

POSITIVE ACTION

NEWSLETTER

CHANGES EVERYTHING

REGION 6 MESSENGER

The Spring 2012 Region 6 Messenger has several wonderful sections which I found very helpful program reminders. The report from the R6 Chair, the article by the R6 Trustee and the section on writings on the Plan of Action Tool are worthwhile reading, in my opinion. Ask your Intergroup Representative for your group's copy so you don't miss these readings.

- Dexter J.

RECORDING SECRETARY

Intergroup has an urgent need for a recording secretary. Minimal skills are required but it is helpful if one can do word processing or email. The minutes can be typed into an email if one doesn't use a word processor. They can even be hand written and mailed to the webmaster. Other open intergroup offices include webmaster and literature chair.

SPRING FLING REFLECTION

I am so very grateful to the New Paltz Monday night group for their efforts to host the April Minithon on the Tools. The extensive preparation various individuals made for their coverage of specific tools was greatly appreciated. The work sheets provided with their guidance remain useful today. Two I attended were the telephone and sponsorship and I got new ways of thinking about these which has enhanced my OA program, my use of the the telephone, and my work with my sponsor and sponsees. Thank you, New Paltz Monday Group, for an outstanding example of the tool of service.

- Anonymous



OA - ONE STEP AT A TIME

STEP 6 - WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER

1. Are you ready to let God remove from you all the things which you have admitted are objectionable? (Big Book, pp76)

2. "We exult in some of our defects. We love them." AA 12+12 (pp66) What are the choice defects you would rather keep?

3. The AA 12+12 (pp65) says "It is nowhere evident, at least in this life, that our Creator expects us fully to eliminate our instinctual drives. So far as we know, it is nowhere on the record that God has completely removed from any human being all his natural drives." ... We want to eat. Is recovery from addiction to food different from recovery from addiction to alcohol? Is the natural instinct to eat a *defect of character*?

4. Are you entirely ready to have your defects removed? Do you approach this step wholeheartedly?

5. The OA 12+12 (pp56) says "What we are asked to do in step six is to become entirely ready for this miracle of release to happen to us, no matter what it may cost us, no matter what in our lives may change." Are you ready to have your defects removed, *no matter what*?

6. Have you ever tried to remove *your own* defects of character? How did it go?

7. Select three defects of character you want God to remove, and three you would rather continue to exult in. What is the "turnaround" for each of these, their underlying positive power and value? How might each of these be turned into an asset? About the three you celebrate: What would it take for you to be entirely ready to have them removed?

8. Write about willingness.

OA Events

BUSINESS MEETINGS:

New Paltz, NY

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

July 14th, September 8th, November 17th (IDEA Day) 2012

MINI-THONS:

Summer Mini-thon in August; location to be announced

REGION 6:

Albany, NY, September 29th, 2012

Ottawa, Canada

Region 6 Convention, October 26-28th, 2012



Donations

Stone Ridge \$60

Cornwall Wed pm \$150

Cornwall Tue pm & Sat am \$60

Red Hook Fri pm \$36.60

Woodstock Fri am \$30

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.

OA - ONE STEP AT A TIME

STEP 7 - HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS

1. Why do you want Higher Power to remove your shortcomings? (WB 7.5)
2. To what length are you willing to go in order to be rid of your shortcomings? (WB 7.14)
3. The AA 12+12 (pp76) says we ought to be willing to try humility in seeking the removal of our other shortcomings just as we did in taking steps 1,2 and 3. "If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have." Have you tried humility as the solution to any other problem you might have?
4. What is the connection between humility and powerlessness?
5. The OA 12+12 (pp59) says "In fact, a poor self-image keeps us in bondage to self and thus makes it impossible for us to find true humility." How has this been true in your life?
6. Is it acceptable to you that your defects of character just might be useful to others? How might this be so?
7. Write about gratitude.

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

BEACON RETREAT FEEDBACK

Dear OA Friends,

I am writing to tell you about my experience this weekend at the OA retreat in Beacon N.Y. It was at the St. Lawrence Friary, a beautiful and serene venue in the Hudson Valley. The topic of this retreat was the 12 Traditions and how they relate to our relationships. Well, after a lot of talking, listening, writing, meditating, (thanks Silke) and walking, I came home to the Bronx with a peaceful, serene calmness and a feeling of renewal and hope. Today I went to work and I actually had a good day in spite of it being Monday--go figure?

I talked to my H.P and listened, surrendered and found JOY. I saw how controlling I can sometimes be and how this hurts members of my family By attempting to control them I take away their dignity and show a lack of respect for them and their decisions. I also lose my dignity and it becomes a lose- lose situation. I need to "live and let live" and as so perfectly stated "detach with respect" . This was just one of my very personal AH-HA moments. HP is helping me see myself and know myself

better--I asked HP for continuing help in all my affairs. I listened, I prayed, and I have become clearer about my relationships and how I will proceed with them. I am certain that over the next few weeks things that I have heard at the retreat will affect me and my life.

This was one of the best OA retreats I have ever been on-- the Friary was clean, and beautiful, the food was simple and nourishing , the people were warm and welcoming- the weather was delightful-it was a perfect weekend--

I want to thank my HIGHER POWER. I want to thank Dexter, Mary Ellen, and all my OA retreatees.

THANK YOU!!

Rosetta (Ro)

Bronx, N.Y.

