

AUGUST
2010



Easy Does It



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Intergroup Website:
www.oamadison.org

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NEXT INTERGROUP MEETING –

Mount Olive Church
110 N Whitney Way
(at Langlois St.) postponed
one week to:

August 12, 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. Email or snail-
mail the EDI editor at
caspoohbear@aol.com

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Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

I am reminded that this includes amends to myself. It says "make amends to them all." p 290 of For Today reminds us: "if I do not feel kindly toward myself, I cannot extend kindness to others." Haven't I treated myself badly, in fact, worse than any human being on earth? I constantly shame myself, tell myself I'm not good enough, I definitely don't treat myself lovingly.

This is where I need to begin. How do I do that? I begin with compassion and forgiveness. I get up in the morning and look in the mirror and "love" what I see. I even say it in the mirror, "I love you." It is difficult, but I do it, right before I brush my teeth! During the day, when I screw up (we all do constantly), I try to have humor about it, not be self deprecating, but self-forgiving. I smile inside, and remember I am ONLY a human being. I make mistakes. I do not have to be ashamed or embarrassed. I just have to say "oops" and try again. I really can have a little humor about it. In fact, I can be a constant source of my own amusement.

If I cannot treat myself with love, then I need help to get there. OA offers it: I can talk to my sponsor. If I don't have one, I can get one TODAY. I can go to a meeting and feel other people LOVE ME. I can work the steps if I have never done them. Or, if I have, I can do them again, a new inventory, or rework steps five through nine.

I can pray. As the Big Book says: The Spiritual Life is not a theory, I have to live it. I can READ the Big Book and figure out just what it takes to LIVE spiritually.

I need to remember that my NEED to overeat is a spiritual malady. That is why the solution is spiritual. I am DONE avoiding and escaping. I have the self-love to walk through life FEELING. It is all about facing my problems and not trying to avoid them. I have all the tools to do this. I will stop harming myself and extend kindness to me first. Once I have emptied out all the poison that I have stored inside me over my lifetime, with the help of my Higher Power, then I can be filled up with goodness, kindness and love and spend my time giving it out. If I do not empty out all that poison, then I cannot be filled up. I will continue to be disconnected from the Sunshine of the Spirit.

Put YOURSELF on the top of your amends list and become WILLING.
YOU are SO worth it!!!! ~H

Tradition 8: Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

I put my hand out..JOURNALINGSUGGESTION:

"Religion is for people who are afraid they'll go to hell. Spirituality is for people who have been there."

The Coffee Shop: a new telephone meeting created by

Region 5. 7a-8a ET Monday to Sunday

Call 712-432-3900 Enter Conference ID: 897578#

Listen to the recorded meeting anytime: 712-432-3903

Enter conference ID: 897578# and follow prompts.

NEW MEETINGS!!!!

Cambridge: 8:00AM Friday Mornings Presbyterian Church, 313 Main Street, Cambridge. Enter from Main Street, park in the back of the church and use that door. The meeting is downstairs.

Contact: Kate 608-335-4703

Young People's Focus Meeting: Tuesday nights 6:00PM Meriter Hospital - 202 Park St., Madison. - Cafeteria conference room Contact Ailish 262-745-1316

TO ORDER YOUR COPY OF THE CD SET FROM JULY 23-25, 2010 (RHONDA C. OA BIG BOOK STUDY), OR THE CD OF THE SATURDAY EVENING SPEAKERS (AILISH & DAWN) PLEASE CONTACT GOPHER STATE TAPE LIBRARY: 1-877-557-6700, WWW.GSTL.ORG

