

# Positive Action Changes Everything

FEBRUARY/MARCH

THE MID-HUDSON INTERGROUP NEWSLETTER

2012

## OA Events

### Business Meetings

**New Paltz**

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

March 10th, May 12th, July 7th,  
September 8th, November 17th  
(IDEA Day) 2012

### Mini-thons

Spring Retreat: more  
information to be announced  
Summer Retreat in August,  
location to be announced

### Region 6 Assembly

**Albany**

April 21st and Sept. 29th, 2012

### Region 6 Convention

**Ottawa, Canada**

October 26th-28th, 2012

### Weekend Retreat

**Beacon**

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

### World Service

**B u s i n e s s**

### Conference

**Albuquerque, New Mexico**

April 30th - May 5th, 2012

## Retreat Ready, Set, Sign Up!

### Intergroup Report

The Mid-Hudson  
Intergroup members met  
on Jan 28 in New Paltz.  
It was reported that the

May  
retreat



registration is open. The  
Spring Minithon is

looking for a home this  
year, preferably in Ulster  
County. Please let  
Intergroup know if you  
can think of a space that  
is big enough to hold at  
least 15 OA'ers.

There are  
some other  
changes: Mary  
Ellen can be  
contacted  
directly with any  
changes in  
meeting  
schedules (845

562-0324).

Also, Intergroup is  
in need of a Webmaster  
and a Recording  
Secretary. We have a  
new Treasurer.

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.

#### D O N A T I O N S T O I N T E R - G R O U P

**Middletown**  
**Sunday**  
\$30.00

**New Paltz**  
**Monday**  
\$185.00

**Woodstock**  
**Friday**  
\$66.00

**Harris**  
\$31.54

**Cornwall**  
**Wednesday**  
\$100.00

**Red Hook**  
**Friday**  
\$66.00

**Intergroup**  
\$20.00

# Slogans to Live by

## One Day At A Time

Today I will force less and accept more!

I will make amends by expecting less.

I will spend less time hoping and waiting for consistent support and care, and instead have more energy to enjoy pleasant moments while they last.

I will spend less time minding other people's business and spend more time minding my own.

Acceptance is the key to serenity

Addiction is an equal opportunity destroyer.

Practice an Attitude of Gratitude.

Have a good day unless you've made other plans.

Look for similarities rather than differences.

Nothing tastes as good as abstinence feels.

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

FEAR: False Evidence Appearing Real.

Bloom where you're planted!

Utilize, don't analyze!

The paralysis of analysis.

## The Power of Spirituality

Spirituality is strength! I ask my HP to remove my fear and direct my attention to what he would have me do. I commence to outgrow fear!

I avoid hysterical thinking or advice. I let God be my final judge! Upon mistakes, I am sorry and have the honest desire to let God take me to better things.

God, I am powerless over food! Overeating makes my life become unmanageable! Bless this food before me that is nourishing and healthy. Help me eat as much as I need mindfully, and let me know when I have had enough. Guide me in this process of healthy eating! Amen

# A Revised Meeting Format

“Has your group reviewed your meeting format recently? The November, 2011, OA Board of Trustees approved a revised Suggested Meeting Format that includes a statement on diversity of our common disease manifestations and an abridged form of the Tools of Recovery.” This is available on the Overeaters Anonymous website: [www.oa.org](http://www.oa.org).”

- Barb

## Strong Meeting Checklist

The Strong Meeting Checklist is part of OA's 2008–2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to “stay for the miracle” and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?
13. Are cross talk and advice-giving avoided?

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