

THE ROAD TO RECOVERY



Visit our Westchester Website - www.oahelps.org

The Role of the Third Tradition in Helping Me Recover from Relapse

We read the 12 steps & 12 traditions almost daily and hear them read at meetings. Sometimes, we just physically hear them without comprehending them. The announcement came that articles are needed for the newsletter to write on tradition 3 and how it helped you to recover from relapse. The third tradition states “The only requirement for OA membership is a desire to stop eating compulsively.” When I took a few quiet minutes to think about this tradition, I began to realize why, being in relapse, I was having so much trouble finding my way back—and that is because my “...desire to stop eating compulsively “ has weakened. So I now need to examine why this happened and what will happen to me if I do not regain this desire.

I guess you could say I was becoming complacent with my program. I was looking ok. Life had become extremely busy and I was getting along without meetings, reading or writing. I made some phone calls and I was in contact with a sponsor for most of the time. My foods were pretty good—no weighing and measuring but I was totally abstaining from sugar and white flour and baked goods. After about a year of this, I slowly started taking liberties with whatever aspects of program I was holding on to—I’ll call it the “extra string bean syndrome”—and some weight slowly started to creep back on. It was becoming increasingly difficult to put together even a few abstinent days and I had broken my own personal mantra of not eating any baked goods—which was the hardest of all to accept.

What will happen to me if I continue down this path?—Certain weight gain, family discord, societal discrimination and debilitating illnesses. And of course, there is the personal disappointment, and the disappointment of my family, that I am allowing food to rule me.

So I started going to some meetings, tried to be more conscientious in calling my sponsor, and took on some service. But I was still in trouble. But now I realize that I was perhaps not strong enough in my desire to stop eating compulsively—I was just giving it lip service. So I have to continue all my activities for OA and bring to them the willingness and the desire to stop the compulsive behavior. I can’t do it alone. I need to seek my Higher Power’s help because food is so alluring and there are days that are so difficult. I need to plan and double plan my days to combat the disease of compulsive overeating.

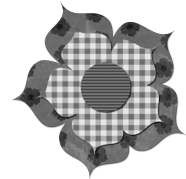
By Linda E (New Rochelle)

 * You are OA and OA is YOU! We all make it happen - Intergroup is our forum *
 * Westchester United Intergroup -WUIG- meets the first Thursday, every month—7:00 pm *
 * at Emanuel Lutheran Church—197 Manville Road—Pleasantville *
 * All are welcome! *

More News from the 2008 World Service Business Conference


The **Strong Meeting Checklist** is part of OA's 2008–2013 Strategic Plan. Public awareness that OA exists and can be a solution to compulsive eating is a great goal, but in order to serve, meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using this checklist:

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?



Courtesy of Overeaters Anonymous®, Inc., World Service Office

OA Region 6 Convention
DISCOVER RECOVERY



**DISCOVERY
2008**

Register before the
Ship has sailed

October 24 - 26, 2008
Radisson Hotel - Plymouth, Massachusetts
www.oaregion6.org/2008

The symbol of the Ship, **Mayflower**, was chosen for the convention as a reminder to the fellowship that we are able to "Discover" Recovery.

South Coastal Mass Intergroup and Region 6 of Overeaters Anonymous invite you this special celebration of recovery in the historic location of Plymouth, Massachusetts. Many topic- focused meetings and marathons will be held during the Friday-Sunday sessions.

Wants and Needs... Words of Wisdom—from Joanna

WANTS	NEEDS
I want everybody to listen to me, do what I want, when I want it and how I want it. Compliance is key!	I need to listen to my HP, do what He directs, when He directs it, and how He wants it. Compliance is key!
I want to eat. Everything!	I need abstinence.
I want to be perfect.	I need to be imperfect.
I want to do everything on my own and by myself, to put undue pressure on myself to “get it done.”	I need to ask for help. And take it graciously when it’s given to me.
I want to win the lottery.	I need to turn my economic fears over to my HP.
I want to be an amazing mother.	I need to show my children patience and tolerance or they won’t know a good mother.
I want to be able to accept unconditional love from another.	I need to know and believe that I DESERVE unconditional love from another.
I want to ALWAYS be abstinent.	I need to be abstinent meal by meal...I need to not project my food for a week, month, or year from now.
I want all of you to know you are not alone in this program.	I need for all of you to help me tow the line in this program.
I want to put “first things first,” HP and my program.	I need to put “first things first” before ALL other things.
I want power.	I need prayer.
I want procrastination.	I need to take care of business.
I want to forget.	I need to forgive.
I want chaos and drama.	I need stability and calm.
I want self-pity.	I need self-awareness.
I want “what if.”	I need “what is.”

Thanks and Credit where Credit is due!

Thanks to Jackie for spearheading our September Marathon on *Rejuvenating the Spirit*. Many thanks to our fellows who offered their experience strength, and hope—the panel of John, Carol, and Barbara; the meditation leaders—Denise, Rosemary, and Geeta; those who arranged the clothing exchange—Cheryl and Susan; and to Denise, who organized the craft. And thanks to everyone else who worked behind the scenes to make the Marathon such a moving event; it was a great day of spirituality. There were insightful speakers, wonderful meditative experiences, a fun craft, and the chance to sit and visit during the lunch break. I hope I included everyone who contributed... I know that day was just what I needed!

Your Editor, Gerry

12 Signs that I am Starting to Recover from the Disease of Compulsive Overeating

- I. I am more open to others and less judgmental.
- II. I am more intensely moved by music, literature, poetry, art, etc.
- III. I am more interested in the physical world around me.
- IV. I am more interested in other people and less self-centered and self-absorbed.
- V. I am not focused on the scale and no longer weigh myself everyday.
- VI. The healthy, natural food on my food plan tastes incredible and is satisfying, and I have lost 50 lbs because of this plan of eating.
- VII. My household is a more loving, calm place.
- VIII. I have a completely new and different and less contentious relationship with my family of origin.
- IX. I am willing to admit that I don't know anything! and my *know-it-all-itis* does not serve me well.
- X. I am willing to admit my mistakes, make amends, and take responsibility for my actions and not blame others.
- XI. I am less angry and less threatened by others' opinions.
- XII. I love myself! ←—————→ Anonymously submitted

Holidays, Abstinence, and Living the Steps are suggested topics for the November/December issue of the Newsletter. How do you handle your physical recovery during times of stress—when we are “supposed” to be having fun, and the emphasis is on food? How does your Step Work and belief in the Traditions help you remain committed to your program during the holidays?

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: Nov 15** for Dec/Jan and

Want the Latest Local OA News Flashes? Call the HOTLINE at (914) 633-2988 for up-to-date meeting changes. For ONLINE notices—announcements of meetings opened or closed, Intergroup meetings, solicitations for the Newsletter—send an email to: wuigwebsite@gmail.com or to bklieg@gmail.com. Your email will be sent out to the anonymous e-mail recipient list.

SERVICE! We need someone to update that HOTLINE! Call Roberta Z. at (914) 576-9592 to volunteer. Also needed: Chair of the 12 Step Within Committee. Be responsible for helping those in relapse; be an agent of recovery! Call John B at (914) 720-7785 or Debbie S. at (914) 356-5314

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

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