



MESSENGER

The Bi-Annual Newsletter of Region 6 of Overeaters Anonymous
Spring 2008

ACTION V. BEDEVILMENTS A MESSAGE FROM THE CHAIR

Hi, my name is Karin, and I am a compulsive overeater. I am grateful to be serving as the Region 6 Chair. I have been in OA for 18 years and recently celebrated 16 years of abstinence. I have lost 50 pounds but gained so much from being a member of this fellowship. I have a relationship with a Higher Power who does for me what I cannot do for myself. I am recovering one day at a time and must continue to practice the 12 Steps and traditions which have brought me recovery.

When I came into OA 18 years ago I was hopeless. I couldn't stop eating. It took me over two years to get abstinent because I still wanted to control my food and weight and do it my way. I didn't want to be different. I wanted to be normal. I'm not sure I ever was normal when it came to food. I was living in the "bedevilments" which are described on page 52 of the Big Book.

"We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, and we couldn't seem to be of real help to other people."

These are the promises of relapse. After more suffering and pain I admitted and accepted that I am powerless over food and my life was unmanageable. I surrendered. With the help of my sponsor I began working the steps as outlined in the Big Book. I became convinced that "God could and would if He were sought." I took action and things in my life got better and they continue to, if I do my part. Now I am mostly living in the promises of Step 9 which are found in the Big Book on pages 83-84.

Some of these promises are: a new freedom and a new happiness, serenity, peace, that we can be helpful and useful to others and our attitude and outlook upon life will change.

What a difference my life is today. Of course it is not perfect but there is lots of progress. Sometimes I find myself living in the "bedevilments" in recovery. The door swings both ways. Then I have to take action with the steps so I don't return to overeating. I go to meetings, talk to my sponsor, write step work, pray, do service. This gets me back on track. Doing service gets me out of myself and my problems. The most important service I can do is talk to another compulsive overeater, sharing my experience, strength and hope.

I am grateful for the life I live today. I experience joy and freedom (most of the time). I have a busy life with my husband of almost two years, five kids between us and one dog. My health is back on track too. I received good news last week after some more tests that I am cancer free. Now I am looking to expand my career in meeting planning. I am active in OA service. I am happy to give back to the program that saved my life.

Since chairing the Fall Assembly in Albany I have attended the Region Chairs Committee meeting in Rehoboth Beach, Delaware in October, attended and spoke at an OA special event in Montreal, lead a retreat in November and chaired the Board teleconference call in January 2008. The Region 6 Board will be busy preparing for the Spring Assembly on April 12th.

– Karin Rhodes Hepburn, Region 6 Chair
chair@oaregion6.org / 613-828-4413

REGION SIX CONTACTS

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Please make checks payable to: **REGION SIX OA**

The following information allows us to properly acknowledge your group's contribution.

WSO Group Number
Meeting Name
Meeting Day & Time

Your cancelled check is your receipt. Your intergroup will receive an acknowledgment at either the next R6 Assembly or mailed with the next issue of The Messenger to your intergroup. Please ask your groups to be as generous as possible. Thank you for your support, service and contributions.

**THE MESSENGER is the publication of
Region 6 Assembly of Overeaters Anonymous
7 Porter Park
Cambridge, MA 02140-2107**

WHAT IS REGION SIX?

Region Six consists of Overeaters Anonymous meetings and intergroups from the following geographical locations: New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Central and Eastern Ontario, Quebec, Newfoundland, New Brunswick, Nova Scotia and Prince Edward Island.

The purpose of Region 6 of Overeaters Anonymous is:

- To further the OA program in accordance with the Twelve Steps and Twelve Traditions of OA;
- To maintain a communications center for Region Six. Specifically excluded is the endorsement of any outside enterprise as outlined in Tradition Six;
- To provide a forum for the selection of Regional and General Service Trustee nominees;
- To provide unity of groups and organization of Intergroups within Region Six;
- To host Region Six Marathons and Conventions as deemed necessary by Region Six;
- To work for OA as a whole within the Region or Committees appointed by World Service.

