

POSITIVE ACTION

NEWSLETTER

CHANGES EVERYTHING

PAUSE / PRACTICE

I have been in the rooms for several years but lately these two words have been in my face.

Pause: to stop and start again, do an action, turn it over. Pause gives me time to stop and think before I act. I try to stop to ask for help. This is only possible by practice.

Pray for intervention

Ask for help, acceptance

Use me to serve others

Save us from the enemy within

Enter into me, reside in me

This is what I now think of when I hear the word pause, I stop to reflect, pray and ask for help. Asking for guidance is allowing my Higher Power permission to change me into the person He intended.

Practice: to repeat, to learn.

I heard the word practice in the rooms last September and my thought was some one is adding words to our Invitation to You. When I got home sure enough there was the word practice. I practice abstinence, acceptance, tools, the 12 Steps and Traditions and for me most important conscious contact with my God.

Pray

Reflect

Acceptance

Came to believe in a Power greater than myself

Trust, to surrender

I admitted that I am a COE

Conscious contact with God

Every day is a second chance to be abstinent and make today better than yesterday.

Bless them change me, I am being blessed with so many gifts of the OA program that for today I am freed from the bondage of self. This all spells HOPE; I was given the Gift of Hope when I was ready to let go of the gift of denial.



Madeline H., Cornwall

OA PROGRAM THOUGHTS

Tools – Food Plan

I am a compulsive over-eater who cannot keep myself from compulsively over-eating. In OA I have found the solution—the steps. Because food is necessary, I need the support of the tools, especially my food plan. I realize that my food plan is unique for me. It alleviates guilt and obsessing over what to eat, how much/little to eat, and when to eat. It enables me to see what I can eat as opposed to what I can't eat. It enables me to assess my red light, yellow light and green light foods. I get to plan and write down what I will eat for one day. I give it to God and my sponsor. At that point, my food plan is my direction for the day. All I have to do is follow it as is. This relieves me of all obsession regarding food. And there is no leeway for bingeing. As I commit to my food plan and follow it, I am guaranteed an abstinent day.

Knowing what I can and can't eat, writing a food plan, giving it to God and my sponsor, and then following it has worked for me for over 6 years as I continue to live the steps and use all the tools. This has kept me abstinent and free to live life on life's terms. I'm very grateful to the OA Program and fellowship. It has given me new life one day at a time, one meal at a time. I know that God is doing for me what I cannot do for myself, for I am a compulsive over-eater who cannot keep myself from compulsively over-eating.

Jeanette R.
Croton-on-Hudson, NY
04-13-11

OA Events

BUSINESS MEETINGS:

New Paltz, NY

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

July 9th, September 10th, November 19th (IDEA Day) 2011

MINI-THONS:

*Summer Mini-thon in August; location to be
announced*



REGION 6:

Albany, NY, October 2011

White Plains, NY

*Region 6 Convention, October 21-23rd, 2011, Crowne Plaza,
downtown White Plains,*

www.oanyc.org/iheartrecovery

Donations

Ellenville \$60

New Paltz \$60

Stone Ridge \$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.

WORLD SERVICE BUSINESS CONFERENCE

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

HOW 12 STEP WITHIN HELPED ME

I would like to share the great help of the 12 Step Within part of OA.

In 2008 I was fighting my food addiction while still attending OA meetings and doing service, starting to fear that I wouldn't recover. I phoned in an order for the 12 Step Within handbook, answered the questions and joined the Region 6 Committee on 12 Step Within.

I have hope and accept I will recover on my Higher Power's time, not mine. I do the foot work and let HP do the rest.

I feel all of OA can find help in the every-day surrendering of compulsive eating, with this tool.

- JB, Red Hook

RECOVERY BOOSTED FROM THE WORLD SERVICE BUSINESS CONFERENCE (WSBC)!

By Barb B., Mid-Hudson OA WSBC Delegate

Happy, joyous, and free, as in the Big Book, is the way I feel after returning from the WSBC! Nowhere has my recovery been accelerated as it was in the experience of meeting with my fellow delegates from all over the world, affirming our united commitment to the good of Overeaters Anonymous.

I have just returned from the World Service Business Conference as your Mid-Hudson Intergroup delegate from the WSBC in Albuquerque, New Mexico. There I represented you, along with 28 other delegates from Region 6, (at 29 delegates the largest contingent), voting on motions to decide whether to make changes in some of our ways of doing things.

This experience is a culmination of the now 19 months of abstinence where I have been growing more and more happy, more joyous, and, with abstinence and working the steps, more freedom from my new clarity thought as I have moved through the days, a day, if not a bite at a time.

