

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 8th, November 17th (IDEA Day) 2012

MINI-THON:

Woodridge, NY

August 19th, 10-3pm, registration at 9:30am, 2 Dairyland Rd, County Rte 158

See attached Flyer

REGION 6:

Albany, NY

Fall Assembly: September 29th

Ottawa, Canada

Convention: October 26th-28th

Self-Discipline & Empathy!

“Today, neither food nor control keep the fears away.” VOR 22 It seems that the conscious decision to put the food down and to keep the focus on ourselves is a courageous one - one that changes our lives. We need self-discipline to remind ourselves and each other of this daily commitment, conscious of the fact that said self-discipline gives us a chance at being joyous and free.

There is no reprieve from this disease, and so our self-discipline needs to be firmly anchored in “Just For Today” and in loving contact with our Higher Power.

It takes self-discipline to work the Steps. We all have our favorite “hard” ones we’d rather avoid. What a perfect opportunity to put self-discipline to work, one step at a time. For those of us who like to procrastinate, we can lovingly encourage ourselves and each other to just do the next right thing. And for those who don’t take breaks until it’s all neatly finished, let’s use self-discipline to ease up and let go and let God.

It takes a lot of self-discipline to work Steps 8 & 9. Talk it over with your sponsor. Balance in all our affairs, especially the ones we

DONATIONS:

Middletown/Sun. - \$30

Poughkeepsie/Sat. HOW - \$125

Stone Ridge/Sat. - \$60

New Paltz/Wed. - \$60

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

(Self-Discipline and Empathy continued)

...
want to avoid forever or, alternately, get done and over with as quickly as possible.

Steps 4 through 9 teach us gently to empathize first with our fellow human beings and, in turn, with ourselves. Empathy makes forgiveness possible. In realizing we are not perfect and never will be, we grow the capacity to forgive others their shortcomings. By realizing that we at times hurt people and make mistakes without meaning to, it also sinks in slowly that the wrongs that were done to us were not personal in nature either, generally.

In essence, empathy gives us the ability to venture out, make a list of whom we have hurt without beating ourselves up. The Big Book says that we do not crawl before anyone when we make our amends. The process of amends, then, is only the outward action of forgiveness practiced on the

inside. Forgiveness and resentments cannot coincide in our hearts. A heart filled with forgiveness is free. - Silke

LIVE BY the 12 Step & 12 Tradition PRINCIPLES:

- Honesty
- Hope
- Faith
- Courage
- Integrity
- Willingness
- Humility
- Self-Discipline
- Love
- Perseverance
- Spiritual Awareness
- Service
- Unity
- Trust
- Open-Mindedness
- Responsibility
- Acceptance
- Equality
- Fellowship

“Tradition 5 reminds us that our recovery doesn’t come from simply discussing our problems with each other. It is the OA message - in our steps and traditions - that we find solutions to our problems. Living by these principles saved our lives.” OA 12+12, 146-147

“These twelve-steps and twelve-tradition principles, rather than our problems, should be the focus of

every OA meeting.” OA 12+12, 147

A meeting is as healthy as we make it. Do we live by the principles of the 12 steps and 12 traditions? Do we share based on them? Are we in relationship with each other according to them?

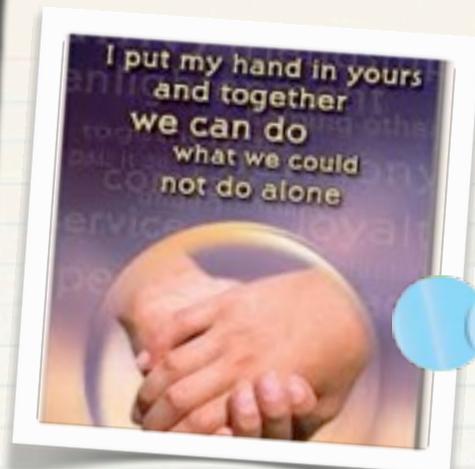
The New Paltz Monday 5:15pm meeting recently changed its meeting format to include the principles as a topic once a month. Group conscience determines which principle will be shared on.

To live these principles in all our affairs is a tall order. There is a reason why this is not mentioned until step 12. And even then we can only live these steps and their inherent principles to the best of our abilities. In the AA 12+12 it states that only Step 1 we can do perfectly. As for the rest, practice makes progress, one day at a time.

Please share with/in PACE what meeting topics work in your individual groups.

- S.T.

Support Recovery for yourself and others: Subscribe to LIFELINE!