**The next Region 6 Assemblies are scheduled for:
April 12, 2008**

September 20, 2008

**at the Quality Inn, Albany, NY located Route 9W,
just south of Exit 23 on the NY State Thruway.**

Editorial Policy

The Messenger is the bi-annual newsletter of Region Six of Overeaters Anonymous. The deadline for copy is May 1 for the Fall Edition and November 1 for the Spring Edition. Material cannot be returned nor can payment be made. All submissions to the editor must be signed and when published, will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The Messenger reserves the right to edit all submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and The Messenger as your source. Courtesy copies of reprinted articles are appreciated. The opinions expressed are those of the writer, not those of Region Six or OA as a whole. Please address all submissions and correspondence to The Messenger via e-mail to: Newslatter@OAregion6.org or via US Postal Service in care of the Region Six Coordinator at the address designated above.

THE MESSENGER STAFF

The Messenger is produced through the efforts of the members of the Region Six Newsletter Committee. We are:

Gaston L.	Chair
Marilyn C.	Editor
Elsa P.	Proofreader
Diane P.	Proofreader
Diana G.	Design & Layout
Jacqueline L.	French Canadian Coordinator
Jennifer.	Committee Member
Steve M.	Website & Publications Coordinator

IT TAKES TWO....OR DOES IT?

I started coming to OA in 1990. At that time, I could binge for a mere \$10 a day (that didn't include ordering takeout or binging at restaurants). But I could get a crackley bag, a Family Pak of 10 or 12, a dozen assorted, a cold pint, quart or gallon, or some things that could be boiled or melted, and do it up pretty well for \$10. I spent much more than that, of course, on a regular basis. I couldn't afford it but I spent it.

Then, once I was good and disgusted with myself, I might decide to buy a diet book (anywhere from \$7 to \$20 depending on whether it was paperback or hardcover), join a diet club (can't recall how much that cost, but adding in their "Special Food" – ugh! I'm gagging a little just remembering the taste of it – that added up to a pretty sum), or undergo a liquid protein diet (in 1986 this set me back several hundred dollars A MONTH for blood tests and individual and group sessions with the psychiatrist who ran it).

I don't remember what year OA started the "It Takes Two" campaign and am too lazy to do the research, but it was probably not long after I came to OA. It was a radical notion to ask OA members, who had been throwing a buck in the basket since 1960, to up it to \$2. Many meetings still include "OA suggests a \$2 donation" in their format when the 7th Tradition is passed.

This is the time in the article where you get to groan, "Oh, God, they have their hand out again!" But, who are "they"?

Did you know, though, that the OA annual operating budget – that's all the operating expenses for the World Service Office (payroll, utilities, insurance, paper clips), the World Service Business Conference, Lifeline Magazine, the OA.ORG website, the Board of Trustees, and every bit of outreach that OA does at that level – public awareness, professional exhibits – of that \$1.75 million, only a portion is funded by member contributions –

21 percent? 60 percent is made up by literature sales. Now, we love and value our literature, but I don't think most of us want OA's financial health to rest too heavily on sales.

OA World Service conducts itself just as any other service body: money is not hoarded, and anything over operating expenses is plowed back into our primary purpose. This includes funding delegates to the World Service Business Conference and providing more money for Conference committees (Public Information and Professional Outreach, Twelfth Step Within) to carry the message.

Here is a thought: what proportion of our quality of life can we attribute to OA? One percent? Five percent? More?

How does that figure reflect what we throw in the basket at a meeting or how we support OA through our time?

When we pay for our intergroup answering service, travel expenses to R6 Assembly, copying of flyers.... are the prices the same as they were back in the 1990s when It Took Two? We think not. Ten dollars doesn't buy as much binge food as it used to. So maybe, instead of It Takes Two, we could –

GIVE AS THOUGH OUR LIVES DEPENDED ON IT!

- Margaret Ann, Region 6 Trustee
Trustee@OARegion6.org



COMMITTEE REPORTS

Region Six Assembly - September 29, 2007

BYLAWS

In attendance: Chair, Bruce R. (Ottawa District IG)

Karin R-H. (R6 Chair) four delegates;

Ann W. (Parliamentarian).

