



PEACE

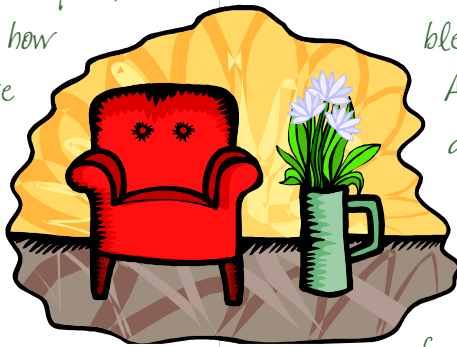
Mid-Hudson Intergroup Newsletter

Vol. XXVII, No. 6

February/March 2006

From the Chair

Approaching the end of the first month of the new year, I've been thinking how free it is to live one day at a time in program. Since I came into the rooms, I no longer need to make New Year's resolutions. My resolve to live healthy and spiritual begins everyday, during my morning journaling. And I only have to



try to keep my resolve for 24 hours. I can do for one day, what would seem impossible for a lifetime. And if I mess up during the day, I can admit it and start my day over. Ask for help from my Higher Power and the fellowship, use tools and make amends. No need to feel like I failed or let myself down. I just try to do my best today and remember

tomorrow is another day. And say "Thank You for the situation and the opportunity to grow." I'm really looking forward to the minithon Feb. 19th. I hope to see you there. And mark your calendar October 26-29 for the convention in Catskill, NY. It's so close that more people from our area will be able to go, even for the day, and enjoy the excitement and energy of a convention.

Wishing you peace, Mary Ellen

Important Announcement

Two distinct marketing contacts have been made to groups in the Mid-Hudson region. The first is from a woman (possibly named Tina) who has asked to attend meetings to promote her weight loss substance. The second is a book, *Little Cindy's Letters*, which is being delivered to OA groups by means of a cover letter sent to the pastors of the churches where we meet. WSO is in the process of informing the publisher that our meeting lists are private for OA usage only.

Our 6th Tradition tells us that we never endorse outside enterprises. Both of these contacts are outside enterprises. To respond to them or allow their message to be presented in an OA meeting is a form of endorsement. Our 5th Tradition tells us that our primary purpose is to carry the message of recovery through OA's 12 Steps and 12 traditions. Using meeting time to discuss outside enterprises confuses our message and is harmful to OA as a whole. An appropriate response to Tina is to deny her the opportunity to speak on her weight loss substance by citing our Traditions. An appropriate response to the book is to destroy it.

Our 6th Tradition tells us that we never en-



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Meet My Guardian Angels

As I begin my first service position in OA, I am deeply moved at the simplicity with which all of it came about. I can only tell you it must be because my guardian angels are watching over me – every step I take!

Serenity is my first angel. When I first joined the program last August I like many of you, after a few short weeks of taking it all in just jumped right in and began my first twenty pounds of weight loss. Effortlessly! Wow it was great. Serenity had arrived and was taking good care of me. I finally had my weight problem behind me and had serenity – NOW!

Then *Courage*, my second angel, came along. She promptly reminded me, that no, indeed, the weight problem was not behind me – not just yet. You see, it hadn't been thoroughly tested and approved. So after a short-lived period of "cloud floating" I came crashing to the ground – with a rather loud thump! Courage had to help me see that if I wasn't careful, OA would become just one of another long trail of failed programs.

Finally, when I thought all was lost, *Wisdom* showed up. You see, she really was there all along, but waited patiently for her turn to help me through my first tough time in OA. She waited for a Step 10 to sink in, so I could



"promptly admit when I was wrong" and then she helped me get up on my feet again - after a few months of denial and destruction. Wisdom led me quietly back to an OA meeting a few short weeks ago, where I saw many familiar and friendly faces to welcome me. But now I don't go alone, not even with one angel, or two, but with all three of them. Thank God, he sends his angels to watch over us!

~ Reprinted from *Monarch Monthly*, the Three Rivers Inter-group newsletter, February 2005

7th Tradition Donations to MHIG	
Anonymous Individual Donation	\$100.00
Cornwall #20165/35203/36029	\$150.00
Stone Ridge #38963 Sat AM	\$60.00
New Paltz #47415 Wed AM	\$60.00

Thank You!

