

December 2008

# Easy Does It



Visit the - Madison Area  
Intergroup Website:

[www.camadison.org](http://www.camadison.org)

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- NEXT INTERGROUP MEETING –**  
Thursday, January 8<sup>th</sup>  
at 6:15 p.m. – Mt. Olive  
Lutheran Church

## WRITE FOR THE EDI –

-How has the idea of "New Year's Resolutions" Changed since you have been in recovery?

-What's your Step 1 Inventory? – your binge food list, your history of how you tried to stop bingeing or lose weight, etc.

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

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

## How I Stay Abstinent While Traveling

While traveling I am committed to staying on my food plan, which for me means both planning and recording my food on paper. I use a small notebook which fits easily in my purse.

If my meals will be in restaurants where I don't know what will be offered, I try to use food categories and measured amounts in my plan, rather than specifics. For example, for a lunch meal at a restaurant, I might plan for 4 ounces of meat, 1 cup of vegetables, 2 starch servings, and a salad with 2 teaspoons of dressing.

In restaurants, I typically order things that are "separate" ingredients – like a piece of chicken and a baked potato, rather than lasagna. It's not that lasagna is not on my program, it's just that I can more easily "measure" the chicken and potato by sight on the plate.

When I check into hotels, I never take the mini bar key any more. I used to take it, honestly believing I could just use it for the diet soda or water in the refrigerator. Now I know I am powerless over a bunch of candy in a room by myself. It is a binge for sure, followed by days of regret, and possibly months of additional bingeing.

If I check into the room and there is a mini bar with the candy and other goodies out in a basket, I call the front office staff to have someone come and take it away. I tell them it is for my health and they usually do not ask questions. Some may assume I am an alcoholic, and that's fine with me. I know I have to get that junk out of the room.

Airlines don't give out peanuts or crackers very often any more, so that is not a temptation. But when they did, I did better when I did not take them. Not eating between meals except for planned healthy snacks is part of my abstinence.

Eating my regular meals is very important while traveling, and sometimes that means that I take time to eat when others would skip meals or grab some kind of fast food. Sometimes I have to get up earlier to have breakfast in a restaurant rather than a "continental" breakfast served at a meeting. When I follow my food plan by eating from each of the food groups in the proper amounts, my energy stays steady and I can focus while on the road.

I often travel with the snack foods that I use from home. I find that I can't purchase those exact items at airports or convenience stores. My abstinent food plan includes a snack between 3 and 4:30. If it is awkward to eat that snack in front of others, I find time to excuse myself to the restroom. Sounds silly as I write this, but my abstinence is that important to me. I know what I feel like when I am overly hungry for dinner, and having a planned, healthy snack is part of my plan to keep in balance.

Airports are doing better on healthy meals. I can usually find a salad, or a sandwich on whole grain bread. That, with a piece of fruit or skim milk can be a wholesome and abstinent lunch or dinner for me.

When traveling by car I find it especially tempting to use sugar to try to "stay awake". It is one of the "false teachings" of the disease. Sugar will give me a surge of energy, and then 30 minutes later I crash and can't keep my eyes open, which causes me to seek additional sugar.



## Abstinent while Traveling cont...

Car travel is much easier for me now that I am abstinent because my energy level is steadier. However, I still need to get enough sleep before driving long distances. Trying to drive while tired is dangerous for my program (and probably for other drivers on the road!)

My work requires evening commitments much of the time, and so I have not had the chance to experience very many OA meetings in other locations. But on the few occasions when I have done so, I was received warmly and felt immediately at home. The meeting format is universal, and the only requirement is a desire to stop eating compulsively. Now that rental cars can have a GPS, the meetings are much easier to find, too!

Finally, the most important aspect of OA while traveling is that my Higher Power comes with me no matter how high I am off the ground, no matter in what city I am sleeping, no matter what language is spoken by those around me. I can carry a small mediation book and/or journal, and keep conscious contact with my Higher Power no matter where my job or vacation brings me.  
~Anonymous

## Thank You!

I would like to thank everyone for their phone calls and prayers and sharing that I'm making good healing progress. I feel so blessed and grateful to be in recovery, in America and to take daily comfort knowing that HP helps me do what I cannot do for myself. ~Don V.

## Madison OA - Practices Step 12

A local Madison OA member shared her story with the public in an interview with a local TV station. The 20 minute interview was condensed into a 2 minute feature on the Sunday evening 10 O'Clock news on November 23<sup>rd</sup>. Hopefully, more people in the Madison area now know about Overeaters Anonymous. May we all remember to carry the message to those who still suffer.

## The Big Book on Step 12

*The Big Book devotes an entire chapter to the 12<sup>th</sup> Step – Chapter 7, Working with Others pg. 89-103*

### Step 12 has 3 main parts

1. Spiritual Awakening (THE result of working the 12 steps)
2. Carry the message (to those who still suffer from this disease)
3. Practice these principles in all our affairs

## Working Step 12

*From pg. 91 in the Big Book*

See the person alone, if possible.

Engage in general conversation.

Turn the talk to some phase of eating.

Tell enough about your eating habits (before recovery), symptoms, and experiences to encourage them to speak of themselves.

Let him/her share if they wish. – You will get a better idea on how to proceed.

If they do not wish to share, give a sketch of your eating career up to the time you quit compulsive overeating. But say nothing, for the moment, of how that was accomplished (how you quit).

Give an account of the struggles you made to stop. Mention the mental obsession that leads to the first compulsive bite. *Read more beginning on pg.92 of the BB*

## Carry the Message...

~Call someone you haven't seen at a meeting in a long time.

~Call a newcomer.

~Meet with your sponsee

~Write an article for the EDI or Lifeline

~Put up a tear off sheet for OA at your workplace, local library or grocery store. (*Rhonda has the tear off sheets on computer*)

## Holiday Meetings

**CHRISTMAS DAY MEETING –  
Thursday, December 25<sup>th</sup> at 9 a.m.**

**NEW YEAR'S DAY MEETING –  
Thursday, January 1<sup>st</sup>, 9 a.m.**

Both meetings held at Meriter Hospital in Madison - Conference Rm. D off of the cafeteria.

## LOCAL

## MEETING NEWS

### Meetings Requesting Support!

Monday and Thursday Noon

St. John's Church (Downstairs)  
322 E. Washington, Madison  
Format: 12 & 12 Study

Tuesday 7 p.m. at Fitchburg  
Serenity Club, Rm. A  
6048 McKee Rd, Fitchburg

Friday, 5:30pm Plymouth  
Congregational Church  
2401 Atwood Avenue, Madison  
Format: Literature Study  
(Please ring bell)

### Meetings with new information

Thursday 7:30 p.m. meeting –

#### **NEW FORMAT**

1<sup>st</sup> Thursday/month – Speaker  
all other Thursdays/month –  
step meetings (read/discuss from  
OA 12 Steps and Big Book of AA)

*Please attend if you can and share your Experience Strength and Hope!*

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