ISSUES DISCUSSED AT MEETING

1. Current motion(s)
2. Committee procedures
3. Terms/duties of R6 officers

DECISIONS MADE

1. Continue to look at bylaws manual and suggest updates where necessary.

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Draft motions dealing with duties of R6 officers.
2. Work with other committee Chairs to have procedures moved to committee procedures manual.

ASSIGNMENTS AND DEADLINES

1. Motions to be drafted by mid-February.
2. Motions from other committees to be submitted to Bylaws Committee two weeks prior to deadline.

CONVENTION

In attendance: Chair, Roberta L. (Nassau County IG); twenty delegates

ISSUES DISCUSSED AT MEETING

1. Convention 2008 ("Discovery 2008"/South Coastal Mass IG, Plymouth); Gil P. and Barbara (Co-chairs)
 - a. Emphasis: Register early, as there are only 172 rooms. Also, a person must be staying there to get the meal package.
 - b. Exciting new events. add Bingo Saturday night; merchandise and raffles.
 - c. Photos to be taken, if people desire.
2. Convention 2009 ("Serenity In Syracuse-The Key Is Willingness"/Greater Syracuse IG, Syracuse); Update from Ruth (Greater Syracuse IG).
3. Convention Manual to be put on R6 website.

DECISIONS MADE

1. Elected officers 2007-2008: Roberta, Chair; Charlie, vice-Chair (Ruth from Greater Syracuse IG, contingency); Laura R., Secretary, (Lynn from Greater Rochester IG, contingency).
2. 2008: Make a list of materials to be passed on (R6 banner, easels, walkie-talkies, timers, workshop and marathon formats).

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Hosting committees working on details of conventions.
2. List number of room registrations on-line, and other hotels in area as capacity is reached.
3. Program Committee looking into Friday afternoon session (perhaps only one): Expectations discussion 3:00 - 4:30 pm and/or Body Image 4:30 - 6:00 pm

ASSIGNMENTS AND DEADLINES

1. Need volunteers for 2010 Convention.

FINANCE

In attendance: Outgoing Chair, Louise Y. (Greater Syracuse IG); Incoming Chair, Alyssa (Greater NY Metro IG); Karin R-H. (R6 Chair); Zazu (R6 Treasurer); six delegates

ISSUES DISCUSSED AT MEETING

1. Fund raising is in the black after World Service Convention.
2. Treasurer asking reps here to take fund-raising items to sell at intergroup functions.
3. Treasurer presented two budget override proposals. One was regarding the tax prep person, and the other concerned the recovery of R6 financial records.
4. Audited Treasurer's financial records & check signing security procedure.

DECISIONS MADE

1. New Chair is Alyssa
2. Implemented more detailed and comprehensive procedure for "auditing" records.

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. New security procedures for check signing.
2. New procedures for reviewing/auditing records.
3. Integrate simple statements about these processes in bylaws.
4. Describe above in detail in Policy and Procedures manual.

ASSIGNMENTS AND DEADLINES

1. Zazu will work with members on language for procedure changes. Deadline: Spring Assembly.



COMMITTEE REPORTS

Region Six Assembly - September 29, 2007

IGOR (Intergroup/Outreach)

In attendance: Chair, Lyn (Green Mountain North IG); Helen F. (R6 Coordinator); seven delegates.

ISSUES DISCUSSED AT MEETING

1. Quilt: Discussed ways to announce in newsletter that someone is needed to manage the project. Someone may want to head a committee to begin.
2. Put plans in motion to contact intergroups and unaffiliated groups.
3. Ideas to entice people to come to Region (scholarships).
4. Mailings: collated and to be sent out by committee; Scott will mail.
5. Campaign for local intergroups to affiliate.
6. Where is pamphlet about Region 6?

DECISIONS MADE

1. Distributed Region 6 Handbook. Informational.
 - a. Posted on website and worked on in committee; will be reviewed in the Spring.
2. Put together mailings to all unaffiliated groups and intergroups not represented at Region.
3. Do not hold up mailing to wait for more enclosures; mail today.
4. Decide scholarships; award Central Mass IG \$250 scholarship. Deadline by late February.