Recovering Quickly From a Slip

Let's say you have a certain length of abstinence. It could be days, weeks, months or years. Suddenly you find yourself eating in a way that contradicts your food plan. You eat too much. You eat too little. You eat a food that you know – from your own experience and the promptings of your Higher Power – is harmful to you and from which you have committed to abstain. What do you do now?

Here's what I do:

- Right off the bat, I tell myself, "I made a mistake. That doesn't mean I AM a mistake. I want to recover and, by the grace of God, I CAN."
- Then I get out my Big Book and turn to page 84. I read the instructions for Step 10: "... continue to take personal inventory and continue to set right any new mistakes as we go along. ... Continue to watch for selfishness, dishonesty, resentment and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly ..."
- I pick up my phone and call my sponsor or another OA member as soon as possible. I admit to God, myself and another human being that

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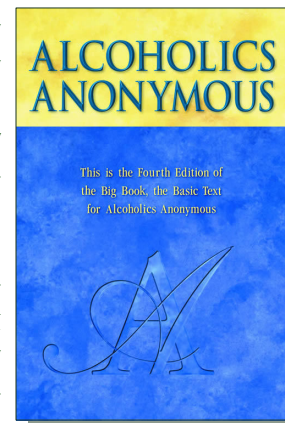


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I've had a slip with food, and I reaffirm my desire and willingness to pursue recovery.

- ♦ I get busy and take an inventory. I ask myself these questions:
 1. Does my plan of eating need to be adjusted? Am I giving my body adequate calories and nutrition? Do I need to eliminate a "problem food," old or new?
 2. Do I even HAVE a plan of eating? If not, I need to get some help and get a food plan. Help could come from my sponsor, another OA member, a doctor, nutritionist, web site or book. Most important, I need to open myself to God's will for me and consult my own experience with food. If I'm honest and willing, I can easily identify the "killer" foods from which I need to abstain completely. (Big Book, page xxx, "The only relief we have to suggest is entire abstinence.")
 3. Did I go too long between meals? Was I hungry, angry, tired, lonely or bored?
 4. Is something missing from my daily practice of

my program? Has it been too long since I attended a meeting, prayed, made an outreach call, read OA or AA literature, talked with my sponsor, wrote about my grudges or gratitude? Am I giving service to my fellow compulsive overeaters?



5. Am I "stuck" on a step? Am I letting perfectionism or shame prevent me from completing my Step 4 inventory and giving it away in Step 5? Am I ashamed or scared to take Step 9 and clear out the wreckage of my past?
6. Am I resting on my laurels?
7. Have I started isolating?
8. Am I keeping myself properly hydrated? Giving myself adequate rest? Getting enough exercise?
9. What's going on with me that I might not have recognized or been willing to face?

One thing is for sure: Whenever I slip from a plan of eating that's been developed in consultation with my Higher Power, then I'm running on self-will, not God's will.

I am honest and thorough with my "slip inventory," but I take it as soon and as quickly as I can. I don't get bogged down in "morbid reflection" (Big Book, page 86). I ask God to guide me in writing down a plan of action for what to do the next time I feel the urge to eat inappropriately and put self-will first. My slip recovery is not complete without a slip prevention plan.

I program the phone numbers of other OA members into my cell phone so that I can always call someone for an immediate intervention if I'm on the verge of eating inappropriately. I write down adjustments I want to make to my program, from attending more meetings to regular

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Need a Meeting at 2 in the morning? The L.A. Intergroup presents

THE 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.

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

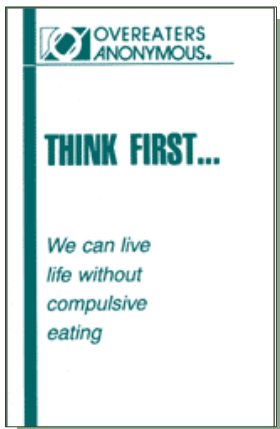


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reading, writing, outreach calls, becoming a sponsor or offering service. If there are many adjustments to be made, I take it easy and tackle one item at a time, letting God guide me so I don't burn out on self-will and perfectionism.



