

The OA SAIL

Syracuse Area Intergroup newsLetter

Spring 2006

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Intergroup Reps...Our Trusted Servants

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- SAIL Editor
- Meeting List
- Telephone List
- Public Information

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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!

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:
Ruthhelenschaffer@yahoo.com

If you have any of Monday nights Lifelines and Recovery Audio Tapes please return them when you are done with them. Thank You

Lifeline subscription change

The number of Lifelines printed per year is decreasing from 12 to 10. The board eliminated the cost reduction on multiple year subscriptions.

Service by Mail/Email

There is a directory of members in need of sponsors or willing to sponsor. Who live in remote areas or have no OA meetings in their area. The cost of this service is \$10. Contact WSO 505-891-2664.

https://secure.yourmis.com/oa.org/service_by_mail.html

From "Taking Action:"

"One of the most important things A.A. has given me, in addition to freedom from booze, is the ability to take 'right action.' It says the promises will ALWAYS materialize if I WORK for them. Fantasizing about them, debating them, preaching about them and faking them just won't work. I'll remain a miserable, rationalizing dry drunk. By taking action and working the Twelve Steps in all my affairs, I'll have a life beyond my wildest dreams."

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.

“Progress, not perfection”

I am faced with my addiction, at minimum, three times a day, and more when I snack. Even more if people around me eat my trigger foods, or if I have contact with others who talk about, describe, live for, and have parties with, food, as well as those who talk about their struggles with their weight in my presence. It doesn't mean I am triggered by those people or situations - though sometimes I am - but that I must be vigilant, and, as much as is possible, in touch with my higher power.

Abstinence in OA is the absence of compulsive eating. Staying abstinent, for me, is that simple, and doing that requires my choosing foods that are healthy for me, eating them at intervals that sustain me, and using the tools of the program regularly and when I need them. I believe each person can define compulsive eating for him/herself. I ate compulsively when I binged and restricted. Those were my MO.

That definition gives me some latitude. It's okay with me if I make the mistake of eating more than is good for me - I've done that on occasion, for example, when I want to try new foods at a party - or eating less than I need - I've done that at times when I didn't compensate for a higher-than-usual activity level. Those are the result of misjudging my needs, not the result of a desire to numb out or limit fat grams. My higher power and my body's wisdom let me know I've gone off track. I just need to use the tools of the program to get back on track.

I've heard in program that when a plane is on automatic pilot, the plane is off course 95% of the time and still reaches its destination. That's how I see recovery. As long as I am heading toward my goal of avoiding compulsive eating, and I eat more than I need on a particular day, or not enough on another, if I use the tools of the program to get back on track I have maintained my abstinence.

A 95% grade in school would be an A*. That's a darn good grade if you ask me. Quite frankly, I think even an 75% grade, with the goal doing better, is great for someone who is struggling. I do not fail (“lose my abstinence”) when I get it mostly right.

I could try for 100%, but I think that would ruin the serenity part of my recovery. That's the other side of the phrase: “progress *not* perfection”. I think there's a reason that is part of the concept. Striving for perfection is dangerous for me. It leads to my feeling shame when I don't live up to expectations, beating myself up for the slightest forays “off course”, or a life that becomes unmanageable as I strive to get everything “right”. I'd rather make mistakes and learn from them, than kill myself trying to be perfect. Life, and this disease, is so complicated - and we *have to eat* - that it's easy to get caught off guard. I want to be as gentle with myself as I feel toward others who are imperfect.

I have been abstinent for many years, in my opinion, because I have been on course 95% of the time. That's an A* in my book. I hope you will join me in giving yourself permission to be human as we strive, together, toward wellness.

In gratitude, *Anonymous*

This will be a regular column and letters to the editor are welcomed.

Meeting Information

New Meeting:

In Watertown: Friday afternoon 1-2 pm @ Bethany United Methodist Church. Call Joyce 315-649-2750.

In Liverpool: Friday Afternoon 4-5 pm @ Liverpool United Methodist Church. Call Angela 437-7178 or Melissa 491-9511.

Westside: Thursday night 7-8 pm @ Bellevue Heights Methodist Church, 2112 S. Geddes St. Weighing and Measuring meeting. Call Brian 427-0453.

The Thursday night miracle group in Liverpool is moving to the purple door church (Liverpool United Methodist Church). The church is directly across the street from St. Paul's Church. Go in the rear entrance, up the stairs; take a left into the room. At the same time 7-8:30pm. Call Eileen 475-0459

OAESH:

I realized one day in program my allergy to COE was I broke out in Fat.

I never realized I was slowly committing suicide with food until I came to an OA meeting.

I never grew up. I bonded with food, and it turned into a faithful but false mommy.

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/On-line www.cmcgc.com/031031

Convention Cassettes Unlimited: 1-800-776-5454

Spring Marathon Service is needed. Setting up and tearing down. Workshop leaders. Selling Literature. Registration. Beverages. Mark the date on your Calendar and come have a great day of recovery. Together we can. May 20, 2006. 8-4, St Paul's Church in Liverpool.

Spiritual Awakening

I had an interesting day on Friday -- bad, but leading to something awesome. The short version is, I ate what I wanted for lunch instead of what I committed. I didn't think much of it, dismissing it as being "abstinent food." The rest of the day I felt really crappy. I prayed, made calls, etc, but didn't get that I lost my abstinence because I didn't binge.

