



# PAEE

The Mid-Hudson Intergroup Newsletter

XXVII - No. 3

April/May 2007

## From the Chair

Inside this issue:

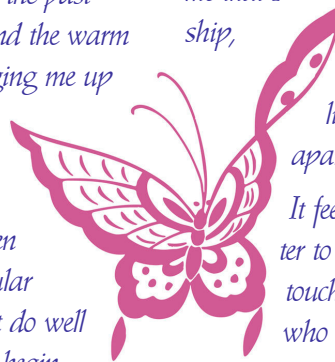
<i>Equals in the Fellowship</i>	2
<i>Why Crosstalk Can Hurt</i>	2
<i>Practical Pointers for Reaching Out to a Member In Relapse</i>	3
<i>Yea For Sharing Online!</i>	4

*I feel like I've been under a pile of wet leaves the past couple months and the warm sunshine is bringing me up into the light. My life has been hectic and I haven't been going to my regular meetings. I don't do well with isolation. I begin to feel unloved and unnecessary. And drift farther and*

*farther away. God reminded me that I need the fellowship, the people, to feel a part of life instead of apart from life. It feels so much better to be back in touch with people who have a positive impact on my life. Spring is a time of re-birth and that feels especially*

*true for me this year. I hope to see all of you at the April 22<sup>nd</sup> minithon in Beacon. It's a beautiful way to celebrate recovery and the life program has given us. I want to thank those who regularly support our events and those who plan and organize them. They keep me connected when I'm drifting.*

*Love in recovery,  
Mary Ellen*



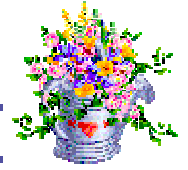
### 7th Tradition Donations to MHIG

Stone Ridge #38963	\$120.00
Woodstock #38318	\$36.00
Anonymous Individual	\$100.00
Blue Mountain #22578	\$30.00
Saugerties #48464	\$15.00
Intergroup Donation	\$35.00
Ellenville #27816	\$60.00
New Paltz #47415	\$60.00
Cornwall #47534	\$75.00
Minithon 02/18/07	\$34.00
Cornwall #20165 & 36099	\$300.00

Thank You!

**Sunday, April 22<sup>nd</sup>, 2007**  
**Sponsoring and Being Sponsored**  
**The Key to Unlocking the Road to Recovery**  
**Mid-Hudson Intergroup Minithon**  
**1:30 pm ~ 4:00 pm**  
**First Presbyterian Church**  
**50 Liberty Street**  
**Beacon, New York**  
**Contact: Donna 845-233-4045**  
**Suggested Donation: \$6.00**

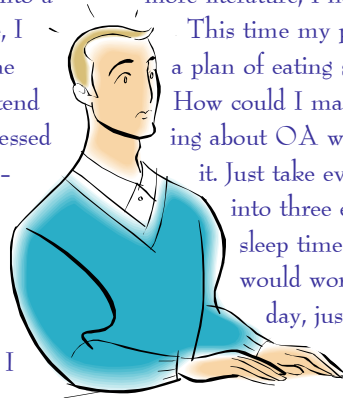




## Equals in the Fellowship

Now I understand how the first female news reporter felt when allowed into a men's locker room! Being a male, I was not happy to discover that the OA meeting I had chosen to attend was just teeming with . . . you guessed it . . . WOMEN! This was a concept I had never dreamed of—me listening to a room full of women.

So home I went after the meeting with some literature in hand. I spent the next few days reading, trying to fully understand the concept of OA. Now, I had a few questions, but where could I go for answers? Back to that room full of the opposite sex, that's where!



With some of my questions answered and more literature, I headed home once again.

This time my problem was to develop a plan of eating suited to my shift work. How could I make all that I was learning about OA work for me? Then I got it. Just take every day and break it into three equal parts: work time, sleep time and off time. I felt this would work if I did this every day, just one day at a time.

Now I'm starting to realize that each day I can stay abstinent is as important as the next. Each abstinent meal I eat is as important as the next. Each meeting I attend is as important as the next. Every effort is

equal in importance. Yet, nothing is more important than me and my Higher Power working together. Nothing.

I've been going to that same meeting for over two months, and I can now see that everyone in that room is equal. There is no race, creed, color or gender at that meeting, just a group of equals working with God to control the disease that is in every one of us. But what I have found most valuable is that all OA members will do their equal share to help pick each other up if anyone stumbles and falls.

Thank you, and God bless.

— R.G. Wickatunk, New Jersey USA, reprinted from *Lifeline*, February 1996

## Why Cross Talk Can Hurt

The dictionary says that cross talk is "interference in one track of a tape recording caused by another track." In OA the term cross talk is used to describe various forms of interference in meetings. OAers speak of cross talk with reverence or vehemence, but many of us are confused about its definition within the Fellowship.

I called world service for help. They had no single, approved definition, saying, "It's a gray area." Their suggested guidelines are:

- \* The only appropriate comment about anyone's share—a speaker's or another member's—is, "Thank you for your share."
- \* Any comments, negative or positive, about another's share, experience, life,

program or remarks are cross talk—that is, interference.

