



PACE

Mid-Hudson Intergroup Newsletter

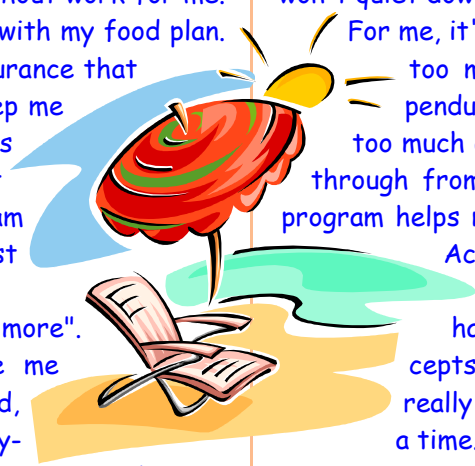
Vol. XXVII—No.9

August/September 2006

FROM THE CHAIR

One of the gifts I've received from the OA program is contentment. It doesn't come without work for me. To feel enough is enough. It starts with my food plan. I pray to God everyday for the assurance that it's enough food to fuel me and keep me healthy to do God's Will. That leads me to my life. Knowing that it's just right, "as is". And then, that I am enough, perfect in God's Eye, just the way I am.

My life is filled with messages of "more". Somehow I think more will make me happy or feel satisfied. More food, more money, more stuff, more everything. But really, less is more. It takes a lot of energy to try to get or do more. Energy that



could be spent talking and listening to God and the people He puts in my life to love. My mind and spirit won't quiet down when I think I should be doing more. For me, it's about balance. Doing enough, but not too much. Sometimes my life feels like a pendulum, swinging back and forth between too much and too little. "Balance" is what I pass through from one extreme to the other. But the program helps me to feel more content, more often. Acceptance of life on life's terms. Wanting what I have, not trying to have what I think I want. These concepts are what I pray for. Because what I really want is peace and serenity one day at a time.

Love in program,
Mary Ellen

Saturday, August 19, 2006

The Tensions Are Coming...The Tensions Are Coming!

Mini-Retreat

9:30 - 6:00

St. Andrew's Episcopal Church

116 ...ad

keeps

Bring your ...ch. Dinner w...available

...ase reserve by July

Download the Event Flyer/Reservation Form

<http://www.midhudsonoa.org/819MHIGminn.pdf>

"The rumors of my death are greatly exaggerated." ~ Mark Twain

The myth of my inadequacy is greatly exaggerated.

The myth of my inadequacy is a lie.

I am adequate.

I am competent.

I am confident.

I am a compulsive overeater who is out of denial.

I am someone who now chooses to feel my feelings, as opposed to stuffing them.

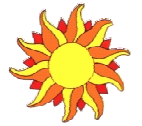
I make choices regarding my recovery, my time, my well being.

I choose serenity.

I will fight for it.

It is a quest.

Kristin - Pine Bush



Newcomer Checklist

How often we see newcomers come through our doors only to disappear after their first or second meeting. Is your meeting doing all it can to insure that this is a part of program of attraction?

1. Is someone in charge of phoning newcomers?
2. Are cliques avoided? Does the newcomer feel at home?
3. Is adequate literature available for the newcomer? Do you have a special newcomer packet assembled?
4. Does your meeting on the whole reflect OA in the proper light?
5. Are meeting lists available? Are other meetings suggested? Is the newcomer told to go to different meetings with varied formats. (Or do they go away from the meeting with the impression that all meetings are like this one?)
6. Are newcomers taken aside after the meeting to answer their questions?
7. Are sponsors available?
8. Do sponsors identify themselves?
9. Are follow-up phone calls made to newcomers?
10. Does your meeting have a copy of their member phone lists to give to newcomers?
11. When was the last time your group held a group conscience meeting?
12. Has the meeting kept "OA Victorious"?

reprinted from *Messenger* 3/96 & *NOVATION* 7/1996

"Newcomers need at least three BASICS from each member and from the group; identification; a feeling of belonging and hope; and to see and hear recovery of all kinds at many different levels."

When was the last time your group held a group conscience meeting?

Download a copy of the World Service Group Conscience meeting format

<http://midhudsonoa.org/GroupConscience.pdf>

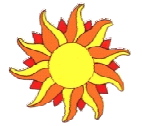
SOUND OF ABSTINENCE

Last week I received a phone call from a woman in program. She was doing one of those "polls" where you gather enough information on a question and then you decide if the little voice in your head was correct based on other people's little voices (let's call it H.P. for arguments sake). She wanted to know what the first bite looked like to me. I assured her that if I knew what the first bite looked like, I never would have taken it, over and over again, after the first 24 hours of abstinence and after ten years of abstinence.

