

PACE

Positive Action Changes Everything

Mid-Hudson Intergroup Newsletter

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 17th

November 17th (IDEA Day) 2012, at Munger Cottage in Cornwall

Region 6

Convention

October 26th-28th, 2012

IDEA Day

Cornwall, NY

Munger Cottage
November 17th, 2012

see attached flyer

Weekend Retreat

Beacon, NY

Spring 2013



Dates to be announced

Region 6

Albany, NY

Assemblies

TBA

Spring Minithon

Date and place to be announced



Donations

Cornwall (Tuesday, Saturday) - \$200

Ellenville (Thursday pm) - \$60

Harris Hospital (Sunday am) - \$60

Middletown (Sunday, 1:30pm) - \$40

Stone Ridge (Saturday am) - \$60

Red Hook (Friday pm) - \$88.20

Cornwall (Wednesday pm) - \$50

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

RAISING THE ISSUE

A couple of issues have come to my attention as Corresponding Secretary for MidHudson Intergroup. First, all meetings in MHIG are registered with World Service as an "open" meeting. This means that anyone can attend a meeting, whether they are a potential member or not. Recently, a group contact got a phone call from a hypnotist wanting to come to a meeting to discuss his method of treating eating disorders. He is welcome at an "open" meeting.

I feel members need to be aware that there may be non-members in the meeting. I know I was not aware that the meetings I attend were "open". I encourage every meeting to discuss this issue and make a decision whether to remain open or change to "closed". If changing, go to oa.org and edit the information on the website meeting list. Also, contact me or the webmaster for MHIG to change the listing on our meeting list.

The second issue concerns the contact information on oa.org. Recently, a new person was trying to find a meeting and the phone numbers for contact people were not correct, a meeting listed was not active. I ask every group to go to oa.org and confirm the information is correct. People move, phone numbers change, meetings close. We need to make sure that when a newcomer reaches out for Overeaters Anonymous, there is someone there to help.



WE WANT YOUR INPUT!

How did the Step journal questions work for you? Do you want to continue seeing those questions in PACE or would you like to shake things up a bit? We could do a whole year of questions on the 12 Traditions, for example, or both, or neither. Please email your PACE editor with suggestions. The look of the 2013 PACE is up to you!

**The spiritual life is not a theory.
We have to live it.**

It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for food is a subtle foe. We are not cured of compulsive eating. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

Service and a smile, Mary Ellen, Corresponding Secretary

Big Book Corner

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken.

On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives. Under these conditions we can employ our mental faculties with assurance, for after all God gave us brains to use. Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be

inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it. We usually conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We ask especially for freedom from self-will, and are careful to make no request for ourselves only. We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends. Many of us have wasted a lot of time doing that and it doesn't work. You can easily see why. (BB, p.1231, Kindle edition)

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. (BB, p. 1200, Kindle edition)

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

International Day of Experiencing Abstinence

IDEA Day

Enjoy Abstinence Holidays

an event sponsored by Mid-Hudson Intergroup -

Also, All-Members Annual Business Meeting

Munger Cottage

125 Main St

Cornwall, NY 12518

November 17th, 2012

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 @ 845 562-1342**



Steps 10 & 11

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

1. How do I work Step 10? Am I willing to share my insights/experiences, knowing they can help others?
2. "If we are to experience permanent recovery from compulsive eating, we will have to repeat, day after day, the actions that have already brought us so much healing." (OA 12+12, p.951, Kindle edition) What has brought me the most healing while working the steps? Am I willing to repeat those actions, one day at a time? How?
3. How can I make perseverance, with HP's guidance, be a key aspect of my recovery? How can 'stubbornness' help me with Step 10?
4. How are Steps 4 and 10 connected? How are they important to my recovery?
5. "Step ten allows us to recognize our emotions and walk through the pain they cause us, but then to let go of them, and turn them over to our Higher Power so that we can regain our emotional balance. (OA 12+12, p.969, Kindle edition) How am I willing to face my daily emotions so that they may not build up and threaten my abstinence?
6. Is letting go of self-will still a struggle? What helps me remember the decision I made in Step 3 and put it into practice now?
7. How can I built the Spot-Check Analysis into my daily routine? Do I want to?
8. Do I believe that more gifts are in store for me as I work this 'maintenance' step? How so?
9. "My sponsor shared with me that she writes out her problems at the end of the day and puts them in her God box." (VOR, p. 21) How can I find out more ways to do a daily inventory? Which ones have I heard of already? Which ones am I willing to try? How long am I willing to commit to trying?

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

1. "In step eleven we are challenged to actively seek to improve our relationship with our Higher Power in the same way we might develop any relationship." (OA 12+12, p.2010, Kindle edition). How is my relationship with HP similar to any other relationship I am trying to build? How is it different?
2. How and when do I make room for quiet time on a daily basis? Am I comfortable with prayer? With meditation? Why/why not? Am I willing to consider that both work in conjunction to aid my recovery? Do I agree with the notion that prayer is 'talking to HP' and meditation is 'listening'?
3. How is praying to HP like talking with our best friend? Is that my experience? Explain.
4. How can journaling help with this step?
5. "Meditation offers us a way to stop running and to relax without eating. When meditating, we consciously choose to focus our minds on something other than our everyday desires." (OA 12+12, p.1104, Kindle edition) What are some positive experiences I can share with program friends about this? Have I prayed for willingness to be willing?
6. "Every day is a day when we must carry the vision of God's will into all of our activities. 'How can I best serve Thee—Thy will (not mine) be done.'" (Big Book, p.1221, Kindle edition) What are some miracles/gifts I can share and be grateful for that came out of 'Thy will be done'?
7. "We find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it." (Big Book, p.1241, Kindle edition) What are the daily routines in my life that keep me on a spiritual path?
8. Have I made someone/something else my Higher Power lately? How can Step 11 help?
9. "When I feel the presence of my Higher Power, I let my thoughts wander into shadowy crevices, unafraid, and I learn much that I did not know before." (For Today, p.115) How do I feel about solitude? What have I faced in the recent past that I could have not looked at without HP's help and guidance?