

April 2010



# Easy Does It



Visit the Madison  
Intergroup Website:  
[www.oamadison.org](http://www.oamadison.org)

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## **NEXT**

### **INTERGROUP MEETING –**

Mount Olive Church  
110 N Whitney Way  
(at Langlois St.)

May 6, 2010,  
6:15 pm

## **WRITE FOR EDI**

~We'd love to hear  
from you, please  
share your experience  
strength and hope!

The EDI is always in  
need of personal  
stories or artwork.  
I would prefer to run  
local, personal stories  
instead of reprinting  
from other OA  
newsletters. Email or  
snail-mail the EDI  
editor at  
[caspoohbear@aol.com](mailto:caspoohbear@aol.com)

Madison OA  
P.O. Box 294  
Madison, WI  
53703

**Step 4:** Made a searching and fearless moral inventory  
of ourselves.

*Fear not those things which God has  
sent, though troublesome they seem.  
For He knows best what must be  
done to lead you to your Dream.*

According to the AA website, this was part of Dr. Bob's farewell talk:  
"Our Twelve Steps, when simmered down to the last, resolve themselves into  
the words "love" and "service." We understand what love is, and we  
understand what service is. So let's bear those two things in mind."

**Tradition 4:** Each group should be autonomous except in matters  
affecting other groups or OA as a whole.

This is one of the beautiful things about program. Our group has the autonomy to decide if we mention specific foods or not, what format our meeting will follow, what time we meet. It can be challenging, though, as an intergroup volunteer. We would like groups to use the strong meeting checklist, but it is each group's prerogative. We'd like groups to list "willing to sponsor/need a sponsor" on your We Care list, but again, we don't force it. We don't even insist that you print copies of the EDI for your meeting, though we really hope you do. Please join us for intergroup meetings so your meetings' consciences are represented at the intergroup and region level. Some of us get babysitters, change work schedules, choose to drive an hour or more to this monthly meeting because we get so much back from this service. We think you will too! ~Your editor.

**I put my hand out...**

<http://region5oa.org/madison/>

*Podcast #17 talks about the many shapes & sizes of OAers, stories include anorexia, bulimia, & grazing. To hear it, or any of the 18 podcasts, go to [www.oa.org](http://www.oa.org) and follow the podcast link.*

*FOR OTHER PODCASTS: See the MAI website and follow the [Virtual Speakers](#) link near the bottom of the page.*

**ONLY 16 WEEKS until the Big Book Study**  
Register Now, help fill the rooms!

Intergroup has speakers available for local meetings. Contact an intergroup rep.

The first Thursday of the month is a *speaker meeting* 7:30 at Mount Olive church, after the 6:15 intergroup meeting. Join us!

Please notify Pat of any changes to the We Care List, 848-6414.

Please add to your meeting we care list the following columns:

*\*Willing to sponsor*

*\*Need A Sponsor*

Please return your group's updated list if you haven't already.

Looking for a roommate or carpool to the big book study, contact Rhonda (see the registration form).

**HAVE YOU SEEN THE NEWLY REDESIGNED LIFELINE?**

<http://www.oa.org/lifeline-magazine/sample-issue.php>

**Join Milwaukee Intergroup For An Evening Of Recovery & Fellowship**

**Saturday April 3, 2010** OA Open Meeting 6:30 – 7:30 PM Fellowship 7:30 – 9:00 PM The Wisconsin Heart Hospital 10000 West Blue Mound Road Wauwatosa Bring Your Favorite Game. Refreshments Provided For more info contact: David H. 414-762-1775 Heidi M. 414-778-1209

**Gratitude**

*“I don’t want to spend another moment sedated by food.”*



I woke up this morning hungry, with the urge to make the feelings go away with food. Then I got a couple of texts from OA friends. I got a call from a sponsee. I read a story in the Big Book and I can now recognize that I am not hungry. Its just emotions. Anxiety about what the future will hold. Excitement that my prayers are being answered. My dreams are coming true. This Program really does work.

I now realize that I just need to pause and take some deep breaths and center myself. I’m not hungry, I’m scared. Pause before I eat anything. Accept that I’m going to have to live with these new feelings and emotions.

They’re part of being alive. Feelings and emotions are part of not being sedated by and buried under all of that food.

It seems like such a simple concept. But I am a middle-aged woman who has spent my entire life buried under the fat. Afraid of life. Afraid of feelings. Now I mistake all feelings as hunger. Happy or sad, good or bad. My first reaction is to want to make them go away.

