

November 2008

Easy Does It



Visit the - Madison Area
Intergroup Website:

www.oamadison.org

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NEXT INTERGROUP MEETING –

Thursday, Dec 4th at
6-15 p.m. – Mt. Olive
Lutheran Church

WRITE FOR THE EDI –

–How do you handle the
holidays?

–What do you do when
you travel out of town?

–What literature would
you recommend to a
new OA member?

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

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

Madison Area Intergroup Election time is here! Will you be the newest face to join?

Don't miss your opportunity to give service. Madison Area Intergroup is turning over officers and committee chair positions next month! Have you thought about giving service above the group level? Now is your chance!

Are you a fast talker? - consider doing the phone/help line position!

Do you work or live down town? – consider picking up the Intergroup Mail!

Are you a good note taker? – consider taking the minutes at our monthly IG meeting!

Are you tech savvy and experienced with Dreamweaver or some other Web authoring software? – consider updating the Madison Website!

Do you balance your checkbook? – consider becoming the treasurer!

Do you enjoy facilitating? – consider becoming the chair person!

Do you enjoy traveling to OA retreats but can't afford it? – Consider becoming our Region V representative at assembly in Fort Wayne, Indiana (3 weekends a year!)

Do you enjoy layout and design? Consider editing the EDI, We Care List, or Meeting List!

Do you live outside of Madison but want to help – consider being the new editor the Easy Does It or creator of the Meeting List – or updating the website!

Want to serve on Intergroup but can't make the meeting in December (but can make other meetings in 2009)? – Let Rhonda know your interested! 848-6789 or

rhondas@merr.com

Don't Miss Intergroup NEXT MONTH – DECEMBER 4th – More information on these and other positions in this month's Easy Does It!

Phone and Online OA Meetings

Are you unable to make the number of meetings you would like to attend?

Do you need a meeting late in the evening? In the middle of the Night?

Are you homebound?

PHONE OA MEETINGS

http://www.oa.org/pdf/phone_mtgs.pdf

Do you have a computer with internet access?

ONLINE OA MEETINGS

<http://www.oa.org/pdf/OnlineMeetingsList.pdf>

Madison OA Website – Updated!

Have you visited the Madison OA Website lately? Visit www.oamadison.org

- download past issues of our Newsletter – Easy Does It
- download the latest Madison Area Meeting List
- Link to other OA websites – including Region 5!!!



Fear of Giving

It is often the fear of rejection which makes us afraid to give of ourselves. To share is to reveal who we are and where we are. Expecting ourselves to be perfect sets us up for frustration and fear, since we know deep down that we do not measure up to our image of perfection. With humility comes the willingness to give of what we have and what we are right now, without waiting until we are more eloquent or more accomplished. What we have to share is what someone else needs to receive. By focusing more on the needs of others and less on the imaginary concept of ourselves, which is our ego, we learnt to overcome our fear of giving. What we have to give now is enough for today. May I not be afraid to give.

~Elizabeth L

Big Book Prayer

Step 11 prayer, pg. 86

God, direct my thinking today so that it be divorced of self-pity, dishonesty, self-will, self-seeking and fear. God, inspire my thinking, decisions and intuitions. Help me to relax and take it easy. Free me from doubt and indecision. Guide me through this day and show me my next step. God, give me what I need to take care of any problems. I ask all these things that I may be of maximum service to You and my fellow man.

Step 11

From <http://www.therecoverygroup.org/wts/2007/2007-11q1.html>

1. How can you "pray"? Which methods do you use and why?
2. How can you "meditate"? Which methods do you use and why?
3. Please describe a conscious contact with God.
4. How do you get knowledge of His will?
5. How do you really know this is Gods will and not your will?
6. Are you willing to obey Gods will?
7. How do you think God can and will give you the power to carry it out?
8. Does it sometimes occur to you that you have no clue at all, of what is best for you?
9. When you get angry, frustrated or sad about something that happens, how can you come back into the warm communication with God, and ask for acceptance of what happens?
10. When you start to feel and build a strong intuition and honesty from what God wants from you, are you willing to do it? Even if it may turn your life upside down?
11. Are you willing to pray with others, like your sponsor, husband or friend?
12. Can you make it a daily commitment?
13. Describe how this new routine has helped your recovery?