One piece of OA literature that has been especially helpful to me in slip-prevention is a little pocket-size pamphlet called, "Think First." This little gem contains a list of specific actions to take when I'm confronted with the urge to eat excess or inappropriate food. It's short and sweet for daily reading, and easy to carry in a wallet or purse. I keep one copy at my bedside, one copy in the car, and a few spares to share with fellow compulsive overeaters.

I am happy and grateful to be able to tell you that the foods from which I completely abstain have become non-issues for me. By the grace of God and a commitment to abstinence, I've been completely freed of my "killer" foods and I don't worry about taking them back. Freedom from those addictive substances feels too good! I know that trust in my Higher Power and continued practice of the 12 Steps will ease or even erase my general excess-food urges, as well.

Works for me! I wish you well on your path to recovery. Progress, not perfection.

– MaryBeth C. – Reprinted from, *Horizon*, the Region 3 newsletter, winter 2005



Join us on February 19, 2006
from 1:30 pm - 4:00 pm
at Sarabrae
for the Mid-Hudson Intergroup
"Recovery: Weather or Not"
Minithon

Visit our website for more information
www.midhudsonoa.org

The 12 Steps have provided me with a nice guideline for growing up. Before finding OA, I acted much like a 2 year old. When told I couldn't have something, that made me want it even more. Sometimes, I would seethe inwardly and other times I would throw an outright tantrum. Needless to say, this was not a healthy or mature way to live my life.

Once I began to let go of the food, I started to really feel my emotions. I felt raw— much like a rock that was turned over, with all kinds of bugs crawling around. I began to develop a much deeper sense of empathy for others. Before program, it was all about me— how immature! Steps 4 thru 9 help me realistically access and go about changing my ways and behaviors. I am slowly growing up in this program.

But, I am still an addict! I want what I want when I want it (usually yesterday). Nevertheless, I have to acknowledge the progress I've made. This program is most certainly all about "progress not perfection" for me. Although I still get angry, I am more cognizant of my behavior. I try to be honest. I talk about my feelings with other OA people. I try not to eat over these feelings. I try to remember to be grateful for all that I have.

I am tremendously grateful for OA and my emotional recovery.

~ Reprinted from *Heart to Heart*, the Newsletter of Greater Cleveland's OA Fellowship, Summer 2005





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The Step Principles: Spiritual Foundation of Life

The First Step principle is Honesty, an admission that I am unable to win out over my compulsive overeating. I had been kidding myself for years I would one day control and conquer by sheer will power. The rapacious creditor would finally be paid off. Honesty dismissed my self-deception long enough for the veil of lies to be swept aside revealing the unmanageability of the daily practice of addictive behaviors. Complete defeat laid a foundation without which the rest of the Steps would not be possible.

Hope, the Second Step principle, followed closely on the heels of my desperate defeat, the kind of hope only the dying may know. I began to sense the great bondage in which I had been held and hoped for a reprieve. My desire for sanity propelled me onward towards Faith, the Third Step principle, in which a small measure of trust, a mustard seed of faith, began to grow. I was choosing life over death, an easy choice under the lash of compulsive overeating. I asked God to take away some of my difficulties and came to believe that victory really was possible through a paradoxical submission to His Power. This was a faith that might work under all conditions. How was I to walk in faith and trust this God? I asked for Courage, the Fourth Step principle, to see myself as I really was and seek fearlessly into each corner of the darkness until His light shone. I summoned the courage to share my story with another person, coming out of my secret garden, facing my sorrows, and experiencing the mercy of God in the compassionate personage of my sponsor. Shame departed. Self-deception abated. Integrity, principle and promise of the Fifth Step, was mine! I felt forgiven and joined the human race!

