

November
2010



Easy Does It



Madison Area Intergroup

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

www.oamadison.org

CONTENTS:

Page 1

~Step 11 & Tradition 11
~ OA Fits

Page 2

~ News & Events

Page 3

~Pray before speaking
~I wonder if...
~Give & Take

Page 4

~ IDEA flier

NEXT INTERGROUP MEETING –

Mount Olive Church
110 N Whitney Way

November 4, 2010

6:15 pm

WRITE FOR EDI

~We'd love to hear from
you, please share your
experience strength and
hope!

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

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Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Not Finding Anything That Fits

Has anyone experienced going into a store to shop for clothes and after finding the perfect item being disappointed to find that it is not in your size?

I never have really wanted to shop for clothes unless mine are completely worn out – tears or stains in armpits, faded logos, worn out crotches, etc. Since I have been in OA I have tried to squeak out as many remaining uses of my larger clothes – using them to work outside, wearing them just around the house, etc. By working a strong OA program, I have been forced to buy new clothes due to the old ones just hanging on me or falling off. I have also gained a more positive image of myself and feel the need to show it on the outside, thanks to OA.

Every few months, I feel like I need to look at clothes and decided whether or not it is time to buy different ones. I usually wait until I find a real good sale, since I have continued to lose weight and did not want to spend a lot of money on clothes that I may only be wearing for a brief time. Before program it seemed like the only stores that I could find 54 sized jeans was the “Big and Tall” stores. I gave up looking in the usual popular stores-where I could at least find my shirts.

The other weekend, with coupon in hand, I went into the “Big and Tall” store to find some new jeans. I had been looking online and saw that the jeans were on sale but did not find my waist-length combination. So I thought they would carry what I was looking for in the store. When I walked in the door I was asked if I needed help. I told the man that I am looking for jeans – size 38 x 30 or 38 x 32. He said that they did not have either of these combinations, only had 38 x 36 or 38 x 38 and larger. Still thinking I could use my coupon, I asked about shirt sizes. He said that they have 2 XL and larger but may have a few XL scattered around the store. Being that I am wearing an XL (which is already on the margin of being too large for me), I did not want to spend money on a shirt that may end up being useless in a few months so I gave the clerk the coupon, told him to pass it on to another person, thanked him for his help and left the “Big and Tall” store – not finding anything that fits! It was such a high knowing that my higher power and OA have made it possible for me to never have to shop at the “Big and Tall” store again (unless I grow longer legs).

This is just one of the miracles the OA program has given me over the past year. I did it by finding and working with a sponsor, starting and continuing to work the OA 12 steps, being abstinent, having a food plan that works for me, praying, attending meetings, and realizing that I have found a solution that is working for me to lose weight and keep it off. Keep coming back – OA does work if you work for it. ~Larry S.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

When do I need a meeting?

☛ When I need some peace of mind ☛ When I don't know what to do with my time
☛ When I feel like splitting for a desert island ☛ When I start feeling sorry for myself
☛ When I start putting my feelings on the shelf ☛ When I think I can start thinking for myself
☛ When I am worried about everyone but myself ☛ When mom says I can afford to miss “just this once”
☛ When I start feeling guilty, sad, lonely ☛ When I believe I am cured ☛ When I don't think I need a meeting. ☛ (Edited and reprinted from Intervoice 11/94)

I put my hand out...

EDI SUBMISSION TOPIC SUGGESTIONS

How I stay abstinent when everyone else is eating around me. (Due November 30)

Intergroup Positions will be turned over again soon.

Volunteer for a service position at or before the intergroup meeting December 2.

