



# MESSENGER

THE BIENNIAL NEWSLETTER OF REGION SIX OF OVEREATERS ANONYMOUS  
**SPRING 2013**

## *FROM THE REGION 6 CHAIR*

R6 is no longer distributing hard-copy assembly packets, which has resulted in approximately \$500 in savings. These savings were re-allocated toward a complimentary lunch at the Fall 2012 Assembly to those representatives, alternates and working guests who pre-registered.

We continue with our PI Blitz funding program. We received two applications and made awards for both.

Since the IGOR Committee's workshop presentation, which instructed intergroups on how to apply for and receive funding from R6, we received seven applications for funding to the WSBC and made awards to all seven.

Vice Chair, Debbie H. and Secretary, Laura R. were re-elected and continue to serve Region 6.

Our Treasurer, Zazu G. stepped down due to term limits. Zazu can be credited with the herculean effort she made to take Region 6 out of the financial mess that we had been placed in and back onto a clean, even financial footing which R6 had never known before. Zazu restored our good standing with the Internal Revenue Service as a registered 501c3 tax exempt organization and set in place procedures which provide R6 with an honest and straightforward system to conduct its finances.

Going forward, Kelly C. our new Treasurer, Devyn C. our Web Coordinator, and I will be working together to do the majority of our banking tasks electronically. You, your meetings and your intergroups can assist in this process by making your "fair share" contributions to Region 6 at [www.OARegion6.org](http://www.OARegion6.org). Go to [R6 Online Contributions](http://www.OARegion6.org).

Are you a *former* member of the R6 Board? R6 Board wants to expand its pool of individuals who are eligible to conduct Service, Traditions & Concepts Workshops (ST&C's). R6 will now allow funding of *former* R6 Board members who are continuously abstinent and approved by the R6 Board.

It was my extraordinary pleasure to attend the R6 Annual Convention, *Recovery: A Capital Idea* in

Ottawa, Ontario, Canada. Approximately 450 attended and there were an additional 100 non-attending registrations. The convention netted approximately \$10,000. When it was my turn to welcome the entire Convention group, I decided, with a cheat-sheet in my hand, to welcome everyone first in French. I was rewarded by many of the French-speaking members of OA R6 who took the time and sought me out to let me know how much a part of the fellowship it made them feel. I did my best to continue the conversation in French. Due to the efforts of the Convention Committee to make this a truly bi-lingual event, many of these same French speaking members are now making plans to attend the World Service Convention in Cleveland, Ohio *Recovery to Rock Our World*, August 29-September 1, 2013.

Lastly, Mary Rose, our Region 6 trustee has stepped down due to health reasons. She is someone with whom I have done service side-by-side, first at meetings, then at Greater NY Metro Intergroup and then at Region 6 and World Service. She continues to illuminate my understanding of what it means to be a member of OA and to demonstrate how to be of service to our fellows.

Yours in service,

Diana G.  
Chair @OA  
Region6.org

**Region Six is excited to now be able to accept Seventh Tradition contributions online!**

**NEW**

**It's Fast!  
It's Easy!  
It's Secure!**

**Log-on to [oaregion6.org](http://oaregion6.org) and click "Contribute" to find out more!**



## FROM THE REGION 6 TRUSTEE

EXCERPTED FROM MARY ROSE D.'S LETTER OF RESIGNATION – NOVEMBER 21, 2012

My dear friends and colleagues:

I have loved my Region Six very much. My energy has gone probably a bit beyond service. Shortly after election as R6 trustee in 2009, I took a trip northward toward Maine, and as the driving miles passed by, state by state (and in following years, province by province), I looked around at "my" region, knowing that carrying the message of recovery is in all our hands...was and is in my hands...and that I cared deeply to do all I could to honor the trust that was put in me.

