

POSITIVE ACTION CHANGES EVERYTHING

The Mid-Hudson Intergroup Newsletter

Beacon (Tuesday 9:30am)	\$ 25.00
Ellenville (Thursday 7:30pm)	\$ 60.00
Red Hook (Friday)	\$ 69.00
Woodridge (Tuesday 7:30pm)	\$ 60.00
Stone Ridge (Saturday am)	\$ 60.00
Woodstock (Friday 10am)	\$ 30.00

DONATIONS
TO INTERGROUP

THANKS FOR YOUR SUPPORT

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.

MIRACLES - A POEM BASED ON BILL'S STORY (BIG BOOK)

Being more than inwardly
re-organized

On different footing

Roots grasping a new soil

with my own conception of God

Standing in the sunlight

at last

Being willing to believe in a Power
greater than myself

Nothing more was required of me

to make a beginning

Growth starting

from that point

A foundation of complete
willingness

Seeing, feeling, believing

Pride and prejudice falling away

A new world coming into view

Placing myself unreservedly
under God's care and direction

Admitting I am nothing of myself

and lost without Him

Facing my sins and asking God to

take them away

Common sense becoming
uncommon sense

Sitting quietly when in doubt

Asking only for direction and

strength to meet my problems as

God sees fit

Never praying for myself unless
it would mean being

more useful to others

out of this

Receiving in Great Measures

compiled by Silke

MARK YOUR CALENDARS FOR 2013:

OA Events

Business Meetings

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

January 19th, March 10th, May 11th,
July 13th, September 14th, November
16th (IDEA Day) 2013

Spring Retreat

Beacon

May 17th-19th, 2013:

Tools

World Service Business Conference and Convention

World Service Events are available here:

[http://www.oa.org/world-service-events/
world-service-business-conference/](http://www.oa.org/world-service-events/world-service-business-conference/)

Region 6 Assembly and Convention

The Region 6 calendar for assembly and
convention dates is available at **R6
Assembly.** [http://oaregion6.org/en/
events/](http://oaregion6.org/en/events/)

Holiday Abstinence Strategies

Go to meetings.
Bring abstinent food.
Make phone calls.
Pray.
Call sponsor.
Get up to get away for a while.
Share honestly.
Make bookend phone calls.
Let go of old attitudes and resentments.
Do morning readings.
Index cards.
Write letters to HP.
Put food away when the meal is finished.
Write gratitude list.
Do 4th or 10th step inventory.
Give food away if there are leftovers.
Follow food plan.
Create plan ahead of time with sponsor.
Go for walk if needed.
Call sponsees.
Write emails.
Start action plan today.
Agree on meal times.
Surrender!
Meditate.
Create atmosphere of recovery.
Play soothing music.
Download podcasts.

STEP 12

HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO COMPULSIVE OVEREATERS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

1. Have you had a **spiritual** awakening? How has it affected you emotionally and physically?
2. Is there a difference between abstinence and recovery? What is it?
3. Is it possible to be long-time recovered and **not** at a healthy body weight?
4. Is there anything else in your life besides food that you are powerless over?
5. "God finds many ways to help people through us." OA 12+12, p.103 What part has service played in your recovery? WB 12.8
6. "Those of us who live this program don't simply carry the message; we **are** the message. OA 12+12, p.106 What does it mean for you, to be the message? What is the message you carry to other compulsive eaters?
7. Write on the step 12 precept: **Trust in God and clean house.** BB, p.88
8. Write about willingness to become - or to remain - **right-sized.**
9. From OA 12+12, p.102: "Sometimes because of the changes in our attitudes, people now say to us: 'You look wonderful! What have you done?'" **Believe it. You look wonderful. What *have* you done?**

12 STEP STUDY 2013 - BASED ON THE BIG BOOK

Here we go again. Let's make a New Year's resolution we'll stick to: working the steps to the best of our ability! "Again?" you might ask? "Yes! Again!" we reply. Let's move forward. One day at a time, doing the next right thing. So get out your Big Books and your journals, discuss in meetings, with your sponsor, sponsees, and amongst friends. No matter how you do it - just do it! Happy New Year, Everyone!

Step 1:

WE ADMITTED WE WERE POWERLESS OVER FOOD - THAT OUR LIVES HAD BECOME UNMANAGEABLE

Alcohol was my master.

Big Book, Bill's Story, p.8

How dark it is before the dawn.

Big Book, Bill's Story, p.8

2. The despair, self-pity, and insidious insanity of compulsive eating can feel like quicksand. We may not see a way out. How has darkness been your experience?

The main problem of the alcoholic centers in his mind, rather than in his body... [His excuses] sound like

1. List the ways in which food has been all powerful in your life. How, at the same time, do/did you try/ied to control your intake of food?

the philosophy of the man who, having a headache, beats himself on the head with a hammer so that he can't feel the ache.

Big Book, There Is A Solution, p.23

3. **Do you agree** with this premise and the philosophy? In which ways have you acted the same way?

4. What have you tried to gain control over food?

5. Admitting we are powerless over food is merely the beginning of our journey in OA. How does this hold true for you?

Once an alcoholic, always an alcoholic. Big Book, More About Alcoholism, p.33

I felt lifted up, as though the great clean wind of a mountain top blew through and through. Big Book, Bill's Story, p.14

6. **What's the difference** between powerless and hopeless? How is it that when we finally give up control over the uncontrollable, we find peace and relief from our addiction?