BEACON RETREAT FEEDBACK

Principles Build Healthy Relationships

The Spring retreat for the Mid-Hudson OA Intergroup focused on relationship principles as found in the traditions. The outline of the retreat is enough for those who didn't attend to appreciate the traditions on a new level. The outline is below:

- 1 -- Unity (isolation vs. unity)
- 2 -- Higher Power's will (self will vs. Higher Power's will)
- 3 -- Willingness (Relationship goals)
- 4 -- Respect (self vs. others)
- 5 -- Primary Purpose (self vs. family)

- 6 -- Serenity (simplicity vs. drama)
- 7 -- Responsibility (responsibility vs. dependency)
- 8 -- Service (knowing vs. not knowing)
- 9 -- Partnership (partner vs. boss)
- 10 -- Truth (triangulation vs. focus)
- 11 -- Faith (teacher or student)
- 12 -- Humility (humility vs. egotism)

During the course of the weekend each presenter shared on each principle. We then met in small groups to write on two reflection questions for each principle, and to share our reflections among ourselves. The reflection questions were written under the title "Food for Thought." How

appropriate. There was enough food for thought on this retreat to nourish me as long as I desire to be nourished.

The traditions are filled with life and freedom. I'm grateful to Dexter and Mary Ellen for presenting to us the spirituality of the traditions. These principles are organic; they have life and they give life. They teach us how to build relationships with God, self and others. We are blessed.

Jeanette R.

WS BUSINESS CONFERENCE

Returning from the 2012 World Service Business Conference (WSBC) the first week of May in Albuquerque, New Mexico, I still feel the power of the gathering of members selected as delegates from Overeaters Anonymous sent by Intergroups and service bodies all over the world.

I felt honored and awed by being able to perform this service as your delegate from the Mid-Hudson Intergroup to help to make decisions that affect the fellowship internationally. As last year, I returned with the inner warmth that comes from being together with so many other compulsive eaters with strong abstinence and commitment to their recovery in OA.

The topic of this year's WSBC was "Visions for the Fellowship: Strong

Meetings, Financial Health, Committed Service Bodies (Intergroups, etc.), and Public/Professional Awareness." There were workshops in each of these areas, and, related to my recovery, I was delighted to be asked to do the service of speaking on "Financial Health: Money Matters."

After much prayer and thought I chose to emphasize the importance of group treasurer's letting members of groups know that their donations are used to support the work of the Fellowship at the Intergroup, Region, and World Service levels. This fulfills our 12th step in reaching out our hands and our hearts to those in and out of the rooms who still suffer from this killing disease. I feel deeply that, without sufficient donations, we are powerless to

do this at any level, even to remain strong meetings.

When the more than 200 voting delegates and trustees met in the business meetings, we addressed motions that affect the membership all over the world. Most significant to my recovery were the following:

- **The approval** of the re-written pamphlets, "Before You Take That First Bite," "Sponsoring Through the 12 Steps," "To the Newcomer" to change from saying "you" to "I", etc. and the electronic workbook, "Voices of Recovery e-workbook." These changes are important for my own recovery as I maintain my abstinence one bite at a time, to help me to have more to offer when I do the service of sponsorship and helping to retain newcomers, and for me to have an important OA piece of

WS BUSINESS CONFERENCE

literature available to me and those who prefer that mode, electronically.

• **The addition** of a Virtual Meetings Trustee, thereby acknowledging online and telephone meetings so that they will always be accessible to me at any time to supplement my program, as well as for others around the world those who do not have meetings in their area.

• **The decision** to send out an annual letter to all regions, service boards and intergroups requesting contributions to help fund delegates to attend the WSBC, with priority to intergroups and service boards that have not previously sent delegates to Conference.

I want others to have the incomparable recovery experience that I

have had and to have as many delegates come from all over the world as possible.

The importance of rotation of service was emphasized for me, a service “junkie,” when the delegates voted to limit the number of consecutive years that delegates may come to the WSBC to four years, with a possible addition of two years, then a rotation of service for a year, unless application is made to the Board of Trustees and an extension is granted.

This could mean that no delegate goes to World Service that year, which reemphasized to me that, if no one volunteers to take over any service position, in groups, or for attending or serving in an office at intergroup, there will be no one in that position. Most

important, it is not my responsibility to fill the gap.

My responsibility is to my Higher Power and for my own recovery. That does not mean that I should not encourage service by others as I want them to experience the value of this tool in their recovery.

There are many other significant motions that the delegates voted on, but these were the most significant to my recovery. Most of all, my recovery was strengthened most by being with all those delegates and hearing the Serenity Prayer in many languages and saying this powerful prayer with OAers together from all over the world.

- Barb

HE SAID, SHE SAID, IN OA

“If I want a healthy relationship, I need a healthy self. And to have a healthy self, I need to work the Twelve Steps.”

“Intelligence has zero to do with being fat.”

“When I feel the **HOLE**, there isn’t enough food in the world.”

“Service is slimming.”

“Twelve Steps = Suicide Prevention
Twelve Traditions = Homicide Prevention”

"I am a willing participant in all my affairs."

"My reality is just as real to me as someone else's reality is to them. How do I bring those realities together respectfully in unity?"

"I practice God-Reliance in all things."

"Less self-centeredness, more

WE."

"My primary purpose is to do God's will for me."

"In program I've learned that everybody doesn't have to be just like me so that I can be comfortable.."

"How can I

BE

the message?"

"What is the message in my relationships? What message do I want to send? And what message am I actually sending?"

"If I'm not present, I can't be useful."

"My opinions are my own."

"I depend on my own Higher Power, and I trust others to their Higher Power."

"Minding my own business is a full time job!"

"I don't need to borrow anybody or anything anymore to establish my prestige, for my ego purposes."

"I can't get self-worth from others or by doing for others."

"Bless them, change ME."

"I get love for free from HP, and the love I give is free as well."

"I am not responsible for my sponsees' recovery. Neither is my sponsor responsible for mine."