

# THE TWELVE STEPPER MAR 2005

Published to share recovery and support within the fellowship of Overeaters Anonymous by the Louisville Metro Intergroup.

## **MEN'S MEETING!**

**NEW!**

FIRST MEETING

TUESDAY

APRIL 5, 2005

6:30 PM

EPWORTH UNITED  
METHODIST CHURCH  
919 PALATKA RD.

MEETING HELD AT  
SAME TIME AS  
REGULAR O.A. MEETING  
THAT ALL ARE  
WELCOME TO ATTEND

## **OVEREATERS ANONYMOUS BIG BOOK STUDY**

October 14 - 16, 2005

Redemptorist Retreat  
Center

Oconomowoc, WI

Speaker has 12 years  
abstinence and physical  
recovery.

Cost is \$165.00 and  
includes 5 meals.

For more info contact:

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(608) 838-2274

Leslie63@tds.net

## JUST FOR TODAY

One of the most helpful sayings in my OA tool box is "just for today". Very often, when I get hit by a craving for some particular food that I am trying to avoid, some twisted thinking sneaks in and says, "Just think, you can never have this again." It is easy to become overcome with a sense of futility. "I can't go forever without this food," I think to myself. But then I remember "just for today." I tell myself, "I only have to stay away from it today. Tomorrow, if I want it, I can have it." The nice thing is that tomorrow never comes. It is always today. And each 24 hours that passes builds up a little more strength and a little more practice.

Is it a perfect tool? No, it has to be used with others. During a recent relapse I forgot it altogether. If I had remembered it, maybe the relapse wouldn't have happened or lasted so long. But I hadn't been doing some of the other things I should have been doing either like calling, writing, going regularly to meetings and so on. But when I am using the tools and working the steps, then "just for today" has been a helpful friend that has gotten me through many a moment of temptation because most of the time I can do anything "just for today."

SKS

Calvert City, KY



## THE DOCTOR'S OPINION

When I saw this suggestion in the list of topics for this issue, I grabbed my very first Big Book and read some of what I had highlighted in 1984, when I read The Doctor's Opinion for the first time. On page xxvi Dr. Jung talks about our compulsion being an allergic reaction to sugar (alcohol): that it becomes habit forming and we cannot break the habit by "reliance upon things human." He suggests our "ideals must be grounded in a power greater than ourselves if we are to re-create new lives."

How true this has been in my life. I remember overhearing someone say "if you cannot stop eating chocolate cake then you had better get on you knees and pray to that cake because it has become your Higher Power." I thought how sad it is that we live in the belief that food of any kind is more important than our families, friends or God "as we understand him." Once I turned my life and will over to a God who was not dipped in chocolate, I was able to live free from my compulsion to overeat. I have maintained my abstinence since February 17th 1986.

Today, I am grateful for the life God has given me without excess food. I am grateful that Easter, like all the Holidays I have celebrated in the past 19 years is about the Reason for the Season and people at the table not the food on the table.

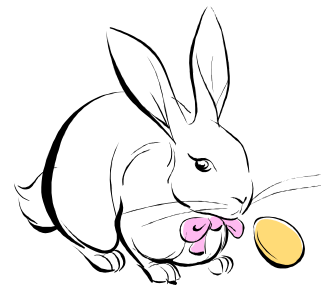
Thanks for encouraging me to look back to the beginning and allowing me to share these thoughts.

Donna Williams  
Hopkinsville KY

## JUST A NOTE ABOUT EASTER BASKETS (WITH APOLOGIES TO PAUL SIMON)

The problem is all inside your heart  
she said to me  
The answer is easy  
if you take it prayerfully  
I'd like to help you  
in your struggle to be free  
There must be fifty ways  
to leave that stuff alone

You just slip out the back, Jack  
make a new plan, Stan  
you don't need to be coy, Roy  
flush 'em down the can, Jan  
just drop off the peeps, Lee  
and get yourself free!