OVEREATERS ANONYMOUS MINITHON



SPONSORED BY OA MID-
HUDSON INTERGROUP

It works if you work it!

So work it, you're worth it!

- Explore and share about the new tool of *Action Plan*-

Sunday, August 19, 2012

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!

Beverages provided.

Work the Steps into Recovery

JOURNAL QUESTIONS, STEP 8

1. What is your purpose in doing step eight? (WB 8.6)
2. How do you identify what actually is harm to another person? (WB 8.2)
3. Have you been on the receiving end of hurt that you have, at another time, also done to someone else? (OA 12+12, 68)
4. "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?
5. Are you confused about the harm you may have caused, or the amends you may or may not owe? Have you reasoned this out with another person?
6. Is there any person or institution you have yet to forgive, making it impossible for you 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?
7. Are there amends you could be making right now, within the next few days? Are you willing to make them?
8. Are there amends you could make shortly, needing to locate the person and gather the resources required? Are you willing to make them?
9. Are there amends you believe you could NEVER or would NEVER be willing to make? Write about empathy - identification with and understanding of another's situation, feelings, and motives.

JOURNAL QUESTIONS, STEP 9

1. "Recovery depends upon completing steps 8 and 9." OA 12+12 (73). Do you believe this? Is this your experience?
2. Has making an amends ever gone awry for you? What did you learn from it?
3. The AA 12+12, 85 says "The temptation to skip the more humiliating and dreaded steps that still remain may be great." Does the fear of embarrassment stall you in your amends process?
4. The OA 12+12, 76 speaks about "the twelve-step way of life". What is this?
5. How can you make it up to yourself and your loved ones for the hurts of the past? (WB 9.18)
6. Are there any amends you want to make anonymously simply to avoid embarrassment to yourself? Have you rationalized that making amends would injure you financially or damage your self-esteem? (WB 9.18)
7. "As we have dealt lovingly with every person in our lives, our spiritual awakening has become a reality." (OA 12+12, 81) What is the reality of your spiritual awakening? Which step nine promise (Big Book 83-84) has stunningly, surprisingly become true for you?

BRANCH OUT

Go to

[www.oa.org/
membersgroups/find-a-
meeting/](http://www.oa.org/membersgroups/find-a-meeting/)