How would I summon the Willingness, the Sixth

Step principle, to go on? Here was the most challenging Step of all. I looked back for a second time to grieve and let go of the person I had been. Who would I become? I was afraid again. Through Willingness, Step Six provided me with the best possible attitude for God to offer His reprieve of the defects of character I had so tenderly cradled close to my heart, the reprieve I had dreamed of in Step Two. However, my pride conspired with my fears to drive me back to the safety of my old ways. Through prayer, the help of other OAsers, and the lessons of pain, Humility, the principle of Step Seven, entered into my way of life. As one of many, I felt no more nor no less than others, seeking to be right sized. Compassion started to become part of my way of thinking for if I were to be forgiven so must I forgive.

**These
are the
steps**



**that
We
took**

The undisciplined addict knew no boundaries and often offended. The Eighth Step principle, Self-discipline, appeared more desirable and I began to try to practice restraint of pen and tongue. Through Step Eight, I developed boundaries to distinguish between which responsibilities are mine and which belong to others. I received some measure of the gift of discernment. Squarely facing Step Nine and the principle of Love, it was love of God, self and others which carried my commitment to making amends and to the amendment of my life. I stepped joyfully into the Stream of Goodness and felt peace. I had transitioned from a person seeking to take from life into a person seeking to give to life.

Perseverance, the principle of Step Ten, keeps me walking on the right path as I continue to take personal inventory and admit my errors. By doing so, Spiritual Awareness, the principle of Step

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Eleven, supports my ability to persevere and broadens my understanding of how to live my life. Prayer and meditation place me in God's presence where I can leave my addictive behaviors and defects in His care again and be converted to a channel in Service to others, His will for me and the principle of Step Twelve. Practicing the Step Principles places me in the best possible position to interact effectively with groups of people to carry the message of our recovery and live the OA Traditions. My compulsive overeating will remain in remission only in so far as I am committed to carrying the message. The Twelve Step principles are the spiritual foundation of the Steps and, therefore, must also be the spiritual foundation of my life.



~ Priscilla R., reprinted from *The Road to Recovery*, the newsletter of Westchester United Intergroup, November 2003

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 not those of the writer, 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.

Message from the Intergroup's Corresponding Secretary

I need your help. I was recently told of a meeting that was left out of the meeting list. I have been working on the list since July, 2005. That meeting has gone unlisted since then at the very least. Please take a moment and make sure that your meeting is listed. Is the contact person listed an active member of your group?

In December, I added a Group Registration/Change form to our website and asked that all groups take a moment to complete and submit it. It is important that the Intergroup have correct, up-to-date information for all meeting groups. While each group is autonomous, our strength lies in unity. Unity requires open lines of communication for sharing vital information. In January, I began my service as Corresponding Secretary. To my knowledge, no groups have updated their info.

Please bring this up at your meetings. It is very easy to update your info. You can fill out and submit the online form, you can submit the print version of the form (file) by mail or you can telephone me with the info.

If you have any questions, please contact me by email: correspondingsec@midhudsonoa.org or by phone: 845-827-6456.

*Thanks for your help,
Anne O.*

Everything is different when we are different. Having seen that our conditioned thinking cannot penetrate spiritual heights, we cease trying. Though it is frightening and shattering to the ego-self, we give up, not knowing what will become of us. That does it. The bubble we thought was so beautiful bursts before our eyes, and, amazingly, we see beyond it to that which is permanently beautiful. Our inner transformation now extends itself to everyday affairs, transforming them completely.
~ Vernon Howard





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Special Events and Important Dates

Date:	Sunday, February 19, 2006
Event:	Recovery: Weather or Not Minithon
Time:	1:30 pm - 4:00 pm
Location:	Sarabrac 27 Old Route 9W
Sponsored by:	Mid-Hudson Intergroup
More Information:	Call Donna at 845-233-4045 Email: Events@midhudsonoa.org Event flyer & directions available on website



Date:	Saturday, February 25, 2006
	OA Unity Day At 2:30 pm (EST) OA members pause to reaffirm the strength inherent in OA's unity.



Date:	Saturday, March 11, 2006
Event:	Mid-Hudson Intergroup Business Meeting
Time:	1:30 pm
Location:	Family of New Paltz 51 N. Chestnut St. (Rte. 32N)
More Information:	MHIGchair@midhudsonoa.org

Visit the Events page of our website for information about additional events

