

# The OA SAIL

Syracuse Area Intergroup newsLetter  
Volume 13, Issue 6

Fall 2003

## Intergroup Reps...Our Trusted Servants

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Vice-Chair . . . Open  
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Treasurer . . .Anne P. . .678-2875  
Region 6 Rep . . .Sandy H. . .652-9278  
Region 6 Trustee . . .  
SAIL Editor . . .Ruth S. . .457-6261

*Intergroup needs you!*

*OA needs you! Newcomers desperately need you! Service is one of our most valuable tools in OA recovery!*

*I was taught in OA the action of love is service. I was told never to turn down an OA request for service, unless I was physically unable to perform it. I became a sponsor and an intergroup representative; I acted on the belief that I always have time to help another overeater. If I don't have time, I make time. (p.76, second edition, Brown Book)*

## **The SAIL needs you!**

### USE THE TOOL OF WRITING

Send your submissions to the Editor at [whalelover1@usadatanet.net](mailto:whalelover1@usadatanet.net) or mail to 127 Parker Ave. Liverpool NY 13088. Please share your experience, strength, and hope for the next issue. The next SAIL deadline is November 21, 2003.

Are you female and going to the Region 6 convention and need a roommate? I also need a ride. Please call Erica @ 437-2587 before 9pm.

### Ongoing Clothing Exchange

If you need size 22, call Ruth S. 457-6261. Send in your requests to the SAIL editor.

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Contact Caron @ 656-2389 to add your name to the phone list. She also is adding **location** as a means of people connecting to others in the same area for a ride or immediate need when the first compulsive bite calls.

### Gratefulness by Erica

I want to thank my OA sponsors and other members of the program. I have gratitude for my 30 days of continuous abstinence. It has been good to finally be honest and open about my recovery with people and what it has been like in the food. Thank you to all!

## *Editorial Policy*

Publication of any contributions of editorial opinions expressed herein does not imply endorsement of OA as a whole, but only by the individuals who wrote them.

Anything that is not original work, a copy of any item or recorded, should be sent with credit to the source. We reserve the right to edit, and it is understood that other OA groups may reprint any and all copy without permission.

### *Meeting Information*

**Help!** Wed. N. Syracuse and Central Square need support as well as Fri. N. Syracuse. **Help!**

New meeting in Mohawk! 10:30am Friday's at the Grace Episcopal Church, East Main Street . . . contact Ruth C. 866-3784

## **Hopeful Words From Anonymous** ✍️

I.

Dear Friends,

You are my friends and you are looking better every month. If not the food, at least the attitude. The positive emotions reflect in the eating patterns. A friend is in OA and told me I needed OA. I said yes, I needed somebody to tell me I needed OA. My eating habits are greatly improved as OA makes me aware of why and what I eat.

Being a physically active person I've participated in more physical exercises for my health. I am healthy but want to remain healthy the rest of my life.

By eating properly I can avoid some health problems my older relatives suffered from. I can be like a fine tuned engine running on all cylinders. Attending 2 OA meetings a week gives me the courage to be more careful with food, as I respect the hard work other OA er's\_ are doing and I want to set a good example. By my losing weight slowly, with good eating habits, it is permanent and this will be a lifetime project. Thanks.

II

### *Doctor Day*

Oh! Dear, Oh! Dear. Today I called for an appointment. Receptionist said, "How about today?" Oh! No, Oh! No. How about 3-4 weeks, I am not ready yet.

I had put off this appointment and I still have to face the music. It's for me.  
4 weeks . . .lose 4 pounds  
Control the sugar and the cholesterol  
Walk more

These are my jobs. It's for me!

Doctor can take the tests.  
I already know the results.  
Some day, some day. I'll show that doctor how good I can be.  
One more chance . . . but I need these 4 weeks.

I'll be good. I'll be good. I started this morning, again.

WSO 1-505-891-2664  
Region6.org  
Overeatersanonymous.org  
OA convention tapes 1-800-257-TAPE or 1-800-776-5454/www.landesslezak.com

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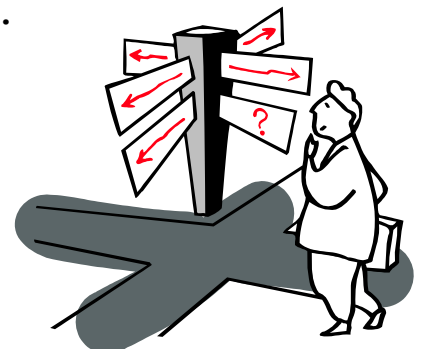
Family Caregiver

My mother started being a family caregiver before I was born, taking in elderly relatives and young children. In my mid 30's, I also became a family caregiver. Recently a nurse came to the house and remarked how well my patient was doing. I said clean and comfortable, that's all I know how to do. The nurse said, "the patient is obviously eating healthy". I said, she has no choice, but to eat what she is given; three meals a day. The nurse said, " I was to take care of myself for the sake of others". My personal kitchen substitutes are a dessert instead of a vegetable. My reward was a sweet eaten on the way home from the grocery store. I know healthy eating. Now, I have to practice what I preach.

Greater Syracuse Area Overeaters Anonymous		
October	4	How it Works Study Group, Part II, 11am at Becky's--- 655-9084
	8	Intergroup Meeting, 7-8 pm at May Memorial Church in the basement
	18	Rochester marathon, 9am-4pm. Contact Judy 585-802-6285
November	31	Region 6 Convention ( <i>Niagara Falls Oct 31 thru November 2</i> )
	15	Idea Day
	27	Thanksgiving Meeting
December	11 ? TBA	Holiday Meeting
January		

We stood at the turning point. We asked His protection and care with complete abandon.

Humor in Recovery



*Third Step Joke . . .*

*Three Frogs are sitting on a log.*

*One frog decides to jump into the water.*

*How many frogs are on the log now?*

*Answer: Three frogs are still on the log . . . You have to take ACTION!*

Using the phone tool one day I was talking with an OA friend. She was describing having no literature to read and wanted to borrow some of mine. I asked her if she had received this month's LIFELINE. She responded, "NO, I haven't got my *prescription* this month."



