

# The OA SAIL

Syracuse Area Intergroup newsLetter  
Volume 13, Issue 9

Summer 2006

## 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 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:  
[Ruthhelschaffer@yahoo.com](mailto:Ruthhelschaffer@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!**

### 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](https://secure.yourmis.com/oa.org/service_by_mail.html)

From "Winner Takes All":

"In working the steps, my life changed. I think differently today; I feel different today. I am new. We have a sign at the A.A. meetings I go to that says, 'Expect a Miracle.' My sobriety is full of miracles... I am no longer spiritually bankrupt. It's as if I have a magic source I my life that has provided me with all that I need...When I came to A.A[OA], I didn't know who I was. My sponsor said, "Great - if you don't know who you are, you can become whom ever God wants you to be." © 2001 AAWS, Inc.; **Alcoholics Anonymous, pgs. 380-381**

## *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.

Your outer life is your reputation with people, but your inner life is your reputation with God.

Are you so busy working *for* God that you never spend any time *with* God?

### *Feelings, Food, and Fellowship*

I had a "light bulb moment" years ago. I was in agony over a recent argument, and all I wanted to do was eat everything in the house. Somewhere in the recesses of my brain I realized I could call my sponsor. A quieter voice asked what could she possibly do for me? I wanted to EAT! How was talking to her going to help that?

Fortunately, the louder voice won out. I made the call and told her what was going on. It felt like a long moment of silence, during which time, I thought I shouldn't have made the call. I was bothering her, she couldn't make me want to stop eating anyway, and she couldn't resolve the argument – I had put her in a helpless position and I was an idiot. Not only did I want to eat (did I really want to risk giving that up?), but also I felt embarrassed by my weakness, and scared she couldn't say anything to help me. After that "forever moment", she asked what I was feeling. I felt relieved. The dam burst, and, after 20 minutes of her loving attention, I became conscious of the fact that I'd completely lost the desire to eat.

At that moment I learned that my feelings, and I, are worthy of respect, attention and care, and that I need to tend to them if I want to stay abstinent. I'm grateful to have had a sponsor who loved me back to health. She passed no judgment, listened carefully to my struggles, validated my efforts, shared her experience strength, and hope, and encouraged me to "take what I liked and to leave the rest". She didn't provide a quick fix, or tell me what to do, but asked me to tell my story and listened with love. I have found little as healing as that. I am very lucky.

It's a lesson that has stayed with me. I now know the things I am most likely to eat over are strong emotions (although, certainly, other things can be triggers), and over the years I have increased my repertoire to deal with them. **First**, I refuse to discuss hot-button issues during mealtime. Most things can wait a half hour, and if there is a crisis – and I mean a *crisis* - that can't wait a half hour, my meal can wait. **Second**, when I'm feeling something strongly, my A-number-one choice of action is to talk to a supportive person. This is a program of fellowship. It has taken a lot of practice to become more comfortable making the desperate call, and I still struggle with fear of bothering others – and when I'm feeling desperate it is usually when I'm feeling the most insecure - but I have found it invaluable, and people in program have, with little exception, been receptive and responsive. **Third, fourth, and fifth**, I pray, meditate, and journal. I have figured out that my emotional states range from comfortable, to uncomfortable, to chronically uncomfortable, to acute. When I'm feeling comfortable, I rarely need to connect with others, although I often want to because people in program have become my friends. When I'm feeling uncomfortable, or chronically uncomfortable - for example, I almost always feel anxious when I come home from work - I find journaling, prayer, and meditation helpful, and when I'm feeling acutely uncomfortable (i.e., in crisis), I make a call. This is a tough disease with so many facets. The fellowship helps keep me sane. May we all be blessed with the serenity of our fellowship. Together we can, 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. **This meeting needs support**

Westside: Thursday night 7-8:30/9 pm @ Bellevue Heights Methodist Church, 2112 S. Geddes St. OA/HOW format. Call Brian 427-0453.

The Thursday night miracle group in Liverpool has **moved** 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. Meets at the same time 7-8:30pm. Call Eileen 475-0459

## 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.cmccg.com/031031

Convention Cassettes Unlimited: 1-800-776-5454

New phone meeting: 1-712-580-1800 code12128# Wednesday 8:30pm EST or see us on the web (still under construction) [www.OAHOWphonemeeting.com](http://www.OAHOWphonemeeting.com)

## 9 Spring Into Action Retreat 2006

- **June** 2-4 2006
- Shalom House, St-Raphael, (Lancaster) Ontario . . .45 min. from Montreal.

