



PACE

Mid-Hudson Intergroup Newsletter

Vol. XXVII—No. 7

April/May 2006

From the Chair

I've been thinking about **CHANGE**. Change of seasons, changing behaviors, life's changes or at work. I'm experiencing a lot of changes lately. With a son graduating High School in June, my life is about to change quite a bit. What's it going to be like? How am I going to feel? Even the way I see him now is changing. He's become so independent and adult. How did this happen so

quickly? Program helps me remember to come back to today and trust that it will be ok, one day at a time, just like the other times in my life when things changed and God helped me through it. The program doesn't change. The steps and traditions and tools are all constants in my life, like the rudder of a boat, guiding me through rough waters. Meetings might change, I might tweak my food plan, people come and



go. But the underlying foundation of my life remains the same and supports me each day. Experience tells me that making more meetings, calling more people, reading more literature reinforces the rudder and keeps the boat steadier

I pray you have a peaceful Spring and hope to see all of you at meetings, Intergroup and minithons (April 23rd). I need your support, as always.

Love in recovery,

The Central Valley Meetings Have Moved to a New Location:

**St. David's Church
420 Route 32
Highland Mills, NY 10930**

**Contact: Madelaine
845-928-9769**

**Meeting Times:
Sunday, 7:30 pm
Monday, 7:30 pm
Thursday, 7:30 pm**

NEW MEETING

**Meeting Format: Anorexic/
Bulimic**

**This group will meet on
the last Wednesday of the
month at 10 am
in the:**

**First Presbyterian Church
Liberty St., Room 6
Beacon, NY**

Babysitting available

Contact: Bridget 845-831-8057



PACE



7th Tradition Donations to MHIG

Ellenville Thursday PM	\$60.00
New Paltz Wed.	\$60.00
Stone Ridge Sat.	\$120.00
Anonymous Individual Donations	\$140.00
Cornwall Groups	\$150.00
Blue Mountain Fri. AM	\$20.00
ITG Board Donation	\$30.00
Minithon 02/19	\$47.00

Thank You!

Nature is a marvelous reminder of God's presence.

I can ask for God's help during the day even if I have to take a break at work and go in the bathroom for privacy.

I can shed my workday in the car on the way home and prepare for the evening. If I do Tenth-Step questions in the evening, I don't awake with an emotional hangover the next morning.

I learned that many people are working at recovery and that I've been working at it too.

Edited and reprinted from Today newsletter, St. Louis Bi-State Area Intergroup, November 2002

Daily Practices that Work

At an OA retreat I learned that many people have daily practices to help them stay in the moment and in the program. Here are some of the things I learned:

Having a morning ritual is important. Some people read meditation books, journal, think about the day to come, write gratitude lists, meditate, call their sponsor, call in their food, pray at home and in the car or take country roads to work instead of highways. Some people prepare their food the night before, write a food plan and follow it for the day, call someone with their food plan and share about anything in the coming day that might cause problems with food.

Have you visited the LA Intergroup Virtual Speakers Bureau?

On the L.A. Intergroup website, you will find audio files of many great OA speakers (with up to 40 years experience) sharing their experience, strength and hope.

17 new files have been added. There are almost 40 hours of speakers

Visit the L.A. Intergroup Website:

<http://www.oalaintergroup.org/speakers>

The Mid-Hudson OA site includes a link to the L.A. Virtual Speakers Bureau



PACE



Let's Use the Tools and the Blueprints of the Program

Sunday, April 23rd

1:30 pm to 4:00 pm

Sarabrae
27 Old Route 9W
New Windsor, NY

For more information:
contact Donna 845-233-4045

Visit our website—www.midhudsonoa.org
for an event flyer

As it is suggested in the Big Book, food and compulsive overeating are but symptoms. Recovery means that I use the tools, the steps, the absolutes, and the traditions to work not so much on my addiction to food but on my selfishness and self-centeredness—the root of my problem. I start my recovery by using a plan of eating and abstaining from my binge foods because it is essential to have a clear head to initiate the work needed to recover from my disease. However, my program is much more than just about losing weight. Once the compulsion and weight is lifted, then the work begins. I've learned that compulsive overeating and weight-gain are not my underlying problems— it is my thinking, my ego, and my pride that are my problem. Therefore my disease is my so-called self-reliance, and my solution is spiritual conscious contact and complete reliance on a Higher Power. I use the steps, tools and traditions to change my behaviors, thoughts, and actions. I find it very interesting that after the first step, after admitting that I am powerless over food, nowhere in the remaining eleven steps does it talk about food. Steps two through twelve begin a process of opening my mind to a Power Greater than myself. I am

