

# PACE

- POSITIVE ACTION CHANGES EVERYTHING -



## OA Events

### BUSINESS MEETINGS:

#### New Paltz, NY

Saturdays on odd months, at Family of New Paltz, Route 32, 1pm - 3pm

September 10th, November 19th (IDEA Day) 2011

### MINI-THON:

#### Woodridge, NY

August 14th, 10-3pm

See attached Flyer

### REGION 6:

#### Albany, NY

Fall Assembly: Saturday 24th

#### White Plains, NY

Convention: October 21st-23rd

## A Letter From Your Disease

Hello... just in case you forgot me... I am your disease...

I Hate meetings... I Hate higher powers... I Hate anyone who has a program. To all who come in contact with me, I wish you death and I wish you suffering.

Allow me to introduce myself: I am the disease of addiction. I Am cunning, baffling, and powerful. That's Me. I have killed millions and I am pleased.

I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, haven't I? Wasn't I

there when you were lonely? When you wanted to die, didn't you call on me?

I was there, I love to make you hurt. I love to make you cry. Better yet, I Love to make you so numb you can neither hurt nor cry.

When you can't feel anything at all; this is true gratification. And all that I ask from you is long-term suffering. I've been there for you always. When things were going right in your life, you invited me. You said you didn't deserve these

(continued on next page)

### DONATIONS:

Cornwall / Wed. - \$100

New Paltz / Wed. - \$60

Ellenville - \$60

Saugerties / Tues. - \$40

Poughkeepsie / Sat. - \$105

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.

24 - HOUR  
MEETING  
INFORMATION  
AND HOTLINE  
845-657-6603

## (A Letter From Your Disease continued)

...

good things, and I was the only one who would agree with you.

Together we were able to destroy all the good things in your life.

People don't take me seriously.

They take strokes seriously, heart attacks, even diabetes they take

seriously. Fools! Without my help these things would not be

possible. I am such a hated

disease, and yet I do not come

uninvited. You choose to have me.

So many have chosen me over reality and peace.

More than you hate me, I hate all of you who have a 12 step

program. Your program, Your

meeting, Your higher power. All of

these things weaken me, and I

can't function in the manner I am

accustomed to. Now I must lie

here quietly. You don't see me but

I am growing bigger than ever.

When you only exist, I may live.

When you live, I may only exist.

But I am here...

And until we meet again, if we meet again, I wish you death and suffering. (borrowed from Delaware OA retreat 2009)

## Active OA meetings by country:

4524 USA  
357 Mexico  
308 Canada  
155 England  
118 Germany  
114 Israel  
102 Australia  
82 Brazil  
77 Italy  
48 Ireland  
47 Spain  
45 New Zealand  
32 Greece  
30 Colombia  
28 France  
26 Poland  
23 Argentina  
23 Japan  
20 Sweden  
20 Belgium  
17 Venezuela  
13 Denmark  
13 Netherlands  
10 Scotland  
10 South Africa  
9 Switzerland  
9 Finland  
9 Iceland  
8 India  
8 Austria  
8 Wales  
7 Guatemala  
7 Northern Ireland  
6 Costa Rica  
6 Cuba  
5 Iran  
4 Slovenia  
4 Ukraine  
4 United Arab Emirates  
4 Uruguay  
3 Thailand  
3 China  
3 Norway  
2 Aruba  
2 Kenya  
2 Slovakia  
2 Turkey  
2 Dominican Republic  
2 Korea  
2 Luxembourg

2 Luxembourg  
2 Bermuda  
2 Russia  
2 Egypt  
2 Singapore  
2 Zimbabwe  
1 Barbados  
1 El Salvador  
1 Isle Of Man  
1 Lithuania  
1 Oman  
1 Portugal  
1 Saint Lucia  
1 Honduras  
1 Indonesia  
1 Nigeria  
1 Pakistan  
1 Qatar  
1 Saudi Arabia  
1 Chile  
1 Ecuador  
1 Estonia  
1 Gibraltar  
1 Hungary  
1 Latvia  
1 Peru  
1 Bahrain  
1 Bosnia And Herzegovina  
1 Czech Republic  
1 Lebanon  
1 Saint Kitts  
1 Trinidad

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6399 Total Active OA Meetings  
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## Recruitment Campaign

There has been discussion about changing the Intergroup meeting date and time to attract new members.

### We need your input!

What would you like Intergroup to do for you? What can you do for Intergroup? How can service contribute to your abstinence? Come to an Intergroup meeting or give your opinion via PACE Editor email or phone.

*I put my hand in yours,  
and together we can  
do what we could  
never do alone.*

# OVEREATERS ANONYMOUS MINITHON



SPONSORED BY OA MID-  
HUDSON INTERGROUP

## Courage:

### If Nothing Changes, Nothing Changes

- Exploring the courage to change  
and the power  
to carry it out -

**Sunday, August 14, 2011**

9:30am Registration

Program 10am - 3pm

**Woodridge Municipal  
Building**

(Village Clerk's Office)

2 Dairyland Rd, (Co Rt 158)

Woodridge, NY 12789

CONTACT  
PERSON:

Robin 845-434-7330

SUGGESTED  
DONATION:

\$6

If you can't pay, come  
anyway!

Please bring your own  
lunch!

Coffee & tea provided.

# THE OA LANGUAGE OF RECOVERY

**If I have a problem and eat over it, then I have two problems.**

I have a disease that tells me I don't have a disease.

**I can't. God can. I think I'll let God.**

Don't wait until you feel better to do it. Do it and you'll feel better.

**I resigned from the debating society.**

It's not odd; it's God.

**Meeting makers make it.**

Peace is seeing a sunset and

Trace it. Face it.

Erase it.

Procrastination is the thief of time.

The worst day abstinent is better than the best day overeating.

We are only one bite away from a binge.

We never have to hurt ourselves with food again.

When in doubt - don't.

A program of action.

## The 12 Steps of Insanity

1. We admitted we were powerless over nothing. We could manage our lives perfectly and we could manage those of anyone else that would allow it.
2. Came to believe that there was no power greater than ourselves, and the rest of the world was insane.
3. Made a decision to have our loved ones and friends turn their lives over to our care.
4. Made a searching and fearless moral inventory of everybody we encountered.
5. Admitted to the world at large the exact nature of their wrongs.
6. Were entirely ready to make others straighten up and do things our way.
7. Demanded that others either "shape up or ship out".
8. Made a list of anyone who ever harmed us and became willing to go to any lengths to get even with them all.
9. Got direct revenge on such people whenever possible except when to do so would cost us our own lives, or at the very least a jail sentence.
10. Continued to take inventory of others and when they were wrong, promptly and repeatedly told them all about it.
11. Sought through nagging to improve the thoughts of others, as we couldn't understand them at all, asking only that they do things our way.
12. Having had a complete emotional and spiritual breakdown as a result of these steps, we tried to blame others and get sympathy and pity in all our affairs.

Author Unknown

## JOURNAL QUESTIONS, STEPS 8+9

**How do you identify what actually is harm to another person?**

*"To amend something means to alter it." (VOR 68) How do you match the amends to the harm done? How do you identify what amends you need to make?*

**Is there any person or institution you have yet to forgive, making it impossible to make sincere amends for your side of the conflict? OA 12+12 (71). Are there things for which you are unwilling to forgive yourself?**

**"Recovery depends upon completing steps 8 and 9." OA 12+12 (73). Do you believe this? Is this your experience?**

*How can you make it up to yourself and your loved ones for the hurts of the past? WB 9.18*

**Which step nine promise (Big Book, pp.83-4) has stunningly, surprisingly become true for you?**