## PRIORITIES

Our Greatest Danger In Life Is In  
Permitting The Urgent Things To  
Crowd Out The Important.

*Charles E. Hummel*

# THERE IS HOPE

I am really glad to be abstinent today! One phrase that has been helping me a lot in the Big Book is the sentence on page 34 that says, "For those who are unable to drink moderately the question is how to stop altogether." The "test" to find out if I am a food addict/compulsive overeater on that same page is helpful as well. "If anyone questions whether he has entered this dangerous area, let him try leaving liquor (for me, my addictive substances) alone for one year. If he is a real alcoholic...., there is scant chance of success." This lets me know in no uncertain terms that I do have this disease. Heck, I took this "test" a million times before I reached OA! I didn't realize that's what I was doing, but I sure enough proved to myself, in and out of program, that I cannot eat certain things in "moderation". Unfortunately, many well meaning dieticians and nutritionists do not understand this, and those were the people I initially sought out to help me recover from a seemingly hopeless state of mind and body. The fact of the matter is that normal people often do not understand that for people like me, one is too many and a thousand is not enough. It is truly easier for me to have none than to have one.

When I decided to get abstinent from my addictive substances, I looked first to other people who had long term abstinence, and then I ran their suggestions by a nutritionist who supports me in my recovery from both food addiction and compulsive overeating. I am glad for the correct information today. My food plan is not restrictive. Being a slave to the disease is restrictive!

I spent several years in program wondering what in the world was wrong with me. I was working steps, going to meetings, doing service, making calls, praying, following directions and still wanted to eat. I didn't realize that eliminating the addictive substances was the missing piece. Yes, this is a spiritual disease. It is also physical and emotional. Just like an alcoholic must stop drinking for the program to take hold, I must be abstinent from substances that make it difficult for me to eat and think sanely.

If you are struggling, there is hope. Look to people with long term abstinence and do what they do. I know I can always find someone in and out of the OA rooms to co-sign my rationalizations, but if I want to be abstinent, I need to find people who will be honest with me. I am glad to be at a normal weight today. I am glad to feel freedom and peace, and to feel a great love with my HP!

Grateful to be abstinent in KY

People are like sticks  
of dynamite...the  
power's on the inside,  
but nothing happens  
until the fuse gets lit.



How do you keep  
your fuse lit you ask?  
Daily contact with  
God through prayer  
and meditation.

**SERVICE  
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A smile is the light  
on your face that  
lets someone know  
you're home.

## A Newcomer's Double Challenge

My name is Jill M. I'm a compulsive overeater. I started coming to OA in February. I'm going to 3 meetings per week. I've learned my illness of COE will not get better unless I'm totally honest with myself and others about what I eat. I've started a meal plan. I turn in my meal plans once per week. I'm working on steps one and two. Step two is very hard because I've been angry at my HP, which I call God, for most of my life. I blamed him for letting me be molested as a child by my adoptive father, who died when I was 16. This is when I became a COE. I'm 350 lbs. and 28 years old. My health is not good. I'm diabetic, have high blood pressure, sleep apnea, and an enlarged heart from being overweight. My health is the reason I started OA in the first place. I want to become a healthier and more productive person. I have been diagnosed with borderline personality disorder and bipolar disorder. I use the tools in OA to deal with my COE. Using these tools really work if you work the program. Use your phone numbers to call members for support. Use the OA literature that is out there for support. Keep going to meetings. You also need to let go and let God. Turn the compulsive overeating over to your HP and let him or her give you support when you need it.

Besides treating my compulsive overeating, I also have a a plan of treatment for my mental illness that includes one on one therapy and group activities. I've discovered that being a compulsive overeater and having a mental illness is rough to handle. I'm learning that if I want this program to work, I have to work extra hard at it. I'm going to make this program work for me by using all the OA tools that I talked about earlier.

Jill M.