

# PACE

*Positive Action Changes Everything*

## Mid-Hudson Intergroup Newsletter

[www.midhudson.ia](http://www.midhudson.ia)

### OA Events

**Business Meetings**

New Paltz, NY

Saturdays on odd months, at Family of New Paltz, Route 32,

1pm-3pm, except on November 19th

November 19th (IDEA Day) 2011, at Munger Cottage in Cornwall

**Region 6**

White Plains, NY

**Convention**

October 21st-23rd, 2011

Crowne Plaza Hotel

[www.oanyc.org/](http://www.oanyc.org/)  
[iheartrecovery](http://iheartrecovery)

**IDEA Day**

Cornwall, NY

Munger Cottage  
November 19th, 2011

see attached flyer

**Weekend Retreat**

Beacon, NY  
May 2012



Dates to be announced

**Topic: Traditions**

**Region 6**

Albany, NY

**Assemblies**

April 21, 2012  
September 29, 2012

Hilton Garden Inn Albany Medical Center, 62 New Scotland Ave

**Spring Minithon**

Date and place to be announced



### Donations

Middletown (Sunday) - \$30

Stone Ridge - \$60

Cornwall - \$107

Cornwall - \$165

Red Hook - \$34.80

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.

### Member Reflections

**A Call To Risk**

Recently I walked into an OA meeting I had never been to before. I realized only when I walked into the meeting room that I was taking a risk I wasn't quite comfortable with. I was reminded of my very first meeting, feeling uncertain and anxious, not quite knowing what to expect. Most of all, I felt vulnerable. When total strangers came up to me to shake my hand and introduce themselves, I felt at once touched - strangely out of place and yet welcomed. I wondered if maybe it's good to feel like a newcomer every once in a while, again. It keeps me thinking of how I can contribute to a newcomer's feeling of belonging at my home meetings. After all, what is more important than the new OA member, looking for what I've already received?

- S

## FALL HAS ARRIVED...

*... and so has the holiday season. There is Halloween candy everywhere I look. No longer is it possible to just skip the one or two aisles at the supermarket to hopefully and proactively avoid my trigger foods. No, at this time of the year I feel in need of special shopping gear: blinders for my eyes and a clothes pin for my nose and special shades for my eyes to stay focused on my task of buying only what is needed for my food plan.*

*It is times like these that I am especially reminded that OA is a safe haven. I need to be reminded - often daily - that the feelings of missing out when not sharing in seasonal junk food are just a smoke screen my disease likes to put up to try to isolate me. I need to be reminded that I can partake in pumpkin and apple picking, corn mazes, hayrides, and carvings; that I can enjoy this season; that I can take part and be included even if I don't eat a particular food.*

*A I am starting to think about Thanksgiving, I realize that the main ingredient in that holiday is family and friends - not the feast. I can now feel joy at the scent of food and talk about the memories it invokes without having to re-create a feeling I know that the taste of that food item will fail to accomplish.*

*I may still feel like using food as a crutch. The cravings might return with a vengeance, especially around this time of year. If they do, it is helpful to me to know that I can utilize my plan of action: I can put one of the tools of recovery in between the craving and the eating. I can 'bookend' my actual eating with a call to a program friend or sponsor before eating and then again after eating.*

*I am not helpless. Powerless over this disease - yes. But never helpless. Last year, IDEA Day helped me tremendously in enjoying the holidays abstinently without feeling deprived. I am looking forward to it again this year: to the speaker, the worksheets, the activities, and most of all the sheer power of support to the cause we all have in common. There is nothing so inspiring to my commitment to recovery as a large room full of fellow OA members working their program to the best of their ability - just like me.*

- S

## Woodridge Summer Mini-thon Reflections

I had been away from OA for many years, thinking I would find the answer in different diet plans that I had tried. This summer, I decided to go away to a weight loss resort. While I was there I realized that even though I was losing weight I needed to go back and relearn the principles of OA, because I knew I had an addictive illness, and it was important for me to work the 12 steps again. So I was excited when I was invited to go to the Hudson Valley mini marathon on Sunday August 14, 2011, entitled "Courage: If Nothing Changes, Nothing Changes. I knew that in this marathon, I would learn many things, and I did. It was a gloomy, rainy day, but the room was filled with sunshine and smiles. Starting off the marathon, we all joined in saying the serenity prayer, and then we had a lovely welcome by one of the leaders. The twelve steps of OA were read by a volunteer, and I listened to each step carefully. The step that stood out the most for me was step number 1, "We admitted we were powerless over food, and that our lives had become unmanageable". Until I admitted I was powerless over the food, instead of trying to control it, and stopped being in denial that my life was unmanageable, I could not move on to the other steps. After that there was a relaxing, peaceful guided meditation, where we all closed our eyes, and allowed the "stresses" of the day to fly away. Following the meditation, we heard the experiences, strengths and hope from two other wonderful guests that had been with OA for many years. Their stories were inspiring and gave me hope for my own journey. We then took a break for lunch, which included a food blessing and a lesson on mindful eating. I have been practicing "mindful eating" for 3 years in my life, and it has made a great difference in appreciating and enjoying my food, instead of rushing through a meal, and not being satisfied. After lunch, we were told to pick a card from a box with a special word that relates to OA. The word I picked out was "Gratitude". I practice

