

August 2009

# Easy Does It



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

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Please help keep the We Care List up-to-date, let Debb know if anything has changed.  
[Debbbarry@aol.com](mailto:Debbbarry@aol.com)

## NEXT INTERGROUP MEETING –

Thursday Sept 3, 2009  
at 6:15 p.m. – stay tuned to your email for location.

## WRITE FOR THE EDI

~We'd love to hear from you, please share your experience strength and hope!

The EDI is always in need of personal stories. Email or snail-mail the EDI editor at [caspoohbear@aol.com](mailto:caspoohbear@aol.com)

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

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

### After Step Four (Into Action)

Steps 5-11 necessitate ongoing development of humility, courage, and honesty. Egotism, fear, and deception block my hopes of relief from food obsession. Sharing my life story with a sponsor or trusted individual is an integral part of the spiritual journey. Only with thorough honesty will I experience the nearness of God and the necessary transformation for recovery.

With willingness as a foundation and belief in a God of my understanding, one day at a time, I make decisions for change. Commitment, a scary thought for the faint-hearted, demands consistency in action. I live each day in awareness of personal defects and attentiveness to God's will in all circumstances. When cooperating with God's grace, I am much more likely to reflect patience, tolerance, and kindness.

Faithfulness in prayer and meditation nourish the soul. Frequent communication throughout the day, a simple "All yours, Lord," reminds me of God's concern and authority in all things big and small. My actions in surrender to God's will today determine the width and depth and breadth of my recovery.

~N.J.

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

**Please see the website for meeting times, locations, there have been a number of changes this summer.**

### Editorial Statement

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- **Open Service Positions at Intergroup level:** Secretary, Marathon/Event Chair, Public Information.
- **HELP WITH IDEA DAY THIS FALL: CONTACT [rhondamusic@tds.net](mailto:rhondamusic@tds.net) for info!**

## **DON'T MISS THESE UPCOMING EVENTS:**

### **New Holstein OA Workshop- "Sponsorship"**

September 26, 2009, 9:00-3:00 Register by Sept 18

The Altona, Hwy 57/32, New Holstein WI

Faden 920-849-4882 or 920-645-5259 OR Connie 920-418-1778

## **OA REGION 5 CONVENTION- Chicago**

### **"Time for Recovery"**

**October 16-18, 2009**

Convention + Banquet \$85, Scholarships are available

Pre-register by August 31, may register at the convention.

Hotel room reservation (\$109/night) deadline: September 25.

Contact: [timeforrecovery@yahoo.com](mailto:timeforrecovery@yahoo.com)

9am-8pm CST : Linda 708-757-0799; Donna 708-448-5021

### **NEII Retreat**

Saturday October 17-Sunday October 18, 2009

\$75 for 2 days, 1 night and 3 meals, scholarships available. Shalom Retreat Center, Dubuque, IA Register by October 5. Juliana C. 563-588-9553

## **SAVE THE DATE!**

**Madison Area Intergroup Big Book Study Workshop  
(Madison)**

**Friday, July 23-Sunday July 25<sup>th</sup>, 2010**

Brochures will be available soon.

## Moving the mountain

Yesterday, I completed a triathlon. As I reflect on that 'accomplishment' I realized that the triathlon was a metaphor for my recovery program in OA. Without this program, I do not believe I would have completed the triathlon in the self loving manner that I did, if at all. I am very grateful to this program and my Higher Power for teaching me how to love myself as I took on the initially daunting endeavor of participating in a triathlon. I am very grateful to this program and my Higher Power for teaching me how to love myself as I take on the initially daunting endeavor of moving the mountain of my COE, one rock (and sometimes, one pebble) at a time.

Training for the event was very similar to moving the mountain of my COE, one rock at a time. I started slowly and gradually. Because of this program, I did not have unrealistic goals to break any records. I had done one triathlon in my life, 16 years ago and 40-50 pounds heavier. Even though I had a training plan, I listened most intently to my body signals and responded in kind, even if it meant changing my training plan. I ended up training much less rigorously than I had originally intended, because life happens on life's terms. Because of this program, I accepted that. My training wasn't perfect just as I don't work my program perfectly. However, I made continual progress and I was ready for the event when it arrived, just as I am making continual progress in this program and I am ready to face each day when it arrives.

Participating in the event was an opportunity for me to lean heavily on my HP, as is each day of my "one day at a time" life. As everyone was "carbo loading" the night before, I stuck to my abstinent food plan. As my fellow triathletes were discussing time, race course and strategies to 'get their best time' the morning before the event I excused myself to another room to pray and meditate, thus putting the outcome in HP's hands, instead of setting myself with expectations (other than to enjoy myself as much as possible). I didn't allow the disease to 'talk me into' foods that I know are triggers for me just because I was doing this event. During and after the race, refined sugar disguised as 'energy' and 'performance enhancers' were regularly offered to me (for free!), but my HP did not allow me to fall for the trick of the diseased thinking that would lead me into eating something that I know would hurt my body and set me up for COE. There were instances during the race that I needed to ask for help, use support, and lots of times I needed to surrender. My HP held my hand throughout the entire race, just as my HP holds my hand throughout every day of my life, as long as I remember to take it. The swim was 1/4 mile longer than my last (and only other) triathlon, with the run being a tenth of a mile longer and the bike 3 miles shorter and somewhat easier (from my recollection). However, I completed it in the same time that I completed the last one, even though I am 16 years older. That was a very sweet and unexpected reality for me. I am living beyond my wildest dreams in this program and my participation in the triathlon was a good example of that.

Wishing us all strong recovery this month,

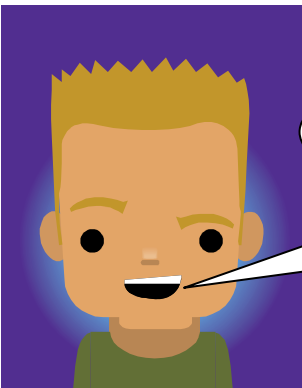
Kate

Good Morning!

THIS IS GOD.

I will be handling all your problems today. I will NOT need your help. So, relax and have a great day!

Do you have ideas or contacts for abstinent outings or gatherings?  
Please submit ideas to Jessica, our Sunshine Committee Chair!  
[jmellinger2250@charter.net](mailto:jmellinger2250@charter.net) or 467-2250



I'm looking for podcasts, CDs or Tapes of Speakers. Where can I find them?

Lee's Tapes and CDs:

[https://secure59.websitewelcome.com/~lee/shop/index.php?l=product\\_list&c=4](https://secure59.websitewelcome.com/~lee/shop/index.php?l=product_list&c=4)

Gopher State Tape Library: <http://www.gstl.org/>

Los Angeles Intergroup: <http://www.oalaig.org/html/speakers.php>



*“Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.”*