Are you needing more inspiration on the screen than the Easy Does It? <http://www.region5oa.org/newsletters.html>

Upcoming Events

- **IDEA Day. Saturday, November 20, 2010 1:00-4:30pm.** Wisconsin Dells 60 N Gasser Road **Fellowship opportunities before and after the meeting.** Sample press release available for your local paper. **Contact Cassidy 608-489-3577.**
- **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

E-Publications

Three popular OA publications are available electronically. See What's New on the OA Web site or visit bookstore.oa.org.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous— Comprehensive work provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the Fellowship functions as a whole. E-publication works best on a PC or Mac computer with Adobe Reader. Also compatible with most mobile devices. **#990V/\$9**

The Twelve-Step Workbook of Overeaters Anonymous— Thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. E-publication gives you unlimited space to type answers to the questions. You can save your answers and reopen the file to make future additions or changes. Works best on a PC or Mac computer with Adobe Reader. Not compatible with mobile devices. **#992V/\$5**

Fourth-Step Inventory Guide—Questions drawn from the OA "12&12" guide you through a Fourth-Step inventory based on specific character traits. E-publication gives unlimited space to type answers, save them & reopen to make revisions or additions. Works best on a PC or Mac computer with Adobe Reader. Not compatible with mobile devices. **#491V/\$3**

I will always be a compulsive overeater. But I can choose to be a compulsive overeater in recovery or I can choose to be a still-suffering compulsive overeater. Today I choose recovery. ~TW

READ BEFORE YOU BUY

Have you ever wanted to check out an Overeaters Anonymous book before you buy it? Well, consider your local library. Below is a list of books and the libraries that carry them. If you don't see a book at your library you can always use the library system to reserve it. Just type <http://www.linkcat.info/#focus> into your browser, enter the book you are looking for, then choose the library you would like it to come to. If there is a title you would like to see in the library please let us know. The Madison Area Intergroup is looking into donating some books to local libraries. If, by chance, you have a book that you are done with or just don't want any more, please consider donation. ~DM

12 Steps and 12 Traditions: Brodhead; Madison Central; Madison Sequoia; Monona; Oregon; Sun Prairie; Verona.
Overeaters Anonymous: Monroe (Green County); Portage; Wisconsin Dells; Madison Central; Madison Pinney; Oregon; Sun Prairie; Verona
12 Steps of Overeaters Anonymous: Baraboo; Madison Central; Middleton; Monroe (Green County); Madison Sequoia.

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Pray before speaking

Step 10 in the Twelve Steps and Twelve Traditions of Alcoholics Anonymous reads: "With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them."

Recently at my job several personalities have clashed. I am becoming aware and working the steps more and more on my own reaction and contribution to this conflict. One individual grates on me and one person on my team pushes my buttons with his penchant to create friction and factions. My resentments were getting the best of my over this situation, and one morning after reciting my 4th consecutive day of resentments, fears and other recovery killers, I said to my sponsor "Gee, maybe I should do a 4th Step on this." She said, "No maybe, it is time." As I was reading pages 63-67 in the Big Book, I stopped cold at: "We realized that the people who wronged us were spiritually sick. Though we did not like their symptoms and the way these disturbed us, *like ourselves*, were sick too." Like them, I am spiritually sick and full of all sorts of defects of character that breed like bacteria when placed in a culture where these personality conflicts are festering. When I listed the actual causes for these resentments, I found that the basic personality defects of these individuals that burned me up, as the Big Book says, were also mine: Know-It-All-ism, Pot-Stir-itis, Self Righteousness, and Fear. I also learned during this process that I have mistakenly confused peace at all costs with serenity. Peace at all cost is a result of people pleasing and not speaking a truth that needs to be spoken. For example, I found myself asking one of these individuals how to do something, even though I knew how to do it just so I would look good in her eyes. I also have not said anything about how these current factions were impacting my morale and productivity, hoping that they would just get better on their own.

I am learning to say my truth in a courteous and fair way, without blaming, just sticking to my side of the street. I can do that if I remember that even if I don't like someone, I can be respectful and pray before I speak, and remember: They are me, with the exception they haven't been lucky enough find the Twelve Steps. ~Sue L (edited and reprinted from the Society Pages 10-08)

I wonder if other people...

Would notice that small baked item all by itself sitting on the table.

Think of cities in terms of their foods.

See a candy wrapper in the street and get tears in their eyes because they don't eat the candy they so loved before.

Laugh at the thought or even possibility of having just one cookie.

Want to eat what's left on someone else's plate.

Are thinking about their next meal when they haven't even finished their current one yet.

Buy food for a party & then have to go out to the store to buy more because they ate it all during the preparations.

Feel sad when a meal is over.

