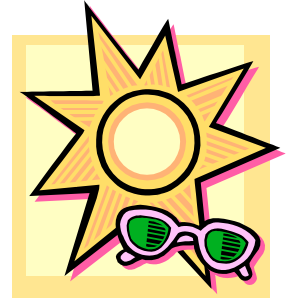


Easy Does It

Monthly Newsletter of Overeaters Anonymous
Madison Area Intergroup, P.O. Box 294
Madison, WI 53701-0294 Tel. (608) 663-8823
<http://www.oamadison.org>



June 2005

Step Six:

Were entirely ready to have God remove all these defects of character.

Tradition Six:

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept Six:

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Principle Six: Willingness



Sixth-Step Prayer

Dear God,

I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

My Daily Program... What's Yours?

Morning: Meditation - Abstinence Prayer, 3rd Step prayer, 7th Step Prayer, Daily Readings in VOR, For Today, and other literature. Phone calls from sponsees

Evening: Phone call to sponsor, read in Big Book, Lifeline, or other OA literature, write down food plan and check the past day's food plan. ~anonymous

Upcoming Events

Monday, July 4: Independence Day meeting, 9 a.m., Meriter Hospital, (Conference Room D)

Thursday, July 7: Madison Area Intergroup Meeting. 6:15 pm, Mt. Olive Lutheran Church.

All are welcome. Come get the new EDI's to deliver to your home group!

October 14-16: OA Big Book Study Retreat- hurry! Register soon....only 15 single rooms left!

<http://region5oa.org/madison/downloads/events/2005BigBook.pdf>

For more information about these and other OA events, click "Upcoming Events" at www.region5oa.org

MAI Needs You!

Madison Area Intergroup (MAI) is recruiting the following officers and committee chairs:

We Care List—Updates phone list and makes copies regularly for distribution to groups -- VACANT

Public Information—Does whatever public information she/he feels the MAI needs, i.e., sending out PSAs or making sure OA meeting announcements are listed in area newspapers - VACANT

Share your ESH with the EDI!

Service comes in many ways. One of the OA tools is writing. Do you journal? Are you willing to share your story but are not yet ready to speak at a speaker meeting? Share your story in the EDI. Everyone looks forward to the new EDI, especially personal stories. Come out of isolation and help another OA, share yourself. Submit your writing to

madison@oamadison.org

New Monday Evening Meeting

Mondays, 7 p.m. at Memorial United Church of Christ, 5705 W. Lacy Road, Fitchburg

Just For Today

Just for Today I will try to live through this day only, and not tackle my whole life problem at once. I can do something for twenty-four hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for Today I will be happy.

Just for Today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for Today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for Today I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

Just for Today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.

Just for Today I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: hurry and indecision.

Just for Today I will have a quiet half hour all by myself and relax. During this half hour, sometime, I will try to get a better perspective on my life.

Just for Today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

The 12 Principles

You know the 12 steps, you know the 12 Traditions, recently you've seen the 12 concepts (#6 is on page 1) did you know there are also 12 Principles?

THE 12 PRINCIPLES

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Brotherly Love
9. Justice
10. Perseverance
11. Spirituality
12. Service



Are Retreats Worth It? You bet!

I attended my first retreat in May of 2003. The weekend was filled with OA meetings of various types and on various topics, workshops, activities, and free time. I attended quite a few meetings, got a good start on a 4th step (even some coaching!), took advantage of the beautiful grounds and the quiet surroundings. I had time to reflect, think, relax and work my program. I left with a renewed sense of peace and a new level of willingness and commitment to my program.

I heard phenomenal speakers, met some amazing people and didn't have to worry about eating in between meals...as meals were prepared for us and everyone around me was having an abstinent weekend. For some, it may have been their first abstinent weekend.

I never imagined I would have enjoyed that retreat as much as I did. I now look for at least one retreat (weekend) that I can attend every year. Each one has surpassed the last and brings new experiences and more memories. I can't wait until our OA Big Book Retreat in October at the Redemptorist Retreat Center in Oconomowoc. I'm excited to take another trip through the Big Book and look forward to stepping up my program as well as getting some rest and relaxation time. If you aren't already registered, think about it. Don't you deserve a weekend to yourself? To your program? To connect with your higher power? It could be just what you need to put your program onto the next level. ~anonymous

<http://region5oa.org/madison/downloads/events/2005BigBook.pdf>