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PACE - POSITIVE ACTION CHANGES EVERYTHING

THE MID-HUDSON INTERGROUP NEWSLETTER

Donations

Beacon	\$50.00
Cornwall	\$100.00
Red Hook	\$56.40
Cornwall	\$200.00
Stone Ridge	\$60.00
Anonymous	\$5.00

As always, we appreciate group donations to Intergroup. They 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 World Service Business Conference.



OA QUOTES

“Face your stuff; don’t stuff your face!”



“If I have a problem, and I eat over it, then I have two problems!”



“Feelings are NOT facts!”

✧ IDEA DAY ✧

INTERNATIONAL DAY OF EXPERIENCING ABSTINENCE

“Surviving the Holidays Abstinently”

Come join us at Munger Cottage, 125 Main Street, in Cornwall, New York for a day of fellowship, sharing, and speakers on November 20, 2010. Make your voice heard and vote for officers who are up for re-election. See official flier for more info.

SERVICE was one of the topics at the Woodridge Minithon which was held in August. Some program friends happily shared with me that they found sponsors that day. Thanks to everyone who helped organize that wonderful and inspiring event; and thanks to everyone who set up, attended, shared, and cleaned up.

The program works if I work it, and service is an essential tool. The reasons for its success are still a mystery to me, but HP tells me I don’t need to know the “why” to

enjoy its benefits. I just need to have willingness and faith, essentially.

As I am contemplating SERVICE as the new PACE editor, though, I believe service works in my life because it takes me out of myself and puts me to work for the common good. While my disease thrives on isolation, service catapults me into community, with humility firmly attached to its wingspans and recovery written all over it. Thank you for this opportunity to work my program.

- Silke

Mark Your Calendars

Here are the dates for upcoming events in our region:

Minithon - April 30, 2011:
Spring Into Action

Weekend Retreat - May 22-24, 2011 in Beacon (registration begins in January 2011)

Minithon - August 2011

Intergroup Business

Meetings in 2011 (please make every effort to attend): January 22, March 12, May 14, July 9, September 10, November 19 - IDEA Day

Abstinence, A Practice

I have been in recovery more than a decade and have read the following from *Our Invitation to You* on a weekly basis as I attended my OA meetings: “We practice abstinence by staying away from all eating between planned meals and from all individual binge foods”. But just recently the word “practice” popped out at me. I realized that seeing it as a practice frees me from the incessant self-judgement arising from my need for perfection. Seeing it as a practice enables me to be more self accepting and loving of myself because practice is a learning process rather than an end point. I can see my self as a student of abstinence rather than an embodiment of abstinence. I can live abstinely by practicing it on a daily basis. I don’t have to be abstinent by some arbitrary measure. I can learn as I go.

However, **THIS REQUIRES HONESTY, OPENNESS, AND WILLINGNESS.**

Honesty is needed so I truly identify my binge foods and not play games by pretending that some foods are OK because they are non-fat or sugar-free. Honesty is needed so that I accept that when I do not stay away from “eating between planned meals” or my “binge foods”, I am practicing *non-abstinence*; practicing being a compulsive overeater. If I do these things, I acting as if I have no desire to “stop eating compulsively”, that is, as if I am not a member of OA; I am practicing being a *non-member* of OA. (OA’s Third Tradition) I need honesty to admit that if I practice being being a non-member of OA, I will get better at it so that it will become ever more difficult to return to the OA rooms to recover.

OPENNESS IS NEEDED TO ACCEPT THAT I AM A STUDENT

of abstinence and that I need to study this the rest of my life and as a student I need to find teachers who can guide me in the practice of abstinence. This means reading the OA literature, working with a sponsor to guide me in the Steps and in my abstinence practice and attending OA meetings where I can hear how others practice their abstinence from compulsive eating.

