

The OA SAIL

Syracuse Area Intergroup newsLetter
Volume 13, Issue 7

Summer 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!*

Editorial Policy

Publication of any contributions of 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.

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 August 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.

Meeting Information

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

Hopeful Words From Anonymous 

Important OA Information

WSO 1-505-891-2664
OARegion6.org . . . Here you can access, “A Step Ahead,” our regional online newsletter
Overeatersanonymous.org
OA convention tapes: 1-800-257-TAPE
Region 6 convention tapes: Content management 1-905-889-6555/Online www.cmcc.com/031031
Convention Cassettes Unlimited: 1-800-776-5454
Syracuse Area Marathon Tapes (2004) Director Recording Service (Gene) 315-445-1191

How OA changed my life---“Hunger for Life” www.oa.org/how_oa_changed.html
Group Success---“Isolation Is Suffocation” www.oa.org/group_successes.html

<i>Greater Syracuse Area Overeaters Anonymous</i>			
Φ	CALENDAR of UPCOMING EVENTS for 2004		Φ
<i>October</i>	<i>29-31</i>	Region 6 Convention in Cape Cod	
	<i>2007</i>	World Service Convention	

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

JUST FOR TODAY!

Taproot



STEP ONE: We admitted we were powerless over food/alcohol - that our lives had become unmanageable.

"We know that little good can come to any alcoholic/compulsive overeater who joins A.A.[OA] unless he has first accepted his devastating weakness and all its consequences. . . . The principle that we shall find no enduring strength until we first admit complete defeat is the main taproot from which our whole Society has sprung and flowered."

© 1952, *Twelve Steps and Twelve Traditions*, pages 21-22

Humor in Recovery

An AA member was sitting at a stoplight this morning. The lady in front was going through papers on the seat of her car, and when the light changed to green she did not obey its command - a green light is a commandment - NOT a suggestion.

When the light turned to red, and she had still not moved, this member began (with windows up) screaming epithets and beating on the steering wheel. The expressions of distress were interrupted by a policeman, gun drawn, tapping on the window. Against said member's protestations of, "You can't arrest me for hollering in my car," he ordered him into the back seat of the police car.

After about two hours in a holding cell, the arresting officer advised the member he was free to go. The member said, "I knew you couldn't arrest me for what I was yelling in my own car. You haven't heard the last of this."

The officer replied, "I didn't arrest you for shouting in your car. I was directly behind you at the light. I saw you screaming and beating your steering wheel, and I said to myself, "What a jerk. But there is nothing I can do to him for throwing a fit in his own car. Then I noticed the 'Praying Hands' hanging from your rear view mirror, the bright yellow 'Easy Does It' license tag, the 'But For The Grace Of God' bumper sticker, and the 'AA' symbol, and I thought you must have stolen the car."

JUST FOR TODAY!

Tools

from: *Winner Takes All*

"[B]efore A.A.[OA] it didn't matter how good things got - I always had a feeling that something was wrong. Since A.A.[OA], it doesn't matter how bad things get - I always have a feeling that everything is going to be all right.

"In working the Twelve Steps, my life and my old way of thinking have changed. I have no control

over some of the things that happen in my life, but with the help of God I can now choose how I will respond. Today I choose to be happy, and when I'm not, I have the tools of this program to put me back on track."

© 2001, *Alcoholics Anonymous*, page 381

Attention all OA group Treasurers:
Please Use the form below when submitting your contributions to
Region 6.

In program, I am seeking truth. Truth with food, with feelings, with my words. I'm seeking to be impeccable. Not perfect. Impeccable. It's a journey I've been on all of my life, and this program, you people, and my Higher Power have given me the gift of arrival. Not cure. I've simply arrived at a place where I can seek and find instead of merely seeking. It's the moments of finding that give me courage to search deeper. Thank you.

Just say it

and the stars will
trail from your tongue
like fire showers
in an August mountain midnight.

Just think,
but not too much;
a clogged sewer
is worse than a Sierra sky.

When you think you've got it,
slice a little off for me.
I'll swallow your stars
until the sky is black.

Susan J

Heard on an OA convention tape:

"I never woke up in the morning and felt remorse because I had been abstinent the day before."

Heard at an OA meeting:

"God, please come between me and the food before the food comes between me and you."

(Feb. 2004, Lifeline)

