



## A Letter From L.A. Intergroup

### The L.A. Intergroup Virtual Speakers Bureau

We of the L.A. Intergroup consider ourselves blessed to live in an area where we can hear from so many strong and inspirational program speakers. We wish to share their talks with you. Whether you are struggling in the middle of the night, living in a remote location, or just need a boost, these speakers will help you remember that you are not alone.

These speakers are available on our website at [www.oalaintergroup.org](http://www.oalaintergroup.org), under the 'Speakers' link. These files are in .MP3 format and you can either simply click a link to listen at your computer or Right-Click another link and save the file(s) to your computer for later listening or uploading onto a portable audio device. You can even use these sound files as 'Guest Speakers' at your meetings. Most importantly, these files are totally free and there is no charge in any way for anything related to this site.

Most of the speakers on this site have 20, 30 and even 40 years in the program (the average is 23.5 years). While time in program is not an indicator of recovery, these women and men certainly have a lot to offer. Additionally, most of the speakers have been maintaining a considerable weight loss for most of that time and have worked all 12 steps.

For further information and/or feedback, feel free to contact us at either: [12thstepper@gmail.com](mailto:12thstepper@gmail.com)

Or:

L.A. Intergroup of Overeaters Anonymous  
6404 Wilshire Boulevard  
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Los Angeles, CA 90048  
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P.S. Please feel free to add a link to our Speakers page ([www.oalaintergroup.org/speakers](http://www.oalaintergroup.org/speakers)) on your website as an aid to your members (it also helps us with our Google ranking)!

*"Always to extend the heart and hand of OA to all those who share my compulsion: for this I am responsible."*

#### **DECEMBER 2005 FINANCIALS:**

INCOME .....	\$387.26
EXPENSES.....	\$359.50
WORKING CAPITAL.....	\$14,968.57

#### **GROUP DONATIONS:..... AMOUNT**

Concord Mon PM.....	76.86
Concord Fri Noon.....	30.00
Nashua Tue PM.....	75.00
Center Ossipee Tue PM.....	10.00
Nashua Fri PM.....	62.65
Concord Tue Noon.....	41.00
Nashua Sat 8:30 AM.....	59.95
Hopkinton Thu PM.....	31.80
<b>TOTAL DONATION.....</b>	<b>\$387.26</b>

## Losing Abstinence

This is an idea I heard in OA many years ago and not since. Rigorous honesty tells me I'm maintaining more weight than I need to carry. Now I'm committing to physical recovery. First, I defined a simple plan of eating which I shared with HP and several OA's.

To support my abstinence I use multiple tools of recovery every day.

Actively working the program means:

- Extra meetings, extra calls and extra service.
- Seeking guidance and direction, then acting on it.
- Adding a 20-30 minute written meditation to my busy day.
- Taking a daily 10<sup>th</sup> Step to keep my slate clean.
- Sharing negative feelings and behaviors with my sponsor.
- Finding serenity in the Steps and Traditions.
- Putting resentments into the God Jar.
- Walking somewhere every day to clear my head.
- Frequent verbal or written expressions of gratitude.
- Acknowledging my resistance by asking out loud, "but are you willing?"

So far, it's working. The scale confirms what my clothes tell me: the numbers are slowly dropping.

-Nony M.

**"Resentment is the cup of poison you pour for someone else, BUT you drink it yourself ."**

## ***Region 6 CONVENTION***

October 27-29, 2006—Center Catskill, NY

Visit [www.oaregion6.org](http://www.oaregion6.org)  
for more information

### **\*\*\* CORRECTION To November Financials \*\*\***

#### **NOVEMBER 2005 FINANCIALS:**

INCOME .....	\$1,220.25
EXPENSES.....	\$478.92
WORKING CAPITAL.....	\$7685.33

Group donations were accurate as printed.

**For OA Information Call  
1-800-201-8720**