

September 2008

# Easy Does It



## Program Thoughts

Visit the - Madison Area  
Intergroup Website:  
[www.iamadison.org](http://www.iamadison.org)

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### NEXT INTERGROUP MEETING --

Thursday, Oct. 2<sup>nd</sup> at  
6:15 p.m. - Mt. Olive  
Lutheran Church

### WRITE FOR THE EDI --

-What is your favorite  
OA program saying?

-How does having a  
sponsor help your  
program?

-How has your life  
changed as a result of  
being in OA?

The EDI is always in  
need of personal stories.  
Stories can be emailed  
to the EDI editor:  
[rbondas@mar.com](mailto:rbondas@mar.com)

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

- A New Life Centered on the 12 steps One Day at a Time.
- Powerless but not Helpless. Things do not change we do.
- Cultivate an Attitude of Gratitude
- Coincidence is an 11 letter word for God
- If I don't feel close to HP, who moved?
- Expectations are premeditated resentments
- Take action, and then let go of the results
- Your bottom is wherever you stop digging
- Forgiveness is giving up all hope for a better past
- STOP = Stop TO Pray
- The elevator is broken – take the steps
- Don't compare you insides to other people's outsides
- Surrendering means you don't have to fight any more
- Resentment is like taking poison and hoping it kills the other person
- Stop telling God how BIG your problems are – Start telling your problems how BIG your God is!
- This, too, shall pass
- Expect miracles
- You're as sick as your secrets
- Feelings aren't facts
- Fake it till you make it
- GOD = Good Orderly Direction
- Keep your side of the street clean
- Serenity isn't freedom *from* the storm; it is peace *within* the storm.
- Act yourself into right thinking instead of thinking yourself into right acting.
- Humility isn't thinking less of yourself, it's thinking less often OF yourself.
- If you don't want to have to turn it over, don't pick it up
- A decision without action is fantasy
- Failing to plan is planning to fail
- If you focus on the weight, you will lose the recovery; if you focus on recovery, you will lose the weight.
- The truth helps me sit better with God's will
- Acceptance is my trusting God's will – that God is in charge of my life – not me
- Awareness leads to Acceptance which leads to Action
- Make Today better than Yesterday
- Every action and decision I make either takes me toward HP or toward the Food.
- God can take calamity and make Serenity!
- Recovery is based on a foundation of Willingness
- Is it Odd or is it God?
- The first victim of compulsive eating is the truth.
- How many drugs do you know of that are white and powdery?
- My car is not a restaurant
- When all else fails – follow the directions!
- Home is wherever OA is!



## Why don't I have a Sponsor?

I was taught to be self-sufficient.  
 I'm not ready yet.  
 I'm afraid I will fail again.  
 I don't have what it takes.  
 I'm ashamed of how I eat.  
 I don't want to give up my binge foods.  
 I'm supposed to be able to handle my problems by myself.  
 I am a private person.  
 I know what's better for me than anyone else.  
 I can't find a sponsor.  
 The person I want isn't available right now.  
 I haven't met anyone I click with.  
 I don't know what he will ask of me.  
 It will be too hard, I can't do it.  
 I'm afraid I will be bothering her.  
 She's too busy for me.  
 I don't want someone else's beliefs being imposed on me.  
 I'm already doing so much for others, I'm exhausted.  
 I don't have time.  
 No one else is going to tell me what to do.  
 I don't want to give up control.  
 I don't want someone getting that close to me.  
 I can't handle criticism.  
 When someone tells me what to do, I rebel.  
 I'm not ready to surrender and give up my will.  
 I have a lot of fear about being that honest with someone.  
 I think I will be asked to change and change is frightening.  
 I've learned how to control this disease.  
 I don't need a sponsor anymore.  
 I'm doing fine on my own.

*Sign me: Alone, Recovering??*

*~Reprinted from Out of The Cocoon, Milwaukee IG*

## OA REGION 5 EVENTS!

Event flyers are available online at <http://www.region5oa.org/events/index.html>

**Sept. 14<sup>th</sup> and 21<sup>st</sup>** 12 Steps to a Spiritual Awakening, Madison WI

**Sept. 20-21** Living Abstinence Retreat, Darien, IL

**Sept. 27** 4<sup>th</sup> Step Inventory Writing Workshop, Joliet, IL 10 a.m. – 3 p.m.

**Oct 10-12** Region 5 Convention, Cincinnati OH

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

**Nov 21 – 23** Milwaukee OA Retreat, Racine IL

## Big Book Prayer

**Step 9 prayer, pg. 79**

I pray that I may be given strength and direction to do the right thing, no matter what the personal consequences may be.

## Step 9

Make those amends! Read pages 77 last paragraph -83 in the Big Book of AA. Take your list of people you made in step 8, pick the first one, call or meet your sponsor to discuss exactly what you will say during your amends. Then – Go to it! Make the amend. When it is finished – go to the next one, call/meet with sponsor etc...

Once we are half way through step 9, we begin to see the promises (pg.84-85) coming true in our lives!

## Program Boosts

**Reminder – Sundays - Sept. 14<sup>th</sup> and 21<sup>st</sup>** – Madison IG Presents “12 Steps to a Spiritual Awakening!” for those who have Pre-registered! (We are full – call Cecilia 695-1617 to get on the waiting list)

**Sept 13** Together We Can OA Workshop in New Holstein, 9 a.m. – 2:30 p.m. Speakers from Chicago and Milwaukee, [forward@ppcws.net](mailto:forward@ppcws.net) or Faden 920-849-4882

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

[www.oamadison.org](http://www.oamadison.org)

## LOCAL

### MEETING NEWS

**New OA Meeting in Madison –** Sundays at 6 p.m. Begins Sunday Sept. 7<sup>th</sup>! Immanuel Lutheran Church – 1021 Spaight St (Madison East Side) *Big Book Study Format* - Jan 608-846-4763

**NEW MEETING – Hillsboro –** *Begin Sept. 16<sup>th</sup>* Tuesdays at 7 p.m. St. Joseph's Hospital in the Education Conference room 608-489-3577

A special **Public Information Night** has been set for Tuesday, Sept. 9<sup>th</sup> at 7 p.m. also at St. Joseph's Hospital in the boardroom.

This new meeting would LOVE some support from Madison! Get with a few other OAs and make a road trip!

*Do you have local meeting news you would like to put in the EDI?* email [rhondas@merr.com](mailto:rhondas@merr.com)

**Rock River Intergroup of OA** will present – **Abstinence, What is it?**

**Sept. 27**, 9 a.m. – Noon  
 United Methodist Church  
 501 Public Street  
 Beloit, WI  
 Tom 608-931-5668

3 Speakers  
 Q and A Sessions  
 Door Prizes, Raffle

[lindalouoa@charter.net](mailto:lindalouoa@charter.net)