



## NEW BEGINNINGS

QCOA INTERGROUP NEWSLETTER  
www.QCOA.ORG

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November/December

### QCOA Area Members Traveling to Share Recovery with Many!!

QCOA members did a lot of recovery sharing during these past few months... traveling too! :)

#### IOWA STATE CONVENTION

There were three from the Quad Cities that attended. The convention theme was "Going To Any Lengths". It was based on the tools. I found the questions How do you define your abstinence and how do you define your food plan interesting. To hear what people's plan of eating was interesting too. Lots do weighing and measuring and have a nutritionist. Being a sponsor, using a sponsor and being a good sponsoree were discussed.

It was recommended that we make three OA phone calls a day besides the one to your sponsor. The workshop on Anonymity was great and a skit with lots of gossip was done. Just shows us how much we may say out side the rooms and not realize it. God letters were mentioned. Service was mentioned and

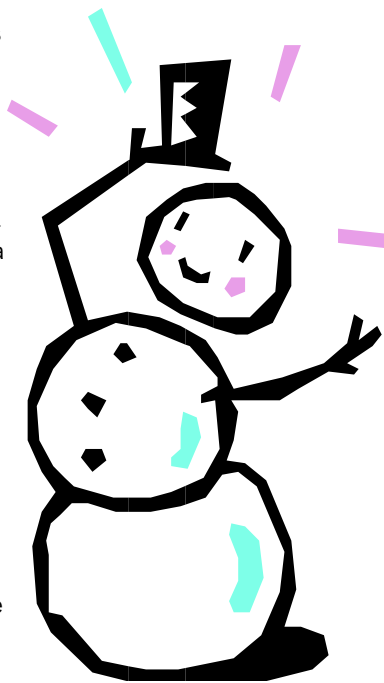
how much it helps our program as it keeps us responsible to one another and the program. Literature was plugged too cause the more you know it the less you eat, cause you can find immedi-

ately what you need. Prayer and meditation were talked about too although they are not a tool. Our day goes best if we start with prayer and use it through out the day and it goes best if we let our HP talk to us so we can develop a trustworthy, dependable friend who is always there when a sponsor or friend may not be. Many hand outs were given too.

For next year the theme will be "A Recipe for Recovery" I sat in on the planning committee for that. The dates will either be September 10,11,12 2010 or September 17,18,19 2010 at the Stoney Creek Inn in Johnstown.

I just encourage more people to participate next year. Because of the low turn out from the Quad Cities I did not volunteer us for a committee for next year. This is our Convention though so please support it.

Pat



Hats Off to OA members Going to any lengths!

Ronna Headed off to the Promises Retreat in Frankfort IL all by herself !! After that courageous venture, she says "with God and my GPS, I can go anywhere!!" The retreat center was absolutely beautiful and so serene. And some thoughts shared were: Every Day is a Day when God is in charge! Recovery begins when you start doing things differently! Happiness is an inside job! Go out of your comfort zone for more recovery and growth! Retreats are held at Frankfort every spring and fall. Watch the OA website for more information.



Fall into Recovery at Camp Milan this year... While our numbers were down the OA'er's attending received the very best speakers who were both from Minnesota. Their messages were simple yet fully engulfed all that came.

It was a surprise indeed to be out numbered by more males attending. Yet all embraced that which we need for recovery from compulsive overeating...

KC

### Off We Went to the Region 5 Convention!

Three of us from the Dixon/ Sterling area went to the Region convention in the Chicago Suburbs. We were both delighted and amazed to find ourselves surrounded by over 600 people who were living our wonderful program of

recovery!! The enthusiasm was so contagious and the power of the collective voice was beyond our wildest dreams! There were huge keynote sessions and multiple break out sessions. There was a fabulous B.B. Study

through the whole day on Saturday! If you have a chance to join in one of these powerful gatherings of committed people in recovery, DO IT! :)

Cate

## INTERGROUP NEWS!!!

Here are your Intergroup Service

### Positions:

Chairperson- Pat  
Co-Chair-Diane  
Secretary- Deb  
Treasure-Thomas \*  
PI, WSO, Region IV- KC

\* Thomas is serving temporarily until someone else steps forward to take this position.

Tom and Pat are going to work at amending our bylaws as some changes were made in them in August and then submit them to WSO.

PI- Mailing was done to Physicians in the area.

Thursday night meeting in Moline is now a Newcomers meeting. Please come support us.

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Dec 12 Winter Party!!

[http://www.qcoa.org:80/QCOA\\_WINTER\\_2009.htm](http://www.qcoa.org:80/QCOA_WINTER_2009.htm)

OA Birthday Jan 2010

Unity Day Feb. 27, 2010

WSBC April 26- May 1, 2010

Spring Retreat- suggested we attend some one else's for a change and to get to know other OAers.

WSO Convention in LA Aug. 26-29, 2010

North East IG is having their Fall Retreat Sept 24, 25 ,26 at the Dominican Retreat Center, Sinsinawa , Wisc.

Contact Bev Carl 608-943-6016 Early Registration is suggested as there are only 18 rooms available , over night and meals included.

## HIGHLIGHTS IN MY BOOK

"Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity".

from " How it Works", The Big Book p. 121

From: Susan, Sterling

### HELP WANTED from KC:

I need a helper to work on items for the ways and means committee that our IG has volunteered to do for the Fall 2010 in Topeka Kansas.

Also our IG is also doing a project for the Registration Committee.  
So I need another Helper.  
email me at Kcboa@AOL.com  
Service IS slimming and No experience necessary to help!

## OA is Skating towards its 50th Birthday!!

OA's 50th birthday party will be held anuary 15 - 17, 2010 in Los Angeles. Plans are already in the works to make this the grandest of celebrations!

"A HALF CENTURY: ONE DAY AT A TIME"

They need our help as they plan to celebrate this milestone. Please send in your stories about:

The early years of OA

Your experience as a Long time OA member

Photos of events (include event name and date)

Photos of meeting places, especially places housing meetings for many years (tell us where, what and for how long)

Your vision for OA in the future.

Changes you have seen in OA over time.

Anything else you feel would enhance the celebration of this 50th anniversary.



**TOGETHER WE CAN!!!! 50 YEARS!!!!**

Send by email to:

Kbougere@oa.org

Please put 50th anniversary in the subject.

Or, by mail send to

Lifeline

P.O. Box 44020

Rio Ranch, NM 87174-4020 USA

Indicate 50th Anniversary in your submission. Thank you!

Whatever you may celebrate at this time of year ~  
Make it most Joyous!!!

PEACE ON EARTH!!!!

