

April 2008

Easy Does It



HEADLINES:

- I'm Living Life
- Listen- Hard
- Program Basics
- Local Meeting News

NEXT INTERGROUP MEETING -

Thursday, May 1st at
6:15 p.m. - Mt. Olive
Lutheran Church

WRITE FOR THE EDI -

-Is your anniversary in
OA coming up? Share
your story!

-How did you first get
abstinent?

-How have you grown
spiritually?

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

or snail mailed to:
Madison, IA
P.O. Box 284
Madison, WI 53703

I'm Living Life!

I am writing this just a few days after my one year anniversary in Overeaters Anonymous and it's hard to put into words how incredible I feel. I'm a different person!

I've been in OA for about 3 years now and had experienced a couple shorter periods of abstinence. I had a 6 month period and a 2 month period. I relapsed twice due to relationship "difficulties". What really helped me over this last year was doing something a lot of people in program will suggest—stay out of relationships your first year of recovery. Well, that just wasn't a possibility for me or so I thought. It turns out it was the best advice anyone (EVERYone) ever gave me! It took doing that plus almost daily meetings, strongly working the steps, a huge amount of faith in my Higher Power, actually listening to my sponsor's suggestions, and physically taking care of myself to get where I'm at today. I felt pretty selfish at first, but everyone is reaping the benefits today.

My relationships with my family and friends are so much stronger.
I'm happy with my life as it is today.

I no longer need to have something to look forward to.
I am right where I need to be.

I'm trying all the things I had only dreamed of doing since I was a child.

I'm volunteering.

I attend church on a regular basis and have been meeting wonderful people there.

I have more friends than I ever imagined.

I'm simply not just existing anymore.

I'm living life.

I don't want to go back to the place I was one year ago and I need to be reminded of that daily. Just like everyone else, I'm just one bite away from going back. I have not worked my way through all the steps as I had to go back a few times and dig a little deeper.

There is so much healing in this program...a lifetime of healing. I plan on sticking with the one program that's ever worked for me. I want to say a very special thanks to my sponsor, everyone in program, my family, and most importantly my Higher Power for being there for me...always. ~Debb



Listen – Hard!

Each morning, as part of my time with my HP, I read through the several daily spiritual devotions I receive by way of email. This morning there was a quote which really jumped out and grabbed me.

“Put your ear down close to your soul and listen hard.” Anne Sexton (1928-1974) poet, writer.

I sat for awhile meditating on this. I found myself asking “what would it mean for me to put my ear down close to my soul and listen hard?” What would I hear? The answer came immediately from that small still voice inside of me that I recognize as God. (My HP)

He reminded me that my number one priority at this point in my life is my health...the reclaiming of what was mine from the beginning but was lost by a combination of it being stolen from me when I was too innocent to protect it and later by giving it away out of lack of self regard.

I feel loss and remorse for the many years where I never knew or believed I deserved to be healthy and beautiful, the many years where I feared that if I let myself act like I deserved those things, others would surely or ridicule me.

And yet, during all those same wasted years I easily took on others judgment and ridicule for my being fat and sloppy. In my heart, I believed I was not as good as others. I knew I was not as significant as others and to pretend that I was equal to others by my clumsy attempts at self care or self improvement would surely, eventually cause me to be exposed as the fraud I knew I was.

Sick thinking!

Today, Thank God, because of the progress I've made in my recovery journey, I am grateful to say:

I know that I can reach and maintain a weight and a state of health that is perfect for me.

I believe that it is God's will that I always have everything I need to accomplish my heart's desires.

I can handle anything that comes up today because I am yoked to God. When I become anxious, discouraged or depressed, it is because I am pulling ahead on the yoke, trying to solve my own problems in ways that I know in the past has not worked. It is during those times that I need to slow down, step back and let God set the course.

It is God's will that I expect from Him good things for myself and my family and that I trust Him to always feel that way about me.

I do my best to not compare myself or be envious of anyone else. God has a portion of abundance and a place of success set aside for me and me only.

If I achieve fame or success while using my gifts - so be it, but really, just by being my truest self in this moment, I am adding a necessary piece to God's plan for the world.

And, finally, I am grateful for today's devotion that encouraged me to tune out the voices of the world, the media and other imperfect human beings and to put my ear down close to my soul and listen hard. That is where we will always hear the truth. That is where our HP lives and waits for us. ~Mary, Madison

Program Boosts

For information on events below and more!!! Go to <http://www.region5oa.org/events/index.html>

April 12 – Elmhurst, IL
Seeking the Spiritual Path
Workshop

July 25 – 27th, 2008
BIG BOOK STUDY RETREAT
with Janet R.
held in Oconomowoc.

LOCAL

MEETING NEWS

Tuesday 7 p.m. – This meeting is in need of recovering members attendance. If you can make it to the Tuesday meeting at the Fitchburg Serenity Club on McKee Rd, please come and share your Experience, Strength, and Hope!

Thursday 7:30 p.m.
Speaker Meeting is in need of speakers! If you are a recovering member of OA and would like to share your story, please contact Rhonda 848-6879 or come to the meeting. We will be finishing our listening of Harlan G's Big Book Study by April 10th.

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

email rhondas@merr.com
or snail mail to:

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