Thanks to OA, I don’t want to spend another moment sedated by food on the couch

watching other people live on TV. I am living my life to the fullest. I weigh less than I ever thought I would. I have friends. We go to meetings, play games. We have fellowship. We go dancing, to the movies. I do service. My life is busy in a positive way without a minute being wasted. This is the best life ever. I frequently think it can’t be true. It can’t be real.

***It is beyond my wildest dreams!*** ~Iola

(Reprinted from The REACH OUT Jan. 2010, San Diego County Intergroup)

## Upcoming Events

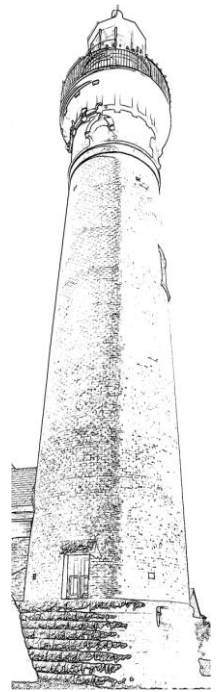
- **Madison Area Intergroup Big Book Study Workshop (Madison) Friday, July 23-Sunday July 25<sup>th</sup>, 2010** Register now for a free study edition copy of the Big Book. Brochure is on the website to download. Copies were given to intergroup reps for those at meetings who don't have internet access. See your intergroup rep or website for more info. [www.oamadison.org](http://www.oamadison.org) I won't miss it!

### American Martyrs Retreat Cedar Falls, IA **April 17-18, 2010**

9:00 a.m. on Saturday until 11:00 on Sunday call Alicia at (319)404-4922

[arhurmenca@live.com](mailto:arhurmenca@live.com) Registrations **MUST** be received by April 8, 2010 Cost for the weekend is \$88.00 (includes lodging and 3 meals) Cost for just Saturday only is \$55.00 (includes 2 meals). Make checks payable to NEII, and mail to Alicia Hurmenca at 2504 Orchard Drive, Cedar Falls, IA 50613 Provide your name, address, phone # and email.

- **April 9–11 Buffalo, Minnesota:** Unity Intergroup Spring Retreat, Christ the King Retreat Center, 621 First Avenue South; Georgia A. 1-612-825-2349; Web site: [www.overeaters.org](http://www.overeaters.org)
  - **April 16–18 Streetsboro, Ohio:** Cleveland Central Intergroup annual "pass it on" weekend retreat, "Entering Into the Sunlight of the Spirit," Hampton Inn & Suites, 800 Mondial Parkway; Mollie 1-216-391-5323; email: [ccioa@myibocs.com](mailto:ccioa@myibocs.com) Received this info from an attending MAI member.
  - **May 21–23 Alberta, Michigan:** Upper Peninsula OA 5th Annual Spring Retreat, Ford Conference and Research Center; Mike D. 1-906-353-7346; email: [miked1942@gmail.com](mailto:miked1942@gmail.com)
- **Now Playing- 50 Years of OA Recovery WSO Convention: August 26-29, 2010** Hilton Los Angeles Airport Hotel Los Angeles, CA  
<http://www.oa.org/world-service/convention.php> I'll see you there!



## Quiet Misery

I blame it on ice-covered sidewalks or frigid temperatures, on my crazy acting teenager, or on my heavy workload on the job. There's always an excuse to keep on drugging myself with food. The disease and its insanity shows itself clearly when I keep doing the same thing repeatedly (eating compulsively) and somehow hope for a different outcome. Putting down my favorite drug, food, is without a doubt the most challenging part of

my life. Even when it's hurting my health, making most of my clothes too tight to wear, and denying me happiness, I still hang on to it like an abused woman hangs on to her abuser.

I thank God for my family and OA members who accept me as I am, flawed and sick, but still willing and wanting to be abstinent. And thank you, God, for OA meetings that create a vessel in which to hold that gift of kindness and

teach a way to live differently. No commercial diet or food plan in the world has given me that measure of kindness or support. I may know a lot about good nutrition but I do know too little about life without compulsive eating.

Submitted with gratitude for OA & its members, who are there for me, whether I feel I deserve it or not.

~Anonymous

## Reasons to attend the Big Book Study <http://www.region5oa.org/madison/BBStudy2010broch.pdf>

- ❖ I know I can be *abstinent* there
- ❖ We all need to make time for our recovery and this gives us a chance
- ❖ If I don't think I need to be there, then I'd better be
- ❖ Boost my knowledge of the big book
- ❖ *Work the steps* on-site
- ❖ My support of events means that OA will be there for me and others in the future
- ❖ My Higher Power will be there waiting for me
- ❖ Pick up some *inspiring* "bling"
- ❖ I am powerless over food and I *cannot recover alone*
- ❖ I may hear something I need to hear
- ❖ I might share something that someone else needs to hear
- ❖ I can add more people to my support network
- ❖ Get "*unstuck*" from the step I've been on for how long??
- ❖ Reconnect with *OA friends*
- ❖ Meet OAs from other cities!!
- ❖ There will be opportunities for service
- ❖ This is a chance to give to myself
- ❖ Work the program at a new level
- ❖ Hear speakers on Sat night from other cities
- ❖ *Learn* how to sponsor
- ❖ It's a chance to spend time with people who REALLY understand me
- ❖ Be assured an abstinent meal
- ❖ I could *find a sponsor*
- ❖ A weekend away may do me good
- ❖ Deepen my connection to *HP*

