

September 2009

Easy Does It



Visit the Madison Area
Intergroup Website:
www.oamadison.org

HEADLINES:

Page 1

Tradition 9 & Step 9
The heart of service

Page 2

OA News & Events

Page 3

Wife or Addict

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

**NEXT
INTERGROUP
MEETING –**
TBA

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

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

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

THE 'HEART' OF SERVICE

When I first came into OA in the early 80's, I focused on the tools of program and a plan of eating. Listening to so many other people's stories which were so much like my own story helped me start realizing that I did not have to be alone any more unless I chose it. I heard it said in the rooms that I could leave OA and my misery would be refunded. And I learned that lesson the hard way. I struggled on and off with having the obsession lifted. When it was lifted I would think that I must not really have as bad a problem as everyone else. And then my Higher Power gave me another lesson in humility. I finally had to ask for help. What I asked was, "What is it that the person with long-term abstinence has that I do not have?" The answer was clear to me then and even clearer to me today. Not only did they work the tools of this program and the steps, but they participated in the Fellowship. They made themselves available before and after the meetings to talk and socialize with each other. AND, they went out and did what they could do to help the "still suffering compulsive eaters" inside and outside of the rooms. I started confronting the fears of not being good enough, or smart enough, or any of the 'enough's that my disease whispered in my ear which separated me from the rest of the Fellowship and those in need who did not know about us. My recovery today depends on filling the prescription that Dr. Bob had written for us all in 1937 on a prescription pad – his "Prescription for a Miracle 1. Trust God; 2. Clean house; 3. Help others." It is as simple as that. Thank all of you who are teaching me that humility with a focus on my Higher Power is the best service of all.

Beverly B. (excerpt from Heart2Heart Summer 2009, Cleveland Intergroup Newsletter)

Tradition 9: OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

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

Editorial Statement

Certain material contained in this newsletter is protected by copyright; please observe all copyright regulations. Items submitted for publication cannot be returned, may be edited, and may be reprinted by other anonymous groups without permission. The opinions expressed here are those of the writers and not necessarily of OA as a whole.



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

DON'T MISS THESE UPCOMING EVENTS:

JOIN CHI-WIF INTERGROUP FOR RECOVERY, FELLOWSHIP AND FUN FOR MEMBERS, FAMILY AND FRIENDS

WHEN: **SUNDAY, SEPTEMBER 6TH** ~ 11:00 AM - 3:00 PM

WHERE: FOX BOWL 1101 BUTTERFIELD RD., **WHEATON IL 60189**

SCHEDULE: 11 AM - 12 NOON - OPEN OA MEETING

12 NOON - 1 PM - SALAD & BEVERAGES PROVIDED (AND/OR BRING YOUR OWN LUNCH)

1 PM - 3 PM - BOWLING AND FELLOWSHIP \$10 INCLUDES 2 GAMES AND SHOES

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

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 25th, 2010**

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

Where to find recorded Speakers:

Lee's Tapes and CDs:

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>

Wife or Addict

When reading the chapter "To Wives," my mind switches back and forth between being the wife of an addict to an addict trying to see herself from the husband's perspective. From either viewpoint, this chapter calls for introspection, urges spiritual principles, and promises a better way of life. Recognizing my own defects and practicing patience, tolerance, and understanding keep me from criticizing another. Applying spiritual principles in every area of my life resolves a lot of fear and negates hurt feelings. Despite the ups and downs and mistakes, life goes better with God. I see stepping stones rather than stumbling blocks. Focusing on what I can put into life inevitably leads to a fuller living experience, whether an addict or the spouse of an addict. ~N.J.

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