writing a gratitude list every evening, so that I don't forget my blessings. I am grateful that God watches over us in OA and guides us gently so that we may each find our answers. At 1:00 pm, a great speaker spoke to us about the 9th tool, which is "A Plan of Action" We learned that an action plan, ( which could include planning, shopping and preparing food, exercise, meditation and financial and family planning) both daily and long-term is necessary to support our abstinence and emotional, spiritual, and physical recovery. While our plan is tailored to our own recovery process, many OA members find it important to work with a sponsor, other OA members, and professionals, which can help create it and modify it as we progress in our recovery. During the OA mini marathon, we also had a writing session, where we wrote a letter to God or our higher power, and we wrote how our higher power would answer us. This was a wonderful exercise for me, as it allowed me to pour out my feelings, and finally listen to what God was trying to tell me. God's answer to me was kind, gentle and motivating. At the end of the OA marathon, approximately 10 people stood up in front of the room, to offer their help as a sponsor or friend to call in OA. It was wonderful to see how far they had come, and how they were ready to help anyone suffering. When the OA marathon was



over, I had a new sense of inspiration for conquering my food addiction, and no longer did I feel hopeless. I bought many OA books at the marathon to read at home, and when I got home, I read the OA promise which summed up the great meaning of the day for me. "I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower, We are all together now reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams."

- Carla

# International Day of Experiencing Abstinence

IDEA Day

## Enjoy Abstinent Holidays

an event sponsored by Mid-Hudson Intergroup -  
**Also, All-Members Annual Business Meeting**

Munger Cottage  
125 Main St  
Cornwall, NY 12518

November 19th, 2011

10am - 3pm

(registration @ 9:30am)

**Suggested Donation: \$6.00**  
**(If you can't pay, don't stay away!)**

**Bring your own lunch. Beverages will be  
provided. Call Mary Ellen with any  
questions @ 845562-1342**

### Website

[www.midhudsonoa.org](http://www.midhudsonoa.org)

### Hotline

845 657-6603

### Meeting Changes

845 783-5715

**Intergroup Chair  
(Hilda)**

845-223-1076



# Draft Amendment

Mid-Hudson Intergroup Motion to Amend Bylaws Article VI, Section 1, Paragraphs F and G by combining these paragraphs to form a new Paragraph F and inserting new text for Paragraph G as follows:

## Current Wording:

### **F. Professional Community & Institutions:**

The professional community & institutions committee shall be responsible for liaison between Mid-Hudson Intergroup and professionals such as doctors, social workers, etc. and hospitals and mental health agencies with regard to OA activities in the Mid-Hudson Intergroup region which includes Columbia, Dutchess, Greene, Orange, Sullivan, and Ulster counties. OA-Conference-approved information for distribution, as provided by Region 6 or World Service, shall be given the broadest possible dissemination.

### **G. Public Information:**

The public information committee shall be responsible for maintaining the accuracy of notices concerning OA meetings and other activities in the press or broadcast media. This committee shall conduct information days and other events as appropriate and may represent OA at health fairs and similar activities.

**Submitted by:** Mid-Hudson Intergroup Board (Contact: Barbara <bboyce1@hvc.rr.com>)

**Intent:** To bring the bylaws into compliance with current intergroup practice and provide for a webmaster committee.

**Implementation:** A revised set of bylaws would be published and posted on the intergroup website. A webmaster would be elected chair of the webmaster committee

**Cost:** No additional cost is foreseen

**Rationale:** Several years ago OA, Inc, integrated the Professional Outreach and Public Information activities into a single committee. At that time Mid-Hudson Intergroup did likewise but never changed our bylaws to reflect that. Region 6 found it necessary to provide for a separate function containing the webmaster activities and a webmaster committee recognizes that need.

## Proposed Wording:

### **F. Professional Outreach and Public Information:**

The Professional Outreach and Public Information committee shall be responsible for liaison between Mid-Hudson Intergroup and professionals such as doctors, social workers, etc. and hospitals and mental health agencies with regard to OA activities in the Mid-Hudson Intergroup region. OA-Conference-approved information for distribution, as provided by Region 6 or World Service, shall be given the broadest possible dissemination. This committee shall be responsible for maintaining the accuracy of notices concerning OA meetings and other activities in the press or broadcast media. This committee shall conduct information days and other events as appropriate and may represent OA at health fairs and similar activities.

### **G. Webmaster**

The Webmaster Committee shall be responsible for maintaining Mid-Hudson Intergroup website to insure its access via the internet. This committee shall insure that timely updates to the meeting list are provided to reflect meeting changes; it shall provide a calendar listing of intergroup activities for the current year; it shall provide a source for flyers for intergroup events; it shall provide access to important intergroup information, such as contact list and contribution information; it shall post the regular intergroup newsletter, and it shall provide a download facility so group members can obtain such documents. This committee shall insure payment of annual service provider and domain registration fees and shall submit annual budget information to the intergroup treasurer. This committee shall maintain liaison with the corresponding secretary to insure accuracy of the posted meeting list. This committee shall monitor other OA webmaster activities for awareness of pertinent web site developments within the OA fellowship by participating in online OA webmaster groups.