



Visit the Madison
Area Intergroup

Website:

www.oamadison.org

HEADLINES:

Page 1

Tradition 1 & Step 1
15 Questions

Page 2

MAI News & Events
I put my hand out...

Page 3

Reflections...

Page 4

MAI News & Events
Who Am I...

NEXT INTERGROUP MEETING –

Mount Olive Church
110 N Whitney Way
(at Langlois St.)

JANUARY Meeting
postponed to Jan. 14,
6:15 pm

Thursday
February 4, 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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Madison, WI
53703

Step One: It has been my experience that One is the Step that we must live every day. As sobriety is to alcoholics, so abstinence must be to food addicts. There can be no middle ground. Either I am abstinent or I am not. Abstinence is eating what my body needs, not what I want. Anything more is compulsive overeating. I only fool myself if I choose to live in denial of my disease. (reprinted from The Oasis, Jan-Feb'09)

***Step 1: We admitted we were powerless over food –
that our lives had become unmanageable.***

Not sure if you're a compulsive overeater?

OR

**Have you become complacent in your recovery?
Forgotten how the disease can manifest itself in you?**

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive eating problem. Visit www.oa.org for more information.

***Tradition 1: Our common welfare should come first;
personal recovery depends upon OA unity.***

Tradition 1: My recovery depends on unity. I might have been too busy to go to a meeting while out of town last week, but I went. We read in the Big Book about a life changed just because someone was there, whether that person knew it or not. I shared at the meeting about my 1st day in recovery from relapse, starting that day instead of waiting for an upcoming convention. We don't always know when we touch someone with our shares, but this time, I had the fortunate experience of knowing I had. Someone shared "I was going to make a New Year's resolution to stick to my food plan, but because of what was shared tonight, I know that today is as good as any to start." Thanks HP for letting me see your plan!
~Cassidy



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

If your meeting does not have a designee to print copies of this newsletter for those without email, please consider being that person. You could count it as your 7th tradition contribution. THANKS!

**Join us for Intergroup Meetings the first Thursday of the month,
6:15 pm at Mt. Olive Lutheran Church 110 N WHITNEY WAY.**

If you want to do service but the location or time is a problem, let us know, we may be able to do something about it.
January meeting postponed to January 14th due to illness and weather conditions.

SEE WWW.OAMADISON.ORG FOR UPDATED LOCAL MEETING INFO.

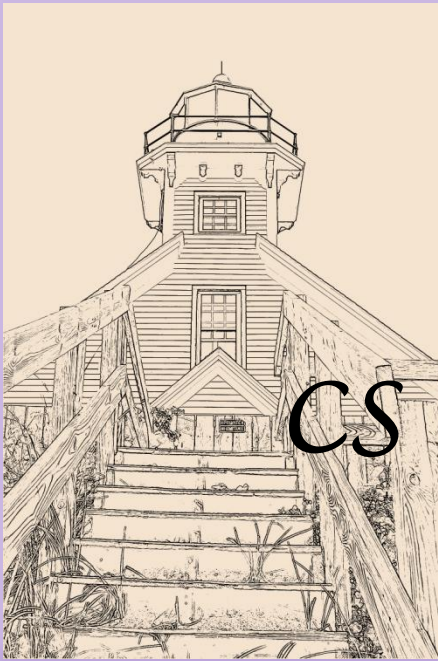
I Put my hand out...

If you have an OA-related need or service to offer, contact me, and I will list it here. Kind of like a recovery "classified" section. You can either have people contact me, to link them with you, or list your contact information. Let's reach out to each other. Please know, I will be considering Traditions 5 and 6 when deciding what to print. Thanks! ~ Cassidy. caspoohbear@aol.com.

OA Member in **Fort Atkinson** looking for others to connect with and maybe to carpool to meetings in surrounding areas. Please contact the editor to be connected.

Intergroup has speakers available for local meetings. Contact an intergroup rep or service holder for more details.

OA member would like to borrow tapes/CDs of speakers who talk about how to use the program during times of stress. Please send to intergroup meeting or contact editor to be connected.



Reflection on the Steps

Working the steps is not always easy, but the light at the end of the tunnel, so to speak, is the reward. The lightness of body, mind and spirit I have already received are immeasurable. I must not stagnate in my work, must not let weeds overgrow this path to enlightenment, Higher Power, life, happiness, sanity, usefulness, joy. When obstacles present themselves, keeping my side of the street clean helps me to be able to move forward, not eat over it, not fret and stress and worry. I can ask you, my friends or my sponsor for experience in similar situations. I am not alone in this journey.

I would not trade my hardest day in program for my easiest day before program. I am no longer the same person I was before OA. The one whose life was unmanageable. But, I know in a heartbeat, I can be back there. I also know that I would not be the person I am today without that life to remember, those experiences, fears, and

frustrations. For today, those memories keep me abstinent. They allow me to be helpful to my friends who are still suffering in their out-of-control lives. That person I was also reminds me not to walk up to every overweight person I see and tell them they need OA. She reminds me that its attraction, not promotion. Those who want this recovery will ask for it and then I may share my experience. And I may be surprised. I may think that somebody I love needs it but will never "get it." And then, when I least expect it, that person may be begging to know when the next meeting is. I've heard an OA speaker say "Is it odd, or is it God?" I know that God is working in my life through this program, and that your Higher Power can work in your life too, if you ask. Today I am using the tools of writing and service, to make sure I'm not just sitting on the steps.

~Anonymous

In 2010, Overeaters Anonymous is celebrating 50 years.

Please stay tuned for upcoming events around the area, the country & the world. Remember, you are not alone in the fight against compulsive overeating!



- The 50th Annual OA Birthday Party: **January 15-17, 2010** LAX Marriott Hotel, Los Angeles, CA
http://oalaig.org/html/birthday_party.html
- 50th Anniversary Birthday Party Celebration **Telephone Meeting Marathon** January 17, 2010
8 a.m. to 10 p.m. EST <http://health.groups.yahoo.com/group/OAPhoneMarathons/>
- **March 26–28 Milwaukee, Wisconsin:** OA Milwaukee Area Intergroup convention, “Body—Mind—Spirit,” Ramada Plaza Hotel, 6331 S. 13th Street; Emily, doublee73@gmail.com
- **July 2–4 Clydebank (near Glasgow), Scotland:** Caledonian Intergroup, “OA’s Golden Jubilee” convention, The Beardmore Hotel and Conference Centre; Belle 01236 82 5507,
email: belleoaoutreach@tiscali.co.uk
- **Madison Area Intergroup Big Book Study Workshop (Madison) Friday, July 23-Sunday July 25th, 2010 Brochure is now on the website to download.**
www.oamadison.org
- **Now Playing- 50 Years of OA Recovery WSO Convention**
August 26-29, 2010 Hilton Los Angeles Airport Hotel Los Angeles, CA
<http://www.oa.org/world-service/convention.php>

“Who am I to say there is no God”

I think I stopped believing in God at the same time I stopped believing in Santa Claus. Sure, I still looked up every now and again to ask for help out of some mess I created or to give my wish list but, I never put serious thought into who I was asking.

“Who am I to say there is no God,” just because things didn’t always go MY way. The Big Book has firm resolutions that a Higher Power exists and the experiences of other members in recovery re-affirm this. My prayers can not be demands though. What I need to do if I want to recover, is to seek direction from and show gratitude to my creator. I still want to marginalize what I am believing in but, I realize a clear definition is not what is necessary. Believing that there is a power greater than myself and letting go of my controlling self-will is. ~DPR (Reprinted from the Butterflyer May 2009)

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