directed to inventory my past wrongs, to shed my fears, set right my wrongs, turn over character defects, and finally to nurture my spiritual contact and to be of maximum service to God and others. What I get out of this work, beyond a balanced relationship with food, is change... changed thoughts and actions, and finally finding peace and joy. By working on more than just my obsession with food, I am given another chance at life. I can be a responsible employee, a loving sister, a good wife, a supportive friend, a committed member of OA and most of all I can be me... now that's not all about the food!

~ Reprinted from *Heart to Heart*, the Newsletter of Greater Cleveland's OA Fellowship, Fall 2004

Three-Legged Disease

When asked to write an article about what I do to maintain my abstinence, I had to ask myself, "What is my abstinence?" Is it the tools? Is it my food plan? Is it the Steps? What is it??? As I thought of how to answer the question, I looked again at what my disease is. The Big Book says I have a malady that affects me physically, emotionally and spiritually. Therefore, in order to be abstinent, I need to address the physical, the emotional and the spiritual and I need to do this daily.

The first part of my abstinence is physical, Step One. Years ago I heard the theory of the 7 P's. Prior Proper Planning Prevents Piss Poor Performance. In order to perform well, I need a food plan. But having a food plan is only one part; the

is carrying the plan. Emotional and spiritual abstinence comes when I put the rest of the Steps in my life to the best of my ability. My experience is that emotional and spiritual abstinence ebbs and flows in my life. But, without the physical abstinence, I cannot have clarity of mind and spirit . So, how, in practical terms, do I achieve what I call



(Continued on page 4)



PACE



(Continued from page 3)

abstinence? Well, to do this, I need help and that help is a sponsor. I call my sponsor with my plan of eating daily. When I do this, I have a much better chance of staying with the plan and maintaining physical abstinence. I pray daily, asking the God of my understanding to relieve me of my desire to eat compulsively. I attend three OA meetings a week. I use the other tools of the program as often as I can; I make phone calls, read literature, and do writings. I also try to get a good night's sleep, stay away from negative people, and do exercise. For fifteen years, I did very little of the above and my weight went up to 350 lbs. For the last 6 months, I have been doing most of the above and have lost 75 Lbs. Abstinence is work, hard work. But, it beats being 350lbs, depressed, suicidal and angry. So try it, you might like it.

~ Fiji Steve

Reprinted from *Road to Recovery*, the newsletter of Westchester United Intergroup of OA, August 2002

Hands Across the Oceans

I have recently returned to the OA program after a few months of thinking I didn't belong here (in denial again!). After a painful "bottoming out" that I never want to experience again, I decided to submerge myself in OA.

My Higher Power gave me concrete evidence to make it my way of life, and each time I return to the rooms I am willing to do more.

This time I decided to use Service by Mail to supplement the OA tools.

I wanted to write to OA members who had long recoveries, and I chose several who had maintained abstinence from OA's early days. After writing by regular mail to women fitting that description, I received one letter, which arrived in time to take along on vacation (the first abstinent vacation I had had in a long time). I saved the letter for a time when I could relax and

make it a treat. This beautiful and heartfelt letter had many wonderful program nuggets, and I will keep it forever. This person is getting up in years, but I'm hoping we can continue to correspond for a while.

I also used the Service by Mail packet to pick several women to contact by email, and now I have two women who write to me in cyberspace. Their emails seem to appear just when I need them (like my subscription to

Lifeline).

I don't think enough people realize how much Service by Mail could help them. To make people aware of it, I bring it up at meetings I attend. It is a wonderful resource that allows members to find fellow OAers anywhere in the world. Now we can join hands across the oceans without leaving our homes! I'm not in an isolated situation, but the meetings in my area sometimes falter, so receiving letters and emails from others in the world reassures me that OA is alive and well. It is the boost I need to improve what meetings we do have and to get back to working the program the way it has proven to work. Thank you again for creating another "sub tool" from the tool of writing!