It was clear at our last region assembly that I was not well enough to do "all" the duties of trustee that I had set myself to do. The OA world (and the world in general) has been very kind and easygoing on me. No one has been pushing me to do more, or to be more. But the service itself has called me, has cajoled me, challenged me and supported me to be beyond more than I thought I could ever be. Aside from a few annoying motions and the parliamentary challenges, it has truly been a mutual love affair. I continue to be in love with Region Six.

Karin H., whom we have unanimously appointed as the next R6 trustee, is a dream replacement. She will bring her recovery and her unique perspective to a service--to an entire Board--where we need the varied and unique perspectives of all. I know you will all be kind to her because, well, she is just about the kindest person I know, and what goes around... She is a gift to Region Six.

I trust and know that more will be revealed. My next chapter will unfold as HP will have it. I will continue to be of service as asked, and where I note I might be of assistance. I would have liked to have said farewell to the BOT in person, but, in the end it is not about me: It is about serving the Fellowship. The Fellowship, and you all, have certainly given me great gifts. I will not forget, ever.

Warmly,  
Mary Rose

My name is Karin and I am a compulsive overeater. On Nov. 26th, 2012 I was appointed to serve as Region 6 Trustee following the resignation of Mary Rose. Many of you know me since I served as the Region 6 Chair from 2006 - 2011, and in the last year I was the chair for the Region 6 convention that was held in Ottawa. I am excited about the opportunity to serve as trustee and I can already see that there is a lot to learn. I just need to give myself time to grow into this position. Mary Rose was a shining example of recovery on all 3 levels and I am grateful for all she did for our fellowship. I will miss her. I will do my best to continue to serve our region as Mary Rose did so faithfully.

Karin H  
Region 6 Trustee  
[trustee@oaregion6.org](mailto:trustee@oaregion6.org)

Service itself has called me, has cajoled me, challenged me and supported me to be beyond more than I thought I could ever be.

IN MEMORIAM: Mary Rose D.

September 9, 1949 – December 27, 2012

All of us in Region 6 and Overeaters Anonymous have lost our recent former Trustee and most wonderful friend, Mary Rose D. She passed peacefully at home, in the company of her friends and fellows. We are blessed to have known such an amazing, courageous woman and we are strengthened by her legacy. We will miss her.

REGION 6 FALL ASSEMBLY  
Saturday, September 28, 2012

Hilton Garden Inn Albany Medical Center, Albany, NY

### HIGHLIGHTS OF UNAPPROVED MINUTES

Please go to website [www.oaregion6.org](http://www.oaregion6.org) for more detailed information and complete reports.

#### Opening Prayer/Welcome

Region 6 Chair Diana G. opened the R6A at 10am with The Serenity Prayer--first in English and then in French. The Twelve Steps, Twelve Traditions, and the Twelve Concepts were read.

**Roll Call** – Total registered delegates 58 plus 5 board members with a total of 63 eligible voters. The roll call showed 32 as the simple majority and 42 as the two-thirds majority.

**Introduction of officers/former officers** – Chair Diana G. introduced the present R6 Board and had previous board members stand and introduce themselves.

**Introduction of New Representatives**-- There were (9) nine new representatives present.

**Officer Reports-** given by **Chair--** Diana G.; **Vice Chair-** Debbie H.; **Treasurer--**Zazu G. **Coordinator-** Tobi H.; and **Website and Publications Coordinator** – Devyn C.

**Region 6 Trustee**--Mary Rose D. announced the theme for 2013 WSBC "Searching and Fearless: A Fellowship Inventory." Starting in October on internet World Talk Radio, keep a look-out for the 13- week talk show Sound Bites. There is new/revised literature at our bookstore [oa.org](http://oa.org) or phone 505-891-2664. New or revised resources can be found on [oa.org](http://oa.org). Five of OA's best-selling books are now available in e-reader and mobile device formats. Please suggest that each meeting subscribe to Lifeline. There are WSO funds available for professional exhibits and reduced cost literature for use at health fairs. Apply for these funds through a trustee. Delegate Support Fund--WSO has delegate funding to help delegates attend WSBC. Please talk to the R6 Trustee and/or a board member for information. WSBC Final Report available on [www.oa.org](http://www.oa.org). Check [www.oa.org](http://www.oa.org) for important 2012 motions. Update your intergroup bylaws. Check your local meeting information and update if necessary on the OA website.

