

THE SANCTUARY

Greater Dayton Area Intergroup of Overeaters Anonymous
P.O. Box 1919, Dayton OH 45401-1919

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EDITOR'S NOTES

Hi everyone. Well, I'll cut to the chase and skip the pontificating! The Sanctuary is renovating!!

You will notice that the paper is 5 pages now, instead of the usual 9 plus a cover page. We'll try to bring you as much recovery as we can, and if the need arises we can extend the margins!

You will also see that in each addition we will now give an explanation of service positions for Dayton. These will also be covered one per Intergroup meeting in more depth. We hope that this will assist you in deciding which service is best suited for you.

We are still anxious to receive your articles. Write 'em if ya got em up there in the ol' noggen.

My first Intergroup meeting went pretty well, if I do say so myself. Some changes in procedure, but nothing too crazy. Next time I'll wear a goose suit or some other costume. Why? You had to have been there.

If you are a Group Rep, thank you. If you'd like to be one, ask at one of your meetings if they need one. Each registered group is entitled to two Group Representatives. The meetings are very short in nature—

approximately 1 hour. There are 6 meetings per year. Willingness to vote, make decisions, introduce ideas to your group and bring back a report are the basic duties.

RETREAT NEWS

Our very own Retreat Organizer, Mike J. has been busy organizing! The next retreat will be at Maria Stein on September 13th through the 15th. Mark your calendars.

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RESENTMENTS FOUND

I began working the fourth step in December and was having trouble getting past the resentments list to work other areas. I listed all my resentments old or new that I could think of. I listed the person I had felt resentment for, described the cause of the resentment, how I was affected and how I may have contributed to it. Yet despite all of this work, I was still troubled by my list. Something wasn't right. Was I being completely honest? Was I ignoring something

or refusing to face an embarrassing or upsetting memory?

I discussed this with my sponsor. She believed that I was leaving something out, perhaps a childhood resentment that I had not wanted to face. I didn't think so, but agreed to keep working on my inventory in order to discover what was bothering me.

Day after day I struggled with this nagging feeling that something was left undone. I wrote my life story down, including every minor detail of my life in hopes of finding the hidden memory or event, whatever was bothering me would surface and let me finish my inventory. This proved fruitless. Nothing new came out as a result of this exercise.

I was attending a meeting one evening when the subject of resentment came up. The group discussed page 552 & 553 in the Third Edition of the Big Book that dealt with freeing oneself of resentment. This discussion affected me deeply. I hadn't read that part of the big book yet. It made me realize that the feelings I had were in fact resentments that were still alive. I couldn't identify them but my heart was telling me, "Keep going, you're almost there." It wasn't until later, at another meeting, that I discovered what was bothering me.

Many of my resentments in my inventory were old problems long since resolved that involved my father, with whom I had a rocky relationship as a child and young adult. We had long ago resolved our differences, made peace, and developed a friendly, if not particularly close, relationship the last several years of his life. He died in 1985 and I had dismissed any thought that I still harbored any resentments of him so many years later. How wrong I was!

During a meeting recently, I was listening to a lead when her discussion came around to resentments. I don't remember now what she said, for I was flooded with memories of conflicts between my father and I, which resulted in deeply held (and long lasting) resentments. These resentments were welling up like a spring, bathing me with emotion. Anger, regret, grief, and memories of needless hurt, were all pounding away at me. I left the meeting as soon as I could get away. I had to think! This was unbelievable! Hadn't we made peace? Didn't we get rid of all that baggage? How could he still cause me so much pain? He's been dead for over 16 years! All of the resentments attributed to my father, which I thought were long ago resolved, were very much alive and gnawing at me.

Once I had calmed myself, I resolved to work these resentments out as best I could by utilizing the method described in the Big Book. My sponsor agreed and I have been regularly praying a resentment prayer, asking God to give my father all the things in eternity that he did not find in life namely peace, contentment, true happiness, safety and security.

The resentment prayer is helping me release the very old, deep seated and pervasive resentments that plagued me. I am beginning to understand how complex my illness is and the importance of a full searching and fearless moral inventory. I now know that I loved my father, although I didn't like him very much. I wanted our peacemaking to be the end of our conflicts and his death some years later to be the end of the story. It's just not that simple. I had to work the resentments out to bring the pain and hurt of an unhappy childhood to an end. Our peacemaking was more to encourage family unity and end the conflicts than to resolve any problems between us. It also allowed my sons to

appreciate their grandfather as they saw him, not as I saw him. They were both very young when he passed away and their memories of him are of a loving and caring grandpa.

I am glad that he and I made peace all those years ago, for the good of the family. I am also glad that I was able to identify the remaining resentments from so long ago, and work to resolve them. Thus clearing away the wreckage of my past letting me move on with my life, with a positive outlook and with peace of mind.

Pat

STEP THREE

“Made a decision to turn our will and our life over to the care God as we understood Him.”

I think one of the most significant things for me in working the steps with my sponsor was when he prayed the Third Step Prayer with me. I felt a bond with him and with the program that has made a difference in my life. It let me know that this is indeed a “we” program. I say that prayer often, but not daily anymore and I wonder why. After I took the third step two years ago, I said it daily. I want to take a look at the prayer and see what it means to me.

“God, I offer myself to thee—to build with me and do with me as thou wilt.” That scared the tar nation out of me, frankly. I was saying that God could do with me, as He wanted. Never mind my little plans and designs. I had been in control for so many years. How would I give him my deepest thoughts, hopes and desires and allow Him to mold them into something useable?

