

May 2011



Easy Does It



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Intergroup Website:
www.oamadison.org

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NEXT INTERGROUP MEETING –

Mount Olive Church
110 N Whitney Way
(at Langlois St.)

Thursday June 2,
6:15 pm

WRITE FOR EDI

*~How will YOU
carry the
message?*

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

Step 5: Admitted to God, to ourselves and to another human
being the exact nature of our wrongs.

Quitting the “Debating Team”

I have been a charter member of the debating team for most of my life. From the time I was very small, my feelings of inferiority were so strong that pushing back against authority or challenging those who were concerned for me became second nature. It was a way for me to feel a bit stronger and more important. Fortunately, today I see the benefit of traditional approaches to common problems, and appreciate whenever someone cares enough about my welfare to discuss it with me.

Once I started using food because of the way that I felt, my attitude only got worse. I was always under the influence, reeling from the previous days “assault”, or feeling the call for the next “hit”. The irritability that accompanied the withdrawals and the shame of knowing how sick I’d become fueled the anger and defiance that I used to keep people at arm’s length, lest they see how badly I was hurting inside.

I came into OA through another 12-step program, and my seven years there taught me many new things that became part of my “recovery persona”. Unfortunately, this information did little for my food problem, which, like the other addiction, centered in my mind. All of that experience had limited value with this annoying “new” addiction.

So I got my debating shoes shined up and waded out into the muck to see how long I could prevent myself from finding contented abstinence. It took five years (of mostly abstinent days), trying to prove that doing OA piecemeal was going to work for me where it had failed so many others before me. Such is the way of the debater. Continued on page 3...

Tradition 5: Each group has but one primary purpose — to carry
its message to the compulsive overeater who still suffers.

Did you know?

The first Thursday night meeting of the month, 7:30 at Mount Olive is a speaker meeting. This is a great way to hear a member’s experience strength and hope. Invite newcomers, sliding members, friends in relapse to this meeting! Bring yourself. Bring someone with you. And hey, you can come early, at 6:15 and attend the intergroup meeting! If you’ve been waiting for the next marathon or Big Book Study, maybe you can help plan it to suit your needs!

Can’t stay out that late? There’s a meeting at 6:00 p.m. Thursdays in Sun Prairie: Colonial Club Senior Center (Board Rm) 301 Blankenheim Ln

The Meeting list & We Care List are updated. If your meeting has run out of copies, let your intergroup rep know, we’ll get you more!

We are hoping to get monthly newsletters out to you for the rest of the year, but we can't do it alone...

We've divided the remaining months between the member meetings. We are asking that everyone consider submitting to the EDI. Maybe have a writing topic meeting. Submissions are due by the 15th of the "assigned" month. Submissions may be as short or long as you are moved to send. You may write something from your own experience, strength and hope; suggest upcoming OA events; or you may resubmit something from another OA intergroup that you found to help your recovery. If resubmitting, please copy or type into a computer file or email and include the newsletter and issue that the story was originally found in. See below for which issue we are requesting your group support. And as always, you can send in stories **anytime**, not just for that issue. THANKS!

Please announce this at your meetings.

May – thanks to Intergroup representatives; Thursday night 7:30; & Hillsboro

June- Wednesday McFarland; Saturday Merriter; Sunday Merriter

July- Region 5 Newsletter

August- Friday 5:30; Hillsboro; Sparta

September- Monday St. John's; Thursday St. John's; Dodgeville

October- Thursday Sun Prairie; Monday Wisconsin Rapids; Friday Cambridge

November- Region 5 Newsletter

December- Monday Dean clinic; Tuesday Fitchburg; Wednesday Noon.

Stories may be emailed to hathewayb@gmail.com or sent with your intergroup rep.

Upcoming Events

- Sunday, May 22nd 1-3pm **'Step 11 in 2011'** 7700 S. 76th St., Franklin, WI Tracy D. 414-855-0789
<http://www.region5oa.org/events/Step%2011%20in%202011-Milwaukee-5-22-2011.pdf>
- ***May 30 Memorial Day Holiday meeting at Meriter Hospital Conference Room D
202 S Park St, Madison 9:00-10:00 am***
- May 30 Memorial Day Marathon Turning Point Intergroup Chicago , IL Turning Point Intergroup Memorial Day Marathon of Meetings, 10 a.m. to 4 p.m. (an OA meeting every hour on the hour), Swedish Covenant Hospital, 2751 West Winona Street (in the Anderson Pavilion at California Avenue, one block south of Foster Avenue; free parking in the garage); Christ 1-773-472-2823
- May 30 Memorial Day **Telephone Event:** 6:45 a.m. Eastern Sunrise OA Meeting May phone-meeting marathon, "Honoring the Traditions," 6:45 a.m. to midnight EST; call 1-712-432-3900 during the event and enter access code 4285115#; Verlette 1-202-309-3508; email: verlette@verlette.com
- ***Love yourself at any weight Body Image Workshop*** Faith United Methodist Church 15101 S. 80th Avenue Orland Park, IL June 25, 2011 10:00AM- 2:00PM Bring a bag lunch Clothing Exchange *Mona- 708-543-1166*
Patty – 708-692-0818 http://www.region5oa.org/Body%20Image%20Workshop_CSSI_6-25-2011.pdf
- July 4 Chicago, Illinois: Turning Point Intergroup Independence Day Marathon of Meetings, 10 a.m. to 4 p.m. (an OA meeting every hour on the hour), Swedish Covenant Hospital, 2751 West Winona Street (in the Anderson Pavilion at California Avenue, one block south of Foster Avenue; free parking in the garage); Christ 1-773-472-2823
- Region 5 Business Assembly: http://www.region5oa.org/events/Assemblies_2010-2011.pdf July 8-9

All Overeaters are welcome.