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Cover letter to be written to send info to unaffiliated groups.
2. Ideas and information to be communicated to unaffiliated groups.
3. Explain \$250 scholarship fund.

ASSIGNMENTS AND DEADLINES

1. Personal contact with one or two intergroups not represented at this Assembly.
2. Begin effort to contact unaffiliated groups.
3. Cover letter for intergroup mailing for unaffiliated groups.
4. Include form for unaffiliated groups on how to form an intergroup.

5. Include form for unaffiliated groups on updating information for World Service.
6. Include a list of existing intergroups, and set up a contact tree to call each other.

NEWSLETTER

In attendance: Chair, Gaston (IG OA Francais de Montreal); Steve (Website and Publications Coordinator); six delegates

ISSUES DISCUSSED AT MEETING

1. The Chair of each R6 committee should ask its members whether they want their names omitted in print from their committee's report. This needs to be done before reports are submitted to the Secretary.
2. Discussion of budget override by \$300.00 due to loss of non-profit status.

DECISIONS MADE

1. By acclamation, Gaston continues as committee Chair.

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Publication and distribution of The Messenger in English, and French.

ASSIGNMENTS/DEADLINES

1. Elsa will find out whether WSO has a style sheet in order to simplify editing process.
2. Gaston will contribute style sheet from French Language Service Board.
3. Division of tasks among members of committee: proofreading, editing, layout.
4. Deadline dates: Proofread version by December 1; layout by January 7; final version due by February 1.

PI/HIPM

(Public Information/Hospitals, Institutions, Professional, Military)

In attendance: Chair, Natalie (Ocean and Bay IG); 14 delegates

ISSUES DISCUSSED AT MEETING

1. Talked about what the PI/PO is about, and the PI Blitz.
2. Went around the table to let us know what our intergroups are doing: ads, diner fund raising, PI tool kit.
3. PI Blitz proposal: Syracuse- ad on prescription drug bag.

COMMITTEE REPORTS

Region Six Assembly - September 29, 2007

DECISIONS MADE

1. A vote was passed approving a PI blitz fund of \$990 to allow Greater Syracuse IG to do distributions in each county.
2. Elections: Chair: position open; vice-Chair: position open; Secretary: Samantha, (Southwestern CT IG).

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Develop survey; Steve will put it on website.

ASSIGNMENTS/DEADLINES

1. Samantha, Mary Rose and Carol will develop survey to go on website.

TWELFTH STEP WITHIN

In attendance: Chair, Tina C. (North Shore IG); eleven delegates.

ISSUES DISCUSSED AT MEETING

1. Status of sponsorship; report subcommittee commitment to abstinence.
2. Exploring web presence; committee communications.
3. Elections

DECISIONS MADE

1. Go forward on "Commitment to Abstinence" as next project; agreed on literature.

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Diane will do first draft on letter in 4-6 weeks, then send to committee to get feedback.
2. Tina and Diane will make final decision on letter.

ASSIGNMENTS/DEADLINES

1. First draft in 4-6 weeks; done by next Assembly.

YOUNG PEOPLE

Chair, Gary O'C. (Central Mass IG); Laura N. (Secretary); two delegates

ISSUES DISCUSSED AT MEETING

1. Young people's telephone meeting.
2. Past Assembly goals.
3. New literature for young people.
4. Retention of young people.

DECISIONS MADE

1. Assignments for next Assembly- Fran, Gary, Lisa.

GOALS/ACTIONS TO BE COMPLETED BY NEXT ASSEMBLY

1. Receive e-newsletter for young people. It will be sent to Gary (Chair) from Charles Aloisio at World Service.

2. Long term: Increase communication to open dialogue between the Region and World Service, people who have knowledge about youth in OA. This dialogue will take place via e-mail and phone contact.

ASSIGNMENTS/DEADLINES

1. Gary will contact Charles Aloisio (Young People World Service Committee Chair), within the week (Oct. 1st), about e-newsletter.
2. Fran will order "OA 12 Steps For Youth" CD/tape and other Young People related pamphlets or literature. She will send these to the Committee members in the month of October.
3. Lisa will contact Chair of World Service Literature Review Committee, about updating the booklet, *A Kid's View*.