The Tripod of Recovery Physical

That happiness was not something I felt when I came back to these rooms after 5

years relapse, on October 26th, 19 months ago. I came in desperate as most of us do, to regain physical abstinence. I was then 75 pounds heavier at an obese (and I had stopped being honest with myself and weighing at a hefty 232 pounds), and went from a size 2X down to a 12. With the will of my Higher Power, using the tools, working the Steps, and the help of my sponsors, I was able to become abstinent.

Returning after all that time, I was glad that the wonderful meeting at Stone Ridge, where had once experienced abstinence, was still there, with some familiar faces and many new ones, performing the service of using the tool of meetings. I experience then some of the same



feelings of peacefulness and clarity that I had had before with abstinence years before. I have since joined two other meetings in Saugerties and Woodstock.

Spiritual

Around the time that I relapsed I had lost my grandson, his mother, my stepson, my stepdaughter, my father, an aunt, an uncle, and even my much loved golden retriever. I was angry with God and had lost any spiritual connection that I had once had in the depths of my anger at a God or Higher power who could allow such tragedies to happen.

It took a long path through the steps, with my sponsors, one who said that God is

WSBC CONTINUED

just an abbreviation for HP, before I could feel some comfort and connection from any HP besides the group. Strangely enough, from the beginning, I felt a connection to something that relieved my cravings for food, soothed me under stress, and gave me pause before reacting to what I saw as provocation and the irritation of other people, when I repeated the Serenity Prayer. It and my Serenity Prayer bracelet became my talisman in the face of all kinds of temptation, especially to food.

Emotional

Emotionally, I have spent decades in analyzing my emotions, but food still blinded me from my part in emotional reactions that I felt to the actions of others. Only in working with my sponsors, while being abstinent and clear, have I been able, through their service to me, to look right at what it is that is the nexus of my emotions and the part I play in getting along with others.

WSBC

For me, recovery in all three areas of the recovery tripod (physical, emotional, and spiritual) was accelerated at WSBC: Something about spending a week with other abstinent men and women from all over the world reinforced my commitment to abstinence and I felt a drive to spend more time performing the service of sharing the joy that I experience from it with others..

Emerging after 7

days from the cocoon of other abstinent OAers I felt great joy. Emotionally, I was ebullient, knowing that there were others like me from many countries and within the USA, speaking honestly about their challenges in the OA meetings I attended every morning at the conference. Spiritually, I never experienced before the rush of hearing two hundred delegates, trustees, and

alternates saying the Serenity Prayer together at our business meetings.

On a less serious side, I also discovered the downside of physical recovery in sitting down for 20 hours of meetings. I used to have more padding, and, for that time, for that reason, a numb rear, I missed that fat..

Then there was the passion of the business meetings where delegates vehemently argued the pros and cons of motions that the Intergroups represented there had seen as important. Never before had I seen such order in such a passionate group and I have been to thousands of public meetings in my life. We really followed Roberts Rules and the OA Bylaws, closely monitored by the Chairman and his supports. Even in the midst of passionate debate, I was relieved to learn that anyone who felt that things were getting out of hand could come forward to call for the Serenity Prayer to be said by all, a reminder that we were there for the good of OA.

The official results of the votes will be sent out to Intergroups in a few weeks, but here are some major highlights for me in terms of my recovery:

☒ Roseann S. was voted as the founder of OA. I felt good knowing that the history of the organization that means so much to me was considered so important. It was meaningful to me because, without her, I probably would not be where I am today in the rooms of OA..

☒ The Action Plan was voted in as the 9th Step. This, we have been told in our readings, is a program of action--it has to be for me. I have shared the wording with you today as well as other groups and my sponsees when I returned home and it has been helpful for them and for me in getting started, again day by day.

☒ The definition of Abstinence was expanded with the words, "working toward or maintaining a healthy body weight." . In

the one leg, the physical, so basic to my programs, I felt it to be important to be honest about my physical recovery, in terms of physical recovery as well as the other areas of the tripod, turning over my food daily. My breath was taken away by the length of abstinence and amount of weight loss; at 66 I am not going to experience that much abstinence, I have been reminded, though, that we are all equal in OA because we all face our abstinence day by day and bite by bite..

☒ The spiritual foundation of our program, anonymity, that is so important to me, for freedom within the rooms and to keep Tradition 11 and 12 in terms of maintaining anonymity at the level of press, radio, films, television and other public media of communication, as well as maintaining principles before personalities, was upheld by stating that "for OA purposes" social media cannot be used where the personal anonymity of OA members cannot be maintained." The trustees are there to help groups and service bodies to maintain this spiritual foundation of our program.