**Committee Reports**--Each committee chair came to the front of the R6A and gave a three minute synopsis of their report. Full reports will be available prior to the spring 2013 Assembly at the R6 website.

**PI Caucus**--The board discussed the recommendations they received from the PI Committee and decided to award PI blitz funding to: South Coastal MA Intergroup--

\$600.00, South Eastern CT Intergroup--\$330.00, and Nova Scotia Intergroup--\$400.00.

#### New Business--

R6 Parliamentarian Ann W. gave the delegates an update on what's new with Robert's Rules. Every 10 years there is a revision of Robert's Rules of Order. [Robertsrules.com](http://Robertsrules.com) lists 125 substantive changes in the 11<sup>th</sup> edition.

#### Elections--

Elections were held for the following positions: Vice Chair, Secretary and Treasurer. The Vice Chair elected for the next two years is Debbie H, Secretary elected for the next two years is Laura R., and Treasurer for the next two years is Kelly C.

There was a separate vote for the WSBC Reference Subcommittee: Elected were: Bruce- Ottawa Intergroup and Nancy- Central Mass Intergroup.

#### Motions--

Motion #1: Passes-Amend the current policy to include a statement of purpose for the Finance Committee in the R6 Policy and Procedures Manual.

Motion#2: Passes- Donate \$10,000 to WSO Delegate Support Fund.

Motion #3: Passes-Budget Override Motion adopted to explain budgetary overpayments made during the year. The Assembly took a 10 minute break at this time, during which members wrote about shame and how it has changed during recovery.

**Workshop**--Presented by the IGOR Committee: Requirements for scholarships to R6A and/or WSBC. Mary S. discussed the forms to be used and how to download them from the R6 website. Intergroups were instructed to apply to Region 6 for assistance first before applying to WSO.

#### Raffles:

The *Lifeline* raffle was won by Theresa--Greater NY Metro Intergroup.

The R6 2012 Convention raffle: Announced that \$1820.00 was collected from the raffles.

Raffle winners were: Registration: Diana G.; Recordings: Charlotte G.; Entire Convention: Simon G.

#### First Timers Ceremony:

Chair Diana asked all new delegates to come to the front of the room and remove the blue dots from their nametags. This action officially made them longtimers.

The Fall R6A was adjourned at 4:42 pm with the Serenity Prayer led by Chair Diana G.

Respectfully submitted by: Laura R., Region Six Secretary

Minutes Approval Committee: Gloria P., Kathy B.

## COMMITTEE REPORTS

REGION SIX ASSEMBLY - APRIL 21, 2012

### NEWSLETTER COMMITTEE REPORT

Chair—Dee P., Secretary—Lyn C

#### Issues discussed:

- Review accomplishments:
  - English Messenger printed and online.
  - Eight pages instead of seven to include more members' writings.
  - French version online prior to Fall 2012 Assembly.
- Created timetable

#### Decisions made:

Elections:

Chair- Myra T.

Editor- Myra T.

Co-Editor- Dee P.

Lay Out- Lyn C.

Proofreading/English- Edie D., Dee P.

Proofreading/French- Carmen

Typist- Dee P.

Goals/actions which will be completed by next assembly:

- Committee members to maintain contact via email and or phone.
- Conference call scheduled on February 16, 2013 2pm for final proofreading.
- Publish English and French newsletters in timely fashion prior to Spring 2013 assembly.

#### Assignments/deadlines:

- As determined by timetable.

