



Volume 16 Issue 1  
April 2004

**inside this edition**

- Pg 1...Meet My Guardian Angels!
- Pg 2...Searching or Stalling?
- Pg 3...Coming Events
- Pg 3...Service Opportunities
- Pg 3...Meeting Notices
- Pg 3...Subscription Info
- Pg 4...Meeting Schedule
- Pg 4...Did You Know...
- Pg 4...Check It Out...

**contact OA**

Dayton Area Intergroup

Overeaters Anonymous  
PO Box 1919

Dayton, OH 45401-1919  
dayton@region5oa.org

www.region5oa.org/dayton

937.252.6766 – Leave Message

Region V

www.region5oa.org

800.589.6262 (OAOA)

International

www.oa.org

**officers**

Chair

George C. 937.383.2244

Vice Chair

Pat T. 937.854.2190

PIC Chair

Claudia I. 937.298.8216

Secretary

Nora D. 937.222.7945

Treasurer

Joy E. 937.676.2258

Region V Representative

Becky C. 937.299.1732

Newsletter Editor

Linda N. 937.439.5516

***The opinions expressed  
herein are the opinions of  
the individuals who have  
contributed***

*and not those of Overeaters  
Anonymous as a whole.*

# the sanctuary

Greater Dayton Area Intergroup of Overeaters Anonymous



## meet my guardian angels!

As I begin my first service position in OA, I am deeply moved at the simplicity with which all of it came about. I can only tell you it must be because my guardian angels are watching over me – every step I take!

**Serenity** is my first angel. When I first joined the program last August, I like many of you, after a few short weeks of taking it all in just jumped right in and began my first twenty pounds of weight loss. Effortlessly! Wow! It was great. **Serenity** had arrived and was taking good care of me. I finally had my weight problem behind me, and had serenity -NOW!!!

Then **Courage**, my second angel, came along. She promptly reminded me, that no, indeed, the weight problem was not behind me – not just yet. You see, it hadn't been thoroughly tested and approved. So after a short-lived period of "cloud-floating" I came crashing to the ground – with a rather loud thump! **Courage** had to help me see that if I wasn't careful, OA would become just one of another long trail of failed programs.

Finally, when I thought all was lost, **Wisdom** showed up. You see, she really was there all along, but waited patiently for her turn to help me through my first tough time in OA. She waited for Step x to sink in, so I could "promptly admit when I was wrong," and then she helped me get up on my feet again – after a few months of denial and destruction. **Wisdom** led me quietly back to an OA meeting a few short weeks ago, where I saw many familiar and friendly faces to welcome me. But now I don't go alone, not even with one angel, or two, but with all three of them. Thank God, he sends his angels, to watch over us!

Thank you for this opportunity to become more involved with all of you wonderful people, and not just be on the sidelines. Please send your contributions and suggestions to me for future newsletters. And feel free to contact me at [linda@lanneedleworks.com](mailto:linda@lanneedleworks.com) any time.

*Linda N.*



God—

*grant me  
the serenity  
to accept  
the things  
I cannot  
change—*

*the courage  
to change  
the things  
I can—*

*and  
the wisdom  
to know  
the difference—*

*Amen*



## searching or stalling?

I first came to OA because I was searching for a life of integrity— a life in which I was not masking my feelings, avoiding life, or otherwise “adjusting” reality. I masked my feelings by downplaying my needs, lowering my expectations, and compromising my priorities to accommodate the needs and demands of others. I tried to make myself be what I thought others wanted me to be because I didn’t think I was good enough otherwise. I avoided life with busy -ness. I used work, school, anything to fill in the time that wasn’t spent meeting the needs of other people. And when things became too painful, I adjusted reality with food, alcohol, sex— whatever would make me feel good about myself at the time.

But, eventually, I arrived at a point in my life when I could see that the busy -ness that I used to avoid reality was no longer working. I had gained 70 pounds in ten years; and beyond that, I was beginning to see that the ways that I was using to feel good about myself — food, sex, alcohol — were either harming my health or were no longer working for me. And, most of all, I was tired of living my life for and around other people. I was tired of feeling like I was not only on the outside of life, but I was also living outside of myself.

