

THE ROAD TO RECOVERY



Abstinent Celebration

by Debbie S.

My name is Debbie, and I am a very grateful compulsive overeater and food addict. I have been blessed with three years of abstinence after twenty years of relapsing. This simple fact has changed me, God willing, forever.

“I have been blessed with three years of abstinence after twenty years of relapsing.”

Very shortly, it will be the Jewish New Year, Rosh Hashanah. That has always meant lots of people, lots of stress, and mostly, unbelievable amounts of food. I was never grateful for the holidays (until three years ago) because I *knew* this meant weeks of cooking, cleaning, arguing over who sits where, and EATING, EATING and EATING.

This particular time of year I would spend thousands of dollars to impress everyone. I invited anyone and everyone, especially those who hadn't yet eaten my fabulous dishes, in order to out-cook, out-talk, and most importantly, out-eat, anyone who came within twenty feet of me.

“I was never grateful for the holidays... I knew this meant weeks of cooking, cleaning, arguing over who sits where, and EATING...”

The past two years this pattern has changed. I am as God-centered as I can be. I now know that this New Year is about rebirth, renewal and the miracles of the day. This year, I will serve a lot of food to my guests. I will still have about twenty people at my house to celebrate. BUT I will eat only my abstinent food. I DO NOT EAT my own holiday cooking. It is not necessary. It is not abstinent. For today, I do not eat, sugar, flour, wheat, or sugar substitutes or insane amounts of food. Today I am grateful for the scales, and cups; the blessings of a full house; the blessing of serenity; and the gifts of my birth family as well as my family of choice.

“This year I will celebrate...”

This year I will celebrate with a happy, joyous and free feeling of acceptance and in a prayerful spirit of gratitude for my OA family and friends. 

WUIG MONTHLY MEETING:

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

VISIT THE WUIG WEBSITE!

www.oahelps.org

Practicing Perseverance: Tips for the Holiday Season

(Excerpted & edited from *21 Tips for Getting Through the Holidays Abstinently*, OA Workshop, Port Chester, NY, 10/29/97, Summary of Member Suggestions)

- 1 Focus on the true meaning** of the holiday or event rather than the food orgy that sometimes accompanies it. **Focus on the people** rather than the food.
- 2 Don't set yourself up** to feel bad because of unrealistic expectations of what the holiday will bring. Sometimes we're with family, sometimes with friends, sometimes alone. Face the reality of the situation beforehand and plan for it.
- 3 Build up your recovery bank account** before and during the holidays by attending lots of meetings, working extra hard on your 12 Steps and using all the tools, especially service.
- 4 Keep your OA phone numbers** with you at all times. Use them.
- 5 Know the limits of your recovery.** When in doubt, avoid persons, places and things that have triggered overeating in the past. Remember that abstinence, one day at a time, has to be the highest priority in your life.
- 6 In regards to food, treat the holiday like any other day.** Our disease never takes a holiday. Nor should your recovery.
- 7 Plan something special for yourself** when other people are eating desserts. Special teas, hot water and lemon, fruit, anything that's a little special for you.
- 8 At Halloween** there is no law that says you have to give out candy. **Give nutritious items or money.** Don't give out food items you wouldn't consume yourself, so there are no leftovers.
- 9 Set an extra place** beside you (in your mind or for real) at the table **for you Higher Power.**
- 10 Remember Step Two.** It says that with the help of Higher Power we can be restored to sane eating behavior.
- 11 Plan! Plan! Plan!** Be proactive about holiday meals. Don't sit back and hope for the best. Rehearse in your mind what, where and when you will eat. Pray just before sitting down to the meal. **Or call your sponsor, and commit** what you are about to eat, as well as what you will choose *not* to eat.
- 12** If you're visiting others for a holiday meal, it's up to you to know what is being served. **Call the host. Plan accordingly.** People understand food limitations. Even "civilians" have foods they don't eat for one reason or another. Volunteer to bring something that's good for you. The host thinks you're gracious and you're taking care of yourself!
- 13** Remember that **you are responsible for what you eat.** It's easy when sitting with family to slip into old feelings that you must eat whatever you're given. We're adults and we can choose recovery.

