

The OA SAIL

Syracuse Area Intergroup newsLetter
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Intergroup Reps... Our Trusted Servants

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Intergroup needs you!

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

October 21

Most human beings have an almost infinite capacity for taking things for granted.

-Aldous Huxley

OA WAS THERE WHEN I CAME IN, AND IT WILL ALWAYS BE THERE. OR WILL IT? I MUST ADMIT, I TOOK IT FOR GRANTED THAT THERE WOULD ALWAYS BE SOMEONE TO OPEN THE MEETING ROOM, MAKE COFFEE, PUT OUT LITERATURE AND CLEAN UP AFTERWARD. I DIDN'T VOLUNTEER TO DO ANYTHING LIKE THAT BECAUSE I HAD TOO MANY OTHER RESPONSIBILITIES AND, BESIDES, THERE WERE PLENTY OF PEOPLE WHO LIKED TO DO THOSE JOBS. THEN SOMETHING HAPPENED: TWO PEOPLE MOVED AWAY, ANOTHER BEGAN WORKING NIGHTS AND HAD TO FIND A DAY MEETING TO ATTEND... AND SUDDENLY THERE WASN'T ANYONE TO DO ALL THE THINGS I TOOK FOR GRANTED. I'M GRATEFUL THAT WAS ALL IT TOOK TO WAKE ME UP.

FOR TODAY: WHAT AM I DOING TO ENSURE THE CONTINUED EXISTENCE OF MY HOME MEETING AND OA AS A WHOLE?

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 for the next issue. The next SAIL deadline is Feb. 19, 2004.

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.

After 23 years will intergroup disban?

Are you interested in filling the chair or the co-chair vacancies? Yet, you do not meet the service requirements. We still want you. Region 6 has advised us that service can be done in an acting position. So, Acting chair/co-chair if you are out there we need you. We need to sign checks to have our answering machine, marathon, and to carry the message to the still suffering compulsive overeater.

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 Utica on Saturday morning at 9:30am @the Heritage Home. call Sharon 793-0775

Thursday meeting in Manlius requests support.

Hopeful Words From Anonymous ✍️

I still have food on the brain. I hate it. It started when I ate those things on Saturday night while out. I've learned my lesson about them. This is a good real life example of the Doctor's Opinion and the craving and allergy. I know this will pass, as uncomfortable as it is, as long as I don't feed it with food. I suppose this is what people mean by white knuckling it. This is the 2nd time in as many months that I have proven that I cannot eat those things. It doesn't matter that I hadn't historically had any difficulty with them. I do now. This is what counts. This is what I have to pay attention to. They are not for me any longer! They are trouble. They are good for nothing. I don't want the discomfort I am now feeling. It is not worth any food. The beast has awoken and now I have to ride it out until it goes back to sleep. I can see it in my mind's eye as the dragon that has been disturbed and takes a while to calm back down. If I am patient and vigilant it will calm down again. Once calmed I must keep up the vigilance in order to keep the beast from arising again.

JUST FOR TODAY!

**Willing
from: "Evelyn"**

"For years I denied that my alcoholism was a problem. I convinced myself that my problems were caused by the rest of the world, not me.... I thought I could stop drinking as soon as things in my life got better. Unfortunately, the more I drank, the worse my life became.

"In A.A., I discovered that I had to learn to let go of my pride and become willing to try a new, sober way of living. I did what I was told and found a sponsor who took the time to take me through each of the Twelve Steps, which led me back to God and my recovery."

© 2001, *Can A.A. Help Me Too?* (A.A. Pamphlet P-51), pages 26-27

Have a Holiday Season filled with serenity, joy, and abstinence. Keep doing the next right thing and the promises will come true.

Musings on Recovery
by Pam E.

"Though primarily intended to help us clear up the accumulated debris of the past, action on [the] nine steps has also laid down patterns for us to follow in the future—patterns which will enable us to thrive, grow spiritually, and be happy without excess food. Step ten calls for daily repetition of these actions, following the new patterns, so that we may experience recovery every day."

Overeaters Anonymous, pp. 83-84

By this definition, "daily repetition of these actions, following the new patterns", I am experiencing recovery every day... what a gift! I've been so busy working the program that I've lost sight of the awesome reprieve I've been enjoying from my dreaded disease. Being human, I'm like diabetics I know who balk at the disciplines to be followed to arrest their disease: abstaining from sugar and low-glycemic foods, exercising, testing their blood sugar levels, having regular medical check-ups, and taking their prescribed medicine.

