER 17**

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## New Radio Show Educates Public on Compulsive Eating

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*Internet radio station to air OA Program*

Overeaters Anonymous (OA) is launching a 13-week Internet radio show to help listeners better understand compulsive eating and OA's recovery program. The show, titled "Sound Bites from Overeaters Anonymous—A 12-Step Solution to Compulsive Eating," is a weekly, one-hour program that Voice America will broadcast online beginning October 17 and run through January 9, 2013.

Sound Bites from Overeaters Anonymous will share first-hand the personal struggles of compulsive eaters, and the strength, hope and recovery they found using OA's Twelve-Step program.

The program will address topics that include the following:

- How and why a Twelve-Step program can work for compulsive eating.

- How OA's Plan of Eating differs from a diet.
- The nine tools of Overeaters Anonymous.
- Keeping your eating sane during the holiday season.
- 100+ pounds to lose—is there hope for me in OA?
- The three levels of recovery from compulsive eating.
- What to expect at an OA meeting.
- In all our affairs—how recovery in OA can improve every aspect of your life.
- New Year's resolutions— what can you do differently this time?

A live call-in show will answer listeners' questions about Overeaters Anonymous.

Listeners can find "Sound Bites from Overeaters Anonymous" on Voice America starting October 10 by visiting [www.voiceamerica.com](http://www.voiceamerica.com) and searching for "Overeaters Anonymous".

## Meetings & Special Events

**October 21, Sunday** Outreach Committee Meeting 9:00 am conference call 712-432-3900 @ access code 132873 Focus on joining OA October to January Blitz of posters and flyers around the U.P. and developing Fair Presentations

**October 27, Saturday** U.P. of MI OA Intergroup meets at 8:00 am on conference call 712-432-3900 @ access code 132873

**November 2-4 Unity Intergroup hosts the OA Minnesota State Convention**, Crowne Plaza Minneapolis North Hotel, 2200 Freeway Boulevard; Catherine W. 1-612-205-0930; email: [mnstateconvention@gmail.com](mailto:mnstateconvention@gmail.com); Web site: [www overeaters.org](http://www overeaters.org)

**November 17, Saturday** International Day Experiencing Abstinence (IDEA)  
Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

**December 12, Wednesday** — Twelfth-Step-Within Day  
Celebrated on December 12 (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 behaviors.

**April 5-7, 2013, Region 5 Convention Milwaukee**

**April 29-May 4, 2013 World Service Business Conference (WSBC) Albuquerque, New Mexico USA**

"Searching and Fearless Inventory" The theme focuses on our structure and processes, asking the following questions:

- Are our actions achieving the desired results?
- Are newcomers who arrive at OA finding strong meetings when they get here; are they getting and staying abstinent?
- Are service bodies helping that process?
- Are we losing meetings and members, and if so, why, and what can we do about it?

We envision doing an inventory of our service bodies and even WSBC itself.

### OA Upper Peninsula of Michigan Meetings as of October 2012

Location	Type	Time	Where	Contact
Baraga	H.O.W.	Tuesday 6:00 PM	Ojibwa Senior Center 208 Main St.	Mike 906-395-7346
Cedarville	Steps/ Traditions	Wednesday 1:30 PM	Les Cheneaux Community Library 75 E Hodeck St.	Anne 906-484-1339
Chassell	"Lifeline"	Thursday 12 Noon	Holy Trinity Lutheran Church 42902 Hwy US 41	Carol 906-523-4370
Gwinn	H.O.W.	Monday 6:30 PM	United Methodist Church 231 W. Jasper @ M35	Sandra 906-361-6484
L'Anse		Tuesday 10:30 AM	United Lutheran Church 21 Mesnard St.	Rose 906-355-2618
L'Anse		Friday 10:30 AM	United Lutheran Church 21 Mesnard St.	Rose 906-355-2618
Marquette	H.O.W.	Tuesday 6:30 PM	Marquette Church of Christ 1104 Fair Ave. (use back door)	Alison 906-225-0049
Marquette	H.O.W.	Thursday 6:00 PM	First Methodist Church 111 E. Ridge St.	Debbie 906-249-9333
Marquette	Steps/ Traditions	Saturday 11:00 AM	Messiah Lutheran Church 305 W. Magnetic Rm 202	Laura 906-226-2762