I have to call in food changes to somebody; I hadn't always been doing that. Last week my disease was been playing me; I'd been putting foods in my mouth, chewing them, then spitting them out. What in the hell is that about? I never did that before program! Now I understand what people mean when they say that "you think you're getting better" but your disease is in the closet doing push ups. Since I'm not bingeing anymore, I guess my eating disorder found a new trick.

Then Friday night I had this kind of revelation about honesty: that my disease is so bad that it demands a much higher level of honesty than I had been practicing. Other people can safely make food substitutions, but I can't. It's the beginning of sneakiness and hard-core disease state, and as the ornament you gave me said: "Denial of the truth leads to destruction. Rigorous honesty is a solution."

Sitting on the couch that night, instead of beating myself up, I felt such relief, for some reason. Such love from my HP. Confidence, for the first time ever, God can give me a daily reprieve from this disease **if** I put myself in fit spiritual condition. This can be maintained by working the steps. I've said in the past that I knew God could help me, but I don't think it had sunk in. I can only believe this is the result of working step 2 thoroughly.

That was Friday. Saturday and Sunday were completely abstinent and serene. I went to a meeting last night and told this story. After my share, about 5 people spoke about their lack of rigorous honesty around food and the importance of it. It was a great meeting. Now I need to continue to work the steps. I will buy "Came to Believe" and read it ASAP. I was waiting for an Amazon credit to clear, but I realize I have to progress.

I lost 3 pounds in December from 207 to 204. I'm close to 200, which is amazing. I am staying in the day, but that reality can't be ignored. It's a big deal for me.

Anonymous

GOD, Please Carry Me!

This is really the perfect time for me to take Step 7. Prior to this, I don't know that I had the humility required to authentically take this step. How ego driven I am!! I've lived a life where no one was equal with me. I was either above or below, smarter or dumber, prettier or uglier and let's not forget fatter or thinner. To live in such a way is very lonely. There was hardly any intimacy in friendships, unless I viewed my friend as needier than me. To divulge all that is ugly within me was taboo. I truly believed that if anyone really saw inside me they'd run the other way, including my husband. Anyway, I can honestly say that I now understand the definition of humility as the 12 and 12 defines it as "an awareness of whom we really are today and a willingness to become all that we can be."

These days I'm fighting so hard to control my character defects. I feel defeated day in and day by a mental illness. I believe it takes a power greater than myself to fill me with the confidence, security and love I need to overcome this painful way of living.

I want to feel the presence of this Higher Power that I surrendered to in Step 3 but fear is getting in my way. That is why this step seems the most difficult one for me so far. Yet, I believe that authentically taking this step may make the biggest difference for me. I know that I need to slow down so that I can hear GOD as HE presents HIMSELF to me. I need to sit still long enough to hear HIS will for me and to feel HIS love lift me.

I want this inner battle to stop. I want this to just be "part of my history". One that I can look back at a year from now and see how far I've come in my spiritual growth. My life is so blessed with real treasures, namely my family. Yet, it is my character defects and fear that keep me at a distance, even from those I love so dearly. So, if I "fake it till I make it", will GOD still hear my 7th Step prayer? Will HE carry me? Do I have a right to ask GOD to remove my character defects if my time of earnestly seeking HIM has been minimal? Why is it that I truly feel the presence of my Grandpa Manny, especially when I pray to him, but I don't always feel GOD. Maybe it's because I've been praying to Grandpa Manny since the day he died. I needed to believe he could still hear me so that my heart could hold onto his spirit. Maybe that is exactly the thing I need to do.....keep praying to GOD, asking HIM to reveal HIMSELF to me so that I believe that HE hears me, so that HE could fill my heart with HIS spirit.

It is a miracle that I am abstinent given the painful way I am living. Is this a sign that GOD is doing for me what I can't do for myself? I need to believe that to be true. I need to believe that my abstinence, in spite of my painful circumstances, is a symbol of GOD'S love and a stepping stone on my spiritual journey.

Whether I like to admit it or not, I believe that I am at the "turning point" and this is where I need to "ask GOD for HIS protection with complete abandon."

GOD, please hear my prayers. Please fill me with your loving spirit and unconditional forgiveness. Please give me the courage to believe in YOU. GOD, please remove all my character defects so that nothing stands in my way of understanding and carrying out YOUR will for me. Amen

Anonymous

<i>Greater Syracuse Area Overeaters Anonymous</i>			
Φ	CALENDAR of UPCOMING EVENTS for 2006		Φ
March	8	Intergroup	
	18	OA will have a table top display at a health fair. 9-1 Cicero Y	
	24	OA presentation at CNS professional development day. 1-2p	
April	1	Half day Sponsorship workshop, Info: Renee 698-7844	
	8	Region Assembly in Albany	
	12	Intergroup	
May	10	Intergroup	
	20	Spring Marathon, Info: Eileen 475-0459	
August	11-13	Summer Retreat, Info: Sandy B.598-4063 or Liz 445-0378	
October	27-29	Region 6 Convention in Catskill, NY see flyers at meetings	
	2007	World Service Convention	