

NEW BEGINNINGS

QCOA INTERGROUP NEWSLETTER
www.QCOA.ORG

FEBRUARY/
MARCH

VOLUME 2010
ISSUE 1

NEWS FROM OUR INTERGROUP

Unity Day is February 27, 2010 . There will be no local event this year. You are encouraged to attend other events if they are available to you.

WSBC will be April 26 – May 1, 2010

There is no QCOA Rep scheduled to attend.

**Spring Region IV Assembly is
April 23 & 24, 2010**

Red River Valley, Fargo, ND

Nominations for Chairperson and Secretary will be in May.

Elections for Chairperson and Secretary will be in June.

**Region IV
Convention is
being held:**
June 18-20 2010
Topeka, KS



Thank you all for your service!!! We Need you!!!

**WSO Convention
50th Birthday Party Celebration of Over-
eaters Anonymous**
Los Angeles, California
August 26 – 29, 2010

QCOA Fall Retreat:
Looking at doing an away retreat also.

QCOA
Intergroup
Meetings
are held:
The 4th
Saturday of
the month at
11:00 AM at
the Bettendorf
Library.
2950 18th
Street Bettendorf, Iowa

Celebrate Unity Day!!

Celebrate Unity Day 02/27/2010 with a moment of silence along with other members of our fellowship around the world. (1:30 pm Central Standard Time)

[OA's Unity Day Telephone Marathon](#)
February 27, 2010

Phone (712) 432-3900 Pin 1212811# Press *7 to Unmute to speak, Press *6 to Mute after speaking.

8am: Big Book Study: Stories of Unity

9am : Tradition 1

10am: Tradition 2
11am: Together We Recover
12pm: 90 Day OA
1pm: Hundred Pounder's Meeting
2pm: Hundred Pounder's Meeting Part 2: .
3pm: Starting new meetings
4PM: Unite 12 Steps / 12 Traditions & 8 Tools
5pm: Qualification
6pm: OA Step Study
6:30pm: Young People & Young At Heart People's Meeting Unite
7:30pm: United We Stand, Divided We Fall
8pm: Big Book
9-10pm: OA CD and Closing Remarks

So many retreat opportunities coming along for us!!!

March 19 -- 21, 2010
19th Annual Spring Retreat
BEFORE YOU TAKE THAT FIRST COMPULSIVE BITE
Portiuncula Center for Prayer
\$130 double/ \$150 single

http://www.region5oa.org/events/CSSL_SpringRetreat_3_2010.pdf

April 9 – 11 Buffalo, Minnesota

ARE YOU NUTS

Spring Retreat , Bloomfield Iowa

March 26 – 28

http://www.qcoa.org/Are_you_NUTs_2.pdf

REFRESH YOUR RECOVERY

Christ the King Retreat Center

\$145 before March 20

http://69.89.31.172/~oaregion/wp-content/uploads/OA_BuffaloFlier_Jan2010.pdf

APRIL 17 –18 Ceder Falls Iowa

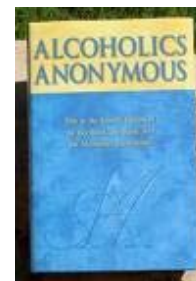
UNSHAKABLE FOUNDATION FOR LIFE

American Martyrs Retreat House

\$88 , deadline April 8 ??? Call Alicia at (319)404-4922

or arhurmence@live.com

July 23 – 25,
A Summer Recovery
Retreat: A Big Book
Study & Workshop
for Overeaters
Anonymous in
Madison, Wisconsin



Cost for weekend \$95, includes meals, hotel \$99 per night, can be split by up to 4 people
REGISTRATION DEADLINE and FREE GIFT!!
Register by May 25, 2010 and receive a free study edition copy of the Big Book
Registrations must be received by June 25, 2010.

<http://www.region5oa.org/madison/BBStudy2010broch.pdf>

HIGHLIGHTS IN MY BOOK?????

Please submit your favorites for the next newsletter ~
newsletter@qcoa.org

Thanks!!!

Pat's Story Part 1 to be contd. next newsletter

Hi, I'm Pat and I am a compulsive overeater.

My History: I grew up in the small town of Bakersfield Vermont. I was fortunate to have parents and three siblings. I grew up on a dairy farm. I am not sure when I became a compulsive overeater. As an infant it was difficult for me to keep milk down. It was related to the heavy cream in the milk we produced. I don't really like milk, even today. What I did like as a child was eating. We worked and played hard and therefore ate heartily. Three meals a day with snacks in between.

When we got together with other family members for holidays it was always a contest to see who could eat the most. The kids usually outdid the adults, full and then

some! I remember feeling so sick!! Then we had to do chores, and I felt like I could hardly move.

In school for a time we took a hot lunch. It was never enough. As I got older I could pick and choose what days I wanted hot lunch depending on the menu. When I got to college I loved it because you could eat all you wanted in the cafeteria.

What did I look like as a child? I was small and skinny. I wore slims and they were usually too big for me. When I graduated from High School I weighted 100 lbs and looked young for my age. So, now you are asking how could I be a COE? I don't seem to fit the profile? Keep listening ...