MORNING WORKSHOP

Our morning workshop on diversity in OA was led by Danielle S. (MBI). After her brief qualification, Danielle led the group through an exercise where we could all identify with some group within OA. We all started by standing up, or raising our hand if we could not stand. Then, one by one, categories of members were asked to sit down. Some examples of categories included:

- People who have attended 90 day meetings
- People who have attended a H.O.W. meeting
- People who have attended a 100-pounder meeting
- People who have attended a Gay/lesbian/bisexual and transgender meeting

After Danielle went through a long list, a few people were still standing. The remaining people were asked to sit if they had ever had a judgmental thought about these meetings. Five people remained standing. Danielle explained that normally there is no one left standing at the end. The point was that we have all judged each other, or some groups, at some point in time. We need to stop judging, and focus on that which binds us together.

We then broke into groups. We were given 4 questions, and then asked to share the answers with one person in our group.

MORNING WORKSHOP CONTINUED

The questions were as follows:

1. Can you think of a time in program when you were in some place (at a meeting, event, Convention or business meeting), and had the feeling of being an outsider?
2. How did you feel as you interacted with others in this situation?
3. Which feeling strongly reflects your response? Silence? Denial? Active cooperation?
4. What did it cost you to act unnaturally?

We learned that judging people is a natural reaction, but not always a good natural reaction. It's easy to judge others, and our selves as well.

She then asked the group to write for 10 minutes, and answer these 3 questions:

1. How/when have you judged other OA members in the program?
2. What does it cost them?
3. What does it cost you?

After the members finished writing, she asked us each to select a partner different from the one we had than the first time and share our answers. Finally, we were encouraged to respect members' anonymity. Danielle read an inspirational OA saying to close the session.



SUMMARY MOTIONS & VOTES

BYLAW AMENDMENTS/POLICY MOTIONS

The chair requested that the Bylaw/Policy motions be postponed to the Spring Assembly in favor of voting on the committee.

COMMITTEE MOTIONS

Finance Committee.

The treasurer presented a motion for a budget override of \$150.00 to address the increased fees for tax preparation services. There was a question as to whether this would be a one time increase. The answer is "no" as these are ongoing expenses. This motion was passed by a 2/3 majority.

The treasurer presented a second budget override for \$500.00 to be used to recover R6 financial records and if necessary to initiate legal action. In response to a question from a delegate, it was stated that this is an estimate and hopefully will not be more expensive unless legal action is needed. This motion was passed by a 2/3 majority.

New sletter Committee.

Website and publications coordinator presented a budget override motion for \$300.00 in anticipation of increased printing and distribution costs for the R6 new sletter if the region's tax exempt status is not regained for the next Messenger mailing. There was some discussion about using email to cut costs. This is not possible as most groups do not have email. The budget override was passed by a 2/3 majority.

TWO NEWBIES AT A CONVENTION

Catskill, NY. October 2006. Midnight. Two relative newcomers from Massachusetts are making their first pilgrimage to the Region 6 Convention. It is raining. It is dark. And perhaps most frightening of all: breakfast is not being served for several hours. We are pleased to report that they survived until then...

And so began the maiden voyage to our first R6 Convention. And it was worth every second. What a gift it was to spend a weekend immersed in program, fellowship and fun; indeed, "...we aren't a glum lot". (BB page 132.)

Attending meaningful workshops, hearing powerful (and inspiring) keynote speakers, and dancing Saturday night away with our friends – new and old – were just a few of our personal convention highlights. We were among our own kind that weekend, and it felt fantastic.

We left Sunday afternoon feeling tired and elated, spiritually nourished and emotionally centered – better than any food has ever tasted, for sure.

The experience was so wonderful that we already have registered for the next R6 Convention. It will be held the weekend of **October 24-26, 2008 at the Radisson Hotel in Plymouth, MA**, and we can't wait. We urge you to register now as space is limited. For more information, go to **www.OAREGION6.ORG**

Let's Discover Recovery – Together, We Can

WRITINGS OF THE MEMBERS OF REGION 6

A MOMENT REPRESENTING A SPIRITUAL AWAKENING

I CAN'T. GOD CAN. LET HIM.