Upcoming Events

- **WELCOME BACK! WELCOME HOME!** Sinsinawa Mound Retreat Center **Saturday and Sunday, September 25- 26, 2010. Contact Lori 260-341-8971**
- Rock River Intergroup Mini-Conference **October 2, 2010 8:30-2:00** Beloit, WI 3 speakers and fellowship.(Bring your own lunch) For more info: Shirley 608-754-0975, Linda R. 815-964-1882, Linda Lou 608-756-1455.
- **Sail with the slogans at the Sienna Center, OA Retreat Milwaukee Intergroup: October 8-10, 2010.** For more info, Jim 262-549-2202 bjbrien@sbcglobal.net
- **Build your Bridge to Recovery at REGION 5 CONVENTION: October 15 - 17, 2010, Doubletree Hotel Detroit/Dearborn, Michigan, Call Frank: 734-426-0643 or [http://www.region5oa.org/events/2010 Annual Convention Registration.pdf](http://www.region5oa.org/events/2010%20Annual%20Convention%20Registration.pdf)**
- **REGION III Presents: "Recovery at Sea":** Welcome Aboard, All OA'ers for a 7-Night Cruise 7 Night Cruise on Carnival CONQUEST Galveston - Montego Bay - Grand Cayman - Cozumel - Galveston March 20-27, 2011 oaregion3cruise@oaregion3.org

Thoughts from attendees at the Big Book Study, July 2010

- A speaker Saturday night shared “If I take away something as big as my food, and don’t put something in its place, I’m destined for failure.” That is for me, where working the steps and using the tools fills a huge hole!
 - I needed to hear this: “If you’re trying that hard to control it, it is controlling you.”
 - I am blissfully abstinent!!
 - Positive pitch: “If I *know* I’m not normal with food, I can have a normal life.”
 - A speaker said, “**I wouldn’t wish this disease on anybody, but I do wish this recovery on everyone.**”
 - The twelfth step is more than just carrying the message, it is “leading another person through the 12 Steps.”
 - I didn’t do the steps very well before I relapsed. My sponsors were food sponsors, not 12 step sponsors. I got a sponsor this weekend.
 - Steps 1 through 11 help me but Step 12 keeps me in recovery. I must guide someone through the 12 Steps. I must sponsor.
 - Having a sponsor take me through the Big Book was what kick started my program. Now I am here to study the Big Book in more detail so I can be of service/sponsor others.
 - What other people think of me is none of my business.
 - The only requirement for membership is a desire to stop eating compulsively. But the requirement for recovery is doing the 12 steps.
 - It was a huge boost to my recovery.
 - I accomplished more in my program in one day than I had in many years.
 - DOING THE STEPS IS ABSOLUTELY ESSENTIAL TO FINDING RECOVERY
 - I was always searching for someone to complete me- I needed me to love me and I needed a higher power.
 - Life gets worse- in every way- when I am in the food.
 - Service is keeping me honest in working the program.
 - I took the 4th and 5th steps for the first time!
 - This program works (while others do not) because we change our minds, not just our bodies.
 - I feel free and wonderful.
 - This weekend has brought me back to the steps and to working the program. I had drifted away and was really struggling. Thank you Madison Intergroup and Rhonda for helping me get my life back! I am so grateful.
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To be abstinent is about willingness, not struggle

If you are **willing** to be abstinent, this is a state of great humility. If you are **trying** to be abstinent, this is a state of great confusion.

A **willingness** to be abstinent implies you do not know how to do it, but are willing to learn. **Trying** to be abstinent implies you should be able to do it, but are struggling with it.

Willingness to be abstinent involves acceptance. **Trying** involves condemnation. If you are **willing** to be abstinent, you are open to receive. If you are **trying** to be abstinent, you are closed to guidance.

If you have been **trying** to give up the old ways and have condemned yourself for failure to do so, simply be **willing** to learn how the old ways may be replaced with ways of peace. If you are **trying** to be abstinent, you will fear failure. If you are **willing** to be abstinent, even “failure” may be used as a teaching device.

If you are **trying**, you are attempting to be abstinent by yourself. If you are **willing**, you are asking for guidance.

Trying to be abstinent places the responsibility on you. Being **willing** to be abstinent, places the responsibility on God.

When you **try**, there is resistance. When you are **willing**, there is *acceptance*.

*The freely made choice to be abstinent is the most important decision you make each day because it speaks for your **willingness** to be abstinent each day.*

Without the giver of the gift (of abstinence), there would be no gift. Which is more important, the giver or the gift itself? Bear in mind this particular gift is just for one day, or one meal at a time.

~**Author unknown** (reprinted from The Stepping Stone-NE WI intergroup newsletter, Jan/Feb 2010)

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