

August 2008

# Easy Does It



## Complete the 12 Steps in 8 days!

"12 Steps to a Spiritual Awakening"  
Interpreted for OA

**REGISTER TODAY!**

REGISTRATION FORMS AVAILABLE AT ALL MAIG MEETINGS



*THE 1940's A.A. BEGINNERS' MEETINGS  
"HERE ARE THE STEPS WE TOOK" BIG BOOK WORKSHOP*

Sunday September 14, 8 a.m. – 5 p.m.  
Sunday September 21, 11:30 a.m. – 5 p.m.  
at the McConnell Hall Classroom 9  
1010 Mound Street, Madison, Wisconsin

Presented by Madison Area Intergroup

## Sugar Insanity

Once again Sugar seduced me. I haven't eaten sugar as part of my food plan for nearly 4 years. Occasionally, sugar seduces me – usually after someone has brought a "sugar-free" dessert just so I can have dessert. I eat the sugar-free version and then a few weeks later I eat something that IS sugar. Then a few weeks after that, I do it again. Then I call my sponsor and admit I'm back at it again and it's time to give sugar up again "officially".

Well, this past couple of months I actually thought I had become a "normal eater" when it came to sugar. I could eat just one serving. It was amazing. However....it didn't last. I knew it wouldn't too! I knew it was just too good to be true. And sure enough – it was. My nutritionist prefers that I eat it occasionally so I won't "deprive" myself. But it doesn't work for me. Eventually, I WILL OVER EAT IT! It doesn't "deprive" me not to eat it. Eating it deprives me! When I eat sugar – it deprives me of my mind – the sugar thoughts happen more often, and I even obsess about eating just the one serving!, it deprives me of my clean abstinence, it deprives me of feeling strong and healthy, it deprives me of my sanity, it deprives me of focusing on conversations, it deprives me of LIFE.

Every so often I think my HP needs to do something drastic to put me back in my place. Thank you HP. Thank you for giving me 3 days of no-sugar!! ~anonymous

## Labor Day Meeting – September 1st

*Don't Labor on Labor Day – come to an OA meeting!!*

9 am to 10:30 am, Meriter Hospital, 202 South Park Street (in Madison)  
In the cafeteria conference room, behind the cashier's station, where the Saturday and Sunday morning meetings are held.

Visit the - Madison Area  
Intergroup Website:  
[www.madison.org](http://www.madison.org)

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### NEXT INTERGROUP MEETING –

Thursday, Sept. 4th at  
6:15 p.m. – Mt. Olive  
Lutheran Church

### WRITE FOR THE EDI –

–How was doing your  
step 4 a freeing  
experience?

–What brought you into  
program?

–Why do you stay in  
OA?

–What do you love  
about your "home"  
meeting?

The EDI is always in  
need of personal stories.  
Stories can be emailed  
to the EDI editor  
[rhondas@merr.com](mailto:rhondas@merr.com)

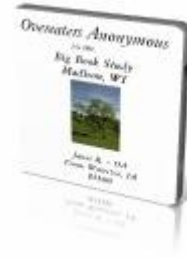
or snail mailed to:  
Madison OA  
P.O. Box 294  
Madison, WI 53703



Mail to: Gopher State Tape Library, inc.  
 P.O.Box 26172  
 St.Louis Park, MN 55426  
 Toll Free 1-877-557-6700 Fax 1-952-920-8678  
 Email sales@gstl.org WWW.GSTL.ORG Shop On line

## Janet R. O.A. Big Book Order Form

	Qty.		Sub-total
Complete Tape Set	_____	x \$40.00 =	_____
Complete CD Set	_____	x \$55.00 =	_____
Kelly Ann	_____	x \$8 /\$5 =	_____
Debb R.	_____	x \$8 / \$5 =	_____



SHIPPING + FREE  
 NO TAX + FREE  
**Total Due = \$\_\_\_\_\_**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Credit Card #(visa,Amx,master) \_\_\_\_\_ EXP \_\_\_\_\_  
 Cvv2 \_\_\_\_\_

Billing address if different from above address:  
 \_\_\_\_\_  
 \_\_\_\_\_

## Big Book Fun Fact

**417-84-0552 Big Book SSN**  
 (pages in big book for acceptance, promises, resentment)

## Program Boosts

[www.gstl.org](http://www.gstl.org) - Gopher State Tape Library - order CD or cassettes of OA big book studies, speakers, step studies, topics, etc...

**Sept 13** Together We Can OA Workshop in New Holstein, 9 a.m. - 2:30 p.m. Speakers from Chicago and Milwaukee, [forward@ppcws.net](mailto:forward@ppcws.net) or Faden 920-849-4882

**October 25-26**, North East Iowa OA Retreat - A New Pair of Glasses, Sinsinawa, WI Carma 815-777-2761

[www.oamadison.org](http://www.oamadison.org)  
 visit our website and see the changes/additions to our site!!

## Step 8

Do you have any amends that need to be made? Read pages 76-83 in the Big Book of AA. Make a list of the people to whom you owe amends (those you have harmed). Separate them into 3 piles - 1) Those you are ready to make now 2) Those you will do later and 3) Those you will never do.

Talk with your sponsor going over what you will say during your amends.

## OA REGION 5 EVENTS!

Event flyers are available online at <http://www.region5oa.org/events/index.html>

- Sept. 5-7** Believe - Weekend Retreat, Melbourne, KY
- Sept. 14<sup>th</sup> and 21<sup>st</sup>** 12 Steps to a Spiritual Awakening, Madison WI
- Sept. 20-21** Living Abstinence Retreat, Darien, IL
- Sept. 27** What Is Abstinence, 9 a.m. - Noon, Beloit, WI
- Sept. 27** 4<sup>th</sup> Step Inventory Writing Workshop, Joliet, IL 10 a.m. - 3 p.m.
- Oct 10-12** Region 5 Convention, Cincinnati OH
- Oct. 17 - 19** Acceptance Is the Key Retreat, Frankfort, IL
- Nov 21 - 23** Milwaukee OA Retreat, Racine IL

## LOCAL

### MEETING NEWS

**SEPT 1<sup>st</sup> - Labor Day Meeting**

**NEW MEETING - Hillsboro -**  
 Begin Sept. 16<sup>th</sup> Tuesdays at 7 p.m. St. Joseph's Hospital in the Education Conference room 608-489-3577

A special **Public Information Night** has been set for Tuesday, Sept. 9<sup>th</sup> at 7 p.m. also at St. Joseph's Hospital in the boardroom.

This new meeting would LOVE some support from Madison! Get with a few other OAs and make a road trip!

Do you have local meeting news you would like to put in the EDI? email [rhondas@merr.com](mailto:rhondas@merr.com)