

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!

Serene
Person
Offering
Newcomers
Suggestions
On
Recovery

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

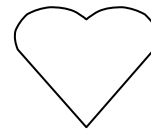
The SAIL needs you!

USE THE TOOL OF WRITING

Send your submissions to the Editor at

We need a new Editor. Please consider this service position

I am surrendering my position of Editor. Thank you for allowing me to do this service.



Contact Caron:

solshinepearl@yahoo.com 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.

If you have any of Ruth's personal OA recovery items please return them to her. Thank you.

It is time to start thinking about the 2006 marathon. We need a chair or co-chairs. This is a great way to put your talents to work and give back to OA what has so freely been given to you. Please contact an Intergroup member if you are interested.

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.

Meeting Information

New meetings:

In Utica: Saturday morning at 9:30 a.m. @ the Heritage Home. Call Louise

In Liverpool: Friday morning 7-8am @ Liverpool United Methodist Church. Call Tim 468-4771

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

Greater Syracuse Area Overeaters Anonymous



CALENDAR of UPCOMING EVENTS for 2005



<i>September</i>	7	Intergroup . . . All are welcome to attend
	24 & 25	Region 6 Assembly in Albany and Recovery around the world
<i>October</i>	5 21-23	Intergroup Region 6 Convention in Nashua NH. A must event to attend for COE.
<i>November</i>	19 24	IDEA Day at St. David's Church in Dewitt Thursday meeting meets from 8-9:30 am (Thanksgiving only)
<i>December</i>	TBA	OA Holiday meeting
	2007	World Service Convention in PA

JUST FOR TODAY!

Simple from: "He Had to be Shown"

"The very simple program they advised me to follow was that I should ask to know God's will for me for that one day, and then, to the best of my ability, to follow that, and at night to express my gratefulness to God for the things that had happened to me during the day. When I left the hospital I tried this for a day and it worked, for a week and it worked, and for a month, and it worked - and then for a year and it still worked. It has continued to work now for nearly eighteen years."

© 2003, *Experience, Strength and Hope - Stories from the First Three Editions of Alcoholics Anonymous*, page 236

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This is from the Hazelden Meditation Series book - "Body, Mind, and Spirit"

***Be not afraid of life.
Believe that life is worth living
and your belief will help create the fact.***
William James

It is normal to feel once in awhile that when everything is going wrong in life, maybe it would be better if life were over. But it is dangerous to nurture that feeling. Many things can and do go wrong, even in recovery. Someone else gets the job or promotion we were expecting. We break up with our boyfriend or girlfriend. A loved one is tragically killed in an accident.

When things go wrong, the question often raised is, "What's the use? We do our best, work hard, go to meetings, but things still go wrong, so what's the use?"

The answer is in our attitude. If we believe everything should always go our way, we will be disappointed and discouraged when things don't. But if we believe life is the most precious gift we can have, no matter what pain or loss we experience, we will endure. In recovery, we're learning that life can be good, and that God and others will help us through the bad times. We're mentally, physically, and spiritually prepared for all that life may bring us. We are becoming grateful for life, our blessings, and even our problems.

Today help me to believe that life is precious so I may not fear it, but rejoice in it daily.



Dear,

I've heard that it is easier to stay abstinent than it is to get back on track. Guess that's true. I'm having trouble getting back on track, so what else is new, and why am I sharing this? Because, I never learned from my mistakes before. I could never calm down enough, nor did I have the loving support to be able to forgive myself enough to be able to take a more objective look at those mistakes to see what I could have done. So that's why I'm sharing--to take a look at those mistakes, and to share the self forgiveness, and to share the recognition and hopefully the banishment of the disease squirrels in my self talk.

Yesterday, despite talking with my sponsor and rehashing what I could have done about the original slip on Thanksgiving, I listened to the disease squirrels instead yet again. I was at first unconscious of them, figuring I'd start on Monday. That might still turn out to be the case, although my program says,

"Why let the disease squirrels mess up your **now**, especially when you know what to do to make it ok? Cuz the squirrels are telling me they have an easier, softer way, and that's what I go for. I have to not like the alternatives and really take a look at whether the pain of what I'm doing is worse than the pain of doing something else that might be harder. Actually, it's not really so much that it's harder, but it is different, and I don't like change. Just different, that's all. Not even necessarily painful, or harder. Just different. Trading a food thought for peaceful acceptance. In order to have that acceptance, I must be willing to let the food thought go. That is an inside action, but it must be a trade--an even and equal trade--one good thing for a better thing, really, which is not equal, but which seems like it at first. I need acceptance of myself as a person with the disease of compulsive overeating that I cannot change. I only get a **daily reprieve** from it, for the asking and the willingness to follow through with the steps.

The acceptance is what I need to peacefully harmonize with this circumstance that I cannot change. The way for me of escape . . . the Bible talks about, from the temptation that is common to man, that I might be able to bear it. Acceptance that I have this disease. Acceptance that I cannot change it. Acceptance of what I must do about it on a daily basis. No holidays, no vacations, lest I mess up my now, and *now is all I am given*. But the disease squirrels are telling me I have to swear off. They are telling me to anticipate the usual conflict and struggle when I swear off and go on a diet. That never worked anyway. How is this different? No swearing off. Just a peaceful trade. The food thoughts for acceptance of the things I cannot change and thankfulness for the wisdom to know the difference, at least, where my disease is concerned and myself.

nancy keiser

A Memo From God

To: YOU
Date: Today
From: God
Subject: YOURSELF
Reference: LIFE

I am God. Today I will be handling all of your problems. Please remember that I do not need your help. If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something for God to do) box. All situations will be resolved, but in My time, not yours. Once the matter is placed into the box, do not hold onto it by worrying about it. Instead, focus on all the wonderful things that are present in your life now.

- Should you despair over a relationship gone bad; Think of the person who has never known what it's like to love and be loved in return.
- Should you find yourself at a loss and pondering what is life all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.
- Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities; Remember, things could be worse. You could be one of them!