- \* A member may talk about his or her own experience as it relates directly or indirectly to another's share but should not refer to that person's share. Even saying that a person's share reminds you of your own experience may be inappropriate.
- \* Any form of interruption, such as remarks, side conversations, gestures, laughter, extreme facial expressions or spontaneous outbursts, is cross talk.
- \* Any advice given during the meeting, whether asked for or not, is cross talk. If a person asks for advice, members

may offer it after the meeting or by phone.

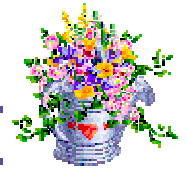
OA strongly discourages cross talk for several reasons:

- \* We need to feel safe about expressing our experience, strength and hope without fear of direct or indirect response (indifference). For many members, OA meetings are the first place they have felt safe talking about their experience.
- \* Cross talk is frequently judgmental, expressing an opinion of the person's share. Being judgmental is a character defect many of us are trying to overcome.



(Continued on page 3)





(Continued from page 2)

- \* Cross talk can break a person's anonymity by introducing information not mentioned in the person's share, revealing relationships outside the meeting.
- \* Avoiding cross talk helps to guarantee safety, protect privacy and ensure ano-

nymity for all of us. World service recommends that each meeting do two things to help eliminate cross talk:

1. Define cross talk in a group conscience at a steering committee.
2. Include the definition and the prohibition of cross talk in the format at the opening and closing of the meeting.

Avoiding cross talk in our meetings should not discourage anyone from sharing, but rather guarantee that each member speaks only about his or her own experience, strength and hope.

— Edited and reprinted in Lifeline, March 2003, from New

Beginnings newsletter, Central Florida Intergroup, June 1999

## Practical Pointers for Reaching Out to a Member in Relapse

"How are you doing?" How many times have you asked or been asked that question? Perhaps you've seen pain, isolation and avoidance in another OA member's eyes when you've asked. Perhaps you've even been that member in trouble: struggling, striving to come back, wanting to leave, present in body but not in spirit.

Often we hesitate to reach out to the member in pain. We don't want to offend, intrude or impose, yet we want to connect. We share a common bond . . . but don't know what to do or how to do it.

Here are practical pointers from relapse survivors who know how it feels to need help and to give help:

- Encourage others to keep coming back.
- Ask someone to come to a meeting with you, and volunteer to drive.

- Offer to be a temporary sponsor.
- Go to out-of-the-area meetings with a member in relapse (sometimes members are ashamed to go back to their usual groups; it's okay—just get to a meeting).
- Take a walk and talk.
- Don't give advice; just listen.
- Ask how you can help.
- Share your own struggles.
- Encourage without enabling.
- Pray for guidance about how you can be the best vehicle of recovery.
- Let those in relapse know they can be honest about food without fear of judg-



ment.

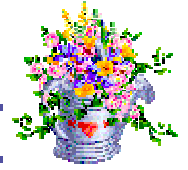
- Take the member in relapse to a share-a-thon, workshop or retreat.
- Take the person to a Step meeting.
- Share literature that has helped you.
- Remind the person that helping helps you.
- Tell people they are welcome in OA no matter what.
- Keep reaching out with kindness.
- Ask, "How are you doing . . . REALLY?"

— M.B., Massachusetts USA, Twelfth-Step-Within Committee

1997, reprinted from Lifeline, November 2000

*"It is hard to let old beliefs go. They are familiar. We are comfortable with them and have spent years building systems and developing habits that depend on them. Like a man who has worn eyeglasses so long that he forgets he has them on, we forget that the world looks to us the way it does because we have become used to seeing it that way through a particular set of lenses. Today, however, we need new lenses. And we need to throw the old ones away."*  
~ Kenich Ohmae





## Yea for Sharing Online!

Overeaters Anonymous in cyberspace helps my recovery! My local group folded over a year ago, and I have not found another Twelve-Step group that fits with my work schedule. On the OA Web site, I found links to some online meetings. I was skeptical and didn't think spending time in an online chat room would make a difference in my recovery, but when I missed my



usual online meeting, I found the difference. It helps to share with other compulsive overeaters and to read other people's shares. Now I try to plan one to three online meetings each week.

In September I signed up for an email "loop," and the email messages give me encouragement between online meetings. I see some of the same nicknames that I see in the online meet-

ings. Some people share gratitude lists, others write "Dear God" letters and others share journal like entries. I enjoy them all, and they help my recovery because I can relate to most of them.

OA in cyberspace lets me know I am not alone.

Thanks to all who share experience, strength and hope online!

- Anonymous, Maryland USA , Reprinted from Lifeline, April 2005



H.S., West Babylon, NY  
Reprinted from Lifeline, July 2000

### 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. 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 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 e-mail to: [PACEeditor@midhudsonoa.org](mailto:PACEeditor@midhudsonoa.org) or via US Postal Service to: PACE Editor, c/o Osherowitz, 15 Overlook Drive, Highland Mills, NY 10930.

