

February 2008



Easy Does It

HEADLINES

- UNITY DAY
- SEEKING THE SPIRITUAL PATH
- COMPLETE THE OA SAYING
- PROGRAM BOOSTS
- LOCAL MEETING NEWS
- OA ON THE WEB
- CLASSIFIEDS

NEXT INTERGROUP MEETING --

Thursday, March 6th at 6:15 p.m. -- Mt. Olive Lutheran Church

WRITE FOR THE EDI --

The EDI is always in need of personal stories. Stories can be emailed to the EDI editor rhondas@meri.com or snail-mailed to Madison OA, P.O. Box 292, Madison, WI 53703.

Don't Forget Unity Day – February 23rd!

Celebrate OA UNITY DAY, Saturday, February 23, 2007 1:30 p.m. – 4:30 p.m. at Mt. Olive Lutheran Church on Mineral Point Rd, Madison.

Renew, Refresh, Rejuvenate Your Program! Give your program a boost by hearing 3 outstanding speakers and get a program partner! ~Cecilia P., Madison



Seeking the Spiritual Path



Have you heard about this new OA book?

Chapters include –

I purchased a copy while on vacation in December. It is a collection of short stories from OA members about their spiritual part of our program.

\$8.35 available on the web from www.oa.org or ask your local meeting to purchase copies to sell at your meeting!

- The Search for a Higher Power
- Turning our Lives and our will over to a Higher Power
- A spiritual solution to our disease
- Spiritual experiences before and during the program
- Connecting with Higher Power
- By the Grace of God
- Agnostics and Atheists: A Unique Perspective
- Tools for Spiritual Growth

Snippets from the book:

pg. 29 – "...Taking my life into my own hands means I must let go of God's hands. When I take control away from God, my recovery is at risk. My program begins to unravel. Emotional and physical abstinence become more elusive the harder I try to hang on to them. It's a cycle I know well. Now I have another choice..."

pg. 50 – "Guideposts to God's Will – I know that it's more likely I'm following God's will if: ~I have participated with others and not isolated in making the decision ~I have sought clarity from people whose programs I like and respect, such as my sponsor and long-term members. ~I have prayed about it. ~I have written in my journal about it. ~I have reached a decision and then "sat with it" for a bit instead of acting impulsively. ~I have a deep knowing in my heart and my gut, as well as having the knowledge in my brain. ~I view my decision as footwork, realizing that God may change the plan and that I must be flexible so I don't get tunnel vision. ~The decision enhances my life instead of being either detrimental or neutral.~ I can accept others' suggestions and opinions about my decision, understanding the loving spirit in which they give their views, even if those views don't agree with mine..."

Program Boosts

UNITY DAY – February 23rd
(see pg. 1)

March 28-30 Milwaukee
Spring Convention –

<http://www.region5oa.org/milwaukee/index.html>

April 12 – Elmhurst, IL
Seeking the Spiritual Path
Workshop

<http://www.region5oa.org/events/index.html>

July 25 – 27th, 2008

BIG BOOK STUDY
RETREAT with Janet R.
held in Oconomowoc.
Registration forms available
on the web at
<http://www.region5oa.org/events/index.html>

Previous Big Book Study
Retreats were led by
Harlan G. (2007) and
Lawrie C. (2005) cds
available at www.gstl.org –
look under Fellowships - OA

more events listed on the
Region V website

<http://www.region5oa.org/events/index.html>

OA ON THE WEB

Slippin' and Sliding? 30 questions to help you get back on track.
<http://www.oawmass.org/id53.htm>

OA Newsletters from Los Angeles – “12th Stepper”
http://www.oalaig.org/html/12th_stepper.html

Find OA CDs on EBAY! Joe and Charlie OA big book study from
Blackpool, England only \$19.99! Or 7 speakers on 5 cds only
\$12.49! http://stores.ebay.com/History-of-Recovery_Overeaters-Anonymous_W0QQfsubZ5443357 or go to Ebay and search for
Overeaters Anonymous

Answers to OA Sayings: Hungry, Angry, Lonely, Tired – steps – Resentment – Direction – Pray – Serenity – Easing – Abstinence – Gratitude – Progress – One – Act – Acting – Humility.

Complete the OA Saying

How familiar are you with OA slogans and sayings?

HALT: Don't get too _____

The elevator is broken – take the _____.

_____ is like taking poison and hoping it
kills the other person.

GOD = Good Orderly _____.

PUSH = _____ Until Something Happens.

_____ isn't freedom from the storm; it is
peace within the storm.

EGO = _____ God Out

_____ is the most important thing in
my life.

Cultivate an attitude of _____.

_____, not Perfection.

_____ bite is too many and a thousand is not enough.

_____ yourself into right thinking instead of thinking
yourself into right _____.

_____ isn't thinking less of yourself, it's
thinking more of yourself less.

SPREAD THE WORD -

How do you help the community know that OA exists?

You can do small things to help spread the news about
OA. By planting the seed you may help bring another
suffering compulsive overeater into recovery!

- Post copies of the meeting list at your local
grocery store bulletin board
- Post a copy of the meeting list at your place of
employment
- If people you know inquire about how you refrain
from certain foods – tell them about OA.

ARE YOU GIVING SERVICE??

LOCAL MEETING

NEWS

Thursday 7:30 p.m.
Speaker Meeting is in
need of a treasurer. If you
are willing to give this
service, please contact
Rhonda 848-6879 or
come to the meeting.

*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

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!*

DO YOU BEAD? Make
OA key chains, bracelets,
and other *Bling* to sell at
marathons. Contact
Stephanie or make them
your own and bring to an
Intergroup Meeting!