What I do know is the SOUND of ABSTINENCE BREAKINGIt sounds like "I am too tired to go to a meeting, the speaker is boring, I al- ready heard Step 1 (or 2 or 3 etc), I don't like that meeting, it's too rigid (or too flexible, too small, too big, too far away)" It is the sound in my head that says "these pants shrunk in the dryer" or if no one sees me eat this, no one will know" Or, God didn't do what I prayed for so He isn't there". It sounds like "let someone else do service, I did it last time" or "I have too many sponsees already to help one more". So many sounds of warning and I am blind as a bat as to what the first bite looks like. So many sounds and I am deaf to them when I want to pick up.

So, what are the SOUNDS of ABSTINENCE for me? "The meeting is an hour away, sure let me pick you up and we'll go together". "It's 2 AM? no you didn't wake me up, I am happy to listen to you." "Here are my larger size clothes, wear them as you lose weight, they made me feel better." "Waiter, can you broil that plain?" "Where is my food scale?" "I can't believe this dress fits from last year (or the year before that)" "The Big Book says on page....." "Can I help you with your steps?" "Do you want to eat dinner at my home if food is really a problem now?" And, I am then reminded of the OA responsibility pledge "Always to extend the heart & hand to those that suffer from my compulsion, for this I am responsible"

reprinted from Oasis, 3rd quarter 2003



Can You Help?

The Sunday 1:30pm meeting in Horton Hospital, Middletown needs your support.

The Tuesday 7:00pm meeting in the Cornwall Methodist Church also needs your support.

Remember when you first came to OA? Remember how desperate and despairing you felt? Where would you be today if you'd gone to your first meeting and found that no one was there?

Don't Miss OA's Next
World Service Convention!
August 30-September 2, 2007

Loews Philadelphia Hotel
Philadelphia, Pennsylvania USA

"Ring in Recovery:
Declare Your Freedom
from Compulsive Eating"

Lodging is now available at Loews
Philadelphia.

Make your reservations today!
Call 1-215-627-1200.

Single - Quadruple occupancy: \$139.08
per night
(applicable taxes included)

If you are interested in receiving updates for
the upcoming 2007 Convention in Philadelphia,
please email

ConventionInfo@oa.org
with your contact information

Don't Miss the OA Region 6 Convention
October 27-29, 2006

Friar Tuck Resort & Convention Center
Catskill, New York

"Miracle in the Mountains:
Liberty and Recovery for All"

Reservations required by September 21, 2006

Visit the Convention Info website:
[http://www.nassauoa.org/r6c/index.mv?](http://www.nassauoa.org/r6c/index.mv?Screen=home)
Screen=home
Or

Visit the Events Page of Our Website
To download a Registration Form

The hosting Intergroup—Nassau County—needs
Merchandise or Baskets for their Raffle.

Please bring to the Convention.

For more information email:
r6convention2006@aol.com

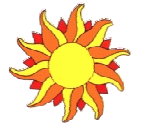
7th Tradition Donations To MHIG

Wappingers Falls Group #27308	\$100.00
Cornwall Groups #20165 & #36099	\$300.00
Ellenville Group #27316	\$60.00
Saugerties Group #48464	\$15.00
Stone Ridge Group #38963	\$60.00

Thank You!



PACE



What's New On Our Website

Links for the following items can be found on the What's New page of our website:

- The Third Quarter 2006 "A Step Ahead", the OA World Service newsletter is available.
http://www.oa.org/stepahead_3rdqtr06/index.html
- OA Region 5 has the entire 1st edition (personal stories included) of the Big Book online. They also have Big Book Study worksheets on their website.
<http://www.region5oa.org/bigbook/index.html>
- The Mid-Hudson Intergroup needs your support. We've added a contribution form to the website. You can download this form from both the What's New and Downloads pages of our website.
- The Mid-Hudson Intergroup Bylaws are available online. They can be found on the Downloads page of our website.
- The World Service Group Conscience meeting format Guidelines are available on the Downloads page of our website.

INHALING

I used to inhale my food. Most of the time I was 1/2 or 3/4 of the way through my meal before even slowing down enough to really taste it.

When I was in a restaurant, I would order based on how much food I would get, as opposed to what I really had a taste for. Only after inhaling most all that food could I begin to relax, think straight, and regret my decisions.

Of course, I was deep into the disease... and like most, I was ashamed of my eating behavior, so I only indulged publicly under certain circumstances, and usually kept my binging to myself.

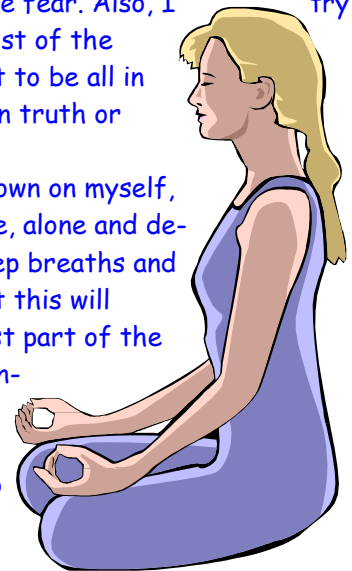
For me, finding abstinence was like a miracle... because abstinence counts even when nobody is looking. Even so, sometimes when I am feeling emotional, I have to take a few deep breaths, exhale slowly and ask myself, is this really hunger, or am I wanting to eat over my emotions?