### IGOR COMMITTEE REPORT

#### Issues discussed:

- Discussed IGOR Workshop and need of help for today.
- Talked about the workshop and the scholarship forms to utilize.
- Don C. spoke about workshops. He also spoke about the Intergroup Officer Retreat.

#### Decisions made:

- Set up conference calls for November and February.
- Sent out fifty letters to unaffiliated groups. Three came back and talked about needing a Chair for the committee.

Goals/decisions that will be completed by next assembly:

- Rework mission statement for the IGOR Committee.

#### Assignments/deadlines:

- Don C.- talk to R6 Board about interest in retreat.
- Tobi and Carol A.- Intergroup survey to see if there is interest for workshop.

### FINANCE COMMITTEE REPORT

12 members attended

#### Issues discussed:

- Procedures and bylaws for a financial review.
  - Check register
  - Financial report
  - Donations
- How the budget is proposed

#### Decisions made:

- Motion was made to approve financial review, which was seconded and passed by the committee.
- Zazu was thanked for all her service. She encouraged groups to utilize the online donations via PayPal at the R6 website.
- A budget override will be part of the work today.

#### Assignments and deadlines:

- Encourage intergroups to add clickable links to their web sites.
- Research the ability to bypass PayPal charges as R6 and individual intergroups are non-profit entities.

### PI/PO COMMITTEE REPORT

Chair—John O., Secretary—Evan L (Greater NY Metro IG)

#### Issues discussed:

- John O. elected Chair; Evan L. appointed Secretary.
- PI Blitz Report received from Greater NY Metro IG. Need three more reports- Central Ontario, Nassau, and Western MA.
- Reviewed previous goals: three out of four achieved.

#### Decisions made:

- Reviewed the PI blitz proposals submitted. Committee suggested amount of \$730.00.

Goals/actions to be completed by the next assembly:

- At least two emails to touch base between now and the next R6 Assembly.
- Review the PI/PO projects survey and discuss results in November 2012.
- Solicit at least three PI blitz proposals by the February 20, 2013 deadline.
- Prepare/develop a beginners packet and response card seeking information regarding how new members heard about OA.
- Complete "how to" questionnaire approval process and have it posted on the R6 website.

#### Assignments/deadlines:

Survey deadline:

- John/Evan by November 1.
- All members by end of November.
- Steve/Ron rough draft by end of November.
- Evan/John ongoing.

## COMMITTEE REPORTS (Cont'd)

### BYLAWS COMMITTEE REPORT

Chair—Brandon H., Secretary—Jill M.

#### Issues discussed:

- Typos found in the bylaws will be sent to Ann for correction.
- The issue of Virtual Groups and their relation to R6 according to our policy which does not currently have a system for Committee Chair vacancies. Ensure long term conformity with WSBC Bylaws, Subpart B.
- Assist and provide information to Intergroups for creating and updating their bylaws.

#### Decisions made:

- Motion written to address the issue of vacancy in the Committee Chair position.
- With regard to virtual groups it was found that our current policy allows for all OA groups to register with World Service, including virtual groups.
- Diana temporarily appointed Brandon as chair of the committee pending acceptance by the board because the attendance requirement was not met.
- The wording in the Bylaws regarding the Finance Committee was found to need clarification. This discussion will occur before or at the Spring R6A.

#### Assignments and deadlines:

- Finalize wording of the motion to be brought forward at the Spring R6A.
- Continue the process of moving the committee procedures to the procedures document.

### YOUTH IN OA COMMITTEE REPORT

Chair—Cathy B., Secretary—Kerry

#### Issues discussed:

- Set WS-approved policies and procedures for the committee.
- Purpose: to carry the message of recovery to the youth in Region 6.
- South Coastal MA IG discussed their PI blitz proposal to reach teens.

#### Decisions made:

- Marilyn B. will contact a fellow 12 step WSO about their long standing meetings/format for minors.
- Kerry will follow up with a 19-year-old member who came to OA as a teen. Will compose a letter to IG Chairs to ask what they do to reach youth.

