

# The OA SAIL

Syracuse Area Intergroup newsLetter  
Volume 13, Issue 8

Fall 2004

## *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!*

September elections are here for the Chair and Vice-chair positions. We need nominations. Nominate yourself if you wish.

*Intergroup Meets at the Dewitt Community Church at 3600 Erie Blvd. All are welcome to attend on the second Wed. of the month. Enter at the rear of the church. Hope to see you there!!*

## 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 20, 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.

Are you computer literate? Do you possess the knowledge to create a web page? Are you willing to do service on your own time frame for Intergroup? We want you! The Syracuse Area Intergroup is considering a web page as yet another means of public information. Please contact any of the members listed above or come to a meeting.

I went to my tailor's yesterday and took in my wardrobe from last winter to have altered so I can start the new job this fall. Well, the waist fit on almost everything but the butt and thighs ALL needed to be taken in. I've always thought of myself as well-proportioned and that I gain and lose all over at about the same rate. I don't believe that's happening this time and I think it accounts for some of my distorted body image of feeling like I'm not losing at all. My hatred focus had always been on my stomach. I don't hate my body parts any longer but I realize that my

## *Editorial Policy*

Publication of any contributions or editorial opinions expressed herein does not imply endorsement by 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.

### **JUST FOR TODAY!**

**Again  
from: "Crossing the River of Denial"**

"So, here I am, sober. Successful. Serene. Just a few of the gifts of the program for surrendering, suiting up, and showing up for life every day. Good days and bad days, reality is a wild ride, and I wouldn't miss it for the world. I don't question how this program works. I trust in my God, stay involved in A.A. service, go to lots of meetings, work with others, and practice the principles of the Steps to the best of my willingness each day. I don't know which of these keeps me sober, and I'm not about to try to find out. It's worked for quite a few days now, so I think I'll try it again tomorrow."

© 2001, *Alcoholics Anonymous*, page 337

Thanks for the update. It's good to know what to pray for, and what to send on to Sean. How are you? How is your food missy? My latest light bulb was a memory of an incident that occurred about 5 years ago when I was in relapse. I snuck out with my daughter for ice cream ( don't tell your dad ) and let her drive the company car with her permit only (bad judgment on my part under the influence of Moose Tracks) She proceeded to drive home and made it just perfectly into the garage. Instead of putting her foot on the brake she put it on the gas and drove the car into the family room knocking my husband off the sofa where he was watching TV. Today I can see the humor in this whole picture, however it wasn't so funny then. My sponsor didn't know about this because I only remembered to tell her about it after the memory came back. The reason I remembered it was because my daughter and I were in line at an ice cream place over our vacation and she got this flavor ice cream for herself and one take out for her dad. ( I was along for the company only and because I was paying) I looked over at her and said "what would you do if I ordered an ice cream?" she just looked over at me and smiled and said " Your sponsor and I are like this ( tight) and I'd call her right up." The moral of the story is this. I was touched and thought she was so cute, but she doesn't get it. I was secretly praying she'd call BEFORE the first bite. But you know and I know FINALLY now that I am responsible for my abstinence, nobody else is. Nobody can save me and for the first time I don't want anyone else to. HP and I are doing ok today. Today I don't have to lie with my kids and I have freedom. Today I'm trying to do God's will, not mine. enuff said.  
Barb

**New meetings:**

**In Utica: Saturday morning at 9:30 a.m. @ the Heritage Home. Call Sharon 793-0775 In Liverpool: Friday morning 7-8am @ Liverpool United Methodist Church. Call Tim 468-4771 In Central Square Baptist Church on Route 11, Wednesday night 7-8 pm call Cathy 668-0019**

**Anonymity,  
Not Secrecy**

As a 30-year member of Overeaters Anonymous, I have seen many misinterpretations of anonymity. While it is important for members to feel safe, to be themselves rather than someone's parent, spouse or business associate, and to protect the anonymity of other OA members, it is also important to understand anonymity and to use it properly. The following are some common misconceptions about anonymity:

"Who you see here, what you hear here, when you leave here, let it stay here" is sometimes misinterpreted. I can carry the message, but not name the messenger. Topics helpful to others are often talked about at meetings: the use of tools, prevention of overeating in different situations, interpretations of the Steps, and information about Traditions or upcoming events. Nothing is wrong with sharing after the meeting what works well or what is going on in one's life. What is wrong is to repeat what someone said and name the person who said it, or to relay to those not at the meeting personal information about people who were at the meeting.

