

THE ROAD TO RECOVERY



Visit our Westchester Website - www.oahelps.org

Newer member shares experience strength & hope

I consider myself a newer OA member.

I don't know when I will consider myself someone who is in OA long enough to feel confident enough to share with others outside the rooms my participation in OA. I do know that each day I grow stronger and stronger. Each day I consider myself more a part of the OA family, but for me it has taken time.

I do look forward to the day when I will feel comfortable telling others about what I have found; that is, a place that I can be me. I am learning that it is not so bad to be me. I have struggled so long with being me that it feels strange to look in the mirror for the first time and say to myself, "not so bad." I am learning to say what I want to say without that immense fear of what others will think of me. I can wear something without wondering if it is the right thing to wear. I can speak up on a subject that I feel strongly about without first anticipating judgment. Little steps it would seem, but they are tremendous ones for me.

Each day I grow with my fellows.

Only two people outside the rooms know that I belong to OA. How wonderful it will be when I am able to share with others this miracle that I have found! I will get there. I know it. Each day I get closer to that goal. It will come when it is time for me to share this gift for which I am most grateful.

I just have to remember *one day at a time*.

Penny

WUIG

Monthly Meeting

Intergroup meets the first Thursday of every month—note earlier time - 7:00 pm
Emanuel Lutheran Church
197 Manville Rd.,
Pleasantville

All are welcome!

Next Newsletter Topic

Step Principles: What Are They and How Do We Practice Them?

Why are the Step Principles important to your program?

Write about a Step Principle that has made a difference in your life: honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service.

Inside this Issue, we share our experience strength and hope, addressing these questions:

Do you tell people that you are in OA? (Page 1)

How could you carry the message of OA to others without fear or shame?

...If I could tell a still-suffering compulsive eater, just one thing, it would be... (Page 2)

How do you explain the program if you decide to share the ideas with a "civilian"? (Page 3)

A meditation based on Step Eleven (Page 4)

Also included is a note on the importance of meeting contributions to support a strong Intergroup. (Page 4)

If I could tell a suffering *C.O.* one thing... by Anonymous

I would say... there is a way out of having no control over our lives, never knowing when the obsession will hit, feeling shame, being depressed, being fat and confused about life, seeing no direction or purpose, and living a lie...

The way out of this disease is to study and APPLY what the 100 alcoholics did to recover from the disease of addiction. The framework for that recovery is written in the first 164 pages of **Alcoholic Anonymous**, what we call the Big Book.

I was floundering in OA for many years. It was not until I was given the gift of desperation and was ready to do **anything** to get better, that I heard this advice from someone who no longer had the obsession and had been free of the insanity for years and years.

**I am a seeker
and I owe my
life to this way
of living.**

I studied and began to apply all the *Musts* and the *Have To's* in the Big Book. I worked towards becoming less self-centered and self-absorbed. I practiced doing what I thought was God's will - being rigorously honest with my food and rigorously honest with any and all actions and conversations I had with people, places, things. I did a rigorous, thorough fourth step. I made financial amends, people amends, living amends. The process worked.

I Sponsor suffering compulsive eaters who want to get better. I tell them the truth - if I think they are "off" or need to write, or need to fess up to not being honest with their food.

I pray. I know that I need God's help. I know I am broken and will need this program for the rest of my life. I address resentments that come up. I am a seeker and I owe my life to this way of living.

Thank you to the fellowship, for always being there, for listening to my pain, for not judging me, for sharing a common purpose.

Signed - *Anonymous*

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**WORLD SERVICE
BUSINESS CONFERENCE -
ALBUQUERQUE, NEW MEXICO,
MAY 5-10, 2008**

**REGION 6 ASSEMBLY—APRIL 12, 2008
GLENMONT, NY
DIRECT INQUIRIES ABOUT ATTENDING
TO INTERGROUP**

Speaker Bank—Call Roberta M. at (914) 423-4540 to volunteer to be a speaker—or to find a speaker

Temporary Sponsor Bank—Call Jmel at (914) 725-7013 if you would like to sponsor—or to find a sponsor.

What I tell people about OA by Susan B.

I have told people that I'm in OA if its appropriate to the conversation. I also say that I'm a "work in progress" because civilians only look at the outside and while I have dropped weight, I'm not my former size 10.

It's hard for them to understand what it is to be addicted to food. I say that OA gives me an alternative to eating when I'm stressed, tired, angry, lonely, nervous, bored, thirsty, anxious, happy, very happy, and a few others, as well.