#### Goals/actions which will be completed by the next month:

- Check with R6 Trustee about Tradition observance.

#### Assignments/deadlines:

- Marilyn B. will provide a format to committee members.

### TWELFTH STEP WITHIN COMMITTEE REPORT

Chair—Heidi B., Secretary—Stephanie W.

#### Issues discussed:

- Election of new Chair and Secretary.
- Plan for workshop in Ottawa. Seven committee members are attending the Convention.
- Continued goal of carrying the message to groups and individual members.

#### Decisions made:

- Margie P. will coordinate the workshop in Ottawa with support from other attending members.
- Workshop design and implementation finalized.
- The committee continues to work toward the ultimate goal of promoting recovery and member retention. To that end we will:
  - Encourage use of new suggested meeting format which addresses cross-talk and the OA definition of abstinence.
  - Upon board approval, make available via the Region 6 website all of the ideas and workshop formats that are working for us locally. This would include downloadable documents to share with all of the Intergroups in our Region.
  - Stephanie was elected Chair, and Heidi was elected Secretary of the committee.

#### Goals / Actions to be completed by the next assembly:

- Send email to former chair Jill C. an outline and format of the Ottawa workshop.
- Make copies, obtain easel and other materials for the upcoming workshop.
- Submit two requests to R6 Chair and Coordinator.
  - Request permission to send mass email to registered Intergroups. The intent of the email is to solicit ideas that work.
  - Request a TSW webpage or other online presence on the R6 web site.
- If approved, work with Tobi and Devyn to achieve these goals.

#### Assignments and deadlines:

- Heidi B. will draft proposal for submission to Chair and Coordinator within six weeks.
- Stephanie W. will schedule a phone conference before end of December 2012.
- If project is approved, roll out webpage by next Assembly.

**Convention Registration is NOW OPEN!**

visit [www.oa.org](http://www.oa.org)

August 29-September 1, 2013

Cleveland, OH

RECOVERY TO  
**ROCK OUR  
WORLD**

WORLD SERVICE CONVENTION  
Cleveland, Ohio  
August 29 - September 1, 2013

**MEMBERS WRITE*****How has my level of shame changed as I recover?***

It's gone!

My sponsee and I were having a conversation right before I left for the Fall 2012 R6 Assembly. She was expressing all the reasons (a.k.a. excuses) she has for not attending meetings more regularly.

She's ashamed that her clothes aren't attractive enough, that her hair doesn't look neat, that she always looks like a "schlump". While at meetings she worries about her shares making her seem weird- and that people won't like her, especially if she doesn't say anything "good."

She was singing my song. Every word. How could she know? Oh yeah, that's right- because I'm a compulsive eater just the same as she is. Before OA I lived in shame about my weight, my appearance, my conversational abilities and the extent of my vocabulary. I hated my hair and all of my clothes. I didn't want to be seen and if (when) I couldn't avoid being seen, I tried desperately to control people's image of me.

In recovery, the shame has shed with the pounds. Today, I respect and love myself. I don't need to manage others' opinions of me. I speak so I can be heard and I hold my head high. I don't remember when it happened, but the shame (for the most part!) has left me a day at a time, by the grace of my Higher Power.

~Heidi B. Greater NY Metro IG

I am so grateful that once I walked into my first OA meeting, the level of shame started to lessen. I was so amazed and relieved to meet people who thought about and did the same crazy things I did with food. The sharing from others assured me that I was not alone, and that I was not stupid, an idiot or a loser. It freed me to start talking about my issues, helped my journey of rigorous honesty with the food and other emotional and spiritual issues. This is a continuing process and my intention is to keep coming back as the miracle happens.