My account may sound a bit dry, filled with more logic than emotion. But, like most people in OA, I have experienced pain, disappointment, frustration, fear, and shame. And finally it has become too much to bear. The bad feelings are outnumbering the good feelings. And the results from those bad feelings are negatively affecting my health, my happiness, and my future. So I set out on a journey to find out why my life had become so painful and unmanageable.

That brought me to OA. I don’t know when or how I first heard about OA, but I’ve known about it a long time. No one I ever knew was involved in OA. My friends were all dieters ... failed dieters, just like me. Maybe that’s why I came. I knew what didn’t work, but I had no preconceived notions about OA. It was all new territory for me.

I started by attending one meeting a week. Three weeks later, I added a second weekly meeting to my schedule; and ten weeks after that, I added a third weekly meeting. But, although each meeting was different and I gained differing things from each group, I wondered whether I should be doing more. So I began gathering more information by reading and talking with other OA members about program and their experiences. However, despite the significant amount of time I was putting into OA activities, I began to wonder whether I was making progress. I didn’t feel any different and I was still eating the same way. Was all my searching for information just a way to stall, to avoid taking action? I’ve done that in the past. So many times I’ve put off starting a diet until I was feeling better, or had more information, or got past the holidays, or finished eating all the non-diet food that I’d just bought, or any number of other excuses.

Certainly I was attending a lot of meetings, but meetings are there to support me. Meetings don’t take the place of ACTION. Changing the way I deal with food in my life will take more than sitting in a meeting for an hour. And it takes more than gathering information. It takes making a commitment to work the program. Once I decided to stop stalling, I set my plan of action. I developed a food plan and work to adhere to it daily. I began meeting with a sponsor to guide me on my path and help me understand the Big Book. And I began working the steps. The literature says that’s where recovery begins, but I think my recovery began once I stopped stalling and made a commitment to action.

*Linda P.*



Subscription to  
the sanctuary  
\$5.00 per year  
Send to:  
Linda Newcomer  
4671 Glenheath Drive  
Kettering, OH 45440

Indicate if you wish to receive  
your newsletter by postal mail  
or by email. Send your mailing  
or email address as appropriate.

**Since we assume all  
subscriptions have expired,  
this will be an entirely new  
subscription list.**

Email is being offered for your  
convenience, as well as a way to  
save costs to the group. We  
would still appreciate a \$5.00  
subscription even if you prefer  
to get your newsletters by email.  
Thanks for your cooperation



Thanks to all who contribute to  
the sanctuary

**Deadline for next  
newsletter  
June 15.**

Suggested Topic:  
Steps 1, 2, and 3—  
Or whatever is on your heart!

Send to:  
[linda@lanneedleworks.com](mailto:linda@lanneedleworks.com)

## coming events

- April 23-25 Courage to Start retreat  
Greater Cincinnati Intergroup  
Sharonville, OH
- May 22 Road Trippin' to Dr. Bob's House in Akron Ohio!  
Greater Detroit Intergroup  
Detroit, MI
- May 31 Memorial Day Marathon  
Turning Point Intergroup  
Chicago, IL
- June 26 Hoosier Recovery Day  
Indiana Intergroups  
Indianapolis, IN
- July 4 Independence Day Marathon  
Turning Point Intergroup  
Chicago, IL

## service opportunities

Please let The Sanctuary newsletter editor know of any service opportunities so that we can keep the members up to date.

## meeting notices

**Friday 12 Noon meeting**, which normally meets at Wright Memorial Library will meet at Kettering Moraine Library on April 30 and May 14.

### **April 17 10:30 – 11:30 AM St. Mark's OA Office**

We would like to see at least one group representative from every meeting there and all officers if possible.

The meeting will include planning for the “12 Step Within” program for next year. We will also discuss what to do in the Dayton area so that events will fall at the times of OA advertisements on the upcoming billboards, and public announcements.

Please let George know that you are coming as well at [g@voyager.net](mailto:g@voyager.net).

*Claudia I. - PIC Chair*

