

January 2008



# Easy Does It

## HEADLINES

- BIG BOOK TREASURE HUNT
- SAVE THE DATE: UNITY DAY!
- MAICO
- IT'S A NEW YEAR!
- IDEA DAY REGAP – ASK IT BASKET
- LOCAL MEETING NEWS
- OA ON THE WEB
- CLASSIFIEDS

## Writing Topics

The EDI is always in need of personal stories. Stories can be emailed to the EDI editor or emailed to: Madison, WI P.O. Box 294 Madison, WI 53703

### Suggested Topics

- How I make it through OA's Day without Drinking
- How sobriety keeps me abstinent
- How my Sponsor helps me
- How Sponsoring helps me
- Favorite passage in the Big Book
- My recovery from Relapse
- My Disease
- My HP
- Thank you AA/OA
- What would I do without OA?
- How you work the steps

## BIG BOOK Treasure Hunt

The Big Book of Alcoholics Anonymous is where we get our recovery. Without working the steps, we will surely return to our former compulsion!

How well do you know your Big Book? See if you can complete the following. If you have to hunt too long, you might want to study this textbook more!

*On what pages are the following found? (Answers on 2<sup>nd</sup> page of EDI)*

- Resentment prayer
- The 12 Steps
- Acceptance Prayer
- Promises
- Instructions for 4<sup>th</sup> Step Inventory
- Description of the Disease
- Spiritual Awakening
- Bill's Story

## MAICO

*Bits of Wisdom* – If you aren't talking with your sponsor regularly, you don't have one!

Did you know that you can purchase a beautiful leather bound Study Edition of the Big Book and many other A.A. books at a local store in Madison? Study Editions have 1 page of text and 1 page of blank lines for notes. MAICO – Madison Area Intergroup Central Office is located at 6400 Monona Drive in Madison, WI. Call ahead for store hours 222-8989 or visit them on the web at

## Classifieds

### Save the Date: UNITY DAY!

Fellow OAer's  
Please SAVE THE DATE for OA UNITY DAY, Saturday, February 23, 2007 1:30 p.m.

"What IS Unity Day???"

"This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 1:30 p.m. central standard time, OA members pause to reaffirm the strength inherent in OA's unity."

Come celebrate our unity in fellowship! If you have any ideas or would like to help plan our Unity Day mini-marathon, please contact Cecilia at 695-1617.

OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON OA UNITY. - Tradition One. ~Cecilia P., Madison

**DO YOU LIKE TO HAVE FUN?** *no abstinence requirement* – host and plan "beading parties" to make OA key chains, bracelets, and other *Bling* to sell at marathons.

**IMMEDIATE OPENING:** *Treasurer Requires 1 year abstinence.* – training available!! Takes monies sent to MAI by our groups and deposit them into our bank account. Completes a monthly Treasurer's Report which is presented at each IG meeting. Writes checks for IG expenses.

## It's a New Year

What are you doing to assure that you do not end up "resting on your laurels"?

Some suggestions might be:

\*Sponsor – if you have recovery, then you have something to give. We recover by transmitting our knowledge not by learning it ourselves.

\*Attend Unity Day on February 23

\*Register for the BIG BOOK STUDY held July 25 – 27<sup>th</sup>, 2008 in Oconomowoc. Registration forms available in the December 2007 EDI and on the web at <http://www.region5oa.org>

\*Make a phone call a day – or more!!

\*Attend a different meeting than normal once each month

\*Call a Newcomer! – If a Newcomer comes to your meeting, call them within one week of the meeting and ask them if they have any questions!

\*Order a set of CDs or Tapes from Gopher State Tape Library <http://gstl.org/>

## OA ON THE WEB

<http://cjioa.info/>

<http://oanyc.org/oanyc/>

<http://www.oambi.org/>

<http://www.oasv.org>

CDs and TAPES

<http://www.glennkaudiotapes.com/sitemap.html>

<http://www.leestapesandcds.com/>

## Answers to Big Book Treasure Hunt

(page numbers are from the "4<sup>th</sup> Edition")

**Resentment prayer – pg. 552**

**The 12 Steps – pg. 59**

**Acceptance Prayer – page 417**

**Promises – pages 84-87 (13-14, 75, 327, 511, 513)**

**Instructions for 4<sup>th</sup> Step Inventory – pages 64-71**

**Description of the Disease – pages xxv - 43**

**Spiritual Experience – pages 567-568**

**Bill's Story – pages 1-16**

## IDEA DAY RECAP – ASK IT BASKET

*How do you know if you are willing? If you fear amends?*

Only work the step you are on. Go back a step if you are not ready.

*Do you make phone calls every day? How many?*

I may 10 a day! They don't last long. I say this is what I'm doing today, or "would you say the \_\_\_\_\_ prayer with me?"

If you are new to abstinence it is an opportunity to create a network. Then, when you are in trouble you will have relationships built and it will be easier to call.

*Do you make phone calls every day? How many?*

I email daily.

Talk with my sponsees every day and with my sponsor often.

I stay in touch with my HP through these people.

*How do you get abstinent after a 6 month relapse?*

90 meetings in 90 days – open AA meetings and OA phone and online meetings can help. (go to <http://www.oa.org/online-meetings.html> for a listing of meetings)

Work the steps  
Use the Tools

## LOCAL MEETING

### NEWS

#### ELECT YOUR IG!

It's that time of year to elect an Intergroup Representative (IR) from you're your local meeting. Each meeting decides what requirements this position has (if any) as well as how the person is chosen.

JOB of the IR -

\*Attend Monthly Intergroup Meeting (1<sup>st</sup> Thursday of the month at Mt. Olive Lutheran Church)

\*Bring the latest EDI's, Meeting Lists and We Care Lists back to your meeting!

\*Vote on any issues that Intergroup has.

\*Bring back information about what is happening on IG (Intergroup) to your meeting.

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

email [rhondas@merr.com](mailto:rhondas@merr.com) or snail mail to:

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

## Classifieds

**WORK STEP 12:**  
PUBLIC INFORMATION CHAIR *Requires 1 year abstinence and 2 years of service above the group level* - send out PSAs to local radio stations, make sure OA meeting announcements are listed in area newspapers, contact healthcare providers, etc.

**WANTED: IG CHAIR**  
*Requires 1 year abstinence* - write up agenda for IG meetings and facilitate the IG meetings!

**POSITION RELEASED!**  
IG SECRETARY *Requires 1 year abstinence* - Takes minutes of each meeting and emails them to all IG members in a timely manner.

### ARE YOU GIVING SERVICE??

**LIKE TO TALK?**  
IG PHONE/HELP LINE:  
Your voice could be the first one a newcomer hears! Record the meeting list on our local phone number.