

THE ROAD TO RECOVERY

Surrender

by David P.



“Pray for the willingness to surrender.” “Surrender your ego.”

These are some of the suggestions that I heard as commands in my early days in the rooms, when I was confused and proud and stubborn.

My understanding of surrender was: “Never! I will go down with this sinking ship; and I won't put my hands up and surrender. There will be no white flag above my life....” (I was brought up in a family headed by a Ship's Captain and came from a long line of career military.)

**“My understanding of surrender was: “Never!
I will go down with this sinking ship....”**

Surrender. The word means to give in, doesn't it? I looked it up in the dictionary; I do that kind of thing now. It means “to yield something to the possession or power of another; to give oneself up, or to relinquish to some influence or emotion.”

When I first started attending meetings, I was certain I was in charge. But was I? Was I really in charge of anything? My life was unmanageable. I was overweight, in significant medical duress. My life, my body, my health were totally out of control in many different ways.

Surrender? Never. There will be no white flags here. I will die before I give up. Wait, wait! Is that what I meant? It must have been, because that was exactly what was going to happen. If I continued down the path I was on, I would die. I would have a heart attack, and die, from this horrid disease that unites us all. I was right on one count.

**“Surrendering, relinquishing my way,
has created a whole new world for me.”**

Surrender does mean to give in, to relinquish to some other influence, to give in to and accept that some other influence or authority has a better way of being, a better way of existing. Surrendering, relinquishing *my* way, has created a whole new world for me.

continued on page 4

WUIG ANNOUNCEMENTS

Monthly Meeting:

Intergroup meets the **First Thursday** of Every Month at **7:30pm** at the Emmanuel Lutheran Church, in Pleasantville, NY. All are welcome.

Our Hotline Needs a Mnemonic:

Our Hotline Number is **(914) 633-2988**. We would love a mnemonic to make this number easier to remember. Any suggestions? Please contact Larissa M.

New Website Name:

Our Intergroup website has a new, simplified name: **www.oahelps.org**.

WUIG, P.O. Box 125, White Plains, NY 10603 * Hotline: 914-633-2988 * www.oahelps.org

Hello from the WUIG Webmistress

by Beth

My name is Beth and I am a grateful, recovering compulsive overeater and the webmistress for the WUIG website, www.oawestchester-ny.org. Intergroup recently decided to change the website address to www.oahelps.org because it's easier to remember. Now you can use either address to get to our site.

For those of you who have visited the website, we hope you have found it useful. For those of you who haven't, the website is chock full of information, including:

- ★ current meetings list
- ★ meeting openings, closings, and changes
- ★ directions to most meetings
- ★ Intergroup announcements and meeting minutes
- ★ past issues of the Road to Recovery newsletter
- ★ information on special events in Westchester and Putnam counties and Region 6; and
- ★ links to World Service and other OA websites worldwide.

As Webmistress, I update the website as needed and handle the necessary technical issues that arise with regard to the site. In addition, I maintain an OA e-mail distribution list, which is used for the purpose of disseminating timely OA-related information to members of our Fellowship.

It is very gratifying to do this service. I receive e-mails from newcomers looking for information about OA and our meetings; from members of our Fellowship in need of help or with questions regarding tradition issues; from professional therapists, social workers and educators who are seeking help for a client or student. Some e-mails I can answer; some I pass along to the WUIG Board or to a specific Committee Chair; others I forward to the distribution list.

Last Thanksgiving, I received a lovely e-mail from a member thanking me for sending out the notice on meeting closures as it saved her from driving to the meeting place and finding it closed.

The slogan, "You can't keep it if you don't give it away," was ingrained in me from early on in my recovery. I am reminded every day that service is vital to my program, and it is a wonderful feeling to know that the service I do to ensure my recovery also helps others. I can say that OA truly Helps.

Please remember to visit the site often and to e-mail us with OA-related updates, especially meeting changes, so we can keep the Fellowship well informed. Ideas for improving the site are always welcome, and an e-mail just to say hi is great too. 

WUIG Officers

ANNE B.	ACTING CHAIRMAN
JOHN B.	ACTING VICE CHAIRMAN
KIM D.	TREASURER
JAN G.	ACTING CORRESPONDING SECRETARY

Committee Chairs

BETH T.	WEBMISTRESS
CAROL B.	PUBLIC INFORMATION
LARISSA M.	HOTLINE
JMEL	TEMP. SPONSOR BANK
ROBERTA M.	SPEAKER BANK
CAROLYN C.	NEWSLETTER EDITOR

Open Positions*

POSITION: RECORDING SECRETARY
DUTIES: TAKE MINUTES

POSITION: REGION 6 DELEGATES
DUTIES: ATTEND ASSEMBLIES

POSITION: INTERGROUP MENTORS
DUTIES: OUTREACH TO INTER-GROUP REPRESENTATIVES

*Go to www.oahelps.org for details, or check with your home group to see if it needs an Intergroup Representative!

Temporary Sponsor Bank: To be or find a temporary sponsor, call Jmel at (914) 725-7013.

