

March 2008

Easy Does It



HEADLINES:

- The 12 Rewards
- 12 Signs of a Spiritual Awakening
- 12 Signs I need to do a 4th/10th Step
- AT YOUR SERVICE
- UNITY DAY in REVIEW
- PROGRAM BOOSTS
- LOCAL MEETING NEWS
- CLASSIFIEDS

NEXT INTERGROUP MEETING --

Thursday, April 3rd at 6:30 pm -- Mt. Olive Lutheran Church

WRITE FOR THE EDI:

~What is your favorite QA saying? Why?

~What do you do when the food calls to you?

~How do you spend?

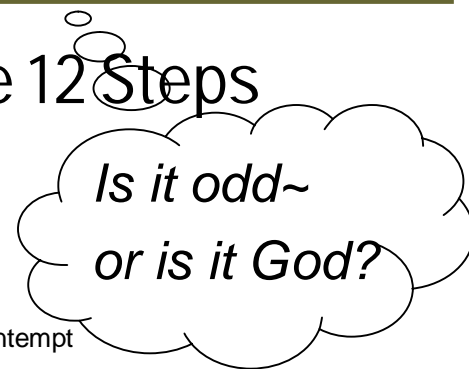
The EDI is always in need of personal stories. Stories can be emailed to the EDI editor: edies@met.com

Mail mailed to:

Madison, WI
P.O. Box 294
Madison, WI 53705

The 12 Rewards of The 12 Steps

1. Hope instead of desperation
 2. Faith instead of despair
 3. Courage instead of fear
 4. Peace of mind instead of confusion
 5. Self-confidence instead of helplessness
 6. Self-respect instead of self-contempt
 7. The respect of others instead of their pity or contempt
 8. A clean conscience instead of a sense of guilt
 9. Real relationships instead of loneliness
 10. A clean pattern of life instead of a purposeless existence
 11. The love and understanding of our families instead of their doubts and fears
 12. The freedom of a happy life instead of the bondage of food obsession
- ~source unknown

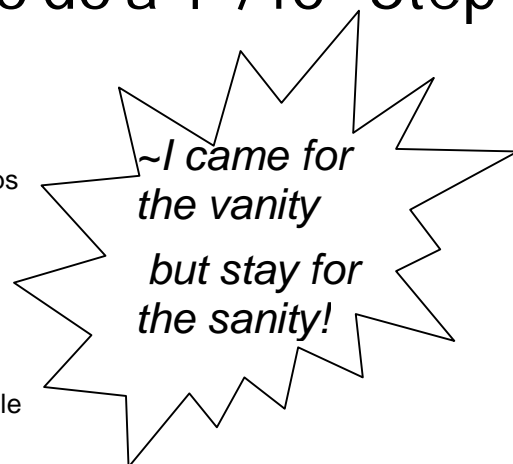


12 Signs of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
 2. Frequent attacks of smiling
 3. Feelings of being connected with others and nature
 4. Frequent overwhelming episodes of appreciation
 5. A tendency to think and act spontaneously rather than from fears based on past experience
 6. An unmistakable ability to enjoy each moment
 7. A loss of ability to worry
 8. A loss of interest in conflict
 9. A loss of interest in interpreting the actions of others
 10. A loss of interest in judging others
 11. A loss of interest in judging self
 12. Gaining the ability to love without expecting anything in return
- ~source unknown

12 Signs that I need to do a 4th/10th Step

1. The food is calling me
 2. I'm restless
 3. I'm irritable
 4. I'm discontented
 5. I'm having trouble with personal relationships
 6. I can't control my emotions
 7. I'm prey to misery and depression
 8. I can't make a living (that is satisfying)
 9. I feel useless
 10. I am full of fear
 11. I am unhappy
 12. I can't seem to be of real help to other people
- ~Lawrie C. (and the big book page 52)





Unity Day in Review

Did you miss Unity Day on Saturday, February 23rd? We had a fabulous workshop and two OUTSTANDING speakers!!

The workshop consisted of making a plan on how we would Refresh, Renew, and Rejuvenate our Program! Each of us were given a 2-sided worksheet to complete our daily, weekly, and monthly action plan for living in the solution.

Questions from the worksheet:

- ✓ My commitment to prayer and meditation will involve:
- ✓ My commitment to working the steps will involve:
- ✓ My commitment to developing a way of eating will involve:
- ✓ My commitment to service/12 step work will involve:
- ✓ My commitment to maintaining a schedule of meetings will involve:
- ✓ My commitment to communicating with a sponsor will involve:
- ✓ My commitment to communicating with other members of the fellowship will involve:
- ✓ My commitment to reading OA/AA literature will involve:
- ✓ My commitment to receiving any outside support I may need will involve:

You can download a copy of the worksheet at www.oamadison.org

At Your Service...

Madison Area Intergroup is *alive and well* THANKS to the following individuals who are at your service!

IG Chair – Don V

IG Secretary – Kealynn K

IG Treasurer – Hatheway, Dodgeville

Marathon Chair – Cecilia

Website Publisher – Molly G

We Care List Editor – Debb F.

Meeting List Editor – Lea

Phone/Help Line Updater – Jamie V

Mail picker-upper – Lisa G.

Bling Creation Organizer - Steffanie

Easy Does It Editor – Rhonda S

Intergroup Representatives –

- Monday 5:30/Thursday Sun Prairie - Jan S
- Thursday Noon – Kali
- Saturday 8:30 – Anne L.
- Sunday 9 a.m. – Karen N

Program Boosts

March 28-30 Milwaukee Spring Convention – <http://www.region5oa.org/milwaukee/index.html>

April 12 – Elmhurst, IL
Seeking the Spiritual Path Workshop
<http://www.region5oa.org/events/index.html>

July 25 – 27th, 2008
BIG BOOK STUDY RETREAT with Janet R.
held in Oconomowoc.
Registration forms available on the web at
<http://www.region5oa.org/events/index.html>

Previous Big Book Study Retreats were led by
Harlan G. (2007) and Lawrie C. (2005)
cds available at www.gstl.org – look under
Fellowships - OA

more events listed on the Region V website
<http://www.region5oa.org/events/index.html>

My Story

I've been attending the same OA meeting for 18 years. I have 45 pounds off and imperfect abstinence. I am not at my goal weight but I am moving that way. This is what I learned:

My program has to be FIRST in my life, then my Higher Power, then my life. I LIVE in program and visit life. That is the only way it works.

I spend a lot of energy giving and I get it back 100 percent.

My dearest, closest friends are the women who have been on this journey with me. They are closer to me than my own sisters. They have brought such joy to my life. Being there for them has only been out done by their being there for ME.

My life is fabulous...My gratitude is huge...My program brought me all the gifts I live today.

It is waiting there for you. Just make it FIRST.
~Hatheway

Classifieds	PUBLIC INFORMATION CHAIR <i>Requires 1 year abstinence and 2 years of service above the group level - send out PSAs to local radio stations, make sure OA meeting announcements are listed in area newspapers, contact healthcare providers, etc.</i>	DO YOU BEAD? Make OA key chains, bracelets, and other <i>Bling</i> to sell at marathons. Contact Steffanie or make them your own and bring to an Intergroup Meeting!