

June 2024

Green & Serene

In this issue, we'll team up with the theme of our June workshop *The Unique Nature of ABA*.

Let's explore the Green and the Serene!

To begin, we will look at three different aspects of **Nature**...the outer **nature** that surrounds us in our neighborhoods, our inner **nature** (with our natural instincts), and our true **nature** (some call our soul/spirit/God-consciousness).

First, think about how we experience **nature** when we're outdoors. For example, when Summer is bursting with greenery and colourful flowers, how do you feel? How about after a rainfall, when everything is washed clean, raindrops sparkle amongst the grass and you take a moment to inhale a deep breath of crisp, fresh air?

In these moments can you easily recognize the beauty of our landscape?

Now we shift gears to think about our **natures** on the inside- our human **nature** and our true **nature**. Our human **nature** includes our core values, beliefs, personality traits, and emotions that many of us would not describe as beautiful. It's the part of us where the eating disorder can live and take over. When in the disease, it's hard for us to separate the truth from the lies and to live from a place aligned with our true selves.

Yet, our true **nature** always exists. Several philosophies describe this as an inner knowing of serenity, peace, and truth, as well as a source of love and joy. Our program of recovery gives us a path to reveal the core beauty that lives within us....all of us.

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Intro Continued...

Our 12-Step program helps us to untangle from our disease and become the men and women we were created to be- living in our true **nature**. Some people might describe their true **nature** as their soul/spirit, others might see it as their divine/sacred self.

Isn't it interesting how our outer and inner **natures** have a symbiotic relationship with each other? How many times have we gone into **nature** feeling distressed or distracted yet walked out with a sense of ease and appreciation? After spending time outdoors, have you ever felt a greater sense of freedom or ability to let go? To breathe more deeply or feel less tension in your body? Have you been given the gift to be more present and connected, both to your true **nature** and the **nature** of life itself?

There is great wisdom in learning how to honour the many aspects of nature and the unique **nature** of ABA makes this possible. In recovery, we come to know peace and are given the ability to live at peace with all forms of **nature**. As agents of transformation, we have the opportunity and responsibility of our ABA Spoken Here Card which states, "our unity is our most precious attribute, so the message we carry must be simple and clear to avoid confusing anyone or blurring the unique **nature** of ABA."

"Today, I find God in the principles of the A.B.A. program, in nature, and in the concept of love."

Stevie's Story, ABA Pg. 304

Let us celebrate our unity of purpose and further explore the unique **nature** of ABA at the Sunday June 2nd. Workshop. Hope to see you there!

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A Personal Story:

inner nature

I recently found an old gratitude journal from when I was very sick. On almost every page, I have listed some small marker of nature: conkers, daffodils, snow. In the numbness of anorexia, these were my only indicators that time was still passing. I felt dead inside, but the seasons kept transitioning, the only evidence I could find that I was still alive.

When I was at my rock bottom, it was August, and my panic swelled in the heat. When I surrendered, September arrived like a trap door to free me. It grew colder. Some of the trees wouldn't survive the winter, and I felt sure I might not either. But it wasn't my time to go, and nature held me tethered to this world. I hit three months sober before Christmas. Six on the cusp of Spring. The world was being reborn around me and I - without noticing - had somehow been

reclaimed within it. I was walking out the other side of the storm with my head held high. As promised, time was marching forward, and for the first time since I was a child, I was back in step.

When I write a gratitude list now, the same markers of nature remain on every page, only now they are so much more than just an indication that I am not dead. They make up the world of which I am a part.

Seasonal climates are constantly shedding their old selves to progress forward to the new, only to return to that self a year later, try it back on for size like an old coat. For nature, change is its constant. In recovery, change is my constant. All versions of those landscapes have held all versions of me, without judgement, as I have abandoned and returned to myself, too. I hope I will always be growing and shedding, shuttling

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A Personal Story: inner nature

through the seasons in a double helix with the natural world - one day at a time, year after year.

-ABA Member
Flo, United Kingdom



Innovation

Our Website Committee has been at it again. Our secretary was looking for support in improving the minutes. The board is experimenting with a new app called Fathom that can take minutes at the board meeting and creates both a summary and a transcript!

The Website Committee is also looking at multiple venues to be able to sell our book.

South Africa will soon be able to print their own copies of our book. A healthy discussion ensued verifying that the GSA continues to own the copyright. A contract will be written between the provider and ABA. A big **THANK YOU** to Martin and others for spearheading this project.

Podcast

The board discussed how we can support new and struggling meetings with the GSR spearheading this. We've got several ideas on the table and we will discuss it at our next GSA board meeting.

Righto Kathryn!



Click icon to hear Kathryn's share!

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Living our 5th Tradition ...

We've had our second ABA speaker share their story on RECO 12.