Well, what it took was for me to just be so desperate and in so much pain that I was willing to try it and see what God could do for me. Certainly what I had tried wasn’t what I

wanted in my life. It was failing. I needed a miracle. What some 75 pounds over weight after the relapse! And feeling like an utter failure in everyway. I talked about myself like I was the worst criminal in the world. I was defeated, but had a desire to have the very best in life too. That is called a slight willingness, which is all we need in step 3.

So I gave it a test and turned it over for a good molding. He began where I allowed it and I am feeling much much better two years later. I am not totally molded, but I don’t want to be either.

“Relieve me from the bondage of self that I might better do they will.” Before working the steps my will was running riot. Yeah, I know it sounds like I just pluck this stuff from the Big Book, but it was. When I was eating compulsively, I made decisions based completely on self. I ate tons of sugar-free ice cream, for instance, telling myself it was as good for me as fruit!?!# What in the world? This is the sickness that comes to me. When I am eating I focus on that, not on you or you or anyone else. First is my addiction then if there is time....

“Take away my difficulties that, victory over them may bear witness to those I would help of Thy power, Thy love and Thy way of life.” This is so empowering for me. This tells me that I can ask God and expect to receive that miracle. He will remove my difficulties, as He needs to for His use in the world. He molds me until I’m useable and useful to others in the program and in the world, but only where I’ll allow it.

Some of my biggest difficulties have proven to be the largest assets to another as God removed them. Take for instance my story of Agoraphobia, mental illness and thoughts of suicide. It’s helped a person or two. For that I am grateful. My eating of course has been a

great gift in sharing how my abstinence has come to me in working the steps from the Big Book too. Many scars have now turned to stars because of this step alone.

“...may I do Thy will always.” Just the statement to my Higher Power tells my God, my higher self and the universe that I am willing which opens the door to recovery a crack--all that is necessary for complete success!!

If you haven't taken the Third Step Prayer with your sponsor, call them and ask them—can we get together and take this step? Do steps 1 and 2 in the Big Book and then go directly to page 63 and take the plunge, together with your sponsor. If you've already done that, I am going to put out the challenge that we should all read it daily for 2 months in our AM program and see what happens. I'll let you know next time.

Claudia

SIGNS OF RELAPSE

(Based on one member's own relapse)

- You are gaining weight and making attempts to justify it.
- You feel uncomfortable after acknowledging your abstinence.
- You go to fewer meetings, arrive late to or leave early from the ones you do go to.
- You find yourself judging other people's programs.
- You're angry a lot of the time.
- You make numerous promises to yourself to get your food “in order” starting tomorrow.
- You wear your clothes to hide the weight you put on.
- You fear standing up and admitting you slipped.
- You begin to talk in terms of time in recovery instead of time abstinent.

- Other areas of your life are starting to baffle you.

STEP FOUR

“Made a searching a fearless moral inventory”

I have made several inventories since I came to OA. In the past two years since I've been working the steps by way of the Big Book, it has changed my life.

I feel like I've been writing this article a lot since we've covered this step before. Hum, tapping pencil on forehead rapidly. Ouch! I hate when I do that to myself.

Maybe that's the point though. Resentments-I hate when I do that to myself. They come back. First, I thought that once you did the inventory you were set for that particular resentment. Nope. They do come back. I called my sponsor on this, in shock and dismay and he confirmed it. It was back and they don't stay gone sometimes. I just need to work the step again around that resentment.

The other thing that I hate when I do it to myself is not only get the resentment, but then hang on to the thing for dear life. You know they'll kill me for sure. They kill my spirit and when that's dead I am wide open for a binge-- either emotionally or physically.

An emotional binge for me can be something like treating people like crap or treating myself like crap. Both opportunities for a little 8th and 9th step work. Glorioski!! At any rate the one thing I am realizing is that I can't afford to hold on to these little buggers. My ego tells me that they're justified. You know, it'll say, “awh Qster, anyone be mad at her. She's a yutz, she harmed you.”

I am learning that what is called for is love instead; and anytime I can get to that place, the resentments start to melt away.

Claudia

THE MEDITATION CORNER

by Swami Judy

In editing the paper, I came upon this title, and wondered to myself, "What in the heck did she mean by that?" But in trying to not take things personally, I began to think about what I could contribute to the paper this time besides my usual straightening and neatening up the thing. (You just wouldn't believe what this thing looks like before I get my hands on it!)

If you are interested in working on or Chairing the Public Information Committee or being on the Bylaws Committee, please E-mail Claudia @ msquixie@cs.com or see her at a meeting. We began the Procedures Manual in January, and continue to need your help in deciding what is best for Dayton. The manual will be constantly updated as procedures come up.

Intergroup is the 3rd Saturday of the month—for the year 2002:

January 19

March 16

May 18

July 20

September 21

November 16 (elections)

Please come, participate and if you can, become a Group Representative. Please offer your service to the group.

If you receive this paper by e-mail, contributions would be appreciated (\$3).

The Featured Committee of the month is:

The Public Information Committee

This position is open for a Chair and members. When the committee is in operation, its function is to put out information to the general public through radio, TV and the press. In the past what I have done is faxed radio stations and small local news stations monthly. This committee takes care of the meeting schedule, and oversees the Hotline and the newcomers meeting to make sure they each have a Chair.

P.S. If you would like to see the paper be a little bit longer, then send in some articles or talk your friend or sponsorees into writing one. We will make it at least 5 pages, but longer if the articles warrant.

P.P.S. Would you like to see the Intergroup Minutes in the Paper? Please write and let us know – MS1JUDY1D@AOL.COM
The separators between Ms and Judy and D are numeral "ones", not "L."

The opinions expressed here the opinion of the writer and not of OA, and are the individuals experience strength and hope. Permission to reprint is given to any 12-step member or program. Thank you.