☒ What defines an OA group was expanded to include at our meetings, not only the 12 Steps and 12 Traditions, but also to be guided by the 12 Steps of OA service. This addition is important in terms of my recovery because it emphasizes sharing service, something so important at the group, Intergroup, Region and World levels, with not one but all sharing in the responsibilities to these service bodies.

Conclusion

So, I return home to you a changed, if not perfect, woman, glad that I was able to do the service of attending this conference. The Mid-Hudson is my home and where you are, where I am able to doing the service of being here for all of us.

OA EVENT REVIEWS

SPRING MINI-THON 2011

"Restoring our Relationships" was the theme for our April 30, minithon. Thirteen of us met on a beautiful Saturday afternoon at the Zion Episcopal Church in Wappinger's Falls. We looked at the OA traditions as not only tools we can use to keep our meetings healthy and strong, but also as ways we can improve and nourish all our relationships. We all expressed our gratitude to MaryEllen, our Intergroup Events Chair, for organizing and presenting this exciting workshop. (Yes!!, Believe it or not, the traditions can be exciting.). There was only enough time to study the first three traditions. The majority of us expressed an interest in the possibility of our Intergroup sponsoring a weekend retreat on the use of the traditions and how we can use them in all our relationships. Submitted by Evangelyn.

Region 6 Assembly 2011

On April 9th five representatives of Mid Hudson Intergroup traveled to Albany to participate in the semi-annual business meeting of Region 6.

Each member volunteered for a different committee, to be part of the work necessary at the region level:

Sending materials to Intergroups that don't go to Assembly, making financial decisions and verifying the accounts, awarding money to Intergroups to fund outreach projects, discussing plans for conventions and future Assemblies.

This and much more make for a jammed-packed day of business and fellowship.

These members volunteer their day to have a voice for the Hudson Valley groups.

A huge thank you to them for their service.

ME

OA Beacon Retreat 2011

It's quite amazing what the prospect of step work does to me emotionally. After looking forward to this year's retreat for at least 364 days, I found myself ambivalent and teary on Friday morning, with strong cravings coming on towards the afternoon. But as our retreat later put it quite eloquently and straight to the point: "We can still experience the obsession to eat, but when in recovery, we don't act on it." She called it 'breaking the addiction cycle'.

My disease wanted to run from this retreat while my recovery voice told me to hang in and listen. And so I went, stayed, and put in the work. "If you don't like repetition," we heard over and over again over the weekend, "then don't come back." It was an inspiring experience to meet new fellow OAers and learn yet again that we are in this together. What a relief to be told again that acceptance is key, that our disease consists of obsession and an allergy; that having a thought-out food plan is key since without it our minds tell us we can have a particular culinary something, and once we have it our bodies can't stop eating it. Therefore, abstinence is defined as the action of refraining from compulsive eating/behavior while working towards a healthy body weight.

Half-measures availed us nothing, and to that end Higher Power was talked about a lot. We read out of the Big Book numerous times, finding that A) I am an overeater and cannot manage my own life, B) No human being can relieve me of this disease, and C) God could & would IF he were sought. (p. 60). The question beckons on a daily basis: My will? Or God's will? This question is best answered on one's knees in the early morning, preferably upon rising out of bed. I, for one, am willing to throw myself under his complete care.

The next retreat is some 360 days away. Patiently anticipating,

S.T., New Paltz

ACTION PLAN

ACTION PLAN TOOL

(As Adopted by the World Service Business Conference Delegates, 4/30/11)

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual, and physical recovery. While the plan is ours, tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member, and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measureable progress one day at a time.

* Pamphlets are to be made available within a few months that include this new 9th tool.

Retreat Thoughts:

- Stick with the winners.
- God, help!
- Let's put as much energy into recovery as I've put into the disease.

On the Big Book:

- The Big Book is the solution!
- Focus on the solution, not the problem.
- I'm done with step 3 when I have pen and pencil in hand to do step 4.

On OA:

- Food is a symptom of my disease. I need to fix my head!
- 3 meals a day with life in between.
- OA is the disease of MORE.

Step 4 Retreat Thoughts

"It has to be done on paper because our minds are unreliable. I own it more when I write it down."

"If I have trouble with getting step 4 done, I go back to step 3."

"We resolutely look for our own mistakes."

"I won't let people live rent-free in my head."

"Check out the 4th step prayer in the Big Book on pages 67 and 552."

"I need to be abstinent to work the 4th step or I won't see the truth."

"The only stupid step work is the work we don't do at all."

"Start with what's in stock today."

"Zero resentments = clean abstinence."