



HEADLINES

- INTERGROUP IS IN DANGER OF FOLDING!
- NOTHING IS WORTH MORE THAN THIS DAY!
- MAKING IT THROUGH THE HOLIDAYS ABSTINENT
- AA HOLIDAY POEM!
- HOLIDAY MEETINGS
- CLASSIFIEDS

Writing Topics

The EDI is always in need of personal stories. Stories can be emailed to the EDI editor -- Ediarticles@oact.com or snail mailed to Madison OA, P.O. Box 294, Madison, WI 53703

- Suggested Topics
- How I make it through One Day without Bingeing
 - How sobriety keeps me abstinent
 - How my Sponsor helps me
 - How Sponsoring helps me
 - Favorite passage in the Big Book
 - My recovery from Relapse
 - My Disease
 - My HP
 - Thank you AA/OA
 - What would I do without OA?
 - How you work the steps

INTERGROUP MAY FOLD!!!!!!

You heard it hear first!!!
Madison's OA Intergroup may fold this year. For several years Madison's Intergroup (IG) has struggled with getting OA members to give service. This year we seem to be in more need than ever before!

Yes, you are busy – but can you afford to lose your intergroup???

Holiday Meetings

December 25th and January 1st
9 am to 10:30 am MERITER HOSPITAL, Madison
202 South Park (Entrance Is On Brooks St)
Lower Level, In Conference Room
Behind Cashier In Cafeteria

What would it mean to you?

No EDI – our monthly newsletter

No Local Meeting list –

No Website –

No local Marathons for IDEA day, Unity day or other special workshops

No printed We Care List

What would happen if Intergroup should fold?

Each meeting would decide to join a different intergroup. Those around Madison to choose from would be Milwaukee or Rockford IG.

What can you do to help?

Come to the January IG meeting on Thursday, January 3rd at 6:15 p.m. and commit to helping Madison IG survive.

Most service positions require at least 3 months of abstinence but you can always help in other ways until you have your 3 months!!

NOTHING IS WORTH MORE THAN THIS DAY...

One day at a time. We've heard it many times. But how do you do it?

I struggle with this every once in a while. But you know what – I can do anything for 24 hours! When I remember that today and in reality – this moment – is the only thing that matters right now - That my decision right now is all that matters – I can do it. I can say – not now. I just need to commit to saying No right now. Then I get busy and do something else. I work on the computer (always

time consuming!!!), exercise, watch a TV show, call a friend, read a book, and if in a few minutes I hear my disease coming back – whispering in my ear again – I say once more – not now – and I get busy again. Usually I only need to do this a few times before I get so involved in whatever I am doing that the craving stops bugging me.

That's how I've stayed abstinent – nearly every day – for 5 years!

This fall, my disease was trying to convince me that I should eat one of my binge foods – just once. I contemplated it – but made the decision that day – that moment – to say NOT TODAY. It has been a few months since that thought came to me and it has come back a few times – but I can last 1 day – and so can you.

Today is what matters – tomorrow will come soon enough – and yesterday – well, that's done and I can't change it. Nothing is worth more than this day!
~anonymous, Madison

THE SECRET TO
RECOVERY IS ...
WORKING THE STEPS



DID YOU MISS ...
Lawrie C?
Harlan G?
Don't miss Janet R.
at our next...
OA BIG BOOK STUDY
July 25 – 27th, 2008
Reserve your space now!
Reservation form attached!

*"Have a nice holiday –
but don't binge today!"*

Classifieds

LIKE TO TALK?
IG PHONE/HELP LINE:
Your voice could be the
first one a newcomer
hears! Record the meeting
list on our local phone
number.

WORK STEP 12:
PUBLIC INFORMATION
CHAIR *Requires 1 year
abstinence and 2 years of
service above the group
level - send out PSAs to
local radio stations, make
sure OA meeting
announcements are listed
in area newspapers,
contact healthcare
providers, etc.*

An AA Holiday poem

'Twas the night before Christmas, we were all in the club,
Enjoying a meeting, instead of a pub,
The ashtrays were clean, and the coffee was made,
The Big Books were out and we all had prayed.
When out in the lot, there arose such a clatter,
We all jumped up to see what was the matter.
The Chair with his Big Book, and I with my smokes,
Headed outside to find these two blokes.
They came inside and sat at a table;
And said that they'd chair, as soon as they're able.
To start with, they said, "It's more than not *bingeing*;
It's doing your best to fix your sick thinking."
"Think, Think, Think!" and the slogans we used,
Help keep the newcomer from getting confused.
Step 1 is a start, they said we should know,
But after Step 2, we'll be all aglow.
We make a decision when we got to Step 3;
Step 4 was real tough, we all could agree,
Step 5 is the one where we let it all out,
And after Step 6 and 7, we are left with no doubt.
When we got to Step 8, we made our list;
And then with Step 9, we have to persist.
After Step 9, the promises ring true;
We didn't just make that up, right out of the blue.
After that, it's on with the rest;
The things we must do, to be our best.
They put on their coats and got ready to leave;
A pretty good end, for this Christmas Eve.
As to their names, we only could guess;
Must have been Bill W. and Dr. Bob S.
The two men hopped into a '35 Ford,
And as they pulled out, one of them roared:
"We leave this message, for our sisters & brothers:
trust God, clean house, and be of service to others.
And for all of you people, I just want to say:
have a nice holiday, but don't *binge* today!"

