

January 2009

Easy Does It



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

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NEXT INTERGROUP MEETING –

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

WRITE FOR THE EDI –

~How have you shown
or been shown love in
OA?

The EDI is always in
need of personal stories.
Stories can be emailed
to the EDI editor at
casphbear@aol.com

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

How has the idea of “New Year’s Resolutions” changed since you’ve been in recovery?

- I just don’t make them anymore. Each day is a new day. I am recovering one day at a time, for the rest of my life. It doesn’t matter anymore if it is Monday, the first of the month, a holiday, a funeral or New Year’s Day, for today, I am abstinent. Years and years and years on end I made resolutions to lose weight, to exercise, to stop eating sweets, or fats, or carbs or whatever the trend was. After 1 day, 1 week, 3 weeks, maybe a month or two, I had failed, and considered myself a failure. Then I ate over it. I don’t have to do that anymore.
- Every year on January 1st it would begin. The promises. The plans. The guilt. I would swear this would be the year I would lose all the weight and finally be happy. I would exercise, take care of myself, eat more fruits and vegetables, and less sweets. But inevitably, by mid-January (if not sooner) I would be right back into my old habits and the guilt would hit. Now that I’m in recovery, every morning I make a resolution. I resolve to work my program to the best of my ability. I resolve to trust HP and try to do his will, not mine. I resolve to let go of my character defects and be helpful to those around me. And if things don’t go perfectly, each day, each meal, each moment is an opportunity to start anew. This year, on January 1st, it will be like any other day. I will make the same resolution I make every morning. But with HP and the 12 steps, I know I actually have a chance that the resolutions will stick. In 2008 I made some big changes- I found the OA program, created a food plan, got a wonderful sponsor, and developed great relationships with friends in the fellowship. In 2009, I hope to find even more recovery. For the first time, this may actually be a happy new year.
- I do not make any, I focus on each day as it comes, live in today on life’s terms and count the many blessings I have been gifted with. I say out loud the thanks I feel in my heart for all that I have in my life and ask to be shown ways of passing that on.

~Anonymous

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 a gift for yourself in a subscription to Lifeline. Please write "Credit Ms. Janet Roberts, Madison IG Lifeline Rep" on subscriptions & renewal subscriptions of Lifeline, so Madison Area Intergroup gets credit.



Step 1

I came to OA already knowing I was powerless over food, that I was out of control and my life was unmanageable. Little did I know though, that OA was a place that I'd find people like me. I wasn't looking for friends or a new family. But that is what I found.

I was unable to prevent myself from taking the first bite. I was unable to stop the food from going into my mouth once it started. Step 1 for me happened, I would say, before my first meeting.

I had no clue that just walking in that door was the answer to all my prayers to stop eating compulsively. I don't know how or why, though I do know it was my Higher Power, not me, but from that first meeting, I have not needed to binge. I still have a long way to go in my recovery, but this enormous change shows me that God can!

-Anonymous

Big Book Prayer

page 83:

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

Step 1

We admitted we were powerless over food — that our lives had become unmanageable.

On page 60 of the Big Book (*Alcoholics Anonymous*, 4th ed.) we find the following the following "pertinent ideas":

- (a) That we were alcoholics and could not manage our own lives.
- (b) That probably no human power could have relieved our drinking.
- (c) That God could and would if He were sought.

Statewide Unity Day Event – Neenah, WI

This day recognizes the strength of the Fellowship worldwide. Join us to celebrate unity with speakers and opportunities for sharing. Madison, Milwaukee & Northeast WI Intergroups are cohosting this event. Ask your intergroup rep for more information.

Saturday February 28, 2009 10am-4pm, Registration begins at 9AM

For Today

For Today: I reject the idea that I can deal with compulsive overeating with diets, scales and weight charts. I do not have to measure my progress in this program. - (OA For Today, page 8)

UPCOMING 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 7th Tradition Region 5 contributions. EFFECTIVE NOW!!

Region 5 27245 Shagbark Drive Southfield, MI 48076-3580

March 27-29, 2009 Milwaukee Annual Convention

MAI – EDI Going "Green"

Madison Area Intergroup has found a way to help the environment, and save on printing costs. Starting this month, we will no longer be printing the Easy Does It. Instead, it will be emailed to everyone we have email addresses for. We are asking group secretaries or intergroup reps to please print a few copies for those without internet access, and please get us updated member lists with available email addresses. Thanks for your help.

LOCAL MEETINGS

Thursday, 6:30PM Morrow Memorial Home Chapel, 331 S. Water. – Sparta Donna 608-269-8504

Big Book Study OA Meeting in Madison – Sundays at 6 p.m.! Immanuel Lutheran Church – 1021 Spaight St *Big Book Study Format* - Jan 608-846-4763

Wednesday 6:30 p.m. McFarland—new location!!! Mc Farland Village Hall, 6916 Milwaukee St, McFarland

Do you have local meeting news for the EDI or trouble opening the file? Email: caspoohbear@aol.com