



RACE

THE MID-HUDSON INTERGROUP NEWSLETTER

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From the Chair

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MEETING CLOSED

The Anorexic/Bulimic meeting in Beacon on the last Wednesday of the month Has been canceled

I'm looking forward to the minithon this month in Wappingers Falls. Hope to see many of you there. At the last Intergroup meeting we voted to support discussion of all the proposals submitted this year to the World Service Business Conference. Most of them dealt with amending the bylaws to include online meetings, groups and intergroups. OA is keeping up



with the times.

The theme this year is unity. Extending support to all who want to stop eating compulsively is a priority. One of the proposals recommends hiring a professional agency to determine what other avenues OA could use to reach

those who still suffer. In our own area, the Saugerties and Woodstock groups sponsored an "OA Day" to inform the public about OA. I want to thank those who organized that event. Maybe we can duplicate the event in other areas of the Intergroup region to reach out to the public.

The next meeting of Intergroup is March 10th, Hope to see you there.

Love in recovery,
Mary Ellen

7th Tradition Donations to MHIG

- Stone Ridge #38963 \$60.00
- Woodstock #38318 \$18.00
- Anonymous Individual \$100.00

Thank You!

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

~ Leo Bascaglia

Sunday, February 18, 2007

Putting Your Heart & Soul Into Program

Mid-Hudson Intergroup Minithon

1:30 pm ~ 4:00 pm

Zion Episcopal Church
12 Satterlee Place
Wappingers Falls, NY 12590

Contact: Donna 845-233-4045
Suggested Donation: \$6.00



Singing a New Song

I'm not sure what is more amazing - that it is 2007 or that I have consistently written in this journal for two months.

In church yesterday, my friend preached about letting our lives sing a new song. That is what I



want to do this year. Like the good news in today's reading, I want my song to show my surrender to God, my love for others and the care I do for myself - especially my abstinence. The chorus of my new song will be the tools of the

program - which I will utilize one day at a time for my recovery. Thank you Higher Power for this good news: that I may have hope and recovery and be able to sing this new song.

~ Kristin Pine Bush

Springtime of My Recovery

As I sit here in a writing meeting on a sunny February day, I am at peace. I am abstinent (could there be a relationship?). I'm beginning to understand that my calmness comes from within. My journey through compulsive overeating has been like the changing of the seasons.

I came into OA seven years ago, in the autumn of my disease. I knew I had an overeating problem, but I wanted to fix everybody else! Unfortunately, because I was not hearing some good advice about taking care of myself, working the Steps and getting abstinent, my disease continued to progress even while I was in OA. But I kept coming back. Gradually, more truths were revealed to me. Higher Power knew I was only ready to hear a little truth at a time. I had many past hurts and losses to reach closure on and let go. I reached a high

weight of 235 pounds (107 kg). That was the winter of my disease.

Through much love and support from my OA friends, grief and marriage work with a counselor, and work on letting go of other people and their decisions, I feel I'm walking into the spring of my recovery.

I pray often throughout the day. Many times it's just a prayer of thanks and praise for the grace that's been given me. I am grateful that I have been allowed to follow this path, and I realize how lucky and blessed I am. It humbles me.

I'm still working the Steps with my sponsor and letting go of my character defects. I will never be perfect and will never have it all together. But if I listen

to Higher Power's will for me and let go of my immature self-will, I will be going in the right direction.



I have stumbled with my food choices often enough to know I never have it made. I take one day at a time. Just as I feel new energy pulsing through me when I see a sunny day or crocuses pushing through the snow, I also know this energy boost comes from abstinence. That feels much better than the dead, guilty remorseful feelings of the winter of my disease.

I must always remember the hope of this program. Only Higher Power knows what possibilities lie ahead for me, and I am willing to follow his lead.

~ Reprinted from *Lifeline* April 2005

New Meetings

Sunday, 4:00 pm ~ 5:00 pm

High Falls Community Church
Mohonk Rd. between Rte. 213 & Firehouse Rd.
High Falls, Ulster County

Keep It Simple: Discussion/Steps meeting

Contact: Celia 845-687-2419

Friday, 10:00 am ~ 11:00 am

First Presbyterian Church
50 Liberty Street
Beacon, Dutchess County

Abstinence/Literature/Leaders Choice

Contact: Diane: 845-838-0581



A Cat's Gift

We buried Bibs today. He was almost 20 years old. He helped me with my OA program even in death. Alive, he opened me to the insanity of my anger at his being a cat, insistent on being fed on his schedule and not on mine. Writing on this anger at Bibs, I discovered I was angry about my own food plan. It turned out that after I had eliminated



dairy from my plan of eating, I lost too much weight too fast and my diet rebound reflex was triggered, giving rise to cravings. I was angry about my own hunger and need for food. Discussing this with my sponsor helped me to adjust my food plan so as to eliminate the cravings.

I began sobbing when Bibs lost consciousness as the preliminary anesthetic took hold. A few minutes later

after his death, I wanted a drink and then a pastry or donut. While the first thought was that these were reasonable needs, the conflict with my food plan told me that I was trying to run away from my grief. Prompt surrender of these compulsive needs to HP allowed me to be present for his death and to be grateful that he became an important part of my life.

~ Anonymous

Letting Go, Letting God

I have to write tonight on what is eating me. More than anything I want to binge right now, but I know the consequences and this has me depressed. I am boiling mad about so many things, I do not even know where to begin so I will just jump in. I am angry at this woman I was interested in. I went out for coffee and for dinner and then called her twice and she never returned or acknowledged my calls. I think something weird is up with her and I am better off not getting involved. Still why didn't she call? I am angry about the cold weather. It goes right to my bones and I hate that feeling. And I hate my new jacket because there are too many pockets in it, it is too complicated a jacket. I just wanted a darn jacket, not a walking file cabinet. I am angry about being a compulsive overeater and not having the freedom to eat whatever the blazes I want. Why am I saddled with this? I am angry that I am so fat I can barely cross my legs now, it is very uncomfortable. I am upset that my laptop is next door and I want to

watch my movie here and I don't want to have to get it.

All these things are really bothering me. I am not in control. I am not in control. Darn it! I am not in control. Things are happening to me and around me that I do not like. Blast it, I even hate them. And I cannot do what I used to do. I cannot eat over it. This is affecting my self-esteem mainly, some sense of security too.

What did I do to get the ball rolling. I lost my spiritual connection somewhere along the way. I have taken all this stuff on to myself and it is overwhelming me. All this stuff is not mine to control nor am I responsible for them. God is. Life is a trust, we just studied that tonight. It's all his. Why did I take it over for myself?



What character defects does all this reveal. It seems to me a simple self-will run riot. Dear God, please help me with my self will tonight. It is running all around in every direction at the same time. Help me. God help me. God help me.

Set me free to find the calm center of your will. God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

There, I am feeling better and actually more in control because I have identified all the feelings and turned them over to God. In the process I see where I got this machine running again that runs me to the fridge. Well, with God's help, it isn't happening this time.

Hm...Six paragraphs and I'm feeling better without taking in a single calorie

~Rich (COE) Saugerties, NY