



Branching Out

The Upper Peninsula of Michigan OA Intergroup Quarterly Newsletter

Volume 6, Issue 2

www.upperpeninsulaoa.com

August 2015



The 2015 May OA Retreat

This past May, more than twenty OA fellows from Minnesota, Illinois, Wisconsin and all across the U.P. came to share in a weekend of reflection, laughter, and fellowship. Friday night kicked off the retreat with a

DVD of an interview with Rosanne, our 1960 founder. For many of us, this was the first time we had ever heard her voice or seen her face. Rosanne passed away in 2014. The L'Anse meeting graciously lent us their media resources for the retreat. After the presentation, we broke into two groups to discuss Rosanne's story.

Saturday our main speaker started the day with the question, "What did it take to get you to your first meeting?" Our responses varied, but were essentially the same: "I was desperate." Our desperation led us to embrace the miracle of the Twelve Steps and allowed us to be open to the experience, strength and hope offered by our fellows. In the afternoon, we attended a workshop on abstinence developed by the OA World Service Office. We were given a series of exercises designed to help each participant gain a better understanding of his/her plan of eating and their abstinence. The facilitator explained as a good business owner reviews their inventory yearly and reevaluates with a business plan, these exercises would benefit anyone with 1 minute to 100 years of abstinence. Two members shared their stories and responses to a list of questions pertaining to the workshop.

The group also attended our Upper Peninsula Intergroup Annual Meeting. There was much enthusiasm for next years' retreat—our 10th! Amazing! A retreat committee was formed and new officers were elected for the Intergroup. The annual minutes and financial report are included in an insert to the newsletter. Between a beautiful basket of Upper Peninsula made goods for raffle and the generosity of those giving and bidding for the silent auction, the Intergroup was able to meet the financial obligations of the retreat held at the U.P. Bible Camp in Little Lake, MI. The camp provided lovely abstinent meals and great service. Other retreat activities included Tai Chi, Mandala painting, OA meetings, and a campfire on Saturday night. With the fine weather, some folks went canoeing on the lake and/or taking hikes around the center.

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Intergroup Officers May 2015-2016

Tonya, Ishpeming
906-486-4861
Chair

Martha, Gwinn
906-360-8718
Treasurer
P.O. Box 905
Gwinn, MI 49841

Sandra, Gwinn
906-361-6484
Secretary



906-361-4947

Having a problem
with food, weight or
purging?

Call our 24/7
hotline and one of
our volunteers will
return your call

Upper Peninsula OA Intergroup (IG) Minutes July 11, 2015 (not yet approved)

Dial in number: 712-432-3900

Access Code: 132873

*6 to mute and unmute phone

- I. CALL TO ORDER: The Meeting was opened with the Serenity Prayer
Introductions: Tonya/IG Vice Chair & Acting Chairperson, Martha/IG Treasurer, Laura/Marquette, Joan/L'Anse, Carol/Houghton and Sandra/IG Secretary
- II. OLD BUSINESS
- A. Meeting Minutes from April 11, 2015 were unanimously approved as submitted.
- B. Standing Committee Reports
1. Treasurer's Report: Martha reported she received the financial report from Debbie (outgoing IG Treasurer) after May's retreat. 2015 Checking account starting balance was \$1,437.11. Revenues: \$221.00 in donations from OA UP groups, \$3,023.00 from the retreat and \$0.09 checking account earned interest. Expenses: \$2,744.46 for the retreat and \$109.61 other. Checking balance 6/1/2015: \$1,827.13. Treasurer's report was approved as reported.
 2. Newsletter Update: Laura reported that she will be getting a newsletter out soon. She had planned to have one to distribute at the retreat but it didn't work out. She was given/will include April's quarterly IG Minutes, the IG Annual Meeting Minutes, the annual Treasurer's Report & review of the retreat she received from Tonya. Laura mentioned that the newsletter is set up to go out quarterly, with the spring issue to include annual reports and articles from the IG Committee Members. She hopes to have one for next year's retreat.
 3. Outreach Committee Update: Tonya reported that the retreat was successful in spreading the word of OA. A few attendees hadn't been here before. Joan reported that the two L'Anse OA groups are sponsoring an abstinence workshop October 13th at the United Methodist Church on Main St. in L'Anse. Laura will do the presentation, the same one from the retreat, which is the Abstinence Workshop that OA's World Service put together. There will be 2 OA speakers from Bayfield, Wisconsin. The topic will include discussion on the difference between abstinence and a food plan. The workshop will be around 4 hours with water and coffee provided. Joan suggested bringing a bag lunch. Laura will check with the speakers to determine the exact times which she will post in the newsletter. OA 'Have You Taken The Test' posters that members put up in local areas: Only one member present had any response. Tonya suggested that we discuss PI (public information) at the next quarterly IG meeting.
 4. 2016 UP OA Retreat Committee Report: Tonya reported that next year's retreat committee has already met. They hopefully have secured the UP Bible Camp again for next year. It looks as though the only available weekend is April 29-May 1. The retreat committee will be meeting again in September.
- C. Website: Tonya talked to Mike D. He's unable to log in to update the website. She mentioned this is a very common problem with our software. Mike was unable to get the help he needs from Region 5. He suggested getting a consultant to help him. Laura said that when she talked to Mike he seemed too busy to do the research to find out what it would take to get the problem resolved. Tonya indicated that it must be done locally. She will continue working with Mike to get a clearer picture of what the issue is but she has limited knowledge of web postings. With that said, a motion was made and approved to provide up to \$500 to Mike for a consultant. Tonya will contact Mike.
- III. NEW BUSINESS – none to report
- IV. The next IG quarterly (phone) meeting will be Saturday, September 12, 2015 at 8:00 a.m.
With no further business to discuss the meeting was adjourned and closed with the Serenity Prayer.