for

Face-To-Face Meetings

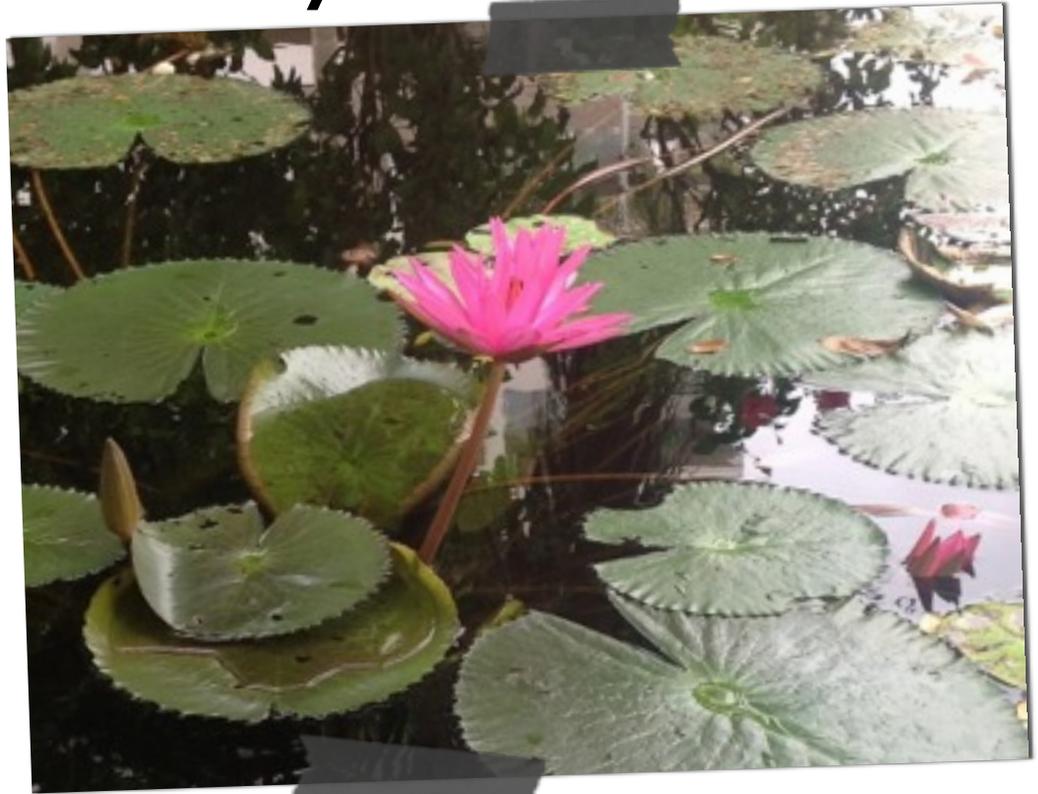
Telephone Meetings

Online Meetings

On this site you can look up different kinds of meetings, all approved by Overeaters Anonymous. Here you can also find links for newcomers, members/groups, media/professionals, the bookstore, Lifeline, and World Service events.

If you find yourself traveling, moving, or just interested in trying different types of meetings in different areas of the world, check it out.

Intergroup Discussion of Group Autonomy



THE ISSUE OF GROUP AUTONOMY IN RELATIONSHIP TO THE OA FELLOWSHIP AS A WHOLE WAS DISCUSSED AT THE JULY 7TH MEETING OF THE MID-HUDSON INTERGROUP.

This issue came out of the July business meeting of one of the Mid-Hudson groups in which the wording of the OA Twelve Steps and Twelve Traditions was brought up as objectionable, focusing on the use of the words "God" and "he and him."

Research by one member of the Intergroup was done by contacting our Region 6 Trustee, who is the liaison between the individuals, groups and the Intergroups of Region 6 and OA World Service.

Our trustee responded by saying: "One of the things that makes an OA group is the agreement to follow the 12 Steps and 12 Traditions. Not the 12 and 12 of Sally/John or some group. When at an OA meeting, if I change the step to suit my sensibilities, then I am saying that I know better than the Fellowship... basically, phooey to the Fellowship. I am going to do it my way and who's to stop me? Self-will run riot. A member with the problem in the wording can pass. A member with the problem with the wording (myself) can read it as written, and offer it as a willingness to be in the lifeboat with the rest of the members wrestling with this disease."

- Barb B.

We Want You!

Please contribute your thoughts/feelings/ideas to
PACE

Email the PACE Editor:

PACEeditor@midhudsonoa.org

Possible Topics to write about:

Slogans, Steps, Tools, Daily, Readings

Topics of Interest:

Faith, Freedom, Empowerment, Turning problems
over, Priorities, Self-condemnation, Spiritual
Power, Welcome Home, Secret of Success, Unity...

How Meetings Use Lifeline

by Dexter

OA Member

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Our Woodstock, Friday, 10 a.m. meeting has bought its own Lifeline subscription which we use as a fresh literature reading option for our varied format meeting. It is like having a visiting speaker share their recovery with us. Our group welcomes the arrival of Lifeline and its presence often becomes the reading choice for that day. WSO has started a campaign to encourage every OA group to purchase a lifeline subscription. I personally can recommend it for all groups based on my experience in my home group.

NATURE TALK



"Each person is like an actor who wants to run the whole show; is forever trying to arrange the lights, the ballet, the scenery and the rest of the players in his own way."

- Big Book, p. 926

* *"First of all we shall want sunlight; nothing much can grow in the dark. Meditation is our step out into the sun."*

- from AA 12+12, p.98



God has lifted the food obsession from us. Freed of the obsession and restored to sanity, today we choose not to eat self-destructively. We have new ways of coping with our problems now and new practices which make living a positive, joyful experience most of the time. If we should again crave more food than we need, we know we will find relief in the steps instead of in compulsive eating. - OA 12+12, p.1140

It takes more than spiritual freedom to establish and develop a relationship with a Power greater than ourselves. We have to take action. In step eleven we are challenged to actively seek to improve our relationship with our Higher Power in the same way we might develop any relationship, by taking the time on a regular basis to be with H.P. - OA 12+12, p.1050

RECOVERY: OPENING TO A HIGHER POWER



Once we have placed the key of willingness in the lock and have the door ever so slightly open, we find we can always open it some more. Though self-will may slam it shut again, as it frequently does, it will always respond the moment we again pick up the key of willingness.

— AA 12+12, p. 35



First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple.

— Big Book, p. 953, 954

In order to recover, I had to let go of my thinking and embrace believing. This meant I had to give up certainty (as if black-and-white thinking worked) and predictability (as if it were possible to know what the future would bring). This meant I had to get into the risky world of the unknown, the spiritual realm, where there are no guarantees. Scary? You'd better believe it. Rewarding? I do believe it.

Voices of Recovery, p.244