7. The following passage describes the miracle of finding a program where people understand what we are like and what we are going through. How has Overeaters Anonymous saved and changed

your life? What did you have to leave behind? What did you gain?

We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful. We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie and joyousness and democracy pervade the vessel from steerage to Captain's table... The feeling of having shared in a common peril is one element in the powerful cement that binds us. But that in itself would never have held us together as we are now joined. The tremendous fact of every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we join in sisterly/brotherly and harmonious action. This is the great news.

Big Book, There Is A Solution, p.17

8. OA is a 'we' program. In which ways are you willing to seek help in working the 12 Steps and this program of recovery?

9. When does your life become unmanageable? How does Step 1 help with the unmanageability of your life?

10. Whether we are newcomers or have been in OA for years, the Big Book speaks to us now as it did on Day 1 of walking into the rooms. Why is this so?

OA Slogans

First Things First

Humility is not thinking less of yourself but thinking of yourself less

Don't Use No Matter What

This Too Shall Pass

Live Life On Life's Terms

Live And Let Live

Live

You Can't Think Your Way Into A New Way Of Thinking

Time Takes Time

Let Go And Let God

The Key To Freedom Is In The Steps

Is Your Program Powered By Will Power Or By Higher Power?

SLIP - Sobriety Lost Its Priority

Misery Is Optional

Meeting Makers Make It

God Doesn't Make Junk

Your Worth Should Never Depend On Another Person's Opinion

People Who Don't Go To Meetings Don't Hear What Happens To People Who Don't Go To Meetings

OA Word Search

Y T I R G E T N I J C Z O T D F N
 L A U S E R V I C E A R Z S F G P
 J H E A K C M H U T C P A U F H O
 Y D I A N O N Y M I T Y B R G O I
 A W H A K V V R H E V O L T A P S
 X W I L L I N G N E S S T U I E R
 C W P I E W Q R W V Z G H N H A M
 P A I V S P I R I T U A L I T Y Y
 C B J H U M I L I T Y D Z T T E Y
 Y T S E N O H E P S B M I Y Y H T
 M D M E H T I A F W V W X C N D I
 V I K L U M E N I L P I C S I D N
 J P I H S R E N T R A P I A Z A E
 D L B E V A C C E P T A N C E Q R
 M V R I B P E R S E V E R A N C E
 S W X J Q F A N N I D G E C M F S
 E F W B C O U R A G E U U E K K W

- acceptance
- anonymity
- courage
- discipline
- faith
- honesty
- hope
- humility
- integrity
- love
- partnership
- perseverance
- serenity
- service
- spirituality
- trust
- unity
- willingness

Gratitude ABCs

Write something you're grateful for, starting with each letter of the alphabet.

- A _____ B _____ C _____
 D _____ E _____ F _____
 G _____ H _____ I _____
 J _____ K _____ L _____
 M _____ N _____ O _____
 P _____ Q _____ R _____
 S _____ T _____ U _____
 V _____ W _____ X _____
 Y _____ Z _____

IDEA Day Report

There was a great turnout for IDEA Day. The parking lot at Munger Cottage was packed.

At registration, participants received a little packet with several helpful sheets of paper including a list of the tools ("Tools: How Can They Help?"), a Holiday Survival Kit ("After the holidays, I want to remember them as ..."), Slogans I Can Use, and a Plan Ahead chart featuring boxes to fill in for Situation, Concern and Action.

The kitchen was set up with coffee (unleaded and regular), tea and bottles of water, and the fridge had plenty of space for brown-bag lunches.

MaryEllen, Intergroup events chairman, made some welcoming comments and included announcing openings for volunteers to take over several Intergroup positions, including webmaster, vice chair, literature person, PI/PO and 12th Step Within person.

Then, since the focus of the day was how to use the tools to help us stay abstinent and happy through the holidays, six preselected volunteers shared on six of the tools. Then there was a 10-minute period for writing on those tools, which was followed by sharing within the informal groups formed by who was seated at which table in the meeting room.

We broke for lunch at 11:30 a.m., and the Intergroup business meeting followed at 12:30. Everyone in the room introduced themselves, usually including their home meeting. One service position was mentioned (by Dexter, I think) as a good one to set up in individual OA meetings, that of the "designated downloader," i.e., someone to volunteer to go to the Intergroup website (midhudsonoa.org) and download the latest newsletter and the latest meeting list, make copies thereof and bring the copies to their home meeting. Just another good idea on IDEA Day! Dexter also circulated a sheet of paper on which people could

sign up to receive an OA phone call on Thanksgiving Day.

After the business meeting, there was another session of individual sharing by preselected volunteers on the three remaining tools. This was followed by another set of 10 minutes of individual writing on said tools and group sharing (at each table) on what we wrote.

MaryEllen then talked about a good writing exercise that she'd experienced at the Woodridge (Sullivan County) Minithon that took place in August, which involved writing a letter to God (on one piece of paper, which Mary Ellen handed out), followed by God's response (on a lovely little piece of stationery ringed by flowers!) to our letter.

The event was terrific, and I'm sure everyone came away from it feeling fortified and very, very thankful for the service rendered by the organizers and by one another.

- Linda



**WILLING
NESS
IS
THE
KEY**