Listen like you have no opinion

I saw this on a sign at a meeting recently and it really spoke to me. I realized that practicing this one little behavior could make great changes in my life. OA has already made me a better listener because of the "no cross-talk" rule. I have seen this carry over into other areas of my life in a very positive way. When we listen like we have no opinion, we become better listeners because we are...

- **Starting with an open mind.** We haven't already made a judgment about the speaker or the outcome of the conversation.
- **Giving the speaker our full attention.** We aren't analyzing what the speaker is saying or how it fits into our way of thinking. We aren't thinking of what we're going to say next.
- **Less likely to interrupt.** Sometimes it seems like interrupting and rudeness are the norm today. Just watch any talk show or news interview. Everyone wants their chance to talk but because of the format of these shows, the only way to be heard is to cut others off. But this type of incivility can lead us to feel cut off from other people and the world.
- **Less likely to give unasked-for advice.** Opinions abound in our society. Family, friends, co-workers, religions, books and television shows are all too ready to tell us what to do and how to live our lives. Even when given with the best of intentions, advice is not always welcome nor helpful. Only *we* know the sum total of our life experiences and therefore what solution is best for us.
- **Less inclined to try to "fix" the speaker.** It is tempting to try to fix others, because to us the solution may seem obvious. But we often have the solution to our problems inside of us and just need to talk it out. Sometimes saying things out loud can lead us in the right direction. And sometimes we all need to vent, especially in situations where we have little or no control.
- **Giving unconditional acceptance.** This is a very basic human need. We all crave acceptance, from the time we are very small. Even the most independent people want to know that they are good enough just the way they are.
- **Treating the speaker with respect.** The desire for respect is universal. Otis Redding wrote a song about it. It was made famous by the Queen of Soul, Aretha Franklin, and became an anthem of female empowerment. Today rap and hip-hop artists still want their "props" (short for proper respect) and don't want to be "dissed"(disrespected).

I guess it all comes down to the Golden Rule. We all want our voice to be heard. In OA, we know that we are heard. Listening like you have no opinion is a way to let others know that they are being heard as well.

~D

"Quitting..." From page 1...

Then one day I became so tired of blazing a trail to nowhere that I stopped disbelieving and started asking questions as to just how one stopped eating compulsively each and every day, each and every meal, and not just the ones that were convenient.

Today, I'm thirteen year's abstinent, and that moment of clarity led to a thorough exploration of the steps, and of that belligerent, argumentative little boy, who was so embarrassed not to know the "answers" that he had to bluff and posture his way out to "save face." Never have so many people been so grateful for one man's awakening.

Today, not knowing means asking others for help. It means having another reason to invite God into the equation, kick back and wait for Him to show me a way to the other side.

I still break out those old shoes from time to time, but my heart's not in it anymore, and they seem to have gotten much less comfortable over the last six years. Now my job is to find compassion in my heart for other charter members of the "club" and give them the time and space they need to come around to the joys of continuous abstinence and emotional sobriety.

~Neil R (Reprinted from the OA Stepping Stone, Mar09)

A NEW SEASON

I believe that to truly appreciate the wonderful season of spring, you have to have lived through a long, cold, snowy winter.

I can relate to the changing of the seasons with my disease of compulsive overeating, for when I'm practicing my disease, I feel like I am not truly alive. I am isolating (hibernating) and not

being the productive person I was put on this earth to be; I go through the motions of life in a food fog- I am dormant! I recently had a

bittersweet experience. I was taken to the hospital by ambulance because the doctor thought I was having serious heart problems. I arrived on Saturday & was watched

closely over the weekend, but could not have the catheterization procedure until Monday.

Having this time to think about all the things that might be wrong with me from the many, many years of abusing my body was very frightening.

We always hear about how each of us has to hit bottom before we are willing to change, and this was definitely my bottom.

I knew I was powerless over what the test would show, but I prayed that God would take care of me. Finally Monday came and I had the

procedure. The cardiologist told me he could see no problems with my heart and that everything looked great. I was able to leave the hospital and come home.

I truly feel that God was giving me a wake-up call and was showing me what could happen if I chose not to change my lifestyle.



*God is just waiting
for me to ask for help.*

Now I'm taking my second chance very seriously. I know I am powerless over this disease, but God has the power, and he is just waiting for me to ask Him for His help. I now take it one day at a time; it's not always perfect, but gradually I am beginning to feel hopeful again. The darkness is

replaced by the beautiful sunshine streaming through my windows and into my being. I feel alive, and my spirit feels alive. I am now here for my family and friends again. I want to be with people to share my joys & my struggles. I don't have to do this alone. So, this year, as I see the earth come alive again with warmer days, the ground turning to green grass, the birds singing, the spring flowers, I too am stepping into a new season of my life. Today I choose to live & grow in my recovery from compulsive overeating.

~Anonymous in Wisconsin

HEARD AT A MEETING:

"You're never a complete failure in this program, you can always be a good example of what not to do!"

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