Feel scared when they see grossly overweight people, especially children.

Weigh themselves 10 times a day "just to see".

Maybe I AM powerless, maybe I AM a compulsive overeater!

~Jillian (Out of the Cocoon, Jan/Feb '09)

Give and Take

As an addict, I was a taker, for sure. I stole, I lied and I manipulated to get my drug. I used any innate gifts I possessed to get what I wanted. I was childish, and I felt separated from other people for whom life came more easily. I tended to give people what I thought they wanted because it increased my chances of getting something back. I didn't trust that I might get everything that I really needed just by being honest and up front about who I really was. Life was a competition. I needed to be "on my toes", lest people discover what an insecure and needy person I was. It was a very sad way to live: there was joy in that life, but I couldn't see it or remember it in tough times. When I felt badly enough about myself, God brought me to my first 12-step program. I put boundaries around my most destructive addiction and got on the road to a principle-based way of living. This month, I will have 26 years of abstinence. However, I was still using food for relief, and so I had to repeat the process of admitting, accepting and surrendering to the fact that I was still blind to many attitudes & behaviors that accompanied my addiction. I still had a long way to go towards growing up.

My early years in program set a lot of things in motion, but it took a long time before I could learn to give unconditionally. There was still too much armor...too much hurt, I guess. I spoke at meetings, but I needed to "say something good". I sponsored, but I was more about "doing the drill" than about helping people feel better about themselves in ways that were more suited to their personalities. I was still taking, but I didn't know it.

The tool of service has served me well in this area of my recovery. No matter what I was feeling, I knew that as long as I was willing to do service, I would eventually come around, and I still believe that.

Today, I share about my experience, but I listen more closely than I used to. I give, and I know that I will receive as a result, all without having to grasp for it quite as hard. This month I will also celebrate 13 years of weighed and measured abstinence. If I wasn't abstinent, none of this would be possible. I am a food addict, and when I am actively eating, principles take a backseat to desire. As long as I remember that, I will be able to choose between giving and taking. ~Neil R. Baltimore, MD (edited and reprinted from The OA Stepping Stone Jan '09)

Overeaters Anonymous
International Day Experiencing
Abstinence (IDEA)!

Saturday, November 20, 2010 1:00-4:30pm

Meeting room opens at 12:30
Madison Area Intergroup brings OA to the
Wintergreen Resort in the Dells

**Hear OA members share their experience, strength,
hope, & recovery stories.**

Recovery souvenirs, fellowship, surprises.

Donation request \$5 per person. Sponsored by Madison Area Intergroup. RSVP not required, but appreciated. Call or email Cassidy 414-640-1088, caspoohbear@aol.com

Fellowship opportunities before and after the meeting:

- Meet at 11:30 in the Wintergreen Grille for lunch with OA friends (RSVP appreciated so we can reserve a table)
- After the meeting fellowship in meeting room/at hotel until ~6pm.
- Join OA friends at a local restaurant for supper

Overnight standard or whirlpool rooms available at \$69/night (for up to 2 adults) 800-648-4765 : Rooms include a fridge and microwave; Indoor pool at hotel; Wristbands available \$5 each for Mount Olympus indoor water/theme park just up the road; On-site restaurant, The Wintergreen Grille, serving breakfast and lunch. Shares a parking lot with Tanger Outlet Mall and Knuckleheads Indoor Amusements.

Consider a family weekend away with a few hours for your recovery!

For GPS mapping: 60 N Gasser Road, Baraboo, WI 53940
For Google maps or Mapquest: Wintergreen Resort & Conference Center 60 Gasser Road, Lake Delton, Wisconsin

Abstinence in OA is the action of refraining from compulsive eating and compulsive food behaviors.

God,
Today is a new day for me and with you, it can be a day of abstinence. With You, I can handle anything. I ask your protection from anyone or thing that may interfere with my abstinence. I am asking now for your protection in case sometime during the day my desire to compulsively eat becomes stronger than my desire to abstain. I know that I am powerless over food and my life can become unmanageable again. I believe that you will relieve my compulsion and restore me to sanity. Help me to know your will for me today and give me the willingness to carry it out. I turn my will and my life over to you.