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

14 Gratitude, gratitude, gratitude. Nothing supports abstinence, particularly during the Thanksgiving season, better than focusing on our blessings. **Make gratitude lists frequently.**

15 How about writing a little card/note to each person who will be at the Thanksgiving dinner table **telling them why you're grateful to know them?**

16 For many of us the shakiest period for our abstinence is AFTER we have successfully gone through a holiday. The insanity of our disease tells us to reward ourselves with food. **Plan to attend meetings and make phone calls in the days following** the holiday.

17 A holiday is not a crisis. Holidays come every year. They are simply calendar times set aside to honor certain occasions. Remember: **"What do OAers call Thanksgiving? Thursday."**

18 Relax and work your program the way you know how. 

2008 WUIG NEWSLETTER

Issue: Dec./Jan. **Topic:** Service **Deadline:** Due Nov. 15
Issue: Feb./Mar. **Topic:** Gratitude **Deadline:** Due Jan. 15
Email: pheline@optonline.net

The Traditions in Action: Region 6 Assembly

Respectfully submitted by Rabi'a

Last Saturday I had the privilege of attending the Region 6 Assembly in Albany as one of our WUIG's (Intergroup) delegates. I didn't know what to expect. I had the same foreboding I used to have anticipating OA Tradition meetings. I was joyfully surprised. The Capital Assembly lasted from 9:00a.m. to 6:45p.m. and was the most awe-inspiring experience of my OA career. To witness, in action, the spiritual traditions of anonymity and principles before personalities was incredible. I experienced seventy-plus OA brothers and sisters model the living Twelve Traditions. As I have come to love the Traditions as a blueprint to teach me how to be in relationship with others, I now have the Region 6 Assembly as a living model of respect and unconditional love. For this group's purpose there was demonstrated one ultimate authority: a loving God expressed in the group's conscience.

"...the most awe-inspiring experience of my OA career."

In the morning we had a **Program Diversity Workshop**, which explored how easily we can judge each other. This was excellent for me since I have a tendency (nice euphemism for character defect) to be the self-appointed policewoman of other's OA programs. It was a very helpful exercise reminding me that we all contribute and we have all earned our seats here in OA. And we need each other. I am finally convinced that I cannot recover by myself.

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The afternoon consisted of attending committee meetings of each delegate’s choice. I am now a member of the Region 6 Twelve-Step Within Committee. Its focus is to promote OA recovery at all levels within OA. We discussed Relapse Recovery Workshops and Sponsorship Workshops. We had a very enthusiastic, action-driven discussion on sponsorship and abstinence. Apparently, the other committee meetings (Public Information, By-Laws, Convention, Intergroup/Outreach, Newsletter and Young People) were as energetic as ours, as indicated by their reports to the General Assembly.

We then had elections of Officers. So many people wanted to be elected to service positions that we actually voted on multiple candidates. Each nominee expressed their desires and qualifications to be trusted servants; a powerful reminder of how rewarding service is.

“...a powerful reminder of how rewarding service is.”

I can’t wait for the next Region 6 Assembly in April. And I’m excited to attend our Intergroup meeting this Thursday evening to continue our primary purpose of helping other compulsive overeaters achieve abstinence.

There is a solution and we are blessed to pass it on. 

The next Region 6 Assembly will be held on April 12, 2008 in Glenmont, New York.

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

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. The writings are the sole opinions of the authors of the articles and not those of WUIG. Articles for consideration may be submitted by e-mail or U.S. Mail. Contact Carolyn C. at pheline@optonline.net or (914) 305-4294.

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POSITION:	TREASURER
DUTIES:	HANDLE FINANCES FOR WUIG
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****WUIG needs a World Service Representative to attend WS Business Conference in New Mexico, in May 2008.****