Respectfully submitted by
Sandra K/UP IG Secretary

Our New Updated Website



www.upperpeninsulaoa.com

The OA L'Anse Groups will be hosting

Abstinence and a Plan of Eating Workshop

Saturday, October 10

10am—2pm Bring a bag lunch

United Methodist Church Fellowship Hall

304 N. Main Street

L'Anse, Michigan

For more information, call Joan 906-524-2888

2015 Retreat continued from page 1

At our final gathering, the question was asked, what will you take with you from this retreat. Here are just a few of the responses people gave:

- The longer I'm in OA, the more I learn what I don't know. If I'm accepting others, I'm accepting myself.
- This is just what I needed. To see the miracles!
- Overwhelmed with the kindness and love here. I've come out of myself and have learned so much. I just have to give myself some kind love.
- Begin honest with myself - being true to myself.
- I can see the importance of not forgetting where I came from. The 12 Steps are the basic core of how I can live the life I'm living.
- Progress - not perfection! The only step I need to do perfectly is step 1.
- Any negative self-talk is not okay!
- Experienced a moment of calm during Peg's talk - an expansiveness!
- I love the U.P. retreat. Compassion and love.
- You guys are the miracle for me. I'm not going to run away!
- Helping to plan this retreat was an act of love. I experienced the "Jesus" in each person
- I looked forward to coming here. Came for the fellowship and support. I'm grateful to be walking this path with you guys. My life is in OA.
- How loving and not judged I feel; I think of Titanic - the people in the water - it doesn't matter who we are when we are in the freezing drink.
- I see the love in your eyes and I think, "I get to take this home!!"
- I came without expectation, but I did feel vulnerable. I hate walking into a group of strangers. This group made it easy. I had a weekend of reflection.
- So many of us live in isolated areas; I've lived in isolation with the disease. I know what I need and I need to be around others who are like me.
- I have a lot left to go, but look how far I've come.



Second Sunday Telephone Workshop

Tune in monthly to hear virtual workshops on The Importance of Working All Twelve Steps to Recover.



August 9th — Step 8
dial 1-424-203-8405 and enter
access code 925619#
3-4 p.m. EST.

Provided by the Board of Trustees Strategic Planning Committee and featuring Region Chair speakers.

Stephanie D. 1-727-641-3437; mail vst4oa@hotmail.com

Step Seven available for download now on oa.org Groups and service bodies are encouraged to use these podcasts in meetings.

Meetings & Special Events

Marathon Holiday Phone Meetings
6:45 am—12:00 am 712-432-3900 pin 4285115

Sept 11–13 OA Region Five, Region Five Convention
 “Transformation: Being Transformed in OA”; Chicago Marriot Schaumburg, 50 North Martingale Road; Ruth W. 847-991-5934; website region5oa.org

Sept. 12 @8:00 am UP Intergroup Phone Meeting
 712-432-3900 pin 132873#



Donations sent to the Intergroup from Individual meetings are annually distributed in the 60/30/10 method—60% stays in the Intergroup (see financial report attached), 30% to World Service (www.oa.org), and 10% to our Region 5 (www.region5oa.org).

Please mail contributions to our treasurer:
 Martha K, P.O. Box 905, Gwinn, MI 49841

OA Upper Peninsula of Michigan Meetings as of August 2015

| <u>Location</u> | <u>Type</u> | <u>Time</u> | <u>Where</u> | <u>Contact</u> |
|-----------------|----------------------|----------------------|---|------------------------|
| Cedarville | Steps/ Traditions | Wednesday 1:30 PM | Les Cheneaux Community Library 75 E Hodeck St. | Anne 906-484-1339 |
| Houghton | "Lifeline" | Tuesday 12 Noon | Portage United Church College Avenue | Carol 906-523-4370 |
| Gwinn | H.O.W. | Monday 6:30 PM | United Methodist Church 231 W. Jasper @ M35 | Sandra 906-361-6484 |
| Ishpeming | Literature | Thursday 6:00 PM | Bethany Lutheran Church 715 Mather St | Tonya 906-486-4861 |
| L'Anse | | Tuesday 10:30 AM | United Methodist Church 304 N. Main St. | Rose 906-355-2618 |
| L'Anse | | Friday 10:30 AM | United Methodist Church 304 N Main St. | Rose 906-355-2618 |
| Marquette | Steps/ Traditions | Saturday 11:00 AM | Messiah Lutheran Church 305 W. Magnetic Rm 103 | Laura 906-226-2762 |