

OCTOBER
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 10 & Tradition 10
~ We are not a glum lot

Page 2

~What I've learned in OA
~ News & Events

Page 3

~ IDEA flier

NEXT INTERGROUP
MEETING –
Mount Olive Church
110 N Whitney Way

October 7, 2010

6:15 pm

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

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

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Read the Big Book pages 132-133. There are some great lines beginning with “But we are not a glum lot”. We are really to be examples of the joy in our lives, and may laugh at ourselves and about the tragic situations we can remember in the past. Today we say, “Get over it, work the steps and put the past behind you.” We come to meetings to share the positive aspects of recovery, and should discuss the painful past with our sponsors. Steps four through nine help to lessen the load of the past beautifully.

“We have recovered, and have been given the power to help others.” (p. 132) How did I get that power? Who gave it to me? How do I help others? The gift of abstinence comes from our Higher Power. With abstinence comes the ability to pass on the experience. Share it, acknowledge it and be grateful for the gift. Let newcomers know that the abstinence brings a clear channel to our Higher Power. We hear Him directing us when we pray and ask Him to show us His will. Then on page 133, “We are sure that God wants us to be happy, joyous, and free.” & “...we made our own misery. God didn't do it. Avoid then the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.” That's pretty direct, and is good advice for all. The Big Book was written in 1939, but the wisdom in it is ageless. Enjoy reading it often. (Edited & reprinted from the Butterflyer Oct. 2009)

Tradition 10: Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

The principle exhibited in Tradition 10 is neutrality. There are often questions about what is or is not an outside issue. “If a book or exercise technique helps with my recovery, why can't I share about it at a meeting?” If I do that though, what stops me the next time from sharing a recipe? Then the next month I might try to sell you food for my grandchild's school fundraiser. If I have friends who happen to be in program, I may share this info with them, outside of a meeting. But our meetings are intended to be where we carry THE message of recovery. The message that **there is a solution to the disease of compulsive eating, and that the solution is in the Steps.** I'm grateful for a place I can go and be free to talk with people who understand me. In OA I am free from people asking me for money, asking for my vote, telling me what food to eat, telling me what to do with my life. By taking a position of neutrality, of having no opinion on outside issues, OA creates a safe place. Keeping outside issues on the outside avoids confusion for newcomers and avoids watering down the lifesaving recovery message we find here. ~thankful

I put my hand out..**EDI SUBMISSION TOPIC****SUGGESTIONS:**

Just write something, anything!

For links to the handouts from the July Big Book Study, see the events section of the website. www.oamadison.org

Upcoming Events

- **Build your Bridge to Recovery at REGION 5 CONVENTION: October 15 – 17, 2010**, Doubletree Hotel Detroit/Dearborn, Michigan, Call Frank: 734-426-0643 or http://www.region5oa.org/events/2010_Annual_Convention_Registration.pdf
- Unity Intergroup Minnesota State Convention: November 5-7, <http://www overeaters.org>
- **IDEA Day. Saturday, November 20, 2010 1:00-4:30pm. Fellowship opportunities before and after the meeting. 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

What I Have Learned from Program

I have been in OA for about 20 months now and I am still learning something new every day. This last weekend I attended a mini-conference on service. I have had 2 AH-HA! moments since. One is that I am still learning to let go of things (including control) to HP. Second that I cannot recover without doing some bigger service. I am one that has been keeping my service to a minimum because of my fears. Well, here I am writing for a newsletter!! At this very moment I am handing over my fears of what people will think of what I am sharing and allowing my HP to guide what I am writing. I have learned with this program that anything is possible with a bit of faith, work and dedication. I have learned that I can in fact take the back seat and still be ok. I have learned that if I just slow down, watch and listen, that I can get a broader perspective of the situation at hand and start breaking it down into manageable pieces that I can act on and not react to. I have learned that as much as I LOVE my parents and my family, that my HP is the best one to ask for help, guidance and direction. I may not get the answer I want, but it's usually the best one. I have learned that I can make up my own mind about what I want and need. I have learned that I can set boundaries for myself but still let people in. I have learned to ask for help when I need it. I have learned that although the service position of sponsor is most often for the sponsor's own recovery, I could not have gotten this far without mine! THANK YOU! I have learned that I can, in fact, be the person I want to be but had to LEARN how! ~SF

Editorial Statement : 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.

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:

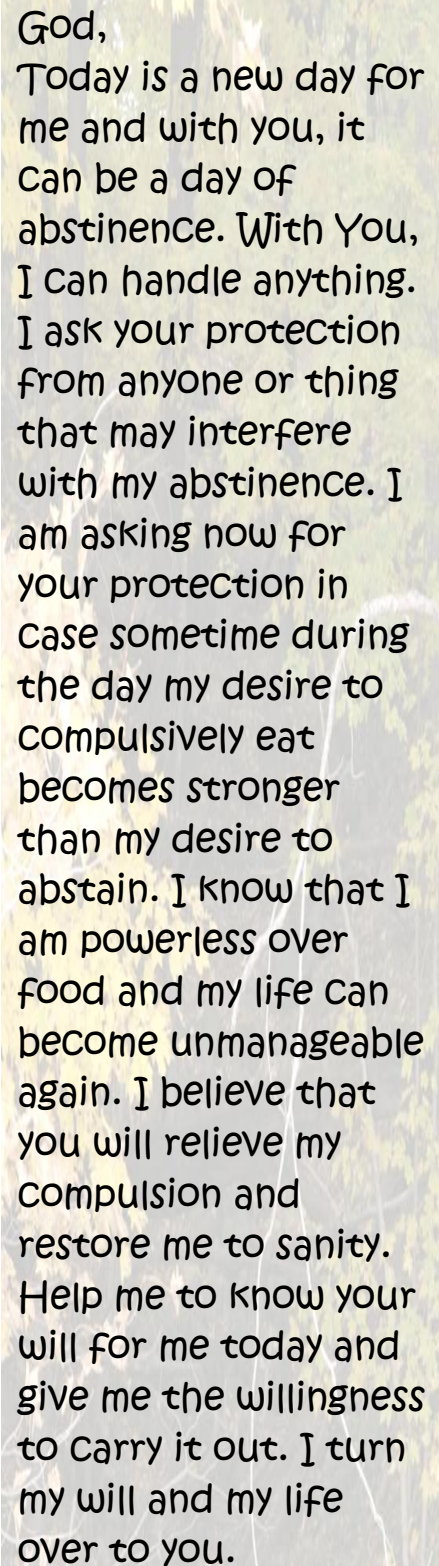
- **Meet at 11:30 in the Wintergreen Grille for lunch with OA friends (RSVP appreciated so we can reserve a table)**
- **After the meeting fellowship in meeting room/at hotel until ~6pm.**
- **Join OA friends at a local restaurant for supper**

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.