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Flipping Into Recovery - Upside down - Inside out

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

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EDITOR'S NOTES

Happy Spring everyone!!!!!! It's good to see the flowers starting to bloom, isn't it?

Things are smok'n in OA for sure. We are getting our OA office shaped up. It was a chore much like Hercules mucking out ye ole stables—but it was so productive and so joyful!! We are a blessed bunch!!!!!! We worked together in complete happiness and togetherness. You can't get that everywhere. You know, nobody was the boss--we all just worked together. After a few hours, we ordered out from Bob Evan's--lots of Cobb Salads--sat around our new table set up and ate together. My family is a good family, not a runt in the bunch.

We should all be together more often, even casually. There is a different flavor in that. We also did have several laughs, some we shall not mention here, too tawdry. Probably the most amusing to me was the fact that at lunch we had noticed that with Bob Evan's we liked the joint well enough that it had several nicknames: Bob's and the best Bobby's. A true friend of ours I'm sure. Hey it's all right, we gotta eat and as long as it isn't pies and cakes we're in good shape.

Thanks to all that did service we all appreciate it.

In this edition you will see some articles from other newsletters. Please let us know

how you like them; or if you don't, let us know that too. It could sway our opinion. I would still like your articles, so please consider sending them in. If you like to write them with pen and paper, we have a typist now who will type them for you. Give them to Judy D. and she'll take care of it.

*****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 40 minutes to 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.*****

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GRATEFUL

Tonight I am going to bed a grateful woman. Today I had the honor of taking a new person in program through the first three steps in the Big Book. It changes me every time I go through it with someone, and it creates miracles. It truly is an inspired piece of work. There are several meetings in the Dayton area that focus on the Big Book for their meeting. They are the Friday noon meeting at Wright Memorial Library, Oakwood and the Friday 6:30 PM meeting at St. Mark's. If you get a chance to sit in I think you'll like it.

STEP ONE

Page 2 of the OA 12&12, near the bottom of the page;

"What all of us have in common is that our bodies and minds seem to send us signals about food which are quite different from those the normal eater receives. We have found through much experience that no matter how long we abstain from eating compulsively, and no matter how adept we become at facing life's problems, we will always have these abnormal tendencies. Those of us who have returned to our former compulsive eating behaviors, even after years in recovery, have found it harder than ever to stop."

I see this as a warning, but also as a blessing. My tendency to crave certain foods isn't going to go away, my desire to overeat is always going to be there. I therefore cannot take my recovery for granted; if I think I'm "recovered," I am in big-time trouble. I may be abstinent for 3 years or 20 years, but I'm always one bite away from a binge. Someone said (I paraphrase), "I may be working my program, but my compulsion is in the other room, doing push-ups." It's always ready to rumble. That's the warning.

The blessing is that when I feel these cravings, this desire to eat wrong things or too much of the right things, it's not because I'm a failure or that my recovery has stopped or wasn't real. The cravings aren't a measure of

my worth. They are something I can't help. What I CAN help is what I do about them; calling a fellow OA for support (and to give support), writing about my feelings, going to a meeting, praying for my Higher Power's will and strength, service...basically all the tools. I am not helpless when I reach out to others for, and to give, help. I am so encouraged by this! As it says on page 1 of the OA 12&12, "We can now cease blaming ourselves or others for our compulsive overeating."

Connie

LOOKING FOR REBIRTH - STEP 6

For this issue I'd like to take a look at rebirth in my life. It's spring and I am looking to find a deeper space within myself. My life seems to go from a place of dying to a place of rising many many times.

This spring I've been looking at some of the loss in my life. Why should I look? I am looking because I feel that it an area that my HP is asking me to look at with an open mind and an open heart. That area is a place where I feel that my wings are short and I cannot soar. These areas come and then they go as they are healed in this program.

What I've come to realize just recently is that I am grieving. I've had some loss in the past year. The problem is that I do not know how to grieve. It is bottled up deep with in my heart and soul, and I am holding on to it as though it were an almighty mound of golden coins. That's the pain—the holding on. I know through past experience that this holding on to the old way of doing things will cause me more pain then it will to let it go. So, I've begun a journey in learning how to feel what is locked so deeply within my heart. I went to see a psychologist the other day. She deals with souls; a little different than the traditional. She is helping me to learn to feel my feelings and to locate where they are in my body. It was extraordinary.

I don't medicate any longer with food, alcohol or drugs. However, through those addictions I became an expert at locking up

my truth and my feelings. It's the next layer in peeling the onion.

What I want to have happen for me next is to recognize that I have a feeling, feel it and then release it. What I seem to do is have a feeling--anger let's say. I notice it and then stuff it really quickly like it's a pair of dirty underwear. I want to be able to release my fear in this area.