When I hit this final bottom, I began to pray in earnest, one to one, with my Higher Power. I asked his help and told Him, I'd do anything. I was told in order to recover. I was desperate and within 5 minutes I felt His presence in my living room. I knew with certainty that if I didn't turn my will and life over to my Higher Power that I would die. I also knew that if I followed His direction and kept my word about being willing to go to any length that there was still hope for me. After 10 years of relapsing before that night, I still believed it could happen for me. The next morning I woke up and knew that everything was about to change. That was over seven years ago, and one day at a time with my Higher Power's help, I have remained abstinent. I found out two years after that night I prayed that I had suffered a stroke that night. I'd seen a doctor because I was having memory loss and he told me that I'd had what they called a "silent" stroke, meaning there were no visible symptoms. I realized then that my instincts had been correct back then, and that Higher Power had interrupted my death that night.

– Andrea F.
Greater NY Metro IG

AHA! MOMENT

One of my biggest awakenings came several years into OA. Early on I began to sponsor, I said a prayer each time the phone rang: "God, please, give me the words that you would have me say so I can help my sponsee." Being shy and basically a listener it seemed overwhelmed to have a sponsee call on a daily basis and my mind would often go blank. Many years into recovery I began to re-study the Steps and Steps 6 and 7 took on new meaning. All I had to do was become willing. It's sound simple but for me with my "I'll do it myself" attitude it was an AHA moment. When I was willing, I could ask my HP for help to change and then relax and do the first work. The first work for me was done in my fourth Step when I became aware of a defect

and then discerned the appropriate behavior. My shyness and reluctance to talking about myself would be replaced by my concern for the recovery of others and how my experience would help them. My HP was doing for me what I could not do for myself.

– Louise
Greater Syracuse IG

READY TO ACCEPT

The awakening was when I was ready to accept I was eating myself to death – and the doctors said I would die if I didn't change my eating behaviors and life styles. OA gave me hope that with help of the group, Steps, tools, service I could recover. It's a daily awakening each morning with my 10th Step and journaling, meditation, and OA literature books and commitment to my food plan.

– Anonymous

CEASES FIGHTING

It was 2:30 am in May, 2004 I had been crawling through the Big Book, guided by my sponsor, since the previous August. She had guided me through three Step 4's and two Step 8's and I had just finished living, meditating and writing on the 9th Step promises.

At that moment, I read the Big Book words "And we ceased fighting anything, even alcohol." Something in my psyche cracked open with those words, as I realized that, indeed, I had ceased fighting.

Although I was at that time, abstinent for eight years, it is from that moment that I mark my recovery.

– Mary Rose D.

GROWING AS GOD WANTS ME TO BE

A moment of spiritual awakening for me happened at the end of a meeting two months ago. As I was getting up to leave, I was chatting with others who were packing up as well. Someone started talking about a woman (Mary) who had shared during the meeting. Just after she began talking about what Mary said and how she'd acted, I said that I was trying

WRITINGS OF THE MEMBERS OF REGION 6

A MOMENT REPRESENTING A SPIRITUAL AWAKENING

to minimize gossip in my life and I had to leave. And I left the room. I know that this experience was a time of God doing for me what I couldn't do for myself because two months prior, I had also been discussing Mary. Thanks to the Step work I continue with the help of my Higher Power, I am growing every day closer to the king of person God wants me to be. I'm so grateful that HP continues to offer me these opportunities to demonstrate my willingness to learn a new way and to become God-centered. This program continues to be a huge gift in my life. Thank God for OA!

– Anonymous

GOD CAN AND DOES TRANSFORM

I was attending an OA meetings in Rutland, Vermont. The time of the year was early spring, the time of year the sap runs in the maple trees. There was a large white pine tree at the edge of the walk leading into the meeting. I felt the first warm air current, in the air as I approached the walk way from the parking lot. I looked up at this white pine and the needles seemed to have lost their stability of winter. Instantly I reached up and touched them. Pine needles felt like luscious silk. I felt like I was being introduced to God and that God can and does transform. I felt there was hope for my own rigidity and inability to let go of the weight I had collected in increasing amounts since I was 13 years old though my earliest memory of addictive eating was age 7.

