

January
2011



Easy Does It



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intergroup minutes,
upcoming events and other
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Madison Intergroup
Website:

www.oamadison.org

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**NEXT INTERGROUP
MEETING –
Mount Olive Church
110 N Whitney Way
Madison, WI
February 3, 2011
6:15 pm**

WRITE FOR EDI

The EDI is always in need of
personal stories or artwork.
Email or snail-mail the EDI
editor at
hathewayb@gmail.com

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

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

Like most of us, I had very low self-esteem when I came in to OA. My sponsor and fellow OAers were able to love me until I got well enough to love myself. When my sponsor thought I was ready, she pushed and prodded me into sponsoring. I'll never forget the day I found out one of my sponsees was a college professor—I never told her I hadn't finished high school!! My insecurities came soaring back. I had to talk that over with my sponsor.

In my 20 + years in OA, I've been lucky enough to meet all kinds of people, some so intelligent that I was intimidated, some who were really

“out there.” But, God was able to work through each and every one of them to say exactly what I needed to hear when I needed to hear it.

Over the years, I've been lucky enough to meet all kinds of people. Our recovery is dependent on OA Unity and all of us have just one thing in common: **we have an eating disorder and we need God, meetings, and each other to keep our disease in remission.**

And, if anyone should slip on this slippery slope of recovery it is our responsibility not to judge but to reach out with a helping hand of recovery.

--anonymous...

**“It is better to try to do something and fail,
than to try to do nothing and succeed. “**

PLEASE COME TO INTERGROUP. Intergroup is a chance to meet people who go to different meetings and make new friends. Service bolsters your own recovery program. **Election Results for 2011:**

OFFICERS

Chair – Don

Treasurer – Rhonda

Secretary – Vacant

Region V Delegates – Larry & Cassidy

COMMITTEE POSITIONS

Mail – J Lea

Phone/Help Line – Don

Meeting List – Deanna

We Care List – vacant

Easy Does It – Hatheway & Betty H

Public Information – vacant

Website – J Lea (Larry will assist in transition)

Marathons – Maggie

We do not recover alone! Service is vital to our recovery. Make it a part of your recovery! Come February 3, 6:15 pm and volunteer for a VACANT position or help out with one of the committees.

Upcoming Events:

- **UNITY DAY:** On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity. Sign up for marathons committee and help decide what this will look like this coming year.
- **REGION III Presents: "Recovery at Sea"** : Welcome Aboard, All OA'ers for a 7-Night Cruise **7 Night Cruise on Carnival CONQUEST Galveston - Montego Bay - Grand Cayman - Cozumel – Galveston** March 20-27, 2011 oaregion3cruise@oaregion3.org
- **Beyond Our Wildest Dreams:** Milwaukee Area Intergroup Convention March 25-27, 2011 <http://region5oa.org/events/2011%20Milwaukee%20Convention.pdf> If you need a copy of the flier, contact Caspoohbear@aol.com

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

The longer I am in OA the more tempting it is to believe that after all this time and with everything I've learned in this program that I have things under control and **now** I can manage my life. Then work, bosses, coworkers, traffic, kids, grandkids, etc. bring me back to reality. No matter how long I am in this program, my life is still *unmanageable*.

After all my years in program I know all the right things to say when someone calls. I put myself in God's hands and let him work through me and the right words just pour out. I sound so impressive that I am amazed. I've learned to say "Wow! Thank you God for making me look so good." I love it! Five minutes later, however, when the same thing is happening to me, I need to make the phone call so someone can tell me the same thing I just told someone five minutes ago. When it is actually happening to me, the answers aren't so clear. After witnessing this over and over I've come to the conclusion that nothing happens in God's world by mistake.

Each time I need OA it is there for me. God does not intend for us to do this alone. Today I realize that I am and always will be a compulsive overeater--that is what I am and that is what I do. But with the help of God and the twelve steps and my fellow OAers, the program kicks in and I no longer have to live in the disease. I can live in recovery. I have learned that when God can't be there, he sends people. I am so thankful for the miracle of this program and the God-sent people in it. We are truly blessed.

~Betty H.

"God has a solution planned before we even know we have a problem."

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