

February 2009

# Easy Does It



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

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### **NEXT INTERGROUP MEETING –**

Thursday, Feb. 5<sup>th</sup> at  
6:15 p.m. – Mt. Olive  
Lutheran Church

### **WRITE FOR THE EDI –**

~ How I got past Step 3.

~What to look for in a  
sponsor.

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

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

**EDI is Green: Meeting secretaries/ reps, please print copies for those at your meeting whose email address we don't have. Thanks!**

**Be sure to receive the Easy Does It!**

**Get your email to [RHONDAS@MERR.COM](mailto:RHONDAS@MERR.COM)**

## **How have you shown or been shown love in OA?**



I decided to attend my first OA event, because I saw how OA was having a positive effect on someone I care about. I remember a few people there saying "Hello" or "Welcome" but the thing that stuck out in my mind was people greeting each other with smiles and hugs. I listened to others and saw how OA was working in their lives. What I discovered was that the people in OA all come from a wide variety of backgrounds. The meeting ended with good-byes and hugs. Even I got hugs, and I just met these people!

As I learned more about OA I came across the program slogan – "We'll love you until you can love yourself". It is this love by being a part of OA that welcomes a stranger because by being in OA you know that stranger has an eating problem and wants help. I have experienced this unconditional love and acceptance again and again in OA. When I am out of town and go to an OA meeting, I may walk in a stranger to others but by the time I leave I feel like I have known them for years. Over the past year and half that I have been in OA I have met many strangers at meeting, conventions, and retreats. Some of these strangers are now my friends. I do know that all these fellow overeaters have had some impact on my life. This is because when I am at an OA event, I am accepted for whom I am-not what I am and shown love that I could not imagine would happen in any other setting. I have collected many hugs and given many hugs since I have been in OA and I am glad my Higher Power brought me to OA. – L.S.

Love is like a tranquil breeze that sweeps over my soul, making me whole. - Unknown  
Love alone is capable of uniting beings in such a way as to complete and fulfill them. -  
Pierre Teilhard De Chardin

### Just what is Unconditional Love?

See page 3

– Anon.



## Lifeline Update

Lifeline, OA's international magazine, provides true stories, written by OA members, sharing the challenges and triumphs of recovery from compulsive overeating. Lifeline needs subscribers to survive. Please consider subscribing to Lifeline. Please write "Credit Ms. Janet Roberts, Madison Area Intergroup Lifeline Rep" on subscriptions & renewal subscriptions of Lifeline, so we get credit.

### **SERVICE IS A GREAT WAY TO SHOW LOVE FOR FELLOW OAs.**

**\*AN EASY WAY TO GIVE SERVICE IS TO BE AT MEETINGS. OUR MEETINGS NEED HELP TO GROW. PLEASE CONSIDER GOING OUT TO AN EXTRA MEETING OR TWO THIS MONTH OR ANYTIME. EVERY MEETING WOULD WELCOME YOUR PRESENCE, BUT WE'RE REALLY HOPING TO GROW AT FITCHBURG TUESDAY NIGHT, 7PM and MONDAY & THURSDAY NOON AT St. JOHN LUTHERAN. SEE THE MEETING LIST OR WEBSITE FOR MORE DETAILS.**

**\*Other service opportunities exist at the intergroup level including intergroup reps for many local meetings and positions in Public Information, Region V Delegate, & Marathons.**

**WE CAN ONLY KEEP IT IF WE GIVE IT AWAY!**

*For Today: As I practice the principles of this program, my capacity for love expands.- (OA For Today, April 17 )*

## Statewide Unity Day

This day recognizes the strength of the Fellowship worldwide. Saturday, February 28, 2009 10AM-4PM, Registration begins 9AM. Location – Appleton Medical Center; Appleton, WI For more details, see [www.oamadison.org](http://www.oamadison.org) or call Debb F 608-845-7163

## OA REGION 5 EVENTS

More information available online at <http://www.region5oa.org/events/index.html>

**Please Note: New Region 5 Treasurer**, new address to send 7<sup>th</sup> Tradition Region 5 contributions. EFFECTIVE NOW!!  
Region 5 27245 Shagbark Drive Southfield, MI 48076-3580

**March 27-29, 2009 Milwaukee Annual Convention**

## IG Meeting Reps Needed!

Keep up to date with intergroup happenings...Make sure your local meeting sends an Intergroup Rep. We are missing several meeting reps.

## Big Book Prayer

page 83

*My creator, show me the way of patience, tolerance, kindness and love.*

## Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

"We found ourselves accepting many things which seemed entirely out of reach."

-Alcoholics Anonymous p 47

## LOCAL MEETINGS

### We Care List:

The We Care List includes phone number and email listings for anyone in Madison Intergroup meetings who wants to be listed. We will be updating it soon.

Please call 608-843-7163 or email [Debrick@com](mailto:Debrick@com) with your updated info.

Do you have local meeting news, upcoming events or a story for the EDI? Email: [caspoohbear@aol.com](mailto:caspoohbear@aol.com)

### Just what is Unconditional Love?

Unconditional love separates the individual from his/her behaviors. The individual is loved unconditionally as a "perfect" child of the Higher Power.

Unconditional love is a term that means to love someone regardless of his/her actions or beliefs.

The distinction between unconditional love and conditional love - in conditional love: love is 'earned' on the basis of conscious or unconscious conditions being met by the lover, whereas in unconditional love, love is 'given freely' to the loved one 'no matter what'. Conditional love requires some kind of finite exchange, whereas unconditional love is seen as infinite and measureless.

Unconditional love is an act of the feelings irrespective of will.

Love without condition: I love you as you are, as you seek to find your own special way to relate to the world, or the way you feel that is right for you. It is important that you are the person you want to be and not someone that I or others think you should be.

Unconditional love is the acceptance of our imperfection and that of others, and the realization that within the great imperfection lies the beauty of what we really are.

Unconditional love is the holding within and the sending out of love, unchanged by what others do or do not do. It is respect for all others. An understanding that choices and consequences of others peoples actions are their own and based on their own patterns, not yours. The love places no preconceptions or conditions.

Unconditional love is a key that unlocks the doors to healing work and spiritual growth. It is about leaving the Ego, fears, judgments, wants and needs behind and allowing God to do the work unchanged by our own desires for the outcome.

Unconditional love is the Love our Guardian Angels and God has for us. They send their love without conditions. They know that everything we do is by our choice. They do not blame us for they know we are here to learn, and we learn by experiencing. Nothing that we do will adversely affect them. They see the greater reality. If we chose to relive things that do not help our growth, that is our choice. A choice that does not affect the love they send us.

Unconditional love has some wonderful and unique aspects. It cannot be possessed, trying to hold it removes it. You can send it freely anywhere at anytime. The more you send, the more your ability to send increases. It is there for the asking anytime you are fully willing to open your heart.

You may have received unconditional love when, as a baby, nothing was expected of you and Love was sent and received. Nothing you could do would change that at that time. As you grew the love changed as perceptions of the people around you changed. Does seeing a helpless infant bring a smile to your face and warmth in your heart? This is re-experiencing Unconditional Love and connecting to God in that space from which everything is possible.



For unconditional love to stay, we must remove boundaries, fears, judgments and punishments.