In the past 18 years in program, my Higher Power has revealed him/her self in daily synchronistic ways through other OA members, my relationship with my spouse, family members, community, in my meditation and prayer allowing me to go back and collect all of who I left behind in addiction. So that I am coming to wholeness more is truly revealed each day in this process. Service today is my lifeline for continued recovery. I do what I can when I can. Service off sets the weakness that inherent in me as a result of my humanity and my addiction. Thank you OA.

– Ellen B.

GIFTS

Defining spiritual moment with my Higher Power: when I realized the gifts I was given could not have come from me.

– Anonymous

KNOW – ABLE – APPRECIATE

I have been given many moments in program that I know are my Higher Power working through me. Being able to appreciate the ocean or a beautiful moon; being able to enjoy the company of others and actually listen! Being able to enjoy the company of friends and family, and to say no! No to things I don't agree with; no to things that will cause me to be resentful and no to the food.

– Anonymous

HEART LIGHTENS WITH PRAYER

I'd been in OA for about 7 months. I had not had a relationship with a Higher Power before I found OA and was working to overcome my preconceived ideas of what HP was in my life. My husband called me at work to pass on some bad news he received from his doctor. I hung up the phone and put my head in my hands. I tried to come up with a list of what I could do to help, but this was my husband's problem and the actions needed to be his. I felt myself begin to cry because I didn't have a constructive way to help him, and then it struck me. My head popped up, my heart lightened and realized for the first time that praying for my husband and my his health was a productive, helpful and useful action that I could take. Thank you OA for showing me how to access this loving and powerful force in my life. P.S.: My husband is fine. Thanks H.P.

– Lyn



WRITINGS OF THE MEMBERS OF REGION 6

A MOMENT REPRESENTING A SPIRITUAL AWAKENING

SPIRITUALLY INSPIRED

I had been exposed to OA for several months by a love one who was in program. But I did nothing about my overeating until waking up yet one more morning – march 12, 1987 to be precise – and was disgusted with myself for feeling stuffed again. That day, for the first time in my life, are a sensible breakfast and a moderate lunch until that day I had starved myself routinely in order to save up my calories for late-night binging.

More miraculous, I actually stopped eating after dinner... no food orgy once the rest of my family went to bed. I don't know how this event came to pass. Never before had I refrained from nocturnal gorging. Why this night? I Had no answer then... But as one day of 3 meals with nothing in between turned into two, twenty, 200, 2,000 and now more than 6500 days, I know the answer: GOD.

Who or what else than a Power outside myself kept me from doing what I was constitutionally incapable of doing for myself over the first 40 years of my life.

The miracle was certainly spiritually inspired. The awakening part came only years later after I had finally realized, that God not me, had stopped me from the starve-binge circle.

– Gil

FREEDOM

Twenty-one years in program and I have had a spiritual awakening and profound emotional and spiritual growth. How? By giving up bread!

One day at a time I have made a decision not to eat flour and yeast in combination, so it's not just bread. It's all the forms breads – yeast and flour – can take.

For 21 years in OA I have clung to my right to eat bread even though an honest appraisal of my doing so would reveal this simple fact: one flour/yeast product was never enough and a loaf, a dozen, a plastic bag full was never enough, and ANY – even a whiff of fresh dough was too much.

What a freedom it has been to let go – finally – of this (for me) addictive substance. What surrender it is! What further letting go of my self-reliance and arrogance. I got on my knees two months ago and asked God to give me the willingness and ability to me within my plan of eating and to do God's will for me.

I had no idea at all that HP's will for me to let go the substance I was holding onto so tenaciously. I accepted flour and yeast were a problem for me. I accepted that a slice was too much and loaf was not enough so I had better abstain completely.

And this is what I have learned: one day at a time the craving and lust for bread products is gone. It is not an option so it's not a It will only be a problem if I take back my will and make it an option.

