

THE ROAD TO RECOVERY



Visit our Westchester Website - www.oahelps.org

Saturday, September 6, 2008— Marathon on Rejuvenating the Spirit

Hear New Voices as we work on *Rejuvenating the Spirit!* Exciting speakers from New York, Connecticut, and Westchester, all with long term abstinence, will share their experience, strength and hope

There is still time to register for this day of renewal, Saturday, September 6th from 10 am - 3 pm at the Mariandale Retreat and Conference Center* on 299 North Highland Avenue (Route 9) in Ossining.

Contact Jackie at jacqcare@aol.com to register; call WUIG Chair John if you would like to help with the event (914) 720-7785. The suggested donation of \$10.00 per participant will be collected at the event.

Clean clothing in good condition may be contributed to the Clothing Exchange. Clothes that are no longer useable for you may be exchanged for clothing that others are no longer wearing. If you wish to help or donate, contact Cheryl at Cmcd8749@aol.com.

* Mariandale is on the West side of Route 9, just south of Croton, near where 9 & 9A split for Ossining/Tarrytown & Briarcliff.

Tentative Marathon Schedule

Introductions & Description of the Program

Serenity Prayer

Panel on Prayer; Sharing by those with Long-term Abstinence

Guided Meditation

Lunch break— please bring your lunch—enjoy sharing the time with others
(The location is not conducive to leaving for a meal)

Circle/Affirmation activity

Second Meditation

Hands-On Activity-Craft an item by which to remember the day.

Third Meditation

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 Topics

Physical Recovery:

Its place in my program

Meeting the Membership Requirement:

A Desire to stop eating compulsively

What place does physical recovery have in your program and life?

When and how did you realize that going to meetings and giving service were not enough—that a desire to stop eating compulsively was the key?

How did tradition three help you recover from relapse?

Please Write! See p.3 for details.

Report from the 2008 World Service Business Conference

Promoting Committed Service Bodies

I was thrilled to be one of over 200 delegates from around the world who came to Albuquerque, New Mexico May 5 – 10 for OA's 47th annual World Service Business Conference.

Workshops and discussions centered on the theme "***The Road to Recovery – a Team Effort, focusing on OA's Strategic Plan.***" In addition to voting on motions, the delegates participated in a very exciting roundtable discussion called "***The Map to Guide Our Way; How We Live OA's Strategic Plan.***" The forum focused on the Strategic Plan's four areas: Committed Service Bodies, Financial Health, Public/Professional Awareness and Strong Meetings.

In the next four issues of our newsletter, I will share with you the ideas that were generated from a worldwide representation of delegates in the hopes that you will bring them back to your groups and help to strengthen OA as a whole. This issue will focus on the first goal: promoting committed service bodies. A service body is any OA entity above the individual meeting level, but not including World Service, such as intergroup, national service board, language service board, virtual service board, or region.

What actions can Groups & Meetings take to promote Committed Service Bodies?

- Send representatives and funding to intergroup.
- Encourage ALL meeting members to do some kind of service within the group such as leading and setting up and then rotate members into Intergroup representation.
- Tell members how wonderful your intergroup service has been and how much you have grown from it. Be enthusiastic!
- Encourage your sponsees to share in service. Accompany them if necessary!
- Do an inventory of your meeting; invite an intergroup rep to facilitate the discussion.
- Ask a person to do a service, beginning on a temporary basis.
- Be a mentor; say "I'll be here to help you."
- Remind people that "You don't do service to get recovery; you do service to practice recovery."
- Remind your fellows that this is a program of action!
- Expect your sponsees to do service! Gently remind a sponsee that you give time to sponsor and that their time is needed to do service.

What actions can Abstinent OA members take to promote Committed Service Bodies?

main abstinent! Yes!

participate in Intergroup committees even if you are not an intergroup rep.

as a Sponsor, encourage your sponsees to do service above meeting level.

present positives on service work – show your passion for service!

talk about how service has helped you grow!

Thank you for reading this article. I look forward to sharing with you in upcoming issues.

In loving OA service,

Carol B.

What a Year It's Been

It's August 1st and I am officially celebrating my one year anniversary. As I look back on these past 12 months I realize how much my life has changed for the better. I remember my compulsive overeating and wonder "My God, what kind of life did I live?" The truth is, I wasn't living, I was just existing, searching for my next "fix," searching for the next way to escape life and all of the emotions with which I didn't want to deal.

