

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

HEADLINES

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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

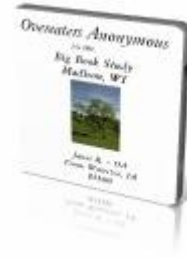
or snail mailed to:
Madison OA
P.O. Box 294
Madison, WI 53703



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 - 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 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
 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. 14th and 21st** 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** 4th 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 1st - Labor Day Meeting
NEW MEETING - Hillsboro -
Begin Sept. 16th 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. 9th 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