My disease is progressive. My bread lust is progressive and boundless. I see what HP's will is for me and today – one day at a time – I am going over the winning side. I am surrendering and doing God's will for me. Trust me, this is a miracle.

– Margie

**OA Region 6 Convention
DISCOVER RECOVERY**



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**DISCOVERY
2008**

October 24 - 26, 2008
Radisson Hotel - Plymouth, Massachusetts

WHICH STEP ARE YOU ON?

FIRST STEP PRAYER

Dear Lord,
 I admit that I am powerless over my addiction.
 I admit that my life is unmanageable when I try to control it.
 Help me this day to understand the true meaning of powerlessness.
 Remove from me all denial of my addiction.

SECOND STEP PRAYER

Heavenly Father,
 I know in my heart that only you can restore me to sanity.
 I humbly ask that you remove all twisted thought and
 addictive behavior from me this day.
 Heal my spirit and restore in me a clear mind.

THIRD STEP PRAYER

God,
 I offer myself to Thee
 To build with me and to do with me as Thou wilt.
 Relieve me of the bondage of self, that I may better do Thy will.
 Take away my difficulties, that victory over them may bear witness to
 those I would help of Thy Power, Thy love and Thy way of life.
 May I do Thy will always!

FOURTH STEP PRAYER

Dear God,
 It is I who has made my life a mess.
 I have done it, but I cannot undo it.
 My mistakes are mine and I will begin a searching and fearless moral
 inventory.
 I will write down my wrongs, but I will also include that which is good.
 I pray for the strength to complete the task.

FIFTH STEP PRAYER

Higher Power,
 My inventory has shown me who I am, yet I ask for Your help in
 admitting my wrongs to another person and to You.
 Assure me, and be with me, in this Step, for without this Step I cannot
 progress in my recovery.
 With Your help, I can do this and I will do it.

SIXTH STEP PRAYER

Dear God,
 I am ready for Your help in removing from me the defects of character
 which I now realize are an obstacle to my recovery.
 Help me to continue being honest with myself and
 guide me toward spiritual and mental health.

SEVENTH STEP PRAYER

My Creator,
 I am now willing that you should have all of me, good and bad.
 I pray that you now remove from me every single defect of character
 which stands in the way of my usefulness to you and my fellows.
 Grant me strength. as I go out from here to do Your bidding.

EIGHTH STEP PRAYER

Higher Power,
 I ask Your help in making my list of all those I have harmed.
 I will take responsibility for my mistakes and be forgiving to others as
 You are forgiving to me.
 Grant me the willingness to begin my restitution.
 This I pray.

NINTH STEP PRAYER

Higher Power,
 I pray for the right attitude to make my amends, being ever mindful not
 to harm others in the process.
 I ask for Your guidance in making indirect amends.
 Most important, I will continue to make amends by staying abstinent,
 helping others and growing in spiritual progress .

TENTH STEP PRAYER

I pray I may continue;
 To grow in understanding and effectiveness;
 To take daily spot check inventories of myself;
 To correct mistakes when I make them;
 To take responsibility for my actions;
 To be ever aware of my negative and self-defeating attitudes and
 behaviors;
 To keep my willfulness in check;
 To always remember I need Your help;
 To keep love and tolerance of others as my code;
 and To continue in daily prayer how I can best serve You, My Higher
 Power.

ELEVENTH STEP PRAYER

Higher Power, as I understand You,
 I pray to keep my connection with You open and clear from the
 confusion of daily life.
 Through my prayers and meditation I ask especially for freedom from
 self-will, rationalization and wishful thinking.
 I pray for the guidance of correct thought and positive action.
 Your will, Higher Power, not mine, be done.

TWELFTH STEP PRAYER

Dear God,
 My spiritual awakening continues to unfold.
 The help I have received I shall pass on and give to others, both in and
 out of the Fellowship.
 For this opportunity I am grateful.
 I pray most humbly to continue walking day by day on the road of
 spiritual progress.
 I pray for the inner strength and wisdom to practice
 the principles of this way of life in all I do and say.
 I need You, my friends and the program every hour
 of every day.
 This is the better way to live.



TOGETHER WE CAN!