During the darkest of my days before program, I was blessed to be sitting next to this beautiful woman at work. I remember saying to myself, I want to be more like her (*I want what she has*) – she ate in a healthy manner, and had the greatest outlook on life. I remember speaking with her about life and that is when she shared her experience, strength and hope with me, and brought me to my first meeting. I now refer to her as my "OA Angel", I was truly blessed, and now a true believer in "there is no such thing as coincidences." I am where I am supposed to be.

August 1, 2007 was the beginning of my wonderful journey, a journey for which I am so incredibly grateful. I am reminded of something someone said to me early in my

journey after I left a meeting in tears, "Let us love you, until you can love yourself." I have felt that love from every OA'er I've met since that day. I know I'm never alone, I am a phone call away from a friendly voice.

For Today, I no longer have to over eat when my emotions get out of control. I now use the amazing tools this program has taught me. I go to meetings, I write, I use the phone, calling one of my many wonderful OA friends, or reaching out to newcomers. I read, but most of all, I know how to turn things over to my higher power (God). I ask him to take these worries, these fears, this sadness – whatever the emotion of the day may be from me, I now know I am not in control, God is doing for me what I cannot do for myself. I am now enjoying every moment of my life, enjoying times with family and friends. Taking it all in, both good and bad times and able to appreciate both for what they are, instead of medicating myself with food.

I want to thank all of you for sharing my journey with me, I could not have done any of this without each and every one of you.

Cheryl

Clip These Words of Wisdom

The OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

The Third-Step Prayer

God, I offer myself to thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always! (Alcoholics Anonymous, p.63)

Have you seen our Ad on a diner placemat?

The OA Public information (PI) Committee would like to know if the Diner placemat ads are successful. If you have seen one –or better yet, were encouraged to attend an OA meeting because of one– please let any WUIG'er know! Here are where the ads have been, are now, and where they can be seen in the future:

From April - Dec 2007, our diner placemat ads were seen in Central Westchester at the: Eldorado Diner, Elmsford; Eldorado West, Tarrytown, Pleasantville Diner; Executive Diner, Hawthorne; Thornwood Diner, Thornwood.

In March, 2008, our diner placemat ads were seen in Southern Westchester at the: Argonaut Diner, Yonkers; Athens Diner, Mt. Vernon; Broadway Diner, Yonkers; Central Plaza, Yonkers; Fountain Diner, Hartsdale.

From March 20 - June 20, 2008, our diner placemat ad was seen at the Mt. Olympus Diner on Central Ave in Yonkers.

During July, Aug and Sept, 2008, our diner ad can be seen in Northern Westchester at the: Croton Diner; Westchester Diner, Peekskill; Katonah Diner, Katonah; Landmark Diner, Ossining; Orfinos, Briarcliff Manor; Royal Jay Diner, Peekskill.

Groups contributing to Intergroup so far this year include:

Sun-White Plains Hospital, Mon-Mt. Kisco, Tues-Pelham, Tues-Pleasantville, Wed-Fri-White Plains Mem. United, Thursday-Larchmont, Mon-Tues-Wed-Thurs-Fri-Bryant Ave, Wed-Thurs-Yorktown, Sat-S. Salem, Sat-White Plains Presbyterian. Decisions about contributions to Intergroup are made at each meeting's business session.

Do service—attend meetings and decide where your funds will go to do the best for OA!

**Note: OA Region Six Assembly—Saturday, September 20th—Albany, NY—
Interested in attending? Contact WUIG Chair, John.**

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

2007 - 08 INTERGROUP BOARD

CHAIR: JOHN B. VICE-CHAIR: DEBBIE S.
RECORDING SECRETARY: JAN G..
CORRESPONDING SECRETARY: VALERIE M.
TREASURER: ANNE B. WORLD SERVICE DELEGATE: CAROL B.

Speaker Bank—

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

2007 - 08 COMMITTEE CHAIRS

PUBLIC INFORMATION: MICHAEL S.
ACTING TEMPORARY SPONSOR BANK: JMEL W.
HOTLINE: OPEN WEBMISTRESS: BETH T.
SPEAKER BANK: ROBERTA M. NEWSLETTER: GERRY M.
TWELVE STEP WITHIN: OPEN MEETING OUTREACH/IR MENTORING: OPEN

Temporary Sponsor Bank—

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

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: Sept 15** for Oct/Nov and **Nov 15** for Dec/Jan edition.