

December
2010



Easy Does It



For archived EDIs,
intergroup minutes,
upcoming events and
other useful links visit the
Madison Intergroup
Website:
www.oamadison.org

CONTENTS:

Page 1

~Step 12 & Tradition 12
~ Gratitude A to Z

Page 2

~ News & Events
~ Integrity
~ OA here for me

**NEXT INTERGROUP
MEETING –**
Mount Olive Church
110 N Whitney Way

**December 2, 2010
6:15 pm**
**January 6, 2011
6:15pm**

WRITE FOR EDI

The EDI is always in need
of personal stories or
artwork. Email or snail-
mail the EDI editor at
caspoohbear@aol.com

Madison OA
P.O. Box 294
Madison, WI
53703

Tradition 12: Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

My Alphabetical Gratitude List By CS

Abstinence

Birthdays

Career that I love

Driving in the convertible

Exercise is easier

Friends & Family

Gardening

Higher Power

IDEA Day

Jammies- flannel ones

Kids of all abilities

Loving husband

Meals that end

Nieces and Nephews

Overeaters Anonymous

Photography

Quilting instead of eating

Recovery

Sponsees

Tools

Unanswered prayers

Vacation

Weight loss

XL – now the largest size I have in my closet, instead of busting out of 3X.

You- all of you!

Zippping my jeans without lying down.

Step 12: Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

PLEASE COME TO INTERGROUP. Intergroup is a chance to meet people who go to different meetings and make new friends. Service bolsters your own recovery program. Volunteer to fill one of the service positions being turned over- Officers: Chair, Treasurer, Secretary, Region 5 Delegates. Committees: Mail, Phone/Help Line, Meeting List, We Care List, Easy Does It, Public Information, Website, Marathons, Fundraising. We do not recover alone! Service is vital to our recovery. Make it a part of your recovery! December 2, 6:15pm.

What will YOU do on Twelfth-Step-Within Day? December 12th

(edited and reprinted from Cocoon)

- Plan a reunion for past and present members. Organize a speaker presentation or other activity.
- Offer to drive someone to a meeting.
- Circulate flyers, such as "Is Food a Problem For You?" with a tear-off hotline telephone number.
- Leave *Lifeline* in places where compulsive eaters may find it, such as hospital waiting rooms, doctors' offices, movie theaters, video stores and laundromats.
- Conduct in-home meetings for shut-ins.
- Write an article for your Easy Does It or *Lifeline*.
- Send 12 "miss you" cards to absentee members.
- Offer to babysit for someone attending a meeting.
- Call 12 newcomers.
- Call 12 members who you haven't seen at meetings lately.

INTEGRITY

What wonderful gifts there are as a result of my integrity? When I am completely honest with myself, there is no room for slips, sips, tastes and licks. And just how is my integrity measured? It is not measured. It is between me, my Higher Power and my sponsor. I can lie to my sponsor, but I can't truly lie to myself or my Higher Power. Why would I want to? The price is too great – my sanity is worth more than a bite of the binge food that drove me to self-loathing and depression. I sharpen my ability to be personally honest every time I make a choice or judgment that I know to be right with ME, God and my sponsor. (Butterflyer May 2010)

A Step Ahead, WSO's quarterly newsletter, is available to print online at www.oa.org/services-for-members/newsletters.php

Upcoming Events

- **Abstinence Workshop:** January 22, 2011 Elmhurst, IL http://region5oa.org/events/naperville%20abs-wrkshp_1-22-2011.pdf
- **UNITY DAY:** On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity. Sign up for marathons committee and help decide what this will look like this coming year.
- **REGION III Presents: "Recovery at Sea" :** Welcome Aboard, All OA'ers for a 7-Night Cruise **7 Night Cruise on Carnival CONQUEST Galveston - Montego Bay - Grand Cayman - Cozumel – Galveston** March 20-27, 2011 oaregion3cruise@oaregion3.org
- **Beyond Our Wildest Dreams:** Milwaukee Area Intergroup Convention March 25-27, 2011 <http://region5oa.org/events/2011%20Milwaukee%20Convention.pdf>

OA is here for me. Am I here for OA?

The early founders of AA got and stayed sober because they put down their drug of choice, cleaned house and helped others. I see many in OA putting down the food one day at a time, going to meetings and working the steps and tools to the best of their ability. However, there are so many of us in the rooms who do not sponsor others, or if we are sponsoring do not let the meetings know that we are doing so.

I feel so sad at a meeting when sponsors are asked to stand and only a handful do. From surveys of the Fellowship over the years, the reason some do not stand is that they do sponsor but cannot take on another person or they are qualified to sponsor but don't think they know enough to sponsor anyone. It is said that the first woman to come to AA was told to immediately go out and share the Program with another suffering woman alcoholic. She protested because she had just put the alcohol down that day. She was told that it was one day more than the person she would be talking to.

What do people have in common who have long-term abstinence - physically, emotionally and spiritually - in this Program? They are continually working with others in one form or another.

I am putting out a call to action for all OA'ers --- if you are abstinent and are studying the steps no matter how far along you are - get a sponsor if you don't have one and BE a sponsor. We all sponsor up to our own level of recovery. We need strong meetings as newcomers come in and look for guidance. And we are only guaranteed a daily reprieve from this disease if we go out and help others. There are no set and hard rules about how much time you have to have in order to help another. Just do it, with the guidance of your sponsor.

If you are "qualified" to sponsor, even if you are not available, stand up and be counted. We all need to see that this Program works if you work it. When someone comes up and asks me for help or to sponsor them, no matter how busy I am I will help guide them. I may not be able to take on a regular sponsee, but I can take their calls until they can find someone permanent. I can ask around to see if there is someone who can help them. I encourage them to attend another meeting as soon as possible and let others know that they need help. I take calls, I make calls, I stand up and let others know I qualify because I am working this Program. I share at meetings because if I don't take action and give -- I have no right to expect that this Program will be here for me when I need it. I am also in danger of picking up the food, if I do not take action. We are just a collection of compulsive eaters living one day at a time. I feel so passionate about OA. It has saved my life and continues to save the lives of so many people around the world. I took and took from this Program, until I stopped talking about Program as "They" and started working the Program as "We". ~BMB (edited&reprinted from Heart2Heart Summer 2010)

Editorial Statement: *The current editor would be happy to help a new volunteer get started! This service was a great way to get and keep my abstinence. I'm looking forward to a new service role and I'd like to turn this over to you!*

Certain material contained in this newsletter is protected by copyright; please observe all copyright regulations. Items submitted for publication cannot be returned, may be edited, and may be reprinted by other anonymous groups without permission. The opinions expressed here are those of the writers and not necessarily of OA as a whole. Your contributions, comments, events & experience in the OA way of life are needed and appreciated.