WILLINGNESS IS NEEDED SO THAT I CAN SURRENDER WHAT I KNOW

so that I can hear what my Higher Power is telling me. I need to be willing to surrender my meals as I eat them, so that I can hear my HP tell me when I am full. I need to be willing to change what I am doing if what I am doing is not working for me, if it is not decreasing the departure from eating only at planned meals, if it is not keeping me away from my binge foods or if my annual doctor checkups tell me I have gained measurable weight.

FOR ME, ABSTINENCE NEEDS TO BE A PRACTICE,

something I do every day, just as I practice meditation or piano or tennis or golf. My abstinence will get better the more I practice it. It is not an absolute. It is a *practice* and some days I am better at it and some days not as good with it. As long as I am practicing abstinence, I am moving forward in recovery; when I am practicing compulsive eating, I am moving backward in recovery, moving into my disease. With HP’s help, I chose to move forward in recovery by practicing abstinence daily, one day at a time.

- Anonymous

OA JOURNAL CORNER:

While at work, I attended a birthday luncheon for a fellow staff member. I chose moderate portions of the healthiest foods to eat among the variety of choices. It was a lovely lunch and I was enjoying the party until servings of birthday cake were passed around the table. I was the only one at the table to refuse this food because it is a strong trigger food for me. I know that I cannot eat even the smallest amount of it, or I will risk losing my sobriety. Unfortunately, I relied on my incapable will to refuse this food, and not my Higher Power.

At the time I believed that it was my choice to reject this food; that I did not want it, but I was dead wrong! Although I did not physically eat the cake, but my mind devoured it! After the party my thoughts vacillated between obsessing that I had eaten too much food at the party, to visions of trigger food that I could eat now. My head was clouded with the clutter of my disease. When I got home from work I felt famished and ate a planned snack, hoping the food obsessions would end. They did not, and immediately after my snack, I felt the powerful need to eat again. I knew that this compulsion was my disease!

I said the Serenity Prayer and called my sponsor, but ~~no one was home~~. I looked to my program for help and used one of the tools that I spoke about at my last OA meeting. A few days earlier I had shared how difficult it was for me to use the telephone tool. Yet now I needed this tool desperately!

I called a fellow OA member but again received no answer. I called another member, and this time I was greeted by a warm, familiar voice. My fellow OA gave me their time and understanding. They knew exactly how I felt! We spoke for a short time, but afterward my head was clear.

I realized that I must protect my recovery at all costs! By exposing myself to others engaging in my destructive behavior, I make myself very vulnerable to my destructive thoughts and actions. During the next party, I will excuse myself when the birthday cake is brought out. It is with my Higher Power's help that I must avoid these behaviors to protect my recovery, my will is obviously not enough! I thank God for this program and its tools that help me to find peace and recovery!

- RS

MAKE THIS YOUR PACE

"Half measures availed us nothing." This was again affirmed at this year's Spring Retreat "Step Into Recovery". It still holds true today. Fact is,

recovery is a group effort. We are a community, a family, with the same purpose. We benefit from hearing each other's voices.

SHARE YOUR RECOVERY

Email me at PACEditor@midhudsonoa.org with your thoughts, ideas, and

feelings about recovery. Share your wisdom, your experience, strength and hope so that it may be shared with others via PACE. The deadline for next PACE's submissions is November 15, 2010. Look for the next PACE in December.

Thanks for sharing.

CONTACT INFORMATION

WEBSITE

www.midhudsonoa.org

HOTLINE

845 657-6603

MEETING CHANGES

845 783-5715

CHAIR (HILDA)

845 226-4769

I D E A D A Y

Enjoy

ABSTINENT

HOLIDAYS

International Day of Experiencing Abstinence

An event sponsored by Mid-Hudson Intergroup

Also, All-members Annual Business Meeting

Munger Cottage
125 Main St
Cornwall, NY 12518

November 20, 2010
10am - 3pm
(registration @9:30)

SUGGESTED DONATION: \$6.00
(IF YOU CAN'T PAY, PLEASE DON'T STAY AWAY)
Bring your lunch, beverages will be provided.
If you have any questions, call Mary Ellen @ 845-562-1342