What a great share with memorable stories and a powerful message!

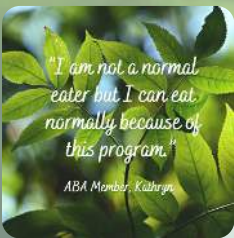
Kathryn began with childhood memories of her relationships with socks and perfectionism. As she grew older, her disease progressed into, *"I had to be thin, otherwise I didn't have anything. I used my body as bait... and it went from bad to worse to shit!"*

"meal plan was not a Bible. So I needed Godde's power and I prayed, Please help me to eat." She also addressed needing to surrender over-exercise and take direction from her sponsor.

Click icon to hear Kathryn's share!



Connecting The D.O.T.S! (Divinely Ordered Timing)



Kathryn then recounted having a spiritual awakening, *"I was never in control and I surrendered."* She spoke about her experience in *"gaining sobriety"* and how her



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PJ (Public Info.) Live Event

This month's 12-Step Recovery Fair in Surrey England brought together roughly 150 people, including members of different fellowships. The aim of the Fair was to bring together all fellowships with the companies and services operating in the area so that employers/employees become more understanding and better equipped to guide those struggling with any addictions to different 12-Step Fellowships.

I spoke to people from various companies, charities, and services, most of whom took posters and wanted to connect. As I expected, most people hadn't heard of ABA before; however, they were very excited that we have a meeting in the area. Most of the people I spoke to either were suffering with an eating disorder themselves, worked with someone

with an eating disorder, or had a friend/family member who struggled with an eating disorder.

Guildford 12 Step Recovery Fair

● Guildford United Reformed Church, 33 Portsmouth Road, Guildford, Surrey GU2 4BS



I did an 8-minute experience, strength and hope share. Then took part in a Q & A afterwards, however there were no specific questions addressed to ABA.

This event was such an incredible experience I don't think I'll ever forget it. The fact that ABA was welcomed with such open arms and open minds at such a massive event was amazing; especially when no one had even heard of us, nor knew what the message of our program was. The gratitude expressed towards ABA was so encouraging and affirming, and the

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Live Events Continued...

amount of interest both before and after the share was unbelievable!

I feel so grateful to be a part of ABA's Public Information efforts, and it has reiterated to me just how much this Program has changed my life. I cannot express my gratitude enough!



My hope is that slowly we can continue to get the message out there that there is hope, that recovery from an eating disorder is possible, and no one has to walk this journey alone!

-ABA Member
Charlotte V.

Retreat

Several of our retreat committee members went to scout out the Bethlehem Center location for us.

One member shared, "I find that the retreat center is full of warmth. The trees, pond and labyrinth give me such a sense of calm."



Thank you to the committee members for giving us a look and Tera B. for the beautiful photograph.

The description and beautiful picture fits in nicely with our theme this month don't you think?

For more information about the 2024 ABA in-person international retreat and to **register**, visit our website at **aba12steps.org**.

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Join us Live on June 2nd!

Please come and join us
for our virtual
worldwide event!



This workshop will include two speakers and Q & A portions. There will be a creative writing exercise for us to explore our relationship with our eating disorders. This will provide the opportunity for members to ask their ED questions and tell it exactly what you think of it!

ABA WORKSHOP:

THE *Unique Nature* ABA

Sobriety is Surrender...the one foundation on which we stand united as a Fellowship, differentiated from all other Twelve-Step Fellowships dealing with eating disorders.

DATE: Sun. June 2nd, 2024

TIME: 2:00-4:30 pm EST

What is
the unique
essence of
A.B.A.?

How
are
we
united?

Questions?

Contact by WhatsApp
Stephanie P: +1 817-247-0452
Jessa: +1 647-523-7717

Register now on the ABA website (or click on the flyer above). We are allowing members to *choose your amount*. After registering, you will receive an e-mail with our new Zoom meeting ID and password to attend.

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May Birthdays...



Michelle M- 4 Years
Laura K - 3 Years



Kate's 8 Years!

@ Come as You Are

Wednesday, June 5th at
8:30 pm EDT

Zoom: 450-290-248

Pc: 306090

Tabea's 11 Years!

@ St. Albert

Saturday, June 1st at
12:30 pm EDT

Zoom: 386-813-6898

Pc: 866994

Upcoming Meetings...

Board Meeting

Sunday, June 16th at
Noon EDT

Zoom: 8995-585-5708

Pw: serve2020

The GSR Meets

Saturday, June 1st at
2:30 EDT

Zoom: 874-9756-8589

Pw: solutions

Closing

We would like to thank everyone who has contributed to this virtual community connection. If you have enjoyed reading about our members' recovery please think about supporting the newsletter. We would love to speak to you about any submissions.

Contact Jessa jessaatheart@gmail.com