The Coin Flip

by Becky

“Which meeting? Church instead? Call a friend? Stay home? Do chores? Breakfast at home or at the coffee shop?” The anxiety increases as the indecision multiplies. Anxiety causes me to crave comfort, food, the presence of another person, and reminds me of the lack of intimacy in my life. I could

“Anxiety causes me to crave comfort, food...”

call a program friend and say, “You decide.” But it’s 6:00 a.m. on Sunday morning. I say a desperate prayer to my HP, name both sides of the coin and flip it.

The HP coin flip said, “Stay home.” I have my instructions and a sense of peace in the decision. The choice to surrender to the decision gives me the willingness to read and absorb my program literature.

The decision of the coin is just for this moment. An hour later, the compulsion to go out returns, I pray again. “God, it’s still Your choice.” I read a different source of program literature. I feel sinus pain. My heavy, tired limbs need rest, and my mind continues to torment me with its demands. This is my reality as an addict. My mind won’t let up, and it’s still only 9:00 a.m.

My sponsor has helped me to include structure into my unstructured time. Together we map out my day: time with HP, time to plan and prepare abstinent food, time to use the tools, time for fun, time for home, and

time to connect with another. My disease protests, “No, I don’t want to commit to anything!” I can choose to attempt to argue with my disease, or I can choose surrender and continue to turn my day over to HP and my sponsor, and just say, “Yes.”

2007 WUIG NEWSLETTER

Issue: Topic, Deadline

Aug./Sept.: Miracles, Due: July 15

Oct./Nov.: Holidays, Due: Sept. 15

Dec./Jan.: Service, Due: Nov. 15

pheline@optonline.net

“Yes” is a surrender passkey for me. Saying “Yes” requires that I take Step One, “*I can’t* (figure, reason, or argue it out).” Step Two, “*He can.*” I trust my HP will put the person, literature, phone call, etc., in front of me with instructions for the next right action. Step Three, “*I’m going to let Him.*” The only decision I have to make is to follow through on the action suggested.

“I can choose surrender...”

It’s only by choosing to surrender rather than choosing my avoidance patterns with food, people, sex, the telephone, shopping, television or anything else that takes me out of my feelings, that I can have an authentic, intimate relationship with my HP.

It’s 11:00 a.m. now and I’m sitting in a meeting, feeling calm, grateful my HP is making the decisions for me. Yes, at the last flip of the coin, my HP has instructed me to come to a meeting 

Join the WUIG e-mail distribution list:

The WUIG OA e-mail distribution list is used for the purpose of disseminating timely OA-related information to members of our Fellowship. You can add your name and e-mail address to this list by emailing **Beth** via the website or directly at bklieg@gmail.com. (E-mails are blind copied to all recipients and are sent from the e-mail address oawebsite@msn.com.)

An Invitation For Service:

If you are interested in being on the WUIG Website Committee, email Beth at bklieg@gmail.com. If you have experience with computers, website creation or maintenance, this is another great way to utilize your talents and to give service to the larger OA Fellowship.

Speaker Bank: Looking for a speaker? To be or find a speaker, call Roberta M. at (914) 423-4540.

“Surrender” continued from page 1

I would like to tell all about what has happened since I made a conscious decision to surrender but there isn't enough space on the page. I have turned my will over to the care of a Higher Power who has a lot more sense and knowledge than I do. On mornings when I surrender and acknowledge that I am a Compulsive Over-eater, when I acknowledge that I can only survive *if* I can admit I am not in control, for some strange reason, the day is easier, softer, gentler, and more serene.

**“My ultimate reliance is on a Higher Power
and that means someone much more
qualified to run my life is now in charge.”**

My ultimate reliance is on a Higher Power and that means someone much more qualified to run my life is now in charge. And I can tell you on the days when I wake up stubborn, on days when I wake up with my own ego going full steam ahead, the day simply does not work. Period. Amen. 

World Service Announcements:

World Service Business Convention Delegate: *Will it be you?*

We need a delegate for the World Service Business Convention, which occurs every year in **May** in **New Mexico**. We hope to have a delegate for next year. World service does have rather strict requirements as to who qualifies, but we have strong recovery in Westchester and our next delegate is among you.

World Service Convention: August 30-Sept. 2 in Philadelphia, PA

Members are encouraged to attend the World Service Convention to be held **August 30 to September 2** in Philadelphia. More information is available at: http://www.oa.org/ws_convention.html. Or call the World Service Office at **1-505-891-2664**.

Note: Region 6 Convention is **canceled** this year due to the World Service Convention.

Region 6 Announcements:

Region 6 Assembly Delegates

The next Region 6 Assembly will be held on **September 29** in **Glenmont, NY**. We are currently seeking delegates. More information is available at http://www.oaregion6.org/r6_assembly_info/index.htm.

Region 6 Retreats and Marathons

A number of Region 6 Intergroups are offering retreats and marathons this spring and summer. More information is available at: http://www.oaregion6.org/special_events/index.htm.

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 for consideration may be submitted by e-mail or U.S. Mail. Contact Carolyn C. at pheline@optonline.net or (914) 305-4294.