~Marilyn C. Montreal English IG

Through working the 12 steps of OA, I have changed my shame level. In turning over my 4<sup>th</sup> step inventory to my sponsor, we reviewed my part in my resentments. We identified the defects of character associated with my part. We listed assets to replace those defects to allow me to live in my assets. Moving on to Steps 8 and 9, an amazing transformation took place within my spirit. In cleaning up my side of the street, shame, embarrassment and fear were dislodged from the former "cold" isolated place in me, and were replaced by self-esteem, a sense of responsibility and freedom. Defects of character return on a daily basis, but shame has never returned! In continuing to take a personal inventory by practicing Step 10, I get to continually live I my assets. There is no more room in my soul for shame. It has been shoved aside by my step work, H.P., love and tolerance. I love myself today as a result of OA, and I need never feel shame again. I am free.

~Andrea F. Greater NY Metro IG.

My shame level when into the food and disease was totally encompassing. I had no self-respect, and I was embarrassed to leave my home. When at my job, I tried to sit at my desk and move only when absolutely necessary. I avoided social invitations with all types of excuses.

After being abstinent for even a month, my shame lessened and I felt I deserved to be part of the human race. Today, after 11.5 years of abstinence and recovery, I accept myself exactly as I am and am rarely ashamed of myself. My life in recovery is one of honesty, self-respect and service. I relieve myself of any shame that might occur through writing my 10<sup>th</sup> step at night so that there's no room for shame to accumulate. I live a happy, joyous and free life thanks to OA, my Higher Power, and working the steps on a daily basis.

~Nancy H. Central Mass IG

I have gone from looking down at the ground when you talk to me to raising my head and looking into your eyes with confidence and respect for you and myself because now I have inner peace.

~Diane P. New Hampshire IG

In the past when a cop pulled up behind me, I would start to sweat. OMG! What have I done! And then, as he passed me, I would nervously chuckle to myself, "Silly girl, you haven't done anything wrong." But still, see cop - feel guilty. And with food it was simply, see me - feel shame.

But why? What have I done wrong? Why should what I weigh determine my self-worth? Too much for this paragraph. But I do know that at 414 pounds and several stays in a mental hospital, some days it did take a certain amount of denial to get out of the house. The reality brought too much shame. But as I spent days, then months, then years in OA, as I listened and read and re-read the steps and traditions (especially the traditions), I learned about accepting myself and others just as we are. Acceptance, not judgment. No judgment equals no shame. That sounds really simple. Oh, it is, but simple is not easy. Just like the rest of the program. And how do I do it? With HP's help, and my sponsor and my fellow OAs, and the steps, and the tools, and...

~Lyn C. Western Mass IG

Before I came to OA, I was so deeply mired in my shame about my inability to stop eating continuously that I envisioned driving into a bridge abutment at turnpike speeds as the only possible way to stop eating. I lived in total isolation in a well of self-pity built on my terminal uniqueness. I believed I was the only one in the world unable to eat normally. My first few OA meetings told me I wasn't alone. I wasn't unique. Others had my problem and had recovered. This awareness came to me as a deep blessing, bringing me peace and abstinence. That was over a hundred pounds ago and today I am free of that shame, free to look people in the face without fear of their judgment of me as a freak and failure. OA has saved my life and given it to me as a rich dessert of joy and serenity.

~Anonymous

## OA Members Write (cont'd)

Shame shrinks as maintenance grows. I ate over my shame on a daily basis. The worse I felt about myself the more I tried to stuff down my self-loathing with gooey and greasy food.

When I came into program, I found others who medicated with gobs of food the same way I did and I quickly felt a part of something instead of apart from everything. The shame ebbed the longer I stayed in the rooms. I saw I wasn't different, I wasn't alone, I wasn't a loser.

My shame melted as I began to understand that being over-weight is not a sin against humanity; instead, I learned compulsive overeating was my attempt to find comfort in an alien environment. After years in a normal body, with a mostly clear mind, I now see I'm as good as every other bozo riding the bus called life.

~Gil P. South Coastal Mass IG.