Another area of incorrect use of anonymity is failing to help others who may be struggling physically, emotionally or spiritually because of concerns about breaking their anonymity. I can say without going into specifics that a certain person could use a call or a ride to a meeting. Sometimes a bit of common sense shows the way.

Some members think using our last names is a break of anonymity. It is not, unless the name is used in the public media, such as television and radio. Often last names are necessary for us to carry out Twelfth-Step work, to do particular service for OA or to visit someone in the hospital. I am free to use my last name within the Fellowship at any time or to give permission for others to use it. I also may give other people's last names with their permission. How do I visit someone in a hospital without knowing the person's last name? Knowing the room number is not enough if the room has changed or I must sign in at a visitor's desk.

Our primary purpose is "to abstain from compulsive overeating and to carry this message of recovery to those who still suffer." To do this, we reach out with public information materials to hospitals, institutions, professionals and the military through HIPM committees. OA committees at every level of service see that this is carried out.

Giving the media information about meetings and events does not break anonymity, nor

does putting a contact number in the newspaper or on television. It is okay to publicize OA, even to put up a banner with the OA name on it at conventions, retreats, marathons and other events. Some intergroups use billboards to help spread the word about OA. Others list their meetings in various media. We want people to know about us and to recognize our name as a way of combating compulsive overeating!

Tradition Eleven states: "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication." This means OA has no stars or VIPs. It also prevents people from thinking that if someone known as an OA member fails, then OA is a failure.

No last names or full frontal views appear in interviews, tapes and films offered to the public. This prevents OA's identification with any one person. Recently, OA and an organization affiliated with medicine made a television tape and used the WSO managing director (who is not an OA member) as spokesperson to describe OA. Two meetings demonstrated how OA groups work. Without exposing faces, camera angles emphasized spoken words, literature and signs of attentiveness. What a wonderful way to spread our message! Anonymity is protected, yet we see that Overeaters Anonymous itself is not anonymous. Films, tapes, CDs and OA's literature catalog items aid us in carrying our message and making us known.

Lastly, I refer to OA's Twelfth Tradition: "Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities." How often have I wanted to judge instead of to listen? Do I pay more attention to someone I like than to another person? Do I listen to what is being said and the ideas being generated? Do I see the principle involved?

In considering anonymity, I must ask myself the following: Am I willing to fulfill our primary purpose? Do I abstain from compulsive overeating, and do I carry the message of recovery to other compulsive overeaters? Do I show that I am using the principles of our program? Am I willing to help spread the recovery I have found in OA? Do I use my full name when appropriate? Do I reach out to others who may suffer from our disease? Do I assist in public information efforts, Twelfth-Step-Within or HIPM? I may not answer yes to all these questions at any one time, but at least I can give service where applicable.

- D.S., Florida USA

## *Important OA Information*

WSO 1-505-891-2664

OARegion6.org . . . Here you can access, "A Step Ahead," our regional online newsletter

Overeatersanonymous.org (Also: www.oa.org)

OA convention tapes: 1-800-257-TAPE

Region 6 convention tapes: Content management 1-905-889-6555/Online www.cmcgc.com/031031

Convention Cassettes Unlimited: 1-800-776-5454

These eight suggestions that Mother Teresa adopted as a plan for life are as follows:

## THE FINAL ANALYSIS

People are often unreasonable, illogical and self-centered:  
Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives:  
Be kind anyway.

If you are successful, you will win some false friends and some true enemies:  
Succeed anyway.

If you are honest and frank, people may cheat you:  
Be honest and frank anyway.

What you spend years building, someone may destroy over night:  
Build anyway.

If you find serenity and happiness, they may be jealous:  
Be happy anyway.

The good you do today, people will often forget tomorrow:  
Do good anyway.

