



PACE

Mid-Hudson Intergroup Newsletter

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October/November 2006

Message from the Chair

I hope everyone is enjoying a good Fall. I love this time of year. I feel blessed with the cooler weather and clean air. Opening the windows and letting in a fresh breeze is like opening my mind to new ideas at a meeting, letting in a new thought or suggestion I hear from people, sharing at a meeting.

I am always grateful this time of year that I am involved in service. Before I joined Intergroup, I would get involved with outside things this time of year and disappear from meetings and program for awhile. I always suffered until I crawled back, willing to put program first.



Now I stay in contact because of commitments and I don't disappear. I encourage anyone who wants to add a little flavor to their program, to go to intergroup meetings or a minithon. Meeting people who are not from your regular group is a wonderful experience and sharing the news of the area is a vital service to your home group.

I'm looking forward to the minithon October 15th and the convention October 27th. I know they will enhance my program and my feeling of fellowship. Hope to see you there.

Love in recovery,
Mary Ellen

Sunday, October 15

**Happy, Joyous & Free
Celebrate the Holidays
Abstinely**

MHIG Minithon

1:30 pm ~ 4:00 pm

**Redeemer Lutheran Church—
90 Route 32 South—
New Paltz, NY**

**Visit
www.midhudsonoa.org
For Event Flyer and
Driving Directions**

Saturday, November 18

**Dancing Your Way Through
The Steps**

MHIG I.D.E.A. Day Celebration

9:30 pm ~ 4:00 pm

**Zion Episcopal Church
12 Satterlee Place
Wappingers Falls, NY**

**Visit
www.midhudsonoa.org
For Event Flyer and
Driving Directions**



E-A-S-Y D-O-E-S I-T

Each of us is unique, for no person is exactly like another; when we ourselves were born, most of us had a different mother.

Anxieties have been experienced by us for various reasons, but we all realize that in this life are many spiritual seasons.

Shifting our attention may help us to change unhealthy attitudes, so that deep within ourselves, we may unearth abundant gratitude.

Yesterday is dead and gone, while tomorrow is yet to arrive; if we will live in the present, then we can truly feel alive.



Discovering the truth about ourselves may take many years; yet when we graciously accept our flaws, we can have fewer fears.

Overeating has become a bad habit, one we would like to break; but first we must confess our wrongs, lest we compound our mistake.

Erros in judgment we all have made, leaving many of us discouraged; however, when we learn that hope is not lost, we still can feel encouraged.

Stand up then to the challenge, and rest on God's assurance that the more phone numbers you have, the greater is your insurance.



If at first you appear to fail, by no means should you lose hope; when everything falls into place, we realize there are other ways to cope.

Therefore, believe that you need not eat more than you want or need; then perhaps you'll understand that it's a hungry soul you must feed.

~ J.B., Indiana, Reprinted from *Lifeline*, April, 2004

Recovery is...

a journey filled with small miracles.

listening to, learning from, and supporting others as well as myself.

like a rippling waterfall of constantly flowing energy moving me intellectually, emotionally, and spiritually.

unconditional love for myself, for others, and to and from my Higher Power.

letting go and accepting.

setting healthy boundaries to take care of myself.

the connection with my Higher Power I maintain by taking step three every day.

being responsible.

giving up control and surrendering.

feeling through the pain instead of using an addiction.

abstinence, honesty, and serenity.

forgiving myself.

balance in my life.

a miracle!

~ Reprinted from *The Butterfly*, January, 1999





Pumpkins

A woman was asked by a co-worker, "What is it like to be a recovering compulsive over-eater?"

The co-worker replied, "It is like being a pumpkin. God picks you from the patch, brings you in and washes all the dirt off of you. Then he cuts off the top and scoops out all the yucky stuff. He removes the seeds of doubt, hate, greed, etc. and puts His light inside of you to shine for all the world to see."

~ reprinted from *The Twelve Stepper*, September 2005

12 Steps for the Holidays

1. We admitted that the Holiday Season has deeper meanings attached to it than the devouring of food.
2. We came to believe that a power greater than ourselves could help us see and celebrate the TRUE meaning of the Season.
3. We came to believe that our Higher Power could help us to appreciate the joyfulness of the season as we understand it.
4. We made a searching and thorough examination of our relationship with food in connection with the holidays as well as what other things we have enjoyed about the season.
5. We admitted to our Higher Power the exact nature of our past food habits during holiday



seasons past.

6. We became entirely ready to allow our Higher Power to remove our attachment to food as an unavoidable necessity of the holidays.
7. We humbly asked him to remove our desire to partake of the holiday treats.
8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.
9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.
10. We continued to enjoy the company of our friends and family as well as all the other enjoyable non-food aspects of the season.
11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of the meaning of the season and the joy we feel at this time.
12. Having realized that sharing with others the joy of this season far outlasts the fleeting good feeling of food, we gave ourselves the gift of abstinence throughout the holidays, and give others the gift of our full attention and appreciation.

~ Reprinted from *Working the Steps One Day at a Time*, Fall 2004 issue

7th Tradition Donations To MHIG

Beacon	\$60.00
Cornwall Groups	\$180.00
Intergroup	\$6.00
Highland Mills	\$60.00
Woodridge	\$80.00

Thank You!



Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

~ Melodie Beattie

Abstinence can be a miracle. All I have to do is step aside and plug into God. I still have cravings, and some days are easier than others. But my life with God at the helm is as different from my earlier life as day is from night.

The Steps are my first priority. If I'm working the Steps and looking for God's will in my life, then I'm working on maintaining my spiritual reprieve. If I'm rushing around and can't catch my breath, meditation can help center me. I can also emulate several of my OA buddies who have a strong spiritual program. Doing a Tenth Step shows where I am in my thinking and acting. Praying on my knees whenever I can shows that I think of God and my need for him.

I believe that God is the answer to all my problems. If I try to be close to him, I am moving toward recovery.

~ L.M., Charlotte, Reprinted from Lifeline, November 2005

God Is the Answer

Abstinence is a gift from God that is waiting for me every day. Without God, I am hopeless against the food. It says in the AA Big Book that we have a spiritual reprieve from our disease and we must maintain this reprieve to keep our abstinence. I think God cares about me and what I eat. I think he hurts for me if I'm suffering and is glad for me when things go well.



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.