



North West Intergroup 09608



Public Information Newsletter

JULY 2017



Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers



Contents

Individual Actions [PAGE 2]

Group Actions [PAGE 4]

Regional Actions [PAGE 6]



Feedback

If you have individual or group actions to share or if you have ideas that could be taken forward by the PI Group please let us know; we are always looking for new ways to carry the message. We are also looking for new members for the group so please consider this service opportunity - please email us at oapi.nwig@gmail.com.



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

Individual Actions

Share - Opportunistic PI Within The Northwest

I am an anonymous compulsive overeater who has a daily reprieve from the deadly progressive disease that made me physically, mentally and spiritually unwell. Abstaining from foods and behaviours one day at a time gives me the clarity to see and take God given opportunities to share information about our Fellowship.



My complimentary therapist having taken a full history was aware of my eating disorder and threefold recovery . She mentioned that another therapist in the building was about to start a group to help weight loss and binge eating .

My ears pricked up as it is a form of therapy I had tried in the past to help with my eating , weight and body image issues. I openly talked about OA and asked if the lady would welcome any information about our fellowship. I believe I am a walking , talking example of The solution offered by abstaining and living by the twelve steps. At my next treatment I heard that she was keen for information and was willing to meet me and learn more.

With pride I put together a folder of useful info that a sufferer can look at. Within the folder is our NW Meeting list, Introducing Oa to the professional, Is food an issue for you, 15 questions, Bulletin cards, Wallet cards, The Courier, Many symptoms , Before you take the first compulsive bite, Commitment to abstinence.



I handed over the folder and at the same time all outcome and expectation. My work was done , to provide the information without promotion. The feel good factor of doing my bit to share The message of hope feeds my soul much better than food ever used to. The following week I was in a Community coffee store with my choir friends and I saw a notice board full of helpful information with a slant to mental health.

I approached a worker and asked if I may leave a Bulletin card – it has my number on it . We had a lovely conversation and I felt at ease knowing she will ask the manager when she returns after days off. I trust if a card is meant to be on the board it shall go up !

When I first did PI I had degrees of resentment if an establishment was not keen or said no. I took it a bit personally, wondering if I could have delivered the message differently.



Today I stick to the principle that I am the message and a channel only. Accepting, anonymous and remaining very willing to mention OA keeps me right size! I am eternally grateful to The GP who told me about Oa in 1998.

WE do make a difference and **TOGETHER** we can.

Thanks to the PI Committee for the newsletter .

Love in Fellowship

Anonymous, Grateful and in Awe of HP

Individual Actions [CONT.]

OA On Facebook Extracts From 'OA Virtual News' 2nd Qr 2017

- “As you may have heard, Delegates at WSBC 2016 voted to amend OA's Statement on Public Media, opening the door for the Fellowship's participation and presence on social media.”
- “First and foremost, membership in Overeaters Anonymous is neither assumed nor implied by liking a page, but it does show an appreciation for the qualities and characteristics of the organisation.”
- “Overeaters Anonymous, the organisation, is not anonymous, but its members are. Overeaters Anonymous is not a secret and neither is our message. This is the place where there seems to be the most fear, but just as in face-to-face conversations, each person protects their anonymity in the ways they feel are best.”
- “In order to respect and protect others' anonymity, we should not 'share a link' or 'tag' another person from any OA page or website.”
- “If you choose to like the page, you can unlike it at any time. There is no indelible record to follow you the rest of your days.”

Dawn K., Central Florida Intergroup, USA

The Facebook page can be found at: www.facebook.com/OAinfo

Do's And Don't From 'Carrying The Message'



I emphasize the peace of mind I have found in life around food

I do not mention specific spiritual or religious beliefs

I suggest that people come to a meeting and just listen. Nothing is required of them

I don't give too much information about meetings and how it all works; the best way to understand is to come to a meeting.

I carry the message as part of my action plan

I don't put down diets or methods of weight loss; I don't compare OA to other programs

Individual PI Ideas From OAGB's Leaflet 'Ideas For PI'



Respond in writing to articles in the national press or on a newspaper's website about eating problems/obesity and share your OA experiences.



