

Juliette Here!

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

Serve and represent the groups.
May 2018

Hello CCI!

Why become a group rep? I have always found the ready answers to be insufficient. Like it helps me grow, or it'll keep me abstinent (it does by the way, but you have to do the service to find that out) or OA needs help. For me, like everything else **it is a spiritual answer**. It is the idea of the **Collective Consciousness** and the OA concept of substantial **unanimity**. It is the Group Conscience. It is the God of our Understanding speaking through us and allowing for something beautiful and new to happen. But if we are not all at the table the magnitude of what can be done, cannot occur. Something amazing happens when we all participate in the solution. Things are revealed that were hidden. The value of each and every one of us is lost if we are not all there. And conversely, if the same people are making decisions above the group level for everyone, if the same pool is being accessed, if reps who have sat at the IG table for years and not rotated out, then we do not have a clear collective consciousness. How could we? The rest of the collective is somewhere else!

Like a pond, we stagnate. We get dirty without an outward and inward flow. Yes, HP can make a way out of no way. But imagine what HP can do if we are ALL at the table? Why become a group rep? Because I will experience this Power at work.

Increase Rep Participation Goal: Reviewed current resumes on file. Started to call ones with unknown/expired terms and those who have not been in attendance to get an accurate count of official rep roster. Continue to call new reps and welcome them. Next? Contact meetings without reps.

So, about this **2Gether Initiative**.....although these one-to-one meetings can be fun in nature, (We are not a glum lot, right?) I want to reiterate their point. **This is about recovery**. This is about abstinence. This is about the 12 Steps. In my two 2Gethers, (third is scheduled!) we caught up on current events, but we read and talked about Step 3. We caught up on current events, but we talked about the difficulty navigating relationships with others. How our own shortcomings, fears and "misdirected instincts" get in the way of those relationships with our sisters, our children, our co-workers. We talked about recovery and we gave each other hope. One of my 2gethers sent me a thank you card and shared how she had stepped out of her comfort zone. That's what we are doing here! Sharing experience, strength and hope! So we are doing it. What is it doing for us?

Hope to hear some of your answers Sunday at CCI!

Juliette