OA REGION 5 EVENTS!

More information available online at <http://www.region5oa.org/events/index.html>

November 15 – IDEA Day, Madison Area IG 12:30 – 3:30 p.m.

Nov 21 – 23 Milwaukee OA Retreat, Racine IL

New OA Meeting in Baraboo!

We meet every Tuesday evening at the St. Clare Hospital (707 Fourteenth St) in Baraboo. Our meeting begins at 7:00 in the Leopold Room. Karen 608-963-9927
Please come and join this new fellowship of OAers!



Listen to RECOVERY!

http://www.oa.org/get_podcast.htm

LOCAL

MEETING NEWS

Meetings Requesting Support!

Monday and Thursday Noon
St. John's Church (Downstairs)
322 E. Washington, Madison
Format: 12 & 12 Study

Friday, 5:30pm Plymouth
Congregational Church
2401 Atwood Avenue, Madison
Format: Literature Study
(Please ring bell)

Meetings with new information

6:30 p.m. Wednesday meeting –
McFarland Village Hall
6916 Milwaukee Street,
McFarland

7:30 p.m. Thursday meeting –

NEW FORMAT

begins November 4th, 2008
1st Thursday/month – Speaker
all other Thursdays/month –
step meetings (read/discuss from
OA 12 Steps and Big Book of AA)

*Please attend if you can and
share your Experience Strength
and Hope!*

*Do you have local meeting news
you would like to put in the EDI?
email rhondas@merr.com*

OA CD Sets

<https://www.12stepcds.com>

purchase cd sets of
conferences, step studies,
speakers, topics. Click on the
overeaters anonymous tab on
the LH side

Dear Friends

As I look over our community I become a bit nostalgic when I think of all of those who seem to come into my life, leave a footprint and then fade away. It's not just on the loops ... it's the way life is. I think back over the hundreds of people I've known in my lifetime and sometimes I have a deep yearning to know where they are ... how they are ... and how life has treated them. Sometimes, I get a letter from someone who was once very active on our loops a decade ago, gradually faded away and, suddenly, they reappear. I ask ... "Where have you been?" And they reply, "Right here ... I've just been quiet."

I marvel at the continuity of our lives. Yesterday for the first time since college, I talked for an hour with someone I knew many decades ago, and it was as though time stood still. This doesn't hold true when I go to a reunion or see someone ... because age makes undeniable changes in all of us. But this was a telephone call ... the voice was the same ... the laugh ... the little nuances that were left in my memory and emerged during our conversation. My old friend, a former football playing hunk, was now blind and the victim of a stroke. And yet to me, he was my forever young friend whose essence was exactly the same as always.

As you in our community make friends, as we all travel the road to our ultimate destiny, I want you to know that years from now you will be linked to each other. You will remember sharing your deepest thoughts as you both peeled the onion ... and you will remember anecdotes ... and certain things that happened here ... your sponsors ... your coordinators ... a particular event that made a difference in your life. You will associate this time of your life with the people who are surrounding you ... who were here for you, and made it possible for you to experience the recovery which, no matter how it may have seemed at the time, left you feeling different about life.

In my country, we will be celebrating Thanksgiving soon. One of the things that I always put on the very top of my gratitude list is the privilege I have of knowing so many of you ... and of being called your friend.

~ Mari

Join Us for... IDEA Day

International Day of Experiencing Abstinence

Start off your holiday season with a mini-workshop on how to stay abstinent! Speakers, prizes, fun! We will be raffling off a digital food scale!!!

Saturday, November 15th from 12:30 – 3:30 p.m.
(Registration begins at 12:30)

37 Kessel Court #108, Madison, WI

Wood's End Corporate Park, Learning RX

Kessel Court is just off of Schroeder Road on the West side of Madison, near Vitense Golf Course

Questions: Call Cecilia at 608-695-1617

~Sponsored by Madison Area IG