## Willing... to go to any length!

From the dictionary willingness is: "The quality or state of being willing; free choice or consent of the will; freedom from reluctance; readiness of the mind." What this means to me



is that willingness is rooted in step 3. It is my willingness to turn my will and my life over to the care of God. Doing this frees me from addictive patterns – false pride, arrogance, selfishness, dishonesty, and insanity among other things that inhibited my control over my life. In Step 3 I became willing to let go of my negative characteristics that impeded my growth and reliance on God. Willingness allows me to work this program as prescribed, to do as is suggested in the Big Book. Before program I had very little willingness to do much, I wanted to change, but was unable and unwilling to do the work. The program helped me ease into change, one step at a time. Step 1 – just surrender, step 2- believe, step 3 – have faith and trust the change. Steps 4-12 then require the willingness and faith built up in the first 3 steps to continue on the path of recovery. Today, **because of the results of step 3 I have the willingness to continue to change**; the willingness daily to do my 10th step inventory and to look at my character defects. I am willing to do whatever it takes to keep my

abstinence and serenity because my life is so blessed today.

*In willingness and service - Pam (story reprinted from Heart2Heart, Spring 2010)*

## Rusty Gears

At yesterday's OA meeting, we read Step 1 in the OA 12 & 12 book. As I listened to people share, I began to think about how my program paralleled the 1988 Saab (usually driven by my teenagers) I had driven to the meeting that morning.

The paragraph (p. 5) which I had read aloud included, "... we didn't realize how much we had damaged ourselves and others by attempting to manage every detail of life." Two years ago when I entered OA, I really believed I HAD to control my life and those around me – especially my family. I thought that without my managing every detail, things would fall apart. I was stuck in my way of thinking.

Now to the parallel with the car ... Recently, I tried to get the front end aligned on the Saab. However, in order to perform the alignment, something called the "tie rods" (sorry if I get these details incorrect) had to be able to be adjusted and sadly, they were rusted stuck with age. I was told I had to buy new tie rods (an investment I didn't want to make in the old car) in order to perform the alignment because the old ones were hopeless. Fortunately, our trusty Saab mechanic made a different suggestion. He told me to have the first garage put grease on the tie rods and let the car sit for a few days and give the tie rods a chance to soak up the grease.

During those days of waiting, although seemingly nothing was being done, actually the tie rods were absorbing the

grease. At the end of the wait, thankfully, the mechanic's suggestion worked and the tie rods were able to be moved. The car could be aligned.

Sometimes I feel like I'm doing nothing in the OA program – just sitting. But maybe soaking up OA grease is important. After two years of being saturated with the program in literature and meetings, I see that my gears are becoming unstuck in some areas, such as my area of control. I'm becoming freer to be aligned to a healthier person. I'm definitely not free of my rust yet, but there is some promising movement.

This is occurring at an important time. Since my oldest daughter is a senior in high school and the other two children are following close behind, I need to give up more and more control of them. The reason I drove my daughters' Saab to the meeting yesterday was because my oldest had driven my (more dependable) car to a college visit – 3 ½ hours away – by herself. Without OA, I would not have been able to give up that control to her. I feel surprisingly calm about her making this journey without me.

Thank you OA! ~Suzanne  
(reprinted from *Serenity Sharing* Oct 2009)

## IT WORKS

Many of us are familiar with "How It Works" because we read the opening pages to start many of our meetings. The Third Step Prayer on page 63 is a classic, and longtimers likely used the four-column inventory for an initial Step Four.

The Big Book describes an inventory as fact-finding and fact-facing. It calls us to recognize where we have been inconsiderate, selfish, dishonest, self-seeking and frightened. Step Four is where I became aware of fear: "This short word somehow touches about every aspect of our lives. It was an evil and corroding thread; the fabric of our existence was shot through with it."

I remember doing inventories on fear every six months. It was part of the process in trading self-reliance for trust and dependence on God. I learned God always blesses humility and courage. Peace and serenity were the rewards. ~N.J (Reprinted from *Butterflyer* June 2009)

### Editorial Statement

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