

# Easy Does It



November 2005

Monthly Newsletter of Overeaters Anonymous  
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<http://www.oamadison.org>

## Step Eleven:

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

## Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

## Concept Eleven:

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

## Principle Eleven: Spirituality



## Eleventh-Step Prayer

Higher Power, as I understand you, I pray to keep my connection with you open and clear from the confusion of daily life. Through my prayers & meditation I ask especially for freedom from self-will, rationalization, & wishful thinking.

I pray for the guidance of correct thought and positive action.

Your will, Higher Power, not mine, be done.

## Upcoming Events

**Saturday, Nov. 19:** IDEA Day (International Day of Experiencing Abstinence) 1 - 4 p.m. at Orchard Ridge United Church of Christ, 1501 Gilbert Road. Come here 3 speakers (2 from Chicago and 1 from Milwaukee) share their stories around abstinence from compulsive overeating. Registration begins at 12:30 p.m.

**Thursday, Nov. 24:** Thanksgiving meeting at Meriter Hospital from 9-10:30 a.m. (Conference Room D) off of Cafeteria.

**Thursday, Dec. 1:** Madison Area Intergroup Meeting. 6:15 pm, OFFICER VOTING IN FOR 2006! Mt. Olive Lutheran Church. All are welcome. Come get the new EDI's to deliver to your home group!

For more information about these and other OA events, click "Upcoming Events" at [www.region5oa.org](http://www.region5oa.org)

## MAI Needs You!

Elections/Voting in of new Officers for Madison Area Intergroup will occur on December 1<sup>st</sup>, 2005 at Mt. Olive Lutheran Church on Mineral Point Rd. If you are curious in the least, come and share your willingness to spread the word of OA.

## 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](mailto:madison@oamadison.org)

## New LOCATION for Wednesday Evening Meeting

**Wednesdays, 6:30 p.m.** now at McFarland High School, 5103 Farwell Street, Room 110.

## Slogans to Recover By

- \*There are three kinds of business in this world: my business, God's business and none of my business.
- \*Resentments are like taking poison and expecting the other person to die.
- \*One meal at a time
- \*Pain is inevitable; suffering is optional
- \*Do the right thing

## Big Book Comes ALIVE!

I attended the big book retreat in October hosted by Madison Area Intergroup. It was fabulous to say the least. The surroundings were beautiful, the food was abstinent and palpable, the sessions were thought provoking, and the company was inspiring.

Some great tips I picked up were:

If I follow the big book and do the steps, I WILL recover. Recovery comes as a result of the steps.

Once I become abstinent, I need to move swiftly through the steps before my disease regains control. If I get half-way through step 9, the promises will have begun to happen to me! Then, I need to keep going.

If I'm not having physical recovery, I'm eating more than I need. I need to reduce the amount of food I'm eating. Ask: Am I still eating binge foods? Am I eating more than a portion? Am I weighing and/or measuring?

After I complete a step, I need to read in the big book to see if I feel as it describes. If I don't, then I must have done something wrong, or I need to keep working on the step until I DO feel the way it describes. (for example, after completing step 5, there are a few promises that come true.)

The big book was written so that people could recover from alcohol without meetings, a sponsor, etc... You CAN recover just by doing the steps. You will need an additional person for step 5, and then to carry the message.

The big book is a TEXTBOOK...read it carefully and follow it EXACTLY! Do the steps in order...as they are meant to be done. ~anonymous

Forms for the big book retreat are available on the Madison OA website at <http://region5oa.org/madison/events.html> scroll down and download an outline, forms for step 4, 8, 9, etc...

If you missed it, don't miss the next one...but until then, you can purchase the CDs from the big book retreat with Lawrie C. at Gopher State Library on the web at [www.gopher-tape-library.org](http://www.gopher-tape-library.org) for \$60 a set. Tapes are less expensive. You'll want the Fall 2005 Big Book Study at Oconomowoc.

## THE PLACE WHERE I LIVE

I have found a place to live that is peaceful and serene. It is a place where I am free to be the best person I can be. It is a place where I live without fear or self-loathing. It is a place where God is. It is a place that has enough room for anyone who will go to any length to walk up the 9 steps to reach this awesome dwelling. It is a place full of promise, acceptance and love.

I live in a place called Steps 10 and 11. It is on the corner of Personal Inventory and Conscious Contact. The rent is "cheap but not easy". My landlord is my Higher Power. He is a very demanding, yet a just, landlord. I do have to check in with him often. I have to try to listen to what he says and to live my life as he would want. I have to be kind and gentle and just to those around me. I have to be willing to clean up my own mess and take out my own garbage. It is not a lot to ask for such a wonderful space to live in. I can stay as long as I wish. I have a lifetime lease that only I can break.

I would like to invite you to visit anytime, and if you like it, you can stay as long as you want to live without the pain of overeating, without fear of what life will bring, without thinking the world is a bad place because you are in it. There is room here for everyone. You may come to scoff; I hope you will stay to pray.

Thank you, Overeaters Anonymous, thank you, the Chicago Fellowship of OA for helping me find a home where I want to live forever. ~Donna W. (reprinted from *Turning It Over*, Chicago Turning Point Intergroup, Winter 2003)



*Imperfect action is better  
than perfect inaction.*

Harry Truman