When I start to feel anger or resentment start to rise, I take a deep breath and ask myself.... am I angry because of some unmet expectation... and, are my expectations rational?

When I am feeling afraid, not wanting to go, having no confidence in myself, I try to take a few deep breaths, and remind myself that the fear is all in my head, and I have nothing to lose by exploring my fear if I am already feeling the fear. Also, I try to remind myself that most of the time, my fears turned out to be all in my head, and not based on truth or fact.

When I am feeling low, down on myself, full of self-pity, unlovable, alone and depressed, I take a few deep breaths and try to remind myself that this will pass, the negativity is just part of the disease, and I need to continue on and act "as if" until the unwarranted emotion passes. I need to remind myself of my accomplishments, and continue to learn to be my own best friend

reprinted from *Steps*, newsletter of the Houston Metro Intergroup, Spring 2006 issue



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 or via US Postal Service to: PACE Editor, c/o Osherowitz, 15 Overlook Drive, Highland Mills, NY 10930.



UPCOMING EVENTS

The Connecticut Intergroup
OA WORKSHOP SERIES
 1:30 pm ~ 3:30 pm
Sunday, August 9 ~ SOS—Sex on Sunday
Sunday, September 10 ~ Harvest the Blessings
Location: The Recovery Club
 118 Palisado Avenue (Rte. 159)
 Windsor, Connecticut
For more information call Stacy at 860-519-4011

AUGUST

Date: Friday, August 11 ~ Sunday, August 13, 2006
Event: OA Retreat ~ There is a Better Way
Location: Christ the King Retreat Center
 500 Brookford Road
 Syracuse, NY
Sponsored by: Greater Syracuse Intergroup
Contact: 315-598-4603
More Information: Visit the Events Page of our website for event flyer

EVENT CANCELLED

Date: Saturday, August 19, 2006
Event: The Traditions Are Coming... Traditions Are Coming ~ Mini-Retreat
Time: 9:30 am ~ 6:00 pm
Location: St. Andrew's Episcopal Church
 110 Overlook Road
 Poughkeepsie, NY
Sponsored by: The Mid-Hudson Intergroup
Contact: Donna 845-233-4045



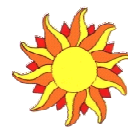
UPCOMING EVENTS (continued)

September

Date: Saturday, September 9, 2006
Event: Mid-Hudson Intergroup Business Meeting
Time: 1:30pm ~ 3:30pm
Location: Family of New Paltz
51 North Chestnut Street (Rte. 32N)
New Paltz, NY
More Information: Email: MHIGchair@midhudsonoa.org

Date: Friday, September 8 ~ Sunday, September 10 and
Friday, September 15 ~ Sunday, September 17, 2006
Event: Long Beach Island Retreats—Step 2
Location: Maria Stella, Harvey Cedars
Long Beach Island, NJ
Sponsored by: Central New Jersey Intergroup—Region 7
Contact: Bobbi 732-826-2033 or email BobbiFM@aol.com
Margaret 732-326-1934 or email M39Avenel@comcast.net
More Information: Visit the Central New Jersey Intergroup website
<http://www.oa-centraljersey.org/retreats.html>
Or download the event flyer from the Events page on our website

Date: Saturday, September 16, 2006
Event: Region 6 Assembly
Location: Comfort Inn
Glenmont, New York



UPCOMING EVENTS (continued)

October

Date: Friday, October 13 ~ Sunday, October 15, 2006
Event: "There is a Solution: a Weekend Walk Through the Steps"
Location: Marie Joseph Center
10 Evans Road
Biddeford, Maine
Sponsored by: Southern Maine Intergroup
Contact: Pat 207-236-4101
More Information: Download the Event Flyer and Registration Form from the Events page of our website

Date: Sunday, October 15, 2006
Event: Celebrating the Holidays Abstinently
Time: 1:30 pm ~ 4:00 pm
Location: Redeemer Lutheran Church
90 Route 32 South
New Paltz, New York
Sponsored by: Mid-Hudson Intergroup
Contact: Donna 845-233-4045 or email Events@midhudsonoa.org

Date: Friday, October 27 ~ Sunday, October 29, 2006
Registration Deadline is September 21, 2006
Event: OA Region 6 Convention
"Miracle in the Mountains: Liberty and Recovery For All"
Location: Friar Tuck Resort and Convention Center
Catskill, New York
Sponsored by: Nassau County Intergroup
Contact: Ron 516-997-5503
Bill R. 516-579-0888
Or email R6convention2006@aol.com
More Information: Download the Event Flyer and Registration form from the Events page on our website
Or visit the Convention website:
<http://www.nassauoa.org/r6c/index.mv?Screen=home>