It's really interesting to me that HP seems to move me gently through the cycles one at a time. I know for me that this is a character defect for sure. It encompasses fear and stuffing of feelings--a form of medicating. That spells defect to me.

So, on this journey I am going to treat this as such do footwork of course, but pray that God will remove it from me when He is ready.
Claudia

LOSING FRIENDS

I received word the other day that a good friend and retired coworker had died. The shock of his death was poignant testimony to my illness. You see in my isolation of compulsive overeating I had removed myself from virtually all casual contacts. Abandoning friendships was nothing new for me. It was a predictable behavior that as day-to-day contact diminished there was rarely any attempt to keep a friendly relationship going. I was self isolating even as a young adult and this destructive behavior only got worse as my addiction grew. It had been about four years since I had talked to Smitty and word of his death was hard to believe.

Smitty was a gentle giant of a man. He was always happy, always willing to offer a hand. Twenty-six years ago I was a new kid in a job that would become a career and Smitty was one of the people that took me under his wing and taught me some of the skills that I would use on the job. It was hard for me to imagine this man, who was tremendously strong and always busy with one thing or another, could ever die. He was a big man with a big heart and now he was gone. I wanted, no I was compelled, to pay my respects to my friend and went to his viewing.

As I stood at his casket and prayed, memories of our friendship came flooding back. I thought of our first encounter more than a quarter century gone, when he taught me the intricacies of plowing snow on busy urban streets. I remembered his sage advice on minding my temper and how he offered to loan me the money to finish my last quarter of college in order to get my first degree. I bought my first pieces of furniture from him as a newlywed. He gave me a reading list of reference books to help me prepare for a supervisors exam, a job I successfully tested for a couple of months later. So many memories. He was a good friend and now he was gone. I was soon to find he was not the only one.

While reading the paper the other day, I noticed Bob Batz was writing an expose on the fire service. Naturally, it was focused on Brookville Fire Department (Mr. Batz is a long time member). I read each installment with an insider's interest. I had spent 23 years in the fire service with the Madison Township and Trotwood Fire Department, retiring in 1996. You guessed it--my compulsive eating coupled with injuries sustained in a fall ended my fire-fighting career.

The last installment of his series he talked of a couple of friends he had lost, both of whom had been my counterparts in their respective fire departments and whom I knew well. Old Tom had been gone for a few years. He and I had discussed the finer points of fire fighting many times and had attended many courses together at the Ohio Fire Academy. I remembered, when he passed, that I couldn't bring myself to go to his viewing--too lost in my compulsive eating and ashamed of what I had become. I couldn't bear for my former colleagues to see me as I was. The other friend he mentioned gave me a start.

Terry had passed away just a few weeks before the article came out. I had not heard about his death and had missed it in the paper. My isolation had been so long-standing that no one called anymore. Not knowing of his death was very upsetting, as I

am recovering. I am getting better! But, I had not yet taken the steps needed to reacquaint myself with my old friends. For that reason I was absent when another friend passed away.

I hadn't talked to any of these men in years. They were all friends, good friends who should be cherished, and now they were gone. Imagine how much richer those friendships would have been if I had just stayed in touch. My recovering self tells me, "Don't let this happen again! Renew as many of your old friendships as possible and keep them alive." I can't let my former isolation live by not communicating, not venturing out. I need to do this for me, for my recovery andexcuse me I have to go now. I've got to call a friend.

Pat

THE H.O.W. CONCEPT

The Overeater's Anonymous H.O.W. Concept was formed to offer the compulsive overeater (who accepts the 12 steps and 12 traditions as a program of recovery) a disciplined and structured approach. The O.A./H.O.W. groups were formed in the belief that our disease is absolute and therefore only absolute acceptance of the O.A. program will offer any sustained abstinence to those of us whose compulsion has reached a critical level.

Therefore, the O.A./H.O.W. plan of eating (no refined sugar or white flour), steps, traditions, and tools of recovery are not suggested. Rather, we accept them as requirements for our recovery.

Meetings are dedicated to the concept of remaining honest, open-minded, and willing to listen...this is the H.O.W. of the program.

There is a HOW meeting at 7:00 p.m., on Wednesday Night at Fairview United Methodist Church, 828 W. Fairview Avenue, 3rd floor, Dayton, OH. All are welcome. Adherence to the plan of eating is not a prerequisite for attendance.

Note: A Security Guard is posted in the parking lot for your safety

THE HOW GROUP – one member's opinion

I see a preponderance of OA members in this group experiencing physical recovery.

This is a discussion group meeting whose topic is selected at the beginning of each meeting. HOW suggests that you weigh and measure all of your foods, and avoid some foods totally, such as foods containing flour and sugar. HOW has a food plan, for those who need more structure; and there are members willing to be your HOW food sponsor.

