

The OA SAIL

Syracuse Area Intergroup newsLetter
Volume 13, Issue 5

August 2003

Intergroup Reps...Our Trusted Servants

Chairperson . . . Sandy B. . . 598-4063
Vice-Chair . . . Open
Recording Secretary . . . Caron . . . 656-2389
Corresponding Secretary . . . Brenda . . . 476-1807
Treasurer . . . Anne P. . . 678-2875
Region 6 Rep . . . Sandy H. . . 652-9278
Region 6 Trustee . . . Bob Fisher
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!*

*We need to fill Chair and Vice-Chair
Positions for the next term.*

*Requirements: six months of abstinence,
worked the 12-steps for one year, active in
home group for one year, and/or been in
intergroup. Region 6 representative needed
and one year of abstinence is required as
well as the above.*

*Please!!!! Come to the September 10th
intergroup meeting at 7pm . . . held at May
Memorial Church. Say yes, to service at the
intergroup level.*

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.

The SAIL needs you!

USE THE TOOL OF WRITING

Send your submissions to the Editor at whalelover1@usadatanet.net or mail to 127 Parker Ave. Liverpool NY 13088. Please share your experience, strength, and hope on the tenth step or tradition for the next issue. The next SAIL deadline is Sept 21, 2003.

Our deepest gratitude goes out to Cindy for her contributions over the months to the SAIL. Keep Coming Back . . . it works if you work it.

Are you male and going to the Region 6 convention and need a roommate? Please call 668-3075.

Ongoing Clothing Exchange

Do you need size 24 clothing? Please call Ruth @ 457-6261. Send in your requests to the SAIL editor.

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.

Meeting Information

1. There is a new meeting at Syracuse University. Wed. 12-1p 302 Steele Hall Bring your lunch. **Help!** Wed. N. Syracuse and Central Square need support as well as Fri. N. Syracuse. **Help!**
2. New meeting coming September 12th to Mohawk! 10:30am Friday's at the Grace Episcopal Church, East Main Street . . . contact Ruth C. 866-3784

Hopeful Words From The Public

Recently OA had a group conscience and we paid for an advertisement in *New Times*. Below is a response from a reader.

Mastication Mania

I am writing this letter regarding the Overeaters Anonymous listing that was posted in a recent issue of *The New Times*. I would like to thank the members of OA for having the courage to spread the message of the program to the mass public. I would also like to thank the staff of *The New Times* for being the vehicle that OA has used to do this.

I have been consumed by an addiction to food for most of my life. When I think of the painful childhood I've led, I eat. When I want to cry and am too afraid to, I eat. When I want to feel euphoric, when I want to feel "high", I eat. Food controls me. When I consume too much of certain foods too often, I get huge highs and such terrifying lows that I can in no way even try to understand the power this addiction holds over me. I am not capable of controlling or reasoning with it; it's got me.

I did not choose this addiction. I'm not even sure when and where I started to abuse food. If we're overweight, society informs us with the message that we just need to stop being lazy. Messages from the media address the fact that overweight people like myself do indeed eat, but not *why* we eat, much less the disease of overeating.

Kate from East Syracuse

φ <i>Greater Syracuse Area Overeaters Anonymous</i> φ		
CALENDAR of UPCOMING EVENTS for 2003		
<i>August</i>	7-10 13	WSO Convention (<i>New Orleans</i>) Intergroup Meeting/Appoint Nominating Committee
<i>September</i>	10 20	Intergroup Meeting/Elect Chair, Vice Chair, Region 6 and WSO Reps Region 6 Meeting (<i>Waterbury, CT</i>)
<i>October</i>	8 31	Intergroup Meeting Region 6 Convention (<i>Niagara Falls Oct 31 thru November 2</i>)
<i>November</i>	15 27	Idea Day Thanksgiving Meeting
<i>December</i>	11 ? <i>TBA</i>	Holiday Meeting