I am free to share my disease and program with others as I recover instead of hiding behind anonymity. So much goodness and healing has come from recovery, and I want to tell others. I am saying YES to Life instead of isolating at home, and eating away my hurts and fears.

~Chauncey T. Montreal English IG

My shame was huge.... Compulsive overeating began when I needed to hide the biggest secret of my life- being pregnant and not married. I hid my pregnancy and shame with food. After many years in program, I came to a place of forgiving myself. This internal struggle showed on my outside- a 409 pound body. Working hard over the years and putting down the food, I have not only given away weight, I have given myself the gift of forgiveness. Because of this I can happily say this "baby" I have is now 41 and has three children. In the rooms of OA I have learned gratitude for the gifts I have received, especially the three grandchildren who will never know the crazy woman that I was.

~Laura R.

Shame filled days- I used to sweat profusely- every minute of every day when I was 250 pounds. I could not catch my breath after I simply rose from my sofa, which took three attempts or more. I did not walk- I waddled. I hid from my family and friend gatherings and events- a big "canceller". I wore sunglasses on cloudy days and sometimes in the evenings. I could rarely make eye contact.

Program filled days- Now I am calm, literally cool and collected. I am comfortable, even on very warm days. My body and my clothing remain sweat- free. I can rise from any chair or sofa without huffing and puffing- with only one attempt. I now race-walk through NYC- no waddling. I attend every family function and friend gathering- no more hiding! Now my sunglasses are reserved for fighting the sun and not for avoiding eye contact. I now look life right in the eye!

~Theresa B. Greater NY Metro IG.

When I first came into OA I felt like a total failure: I could not stop eating, I hated the way I looked and felt, and I was convinced that I was the only person on the face of the earth who had ever felt that way.

I felt more like an animal than a human being. All I had then was the faintest glimmer of hope that this place would work for me. As I lost weight, refrained from compulsive overeating, and started to maintain my weight, I started to recover from the blanket of shame which had covered me. I learned that I was not alone at all: I had plenty of company in the rooms of OA. I had a disease- what a concept. And there is a solution- how amazing. The tools, the steps, the fellowship, the literature- all of these helped me to recover. Today the shame is gone and there is so much compassion for all who share my disease.

~Anonymous

I am so grateful that once I walked into my first OA meeting, the level of shame started to lessen. I was so amazed and relieved to meet people who thought about and did the same crazy things I did with food. The sharing from others assured me that I was not alone, and that I was not stupid, an idiot or a loser. It freed me to start talking about my issues, helped my journey of rigorous honesty with the food and other emotional and spiritual issues. This is a continuing process and my intention is to keep coming back as the miracle happens.

~Marilyn C. Montreal English IG

My shame about compulsive eating has been released through my two years and eleven months of abstinence, step work and use of the tools of program. My shame occurs more often about my behavior, requiring many inventories and apologies after my daily review. However, I have for the most part learned to release myself from incessant "replays" of shameful incidents and the "woulda, coulda, shoulda's. Giving away my 4<sup>th</sup> step was a big breakthrough and I learned that I am not alone in my behaviors and character defects. I am now working on my other major compulsions; compulsive busyness, which can lead to eating compulsively. I can see now the shame that has come from the treadmill of trying to achieve perfection and thinking of myself as indispensable. Soon I will be working on another compulsion, buying yarn, something that at times of clarity or comments from my husband can bring shame and remorse.

~Barb B. Mid Hudson IG

When I first discovered I had shame, I was in such denial I did not know exactly what shame was. As I continue to study the 12 steps I have learned to identify the shame, do 4<sup>th</sup> step inventories, and a Big Book Step Study. I have come to accept my humanness and know that progress not perfection is the answer. When I do something shameful or remember something shameful from the past I write about it, forgive myself and work on amending my life so I don't continue or go back to whatever the behavior was. Through it all I ask God for help and discuss it with my sponsor.

~Anonymous