



HEADLINES

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NEXT INTERGROUP MEETING –

Thursday, July 3rd at
6:15 p.m. – Mt. Olive
Lutheran Church

WRITE FOR THE EDI –

~How was doing week 4th and 5th steps healing?

~How have the promises come true for you?

~What is your daily meditation practice?

The EDI is always in need of personal stories. Stories can be emailed to the EDI editor chebblan@mtlri.com

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

How My Food Plan Has Changed

When I came to OA, my plan of eating was simple (so simple, in fact, that it had never before occurred to my complicated mind) – three meals a day and nothing but diet pop and water in between. Oh, and no blatant sugar – no cake, ice cream, cookies, etc. In those early days I didn't read labels, I didn't count calories (still don't), and I drank a lot of diet pop. I was abstinent. A miracle.

As time went on, I began reading labels (and was shocked and dismayed by how sugar –in its many forms – was found in the most unlikely of foods, frozen French fries, for instance). After a while, I began cutting out foods where sugar was listed in the first five ingredients. Reading labels, I saw unpronounceable chemical compounds listed and was alarmed; especially after going through chemotherapy, I wasn't eager to ingest more chemicals. I let go of Lean Cuisines (and the like), also diet pop (many, many chemicals). I have now gradually let go of most processed foods. Very reluctantly I acknowledged that bread could be a problem, and gradually I became willing to not bring bread into my house. I haven't sworn off bread – I tell myself I can have it when I'm out, but the funny thing is the more I don't eat it, the more I don't miss it. I also don't miss butter on corn on the cob, which I gave up after hearing another OA member tell of eating her ear of corn sans fat. For a number of years now, I've been leaning into vegetarianism though I do still eat meat and think I always will (but what do I know – I never would have predicted I'd be eating tofu?!). I prefer to eat at home in part because I like lots of vegetables and a smaller amount of protein, but there's enough ease in my plan of eating to dine out at most restaurants.

In most cases these changes have not come without struggle. Letting go and change do not come easily. I resist my sponsor's talk about the allergy of the body and that maybe, just maybe, my body can't tolerate some foods that others can eat. No, no, not another loss! I rage, I bargain, I pout. Quite often I quit a food only to take it back again. I have done a lot of "research," suffered hard consequences, but I have kept coming back and let my Higher Power work on me. The result is change, including dietary change, from the inside out. Recently I heard an OA speaker differentiate between healthy and healthy-for-me foods. Sad to say, but I think I am eating some healthy foods that aren't good for my body. I do not even want to admit this in front of witnesses. Yet last night my body hurt and I had trouble sleeping, I think, because I ate a vegetable that regularly makes the list of top twenty super foods (but probably still isn't healthy-for-me)..

My abstinence has evolved over time, and I expect it will continue to evolve as I keep coming back and loosen my grip. OA and my Higher Power help me to be open to what other members say works for them, get honest about what and how I'm eating, and become willing to ask for the help and support to keep moving towards greater health.

~I have to keep tightening it up. First it was 301 plan and no sugar. Now I have added no white flour. Now I have added no fried foods. Now I have added no processed foods. But, I have done this as I've felt ready to do it. The benefits are WAY BIGGER than the loss of the food.

~Various Contributors, Madison Area



How I Stay Abstinent

Daily meditation, daily reading, daily gratitude list, try to plan my food so I'm not caught without the right choices.

I sponsor people and attend meetings. By sponsoring I have to have action that my sponsees can see. I have an obligation to all of us to make a daily run at abstinence.

Conscious eating is another important aspect. I try to enjoy my food. I try to be present for the experience. No more mindless eating.

I focus on one special treat a day that is not food. For example: a bubble bath, watching my favorite tv show, called my friend for a chat, reading my favorite "trashy" magazine, playing a game on my computer. I earn these things when I have an abstinent day.

I read often my favorite paragraphs in the Big Book that confirm the gifts I get when I am abstinent.

When I am in the grocery store, I shop the outside aisles and I make a point of checking out what people have in their baskets. When I see healthy choices I usually see healthy people pushing.

When I am around foods that are challenging at a restaurant or shopping I ask God to help me. Very often an overweight person appears who is indulging in some bad food choices and I say "thank you God."

~I am finding that as I remove the emotional turmoil created by my character defects, I do not feel the compulsion to eat. I do not need food for comfort; I have the peace I need from working all the steps, especially Steps 4 (a searching and fearless moral inventory) through 9. Coming to terms with the nature of the ways I wrong others, admitting those patterns, and then asking God to remove my defects of character are all steps in preparation for the biggest peace-maker of all: making direct amends and doing everything in my power to make restitution. Taking responsibility for my mistakes and making amends brings a peace of mind and heart that I didn't think would be possible ever again in my life.

As I heard it said not long ago: "It's not what I'm eating; it's what's eating me."

~I never miss my weekly meeting(s); every morning I read from "For Today," "Voices of Recovery" and another daily meditation book; every morning I say the 3rd, 7th step prayers as well as an abstinence prayer and a prayer that I made up; every morning I journal and ask God what His plan is for me that day as well as review my previous day (Steps 10 and 11); every night I read from an OA book; every day I write down the food I ate; I meet with sponsees regularly; I keep in contact with my sponsors (I have more than one!); I try and make a few phone calls each week; I set aside special time each month to do something extra – as a boost – for my program; I regularly listen to OA speakers while driving; I have a two service positions; in short – my program is a HUGE part of my life. Thus – the compulsion is lifted and I stay abstinent.

~Various Contributors, Madison Area

Cartoonist sought!

Are you a creative artist? I would love to include some OA themed cartoons in the EDI. You can send them via email or snail mail to the addresses at the right. →

Program Boosts

BIG BOOK STUDY - Rocket into Recovery! The Big Book Study with Janet R. is almost here! It's the weekend of July 25 – 27th! Register Now!! Come experience an amazing weekend retreat with other members of Overeaters Anonymous. Registration forms available at local meetings on online <http://www.region5oa.org/events/index.html>

JULY 4TH MEETING – 9:30 a.m. Friday, July 4th at Meriter Hospital, room D just behind the cashiers station in the cafeteria. Protect your recovery with an extra meeting on this Independence Day!

LOCAL

MEETING NEWS

Tuesday 7:00 p.m.

Meeting is in need of a Treasurer! If you are not giving service and attend this meeting, please consider this position. Please contact Linda 848-6879.

We Miss You!!!

Call members you haven't seen in awhile – just to say – "Hi, this is from the ____day meeting. We miss you!" It just might save their life!

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
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