Today I know that the light at the end of the tunnel is
an old-timer walking ahead of me with a lantern

OA ON THE WEB

Did you know that you can
find oodles of newsletters,
ideas, and other OA
members on the web!

Here are just a few links I
found when researching
the topic "get through the
holidays abstinent"

<http://www.oahouston.org>

<http://www.oasfvalley.org>

<http://www.greysheet.org>

<http://www.oanashville.org>

<http://www.therecoverygroup.org/>

<http://www.sacvalleyoa.org>

Classifieds

**DO YOU LIKE TO HAVE
FUN?** *no abstinence
requirement – host and
plan "beading parties" to
make OA key chains,
bracelets, and other *Bling*
to sell at marathons.*

IMMEDIATE OPENING:
TREASURER *Requires 1
year abstinence. – training
available!! Takes monies
sent to MAI by our groups
and deposit them into our
bank account. Completes
a monthly Treasurer's
Report which is presented
at each IG meeting.
Writes checks for IG
expenses.*

POSITION RELEASED!
IG SECRETARY *Requires
1 year abstinence - Takes
minutes of each meeting
and emails them to all IG
members in a timely
manner.*

WANTED: IG CHAIR
*Requires 1 year
abstinence - write up
agenda for IG meetings
and facilitate the IG
meetings!*

<http://www.qcoa.org>

Ruthless About Recovery

Just now, I had an experience which proves to me that the basic principles of OA work, and that 'self won't heal self' as far as my COE goes.

I had my first seasonal challenging just now in the office.

Out of the blue, a woman dropped in with a gift of a large food item definitely NOT on my food plan as a 'thank you' for a tiny favor I had done some time ago. Gosh if only she knew what she was handing me.

I'd been feeling a bit low, and thankfully had shared the negative feelings with my AA sponsor earlier and had gone on to have an ok day.

I thanked the woman, she was gone in a flash, and there was just me and this item, and my disease! I just knew I was completely unsafe. First off, the phone rang and I had to deal with a query. Then one of my colleagues dashed in to borrow my keys.

That gave me a moment's grace. I picked up the phone to an OA member, could not get through then immediately rang my AA sponsor, (she really gets that I am as POWERLESS over food as I am over alcohol) told her I was in crisis.

Ok so she was calm where I was not. 'Don't leave that item in your office. Is there anyone there that you can give them to?'

Of course there was. I put my sponsor on hold for a sec while my colleague walked back in with my keys. I handed him the gift and told him to give them to his wife. He was delighted. My sponsor says he'll probably tell her he bought it on the way home. I can laugh about it now, but when I saw him walking out the door, I have to be honest, I wanted to run after him and take them back.

So, first word of the first step is 'WE'. We can do what I cannot. I'm here, still abstinent, sharing with you and my healthy dinner is in the oven. The same dinner that might have been thrown in the bin had I broken out. It really is one day at a time.

So maybe this is how I will get through the holidays. It's ok to be RUTHLESS ABOUT THIS THING THAT MIGHT KILL ME. I'll pick up the phone instead of picking up the food. And I'll keep writing, keep admitting that it's difficult, keep sharing with you good people and perhaps I'll stay abstinent.

Good wishes to you all. ~Searsha – on <http://www.3fatchicks.com>

"I thanked the woman, she was gone in a flash, and there was just me and this item, and my disease! I just knew I was completely unsafe."

MAKE IT THROUGH THE HOLIDAYS – ABSTINENT!

* Use your Sponsor! – don't have one? – GET ONE! Even a temporary sponsor can help you!

*Attend Meetings – the more the merrier!

*Eat before you go to a party

*Remember - It's 1 day.

*Bring an abstinent food "dish to pass" to parties

*Make a daily phone call

*Write a letter to yourself

*Say daily Affirmations

*Work weekly or daily on the step you are on! Don't delay!

*Attend an online or phone OA meeting – for more information go to www.aa.org

*Write a letter to your disease.

*Pray! Pray! Pray!

*Listen for your HP in other's words

LOCAL MEETING NEWS

THURSDAY 7:30 P.M.

MT. OLIVE –

Harlan G speaking for the next 18 or so weeks! Come hear the Big Book Study from 2007 on CD at the meeting. Each week we will listen to 30 minutes of a CD and then share. Harlan is a recovering compulsive Overeater who has lost and kept off over 500 pounds!

SUN PRAIRIE – THURSDAY 6 P.M.

Come share your Experience, Strength and Hope at our meeting! We would love to have you come!!

Does your regular meeting(s) have an IR? (Intergroup Representative) If not, why not volunteer! Bring the latest EDI's, Meeting Lists, and information from IG back to your meeting!

Do you have local meeting news you would like to put in the EDI?

-service requests?

-Announcements

email rhondas@merr.com

or snail mail to:

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