Fortunately, for me, my disease of compulsive overeating has led me to Overeaters Anonymous where it can be treated, not only on the physical level like the diabetic, but on the spiritual and emotional levels too, that Western medicine doesn't address.

I guess I'm surprised to recognize that this life I'm living IS recovery because deep inside, my heart holds the wish that recovery would be much easier than it is. Somehow, I idealized recovery as a heavenly life where we exist and be; with no conflict between the flesh and the spiritual; where no work is involved, and life is joyously lived forever in the presence of God - like angels.

RAWS... I'm no angel and this ISN'T Heaven. But, my life today--this human experience I'm living IS recovery, because I follow new patterns of action, like:

- planning what and where I'm going to eat
- preparing my food
- taking my vitamins and medicine
- getting up for work when my body is tired
- exercising when my body hurts
- reading recovery literature
- meditating on recovery and HP

- working the Steps
- calling my sponsors and other OA's
- being rigorously honest
- asking for help
- practicing these principles in all my affairs (because I don't do it perfectly and need more practice)
- holding my tongue and regretting it when I don't
- sharing each others ups and downs
- going to meetings instead of (fill in the blank)
- being different from others when it comes to what I choose to eat, where I choose to eat, and when I choose to eat
- trusting God that the weight will come off, instead of giving up and pigging out (again)
- facing the damage I've done by making efforts to ask God to show me where I'm messing up in life so I can make amends (now that's something to look forward to... my ego says: NOT)
- not being afraid to be aware of my defects, for this is the first step in being able to change them
- actively reprogramming my mind-messages to replace the harsh, negative, and cruel with the kind, positive, and loving

I see that I've got to be willing to replace ideals which my life experience has painfully shown me don't work in my best interest, for those that do. I'm sorry to say that my ideal of recovery may be a definition of Heaven, but it sure isn't a realistic definition of recovery to hope for here on Earth. At least this hasn't been my experience, or any of my fellow OAs, as far as I can tell. Looking for the easier, softer, way, as I usually do, I'd choose the inaction of the heavenly over the human effort of recovery that requires so much action, any day. But I guess it isn't up to me, is it? And I've learned that my recovery, my reprieve, and my very life, depend upon me changing what I think and what I do. Accepting this, is the key to accepting the gift of freedom from my obsession, that this program of recovery offers.

God, grant me the Serenity to accept the realities of life that I cannot change, Courage to change the things in me that I can, and the Wisdom to know the difference between when I am accepting what I can't change, and when I'm being too cowardly to change the things I can.

Thank You, Lord. I receive the Serenity, Courage, and Wisdom I've asked for. It feels so warm and comforting to be serene, courageous, and wise and most humbling to be close to your heart, where You believe all good things for me and you give me all good things, because you love me so!

Important Phone Numbers

WSO 1-505-891-2664

OARegion6.org

Overeatersanonymous.org

OA convention tapes: 1-800-257-TAPE or 1-800-776-5454/www.landesslezak.com

<i>Greater Syracuse Area Overeaters Anonymous</i>		
CALENDAR of UPCOMING EVENTS for 2003		
November	27	Thanksgiving meeting, 9am at St. Paul's Church in Liverpool
December	10	Intergroup at May Memorial, 7pm
	11	Holiday meeting at St. PAULS church in Liverpool at 7pm
2004		
May	1	Marathon (Ruth S. is looking for someone to co-chair with her)

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

JUST FOR TODAY!

Simple Beauty
from: "A Prayer for All Seasons"



"The power of [The Serenity Prayer] is overwhelming in that its simple beauty parallels the A.A. Fellowship. There are times when I get stuck while reciting it, but if I examine the section, which is troubling me, I find the answer to my problem.... By accepting life as it is, I gain serenity. By taking action, I gain courage and I thank God for the ability to distinguish between those situations I can work on, and those I must turn over. All that I have now is a gift from God: my life, my usefulness, my contentment, and this program.

"Alcoholics Anonymous IS the easier, softer way."

© 1990, *Daily Reflections*, page 221