Tell anyone who asks you about your recovery - about yourself, what happened, what OA has given you and provide contact details. (Am I the best Big Book that anyone can meet?)

Some Principles Of PI From OAGB's Leaflet 'Ideas For PI'

- ▶ Essential to be abstinent and well.
- ▶ Good knowledge of anonymity, what it means, the Traditions, how they apply. Stick to your own experience – what you were like, what happened, what you are like now
- ▶ Don't offer opinions, always say this is not official OA policy but my experience Mention your weight loss (or weight gain if you were underweight) yes it's not the main event here but it is what attracts most newcomers – and it is what most health care professionals measure recovery by.
- ▶ Get behind yourself and OA – we have a proven workable method which arrests our illness. It's maybe not for everyone but abstinence and the steps are what we do, it's what we offer, it's how we get well.

Group Actions

Why Work On A Group Level On PI?



"Only by working with those who are not yet free [from the disease] do I fully realize that freedom."

For Today, p. 252



"When all other measures failed, work with another alcoholic would save the day."

Alcoholics Anonymous, 4th ed., p. 15



"Most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others."

OA Twelve and Twelve, p. 101



STEP TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to

carry this message to compulsive overeaters and to practice these principles in all our affairs.



TRADITION FIVE

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Please see leaflet 'Carrying The Message' for more information

Group PI Ideas From OAGB's Leaflet 'Ideas For PI'

- ★ Offer a couple of OA books to your local library to lend out, with meeting details inside.
- ★ Host an open evening, invite local GPs, nurses, dieticians, psychiatrists, psychologists, Lifestyle coaches, etc, - have a panel of 3 OA speakers sharing their story then a Q&A.
- ★ Offer your local dieticians department, eating disorder service, diabetic department, psychiatric or psychology department (anywhere where people with an eating disorder may go) a couple of members to come to their staff/education meetings and talk about OA.
- ★ Approach universities/colleges around freshers' week and take a stall to let students know about OA.

Please go to www.oa.org/pdfs/let_people_know1.pdf for a leaflet on advice

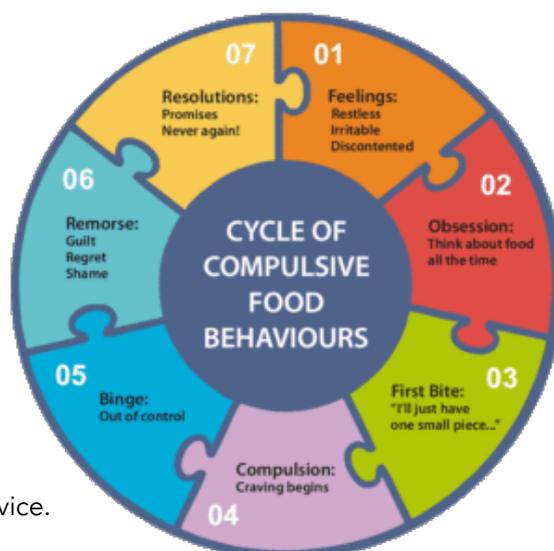
The Compulsive Eating Cycle

Why not share this OA cycle of compulsive food behaviours with a still-suffering compulsive overeater who shows identification when you share about your recovery?

Group PI Rep

Why not have a conscience to elect a group PI rep - they can then be put in contact with the PI committee of our intergroup to strengthen our service.

They can be responsible at a group level for promoting your local meeting, and feeding back ideas and experience to the intergroup at the intergroup meetings.





Regional Actions

Feedback From NWIG's PI Committee

We are:

- 👉 Looking at available obesity conferences to attract people to OA by being present at
- 👉 Looking at connecting with NICE (national institute of clinical excellence) to identify the process of establishing OA as a recognised support group in obesity treatment options
- 👉 Looking into someone sharing about OA on BBC Radio Merseyside
- 👉 Connecting with GP practices with obesity clinics
- 👉 Preparing a PI stand for National Assembly
- 👉 Looking into paid advertisements in local and regional printed media
- 👉 On googling 'eating disorders' and 'eating problems', OA was not on the first page of results, but NIMH and MIND are initial sites - looking into how OA may be linked to these sites

Would you like to get involved? Our email is on the front page!

