

October 2008

Easy Does It



Visit the - Madison Area
Interfaith Website:

www.oamadison.org

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NEXT INTERGROUP MEETING –

Thursday, Nov. 6th at
6:15 p.m. – Mt. Olive
Lutheran Church

WRITE FOR THE EDI –

-How do you stay
abstinent?

-What is your favorite
tool? Why?

-How important is your
abstinence to you?

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

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

Trick or Treat – How do you survive the Scariest Night of All???

When I was probably 6 or 7, I didn't want to be a ghost or hobo for Halloween. I wanted to be a dancer in a tutu. So I begged and pleaded, and my folks finally gave in and bought or rented me a costume. It was pink, frilly, beautiful. Unfortunately, even though I wasn't all that overweight, I remember it was a struggle to get the zipper up. I ended up feeling like a sausage rather than a ballerina that Halloween. Today, abstinent but still not ballerina-material, I don't indulge myself by buying and bingeing on Halloween "treats"; instead I often go searching through the Halloween racks at St. Vinnie's where I indulge my quirkiness (Some of my friends would probably argue I could just pull the makings of an outrageous costume from my own closets!) Mostly I look for something frilly, especially over-the-top frilly rather than frightening, and on Halloween afternoon or the day before Halloween I go **reverse trick-or-treating**. I put on my costume and deliver special treats, sometimes food, but often stickers, Halloween pencils, etc., to neighbor children with whom I have a connection. This way I don't have to feel like the equivalent of a Halloween Scrooge when I keep my house dark during trick-or-treating time. What's true is that I can't have bags of that stuff in my house and the OA miracle is that I actually don't even want that stuff in my house. I've learned in OA that it's possible to be abstinent through holidays and not feel deprived if I just indulge my creativity and spirit.

On Halloween night, I hand out glow in the dark necklaces. The kids fight over them and enjoy them much more than the usual candy bar plus I don't get tempted.

I hand out small super balls. Kids love them and I don't have to worry about leftovers looking at me!!

Amazingly, I give out candy and can keep it around for days and have no temptation at all. In fact, for the last many years, simply the smell of chocolate candy makes me nauseated. It just reminds me of the awful days....

My first year in OA (I was only 6 months into program and abstinence) so I gave out activity pads and pencils for Halloween. My husband still jokes with me about that – how lame they were. But I don't care, I did what I had to in order to survive that 1st Halloween. Now, we give out the usual treats. Amazingly, I find I don't have the temptation to eat that stuff anymore!

~various Madison OAers, Thank you for your contributions!!!

International Day of Experiencing Abstinence

Save the Date – November 15th from 12:30 – 4 p.m.

Location – TBA

Topic – Abstinence, come hear 2 speakers share on their experience, strength and hope and then share in small groups!!



We worked the 12 Steps Together!!

We wish to extend a huge thank you to all of the sponsors and sponsees who attended our "12 Steps to a Spiritual Awakening" workshop in September. It was a wonderful experience and there are many more OAers that have taken the steps through the Big Book. Attendees, please consider sharing your experience with this workshop in an article for the EDI!!!

~Cecilia and Rhonda

10 Practical Points of Recovery from the Big Book

- 1) "...thoroughly followed our path." p.58 line 2
- 2) "...completely give themselves..." p.58 line 3
- 3) "...developing...rigorous honesty." p.58 line 9
- 4) "...willing to go to any length..." p.58 line 18
- 5) "...fearless and thorough..." p.58 line 23
- 6) "...let go absolutely." p.58 line 25
- 7) "...asked His protection and care with complete abandon." p.59 line 5
- 8) "...the steps we took..." p.59 line 7
- 9) "...Do not be discouraged." p.60 line 7
- 10) "...willing to grow along spiritual lines." p.60 line 10

OA Acronyms

- N.U.T.S. Not Using the Steps
- K.I.S.S. Keep It Simple Stupid
- H.O.P.E. Happy Our Program Exists
- R.E.L.A.P.S.E. Recovery Exits Life And Program Seems Empty
- B.I.G.B.O.O.K Believing In God Beats Our Old Knowledge
- S.L.I.P. Sobriety Losing Its Priority
- F.E.A.R. False Evidence Appearing Real
- D.E.N.I.A.L. Don't Even Notice I Am Lying
- A.C.T.I.O.N. Any Change To Improve Our Nature
- E.G.O. Edging God Out
- F.A.I.T.H. Facing An Inner Truth Heals
- G.O.D Good Orderly Direction
- H.A.L.T. (Don't get too) Hungry, Angry, Lonely, Tired
- B.L.O.A.T.E.D. (Don't get too) Bored, Lonely, Overwhelmed, Tired, Excited or Depressed
- S.T.E.P.S. Solutions To Every Problem Straight
- F.I.N.E. (I'm) Frustrated Insecure Neurotic Emotional
- S.P.O.N.S.O.R. Sober Person Offering Newcomers Suggestions on Recovery
- P.R.O.G.R.A.M. People Relying on God Relaying a Message

OA REGION 5 EVENTS!

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

Oct 10-12 Region 5 Convention, Cincinnati OH

Oct. 17 – 19 Acceptance Is the Key Retreat, Frankfort, IL

October 25-26, North East Iowa OA Retreat – *A New Pair of Glasses*, Sinsinawa, WI Carma 815-777-2761

November 15 – IDEA Day, Madison Area IG 12 – 4 p.m., location TBA

Nov 21 – 23 Milwaukee OA Retreat, Racine IL

Big Book Prayer

Step 10 prayer, pg. 84

"I pray, God, that You remove my selfishness, dishonesty, resentment and fear."

Daily Prayer

'How can I BEST serve Thee – THY Will (not mine) be done.'

Step 10

Step 10:

(from the Big Book p. 84):

"...Continue to watch for selfishness, dishonesty, resentment, and fear.

[categories of fear:

- 1) Fear of losing something;
- 2) Fear of not getting what I want;
- 3) Fear of being found out]

When these crop up, we ask God at once to remove them."

[Do I owe anyone an apology?

Was I irritable, restless or discontent?

Was I kind and loving toward all?

Was I thinking of myself most of the

time, or of what I could do for others?

What did I do for others?

What could I have done better?]

"We discuss them with someone immediately and make amends

QUICKLY if we have harmed anyone.

Then we resolutely turn our thoughts

to someone we CAN help. Love and

tolerance of others is our code."

LOCAL

MEETING NEWS

Big Book Study OA Meeting in

Madison – Sundays at 6 p.m.!

Immanuel Lutheran Church –

1021 Spaight St (Madison East

Side) *Big Book Study Format* -

Jan 608-846-4763

Wednesday 6:30 p.m.

McFarland Meeting – new location!!!

Mc Farland Village Hall,

6916 Milwaukee St, McFarland

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

email rhondas@merr.com