~C.N., Macungie, Pennsylvania USA

Reprinted from *Lifeline* April 2005



I wanted to write to OA members who had long recoveries, and I chose several who had maintained abstinence from OA's early days. After writing by regular mail to women fitting that description, I received one letter, which arrived in time to take along on vacation (the first abstinent vacation I had had in a long time). I saved the letter for a time when I could relax and

EDITORIAL POLICY

PACE is the bimonthly newsletter of the Mid-Hudson Intergroup of Overeaters Anonymous., Region 6. Material cannot be returned nor can payment be made. All submissions to the editor must include full name and return address (postal or email). When published, articles will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. PACE reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and PACE as your source. The opinions expressed here are those of the writer, and do not represent the Mid-Hudson Intergroup, Region 6, or OA as a whole.

Please address all submissions and correspondence to PACE via email to: PACEeditor@midhudson.oa.org or via US Postal Service to: PACE Editor, c/o Osherowitz, 15 Overlook Drive, Highland Mills, NY 10930.



PACE

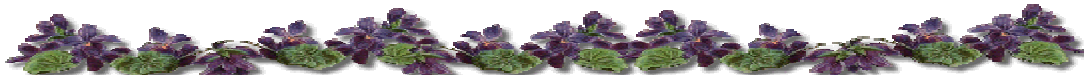


April Special Events

Date: Friday, April 7th ~ Sunday, April 9th
 Event: ***Immaculata OA Retreat ~ The New Way of Life***
 Location: Immaculata Retreat House
 289 Windham Road ~ Route 32
 Willimantic, Connecticut
 Sponsored by: Connecticut Intergroup
 For More Information: Visit the Connecticut Intergroup website at www.connecticutoa.org/events.htm
 Contact: Ginger 860-684-4014



Date: Saturday, April 8th
 Event: ***Region 6 Assembly***
 Location: Comfort Inn, Glenmont, NY



Date: Friday, April 21st ~ Sunday, April 23rd
 Event: ***Spring Into Recovery ~ OA Spring Retreat 2006***
 Location: Christ the King Seminary
 711 Knox Road
 East Aurora, New York
 Sponsored by: Western New York Intergroup
 For More Information: Visit the Western New York Intergroup website at: www.oawny.org
 Contact: Janet M. 716-634-6761 or Michelle F. 716-832-2172



Date: Friday, April 21st ~ Sunday, April 23rd
 Event: ***Put Some Spring Into the Steps***
 Location: Grotonwood Retreat Center
 167 Prescott Street
 Groton, MA
 Sponsored by: Massachusetts MetroWest Intergroup
 For More Information: Visit the Massachusetts MetroWest Intergroup website: www.metrowestoa.org
 Contact: Jen 617-943-2641 or Bee 781-736-7965



PACE



April Special Events continued

Date: Sunday, April 23rd
 Event: *Let's Use Our Tools and the Blueprints of the Program*
 Location: Sarabrae
 27 Old Route 9W
 New Windsor, NY
 Sponsored by: Mid-Hudson Intergroup
 For More Information: Visit our website: www.midhudsonoa.org
 Contact: Donna 845-233-4045



May Special Events

Date: Monday, May 1st ~ Saturday, May 6th
 Event: *2006 World Service Business Conference*
 Location: Hotel Albuquerque at Old Town
 Albuquerque, NM



Date: Friday, May 5th ~ Sunday, May 7th
 Event: *OA Big Book Study Retreat*
 Location: Graymoor Spiritual Life Center
 Franciscan Way (Route 9)
 Garrison, NY
 Sponsored by: Westchester United Intergroup
 For More Information: Visit the Westchester United Intergroup website: www.oawestchester-ny.org
 Contact: Rita D. 914-293-0470 or Anne B. 914-332-1019



Date: Saturday, May 13th
 Event: *Mid-Hudson Intergroup Business Meeting*
 Location: Family of New Paltz
 51 N. Chestnut St. (Route 32N)
 New Paltz, NY
 For More Information: Email MHIGchair@midhudsonoa.org

Visit the Events page on our website for more special Events