I think most often I end up explaining addiction. Sometimes the civilian doesn't realize that they, too, have one...like shopping, checking their weight after every

meal, not being able to be alone for an evening...working non-stop, etc. I say that it's spiritual and emotional recovery...not a diet club. There are many thin people in the world who are...nuts. I used to be one of them.

I have no shame about being in OA

I think I explain it differently if I see that the person is overweight and listening for an answer or if it's a friend who is curious about my meetings or why I make calls or write.

I have no shame about being in OA (its been 21 years)...I'm grateful that I was led to it. I am not "done"...recovered... and I think about this as **one day at a time**...I hope that I've helped someone in my years in.

Susan B.

An OA Meditation shared by Mark W

A few years ago, I attended an OA Retreat on the West Coast. I went to a workshop where this meditation was shared. I love it! I returned home and forgot about it until I received the workshop tapes in the mail. While listening to them in the car I came upon this meditation once more. I decided at that moment, that I would write it down and memorize it.

Over the past couple of years it has taken on a life of its own. For instance, where it says "Bring to my mind the defects of Character"...I add all the defects in my life that keep me from my HP and others. And, where it says "Thank you for the special gifts and talents..." I add a list of qualities i.e. humility, patience, kindness etc. This meditation has worked for me both when I use it on my own or in a small group as a guided meditation.

Thanks for letting me share this part of my recovery with you. Let me know if this works for you, too!

Mark W

To begin, take a few deep breaths to clear your mind. You may wish to use the Mantra *Spirit of God Heal me* in order to help maintain a conscious contact with your Higher Power. Breathe, 5 count hold, 10 count exit, 20 count hold, exhale 3-4 minutes. Sitting, walking, quiet me. *(meditation text appears on page 4)*

The Road to Recovery is a bi-monthly publication of Westchester United Intergroup of Overeaters Anonymous, We reserve the right to edit submissions for spelling, length, and clarity. Articles are the sole opinion of the authors and not those of WUIG. PLEASE do service and submit 300 to (max.) 500 word articles to Gerry M greenbean65@hotmail.com **Newsletter Deadlines: May 15 for Jun/Jul & July 15 for Aug/Sept edition.**

An OA Meditation shared by Mark W *(cont. text of meditation)*

For today, I commit myself to abstain from compulsive overeating. *Each of the following may be repeated twice:*

I admit that I am powerless over compulsive overeating, that without you my life is unmanageable.

Only you can restore me to sanity and wellness, I believe that during these next few minutes you will begin the restoration of my mind, so now I turn my will over to you and entrust the next 24 hours of my life to your care.

Relieve me of the obsession of compulsive overeating. Give me the courage and strength to overcome the difficulties of this day so that victory over them will bear witness of your power, your love and your way of life to those you would have me help today.

***Spirit of God,
Heal me.***

Bring to my mind at this moment the defects in my character that I am most likely to practice today, bringing injury to myself and to others.

I know it is your will to remove them from me because they stand between us and my restoration to wholeness; they interfere in my relationships with family and friends; and stand in the way of my usefulness to you and to others. I am now willing that you remove them for the next 24 hours. Help me to be aware of any relationships I need to mend and give me courage to do it today.

Thank you for the special gifts and talents you have given for me for today. I will enjoy them and use them to bring joy to others.

Thank you for your presence with me here this morning and for continuing to restore me to wellness.

In cooperation with you I humbly ask that you make me an instrument of your peace.

Where there is hatred let me sow love...

Where there is injury let me sow pardon...

Where there is doubt let me sow faith...

Where there is despair let me sow hope.

God grant that I may not so much seek to be consoled as to console; that I may not seek so much to be understood as to understand others; that I may not so much seek to be loved as to give love. For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying to self centeredness and letting go of my obsession with sex, that I become free to enjoy the life you give me. Concentrate on your breathing and return to the mantra, Spirit of God, Heal me.

So—Where does that \$2.00 go?

The seventh tradition states that every OA group ought to be fully self-supporting, declining outside contributions. Thus, at each meeting we take a collection with the OA suggested amount of \$2.00 per attendee. And as always we want YOU, not your money! But what does that collection cover? A place to meet and share our recovery—Supplies to run the meetings—OA-approved literature and tapes—and Support to Intergroup, the Region and the World Service Office (WSO) in their Twelfth-Step work.

Financial support of Intergroup [which every meeting can achieve by making a contribution at their monthly business meeting] supports Local outreach to the professional community, hospitals, schools and libraries—Recovery events — Production of Newsletters and meeting lists—Telephone service—World Service Business Conference delegates and region representatives who vote on behalf of our area on policies and services—and maintenance of the OA Web site.