

PACE

April/May 2012

OA

WEB:
WWW.MIDHUDSONOA.ORG

OA EVENTS:

BUSINESS MEETINGS:

New Paltz, NY

Saturdays on odd months, at Family of New Paltz, Route 32, 1pm - 3pm
May 12th, July 7th, September 8th,
November 17th (IDEA Day) 2012

MINI-THONS:

New Paltz, NY

“Spring Into Action - Using the OA Tools to Live Fully”

Saturday, April 21st, 2012, 1-5pm, United Methodist Church, downstairs meeting room, Corner of Main and Grove Streets; suggested donation: \$6 (if you can't pay, don't stay away), call Mary Ellen with any questions at 845-565-1342 (flyer attached)

Summer Mini-thon in August; location to be announced

REGION 6:

Albany, NY

April 21st and September 29th, 2012

Ottawa, Canada

Region 6 Convention, October 26-28th, 2012

WEEKEND

Beacon, NY

“Building Better Relationships with OA Principles”, May 18-20th, 2012. Brochure available online.

RETREAT:

WORLD SERVICE BUSINESS CONFERENCE:

Albuquerque, New Mexico

April 30- May 5th, 2012

- NEWSFLASH -

OA May Retreat:
Day Trippers
welcome!

Donations

Red Hook Fri AM - \$66.00

Middletown Sun PM - \$30.00

New Paltz Mon PM - \$125.00

Cornwall Wed PM- \$100.00

Cornwall Tue PM & Sat AM - \$110.00

Woodstock Fri AM - \$48.00

Your donations are the main income we have to pay for the hotline, website fee, and other expenses. We also use them to send our representative to the World Service Business Conference.

FOR THE GOOD OF OA:

Meeting-Makers
make it!

We're
not here to see
through each other;
we're here to see each
other through.

Change
is a process, not
an event!

We
are only as
sick as our
secrets.

Addiction
is an equal
opportunity
destroyer.



Come for the vanity;
stay for the sanity.

*

Don't quit before the miracle
happens.

*

Be part of the solution, not the
problem.

*

You can't give away what you
don't have.

*

Easy does it, but do it!

Honesty

Openness

Willingness

Call your sponsor **BEFORE**, not **AFTER**
that first compulsive bite.

**One compulsive bite is too many, and a
thousand is not enough.**

OA MEMBERS ANTICIPATE

Change has Sprung this Spring.

We are always in transition. Change is inevitable. Thank you, Higher Power, for this fact because otherwise we would not have the opportunity to watch spring blossoms or the miracle of colors during this season. The new season, and thus the spring mini-thon, is upon us. The Monday night New Paltz group is hosting this year's mini-thon. The same group has also happily agreed to organize this wonderful event. The topic is Tools of the program. Get ready for some change in this area of recovery as well because this year's host is going to use its garden tools to dig up old isolation and habitual behavior before planting new ideas and fresh seeds to speed up your recovery. So come on over to New Paltz on April 21st and roll up your sleeves to be inspired by our tools' new spring look. Our interactive Spring Mini-thon will take place at the United Methodist Church in New Paltz, on the corner of Grove and Main Streets. We can't wait to share our spring fever! -S

STEP 4 JOURNAL QUESTIONS

1. How long ago did you complete your first or latest inventory? Is it time for another?
2. From FOR TODAY (pp. 299): "But it's better to jump in and examine my fears than to let them haunt me the rest of my life. I take a fourth step inventory, skimming the surface at first, then digging deeper. The more honest I am, the more freely I breathe." Is there an area (fear, anger, resentment), or a topic (such as pride, sex, or money) where you are willing to dig deeper today? Dig.
3. "By discovering what our emotional deformities are, we can move toward their correction." AA 12+12 (pp.43) Has making your fourth step inventory helped to heal your emotional deformities? Your physical ones?
4. The OA 12+12 (pp. 43) says: "When we face the guilt that truthfully tells us, 'You made a mistake', we're freed of shame that falsely tells us, 'You ARE a mistake'". Did you find freedom from shame through making your fourth step inventory?
5. Within the inventory process as outlined in the Big Book (pp. 69), we are asked to review our sex conduct. "In this way we tried to shape a sane and sound ideal for our future sex life." Have you created a sane and sound ideal for yourself?
6. Is it possible to be recovered and still feel shame?
7. Do you agree with the AA 12+12 (pp.47) "... we needed to change ourselves to meet conditions, whatever they were."?
8. Write about self-esteem.

STEP 5 JOURNAL QUESTIONS

1. To whom is it hardest for you to admit the nature of your wrongs? God? Yourself? Another human being?
2. Why did you do the things you did? (WB 5.7) Did these actions cost you? (WB 5.9)
3. The Big Book (pp.73) says, "More than most people, the alcoholic leads a double life. He is very much the actor. To the outer world he presents his stage character... He wants to enjoy a certain reputation, but knows in his heart he doesn't deserve it." Do you still live a double life in any way? What is that about? Are you willing to give it up?
4. The OA 12+12 (pp.45) calls step five "A positive action we can take - to end our isolation... the beginning of the end of our isolation." Write about your isolation, past and/or present. Has working the OA program brought you relief from isolation?
5. "We're part of (the human race) , shaped by the same basic needs and desires as all our fellows." OA 12+12 (pp.47) Have you acknowledged your basic needs and desires? Accepted them? Understood that they are part of your humanity? WELCOMED them?
6. How does step five set us on the road to humility?
7. Write about integrity.
8. Is knowing what is wrong with you sufficient to bring about the necessary changes in your life? What changes are necessary in your life?

- Copied with permission from Step Into Recovery Mid-Hudson Intergroup Spring Retreat 2010

MARK YOUR CALENDAR: OA MINI-THON / APRIL 2012

Mid-Hudson Intergroup sponsors an OA MINI-THON



Spring Into Action



✘ USING THE OA TOOLS TO LIVE FULLY ✘

✦ AN AFTERNOON OF SPRING TOOL TALK AND RECOVERY ✦

✦ RENEW YOUR COMMITMENT TO ABSTINENCE ✦

Saturday, APRIL 21st, 2012

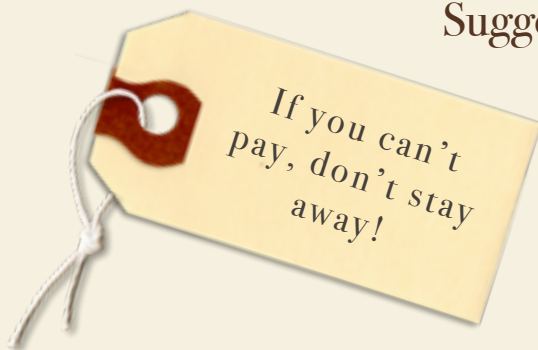
1:00 to 5:00 pm

United Methodist Church

Corner of Main & Grove Streets

New Paltz, NY

Suggested donation:\$6



✦ Call Mary Ellen with any questions ✦

845-562-1342