

July 2008

Easy Does It



Visit the - Madison Area
Intergroup Website -
www.iamadison.org

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NEXT INTERGROUP MEETING -

Thursday, August 7th at
6:15 p.m. - Mt. Olive
Lutheran Church

WRITE FOR THE EDI -

-How has OA changed
your life?

-Why are you a grateful
recovering compulsive
overeater?

-What is your favorite
OA Slogan?

-What are your favorite
pages in the Big Book?

The EDI is always in
need of personal stories.
Stories can be emailed
to the EDI at
madias@iamadison.org

or mail mailed to
Madison OA
P.O. Box 200
Madison, WI 53705

Last Chance to Register!!

The Big Book Study with Janet R. is almost here! Friday night through Sunday Noon – July 25 – 27th! Don't miss your chance to attend this FABULOUS weekend retreat! Inspirational stories, Big Book insights, labyrinth, lake and wooded area, quiet walks, Abstinence food, and Private rooms with bathrooms (or 2-person rooms)! Who could ask for more! \$50 scholarships may still be available – registration forms at your local meeting or on the web at <http://www.region5oa.org/events/index.html>

STRONG MEETING CHECKLIST

The *Strong Meeting Checklist* is part of OA's 2008–2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?

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NUTRITIONIST CHECK-IN

Every year or two I make an appointment with a nutritionist. I keep a food journal and bring it with me to the appointment. I share my binge food list with my nutritionist so that they will know not to suggest "moderation" for these foods – it doesn't work with my body! As my body ages I have found that I need less of some foods and more of other nutrients. It gets me honest with my food, allows a professional to assess my intake and nutrition, and keeps my body on a healthy food plan that fits my needs.
~anonymous, Madison



Save the Dates!



"12 Steps to a Spiritual Awakening" Interpreted for OA

We will be working the 12 Steps together as a group!

THE 1940's A.A. BEGINNERS' MEETINGS
"HERE ARE THE STEPS WE TOOK" BIG BOOK WORKSHOP

Sunday September 14, All Day
Sunday September 21, Afternoon
at the Bolz Auditorium 1010 Mound Street, Madison, Wisconsin

Presented by Madison Area Intergroup

Monthly OA PODCASTS!!

What is OA?
How can 12-step recovery change my life?
Hear OA members tell their story!



Find answers and gain inspiration by
downloading a podcast from the GET PODCAST
page on www.oa.org

Check back each month for a new podcast!

Thank You!!

To the Following Groups for their quarterly
contributions to the Madison Area IG –

Sunday - January	Dodgeville – March
Sun Prairie – March	Wed. Noon - March
Wisconsin Rapids – March	Stevens Point – March

Group Treasurers

Just a friendly reminder that the World Service Office of OA *recommends* that groups keep a prudent reserve (3 months of rent) and donate the remaining funds in the following manner. (Donations Quarterly or As Available)

60% - Madison Area IG	P.O. Box 294, Madison, WI 53703
10% - Region 5 Treasurer	P.O. Box 428633, Cincinnati, OH 45242-8633
30% - World Service Office	P.O. Box 44020, Rio Rancho, NM 87174

12th Step on the 12th Day – On the 12th day of every month, reach out to the still suffering compulsive overeater. Call, say hello, or send an email. It can change a life. Just listen or share your experience, strength, and hope.

LOCAL

MEETING NEWS

Janesville Saturday Meeting – *Time change!*
We are now meeting at 8:30 a.m. – same location – Mercy Hospital, Janesville

WE CARE LIST UPDATES – please remember to return your meetings printed revision of the We Care List by August 1st!

Do you have local meeting news you would like to put in the EDI?

email rhondas@merr.com
or snail mail to:

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

Program Boosts

Lifeline Magazine – Did you know that OA has it's own magazine? It is published 10 times a year and costs only \$15 per year!! Save even more if you subscribe for multiple years!! It is well worth it! Have a meeting on the go! Connect with other OAers around the world. Subscription information on the web at www.oa.org or contact Rhonda at 848-6789 and she'll mail you subscription form!

SouthEast Iowa OA Retreat
– Sinsinawa, October

www.oamadison.org – visit our website and see the changes/additions to our site!!