Just like the alcoholic has an allergy to alcohol, many have found they have an allergy to certain foods, which causes us to crave more and more after we eat these foods. If this sounds like you, why not give "HOW" a try!?!?

HOW Group Member

IMMEDIATE OPENINGS!!

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).

REQUEST FOR HELP

Friends and neighbors in Dayton—the paucity of both OA meetings and Al-Anon meetings causes me to ask for your help. These two programs are very lightly covered in New Mexico. Very disastrous scene! So, please remember me when you finish a meeting.

What helps me most would be:

The topic of the meeting and the things you heard that helped you. I do not need drivel forwarded from other websites. I know you guys and know your recovery and your commitment to the same. Please share with me your "experience, strength and hope" from the meetings you attend. I have yet to attend an OA meeting in NM ... missed the mixed meeting here in Silver City ... same for the ONE Al-Anon meeting. Thanks so much. This is a "no chit" request for a suffering OAer/Al-Anoner. I am DEAD serious.

New e-mail address is

zennhead@mail.gilanet.com Jerry

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.

SEXUALITY IN RECOVERY

We have been asked to announce a ten-week meeting series beginning the 1st Wednesday in June on "Sexuality in Recovery." All of the topics for discussion will be on that subject. The meeting will be held at St. Mark's

Church in the OA meeting room on the 2nd floor. Everyone is invited to participate.

If you are interested in the attending the series, please let George, Diana, or Claudia know. You can e-mail either George or Diana at g@voyager.net or Claudia at msquixie@cs.com to make arrangements. It is not necessary to commit to any certain number of meetings.

Please announce this at all of your meetings. The time for the meeting will be announced later on.

STRUGGLING

Sometimes words get in my way. Sometimes they point things out to me if I pay attention. Someone asked me how I was doing and I said I was "struggling" with the food. It made me think about what that meant. And my thought was that when I am struggling, I am not surrendering. So why do I continue to struggle. Why don't I just surrender? I guess it is about the false perception that "I" can control the food. But every time I try to do that, I lose the battle. So how did I go from eating to live, to becoming abstinent and living to eat, then back again to eating to live? I don't know. I could probably make a lot of money if I had the answer to that one.

I have said before in meetings that if I am not abstinent, you don't see me. My shame kicks in, I surrender to the food, gain weight, isolate even more, not go to meetings, and slowly commit suicide with the food.

Something that I am doing differently this time is that I am continuing to go to meetings and talk about it. (I probably should listen a little more, too.) I am showing up, paying attention, refusing (so far) to give in to the sugar. Thank you all for accepting me. It allows me to keep coming back.

Judy D.

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.

RETREAT!!!

**IF YOU ARE
FEARFUL
ANGRY
LONELY
LOST---**

**Greater Dayton Intergroup
invites you attend our retreat**

“ACCEPTANCE”

**LIVING LIFE ON
LIFE’S TERMS**

**September 13, 14 & 15, 2002
(Friday, Saturday and
Sunday)**

**MARIA STEIN RETREAT
CENTER**

**SPACE IS LIMITED TO 30 ROOMS,
SO SEND IN YOUR
REGISTRATION ASAP.
ROOMS ARE GOING QUICKLY!!**

**REGISTRATION FORM
MARIA STEIN RETREAT
2366 ST JOHN’S RD
MARIA STEIN, OHIO 45860
SEPTEMBER 13, 14 & 15, 2002**

NAME: _____
ADDRESS: _____
CITY/STATE/ZIP: _____
DAYTIME PHONE: _____
EVENING PHONE: _____
E-MAIL ADDRESS: _____

SINGLE \$105 _____
MARRIED COUPLE \$170 _____
(Includes 2 nights room, 4 meals, all sessions)

REGISTRATOIN DEADLINE:

August 12, 2002

***MAKE CHECKS PAYABLE TO
DAYTON OA***

We can accept payments, but must be paid in
full by 8/12/02.

SORRY – NO WALK-INS!

**MAIL REGISTRATION TO:
Mike Jolly
2424 N. Aragon Avenue
Dayton, Ohio 45420**

SORRY – NO REFUNDS!

FOR MORE INFORMATION CONTACT:

Judy Damico – (937) 258-3242 /

ms1judy1d@aol.com

Cheryl M—(937) 832-1695 /

cmason236@hotmail.com

SERVICE OPPORTUNITIES:

CHECK HOW YOU WILL HELP.

- ____ Registration and Booklet Preparation
____ Huggers/Greeters
____ Raffle or Literature Sales
____ Mini-lead or Workshop helper
____ Entertainment (games, singing, etc.)