Give the world the best you have, and it may never be enough:  
Give the world the best you've got anyway.

You see, in the final analysis, it is all between you and God:  
It was never between you and them anyway.

("The Final Analysis" is a version of the "Paradoxical Commandments" by Kent M. Keith)  
Sandy Hall

<i>Greater Syracuse Area Overeaters Anonymous</i>			
Φ	CALENDAR of UPCOMING EVENTS for 2004		Φ
<i>September</i>	8	Intergroup @ Dewitt Community Church	
	18	Rochester Area Intergroup marathon	
<i>October</i>	2	Region 6 Assembly in Albany	
	13	Intergroup @ Dewitt Community Church	
	29-31	Region 6 Convention, Hyannis MA	
<i>November</i>	10	Intergroup @ Dewitt Community Church	
	20	IDEA Day, International Day of Experiencing Abstinence	
	2007	World Service Convention	

The Lord is my sponsor! I shall not want.  
He maketh me to go to many meetings.  
He leadeth me to sit back, relax, and listen with an open mind.  
He restored my soul, my sanity, and my health.  
He leadeth me in the paths of sobriety, serenity, and fellowship for mine own sake.

He teacheth me to think, to take it easy, to live and let live, and to do first things first.

He maketh me honest, humble, and grateful.

He teacheth me to accept the things I cannot change, to change the things that I can and giveth me the wisdom to know the difference.

Yea, though I walk through the valley of despair, frustration, guilt, and remorse, I will fear no evil, for Thou art with me; the Program, Thy way of life, the Twelve Steps, they comfort me.

Thou preparest a table before me in the presence of mine enemies: rationalization, fear, anxiety, self-pity, and resentment. Thou anointest my confused mind and jangled nerves with knowledge, understanding, and hope. No longer am I alone; neither am I afraid, nor sick, nor helpless, nor hopeless. My cup runneth over.

Surely sobriety and serenity shall follow me every day of my life, twenty-four hours at a time, as I surrender my will to Thine and carry the message to others; and I will dwell in the house of my Higher Power daily. Forever and Ever.

Hello Old Friend,

I have come to visit you once again. I live to see you suffer mentally, physically, spiritually, and socially. I want to make you restless so you can never relax. I want you to be jumpy, nervous, and anxious. I want you to be agitated, irritable, and hateful so everything and everyone, especially yourself, makes you uncomfortable. I want you to be confused and remorseful for things that you did in the past that you will never be able to let go of. I want you to feel sorry for yourself and blame everything but your food addiction for the way things are. I want you to be deceitful and un-trustworthy, to manipulate and con as many people as possible. I want to make you fearful and paranoid for no reason at all. I want you to wake up all hours of the night and scream for me---you know you cannot sleep without me---I am even in your dreams.

I want to be the first thing you wake up to and the last thing you think of before you binge yourself into oblivion. I would rather kill you, but will be happy enough to put you into a hospital or an obesity institution knowing I will be anxiously awaiting your return. I love to watch you slowly go insane. I enjoy seeing all of the physical damage I am causing you. I cannot help but chuckle when you shiver and shake, when you sweat and regurgitate at the same time, and especially when you wake up with your sheets and blankets soaking wet. Your bed is full of boxes, candy wrappers and remnants of food. It is amusing to watch you make love to the refrigerator and/or toilet bowl, heaving and retching because you ate so much you could not hold it down. It is amazing how much destruction I can do to your internal organs, while at the same time, I work on your brain; destroying your self-esteem bit by bit. I sincerely appreciate how much you are willing to sacrifice for me.

You gave up for me all the wonderful friends you deeply cared for. What's more, I am even more grateful for the friends and loved ones you gave up and turned against yourself; because of your inexcusable actions while bingeing.

Words alone cannot sufficiently express the gratitude I have for your loyalty. You have sacrificed the beautiful things in life just to give me your total devotion, but do not despair my friend, for after you have lost everything, you can always depend on me to take away from you even more. You can also depend on me to hold you down in a living hell, and to steal your sick, mind, body, and soul. I will not be satisfied until you are dead.

**I am waiting.**

**Love,**

**Your Food Addiction**