120.00\$ (CND) if you register before May 1st

125.00\$ (CND) if you register after May 1st

- **Cost** includes: 2 night's stay (double occupancy)\*, 5 Meals (3 meals Saturday and 2 meals Sunday), \*Single rooms may be available depending of number of registrations\*

Limited number of participants! **Register early!** Josee (450) 624-0271 or [Labrossejosee@hotmail.com](mailto:Labrossejosee@hotmail.com)



CALENDAR of UPCOMING EVENTS for 2006



June	7	Intergroup
July	5	Intergroup
August	2	Intergroup
	11-13	Summer Retreat, Info: Sandy B.598-4063 or Liz 445-0378
September	6	Intergroup Region Assembly
October	27-29	Region 6 Convention in Catskill, NY see flyers at meetings
	2007	World Service Convention

**Letter from an OA/HOW member** and what is necessary for them to maintain their abstinence. Being a volume eater there is a need for boundaries around the food. It isn't all about the food; it maintains physical abstinence. Weighing and measuring with intense step work and rigorous honesty is a spiritual surrender and not something they would chose to do, it is necessary for three fold recovery.

Hi, I have been weighing and measuring in restaurants for over a year. I always bring my scales, cups etc. I always bring my own dressing because I would selfishly have the 1T or 2T of light rather than 1 teas. of oil that I am allowed. I never take a chance w/dressing out 'cause even when they check the ingredients they don't understand the high fructose or the corn syrup stuff. So, I feel safer bringing it.

I know what restaurants have and I have a collection of menus. I also call ahead and ask if they can take care of me. Often at lunch I have to bring my own starch and fruit. No one even questions me any more. I am not afraid to pay a little more if needed, for them to juggle the menu for me. For example, take the turkey out of the sandwich and put it on a certain salad. I tell them I need approx 3 oz. and sometimes the kitchen has weighed it for me. Be careful they don't chop the meat too fine then it is hard to pick out to measure. I have had to ask for more at times also. Some one I know just brings his own dinner to restaurants when he goes out w/friends. I have not gone quite that far but it does guarantee getting what you need. I just take no chances.

Also, steak places are usually good. Italian restaurants are harder. I have not done any Chinese. With so many people w/dietary problems, restaurants are very accustomed to trying to fulfill special needs. Ask and check ahead. And always have access to your sponsor's number and that of other sponsors in case you have an emergency change. It has become somewhat easier for me now. I was embarrassed and scared at first but the more I did it; the more comfortable I became and nothing is worth breaking my abstinence.

I hope this isn't too lengthy and that it is helpful to someone. One night there were 17 of us COE/FA all together at a restaurant all w/scales and cups .The waiter never missed a beat. It was great. Cooking for others is a little different. I do not feel deprived but blessed w/the freedom from the obsession. Working program w/ya!

Anonymous

*Hey there COE,*

*Glad to hear you've gotten back on your lifeline of OA after a relapse! That was an awesome feat! Just remember...next time you might not be so lucky to be able to put back to back time together as easily. Keep what you have. Oh, if only I had what you have! I'm not lecturing you. And I'm not speaking from a "pedestal" either. I'm simply lovingly TELLING you what I KNOW. And indeed it is with love.*

*You've got a lot going on right now, and yes, even though, part of it is a wonderful blessing, it is STRESS just the same! And then you have the not so wonderful issue of day to day living. More stress and not being able to control it.*

*Feelings. A lot of feelings coming up. You wanted to push them down. And how else do we do that than with food.*

*I don't know if you have thought of this in YOUR circumstance, but as I was preparing for a life changing event, yes, I was happy! Fireworks happy! But there was always this nagging thought tucked safely way back in my mind... What if I relapse and gain the weight back? Will I still be loved? Then I would get angry with myself for knowing that it was a real possibility. I do not really know the answer. It's not a question that CAN be answered. I find out the answer when it happens.*

*Through relapse, weight isn't the only thing I gain. My personality changes. I get defensive I become sneaky, angry, and have self pity and blame. And the list goes on. And before I know it, I am no longer myself.*

*Then I ask... which one IS the real me? Since, I spent so many years of my life in this disease, maybe THAT'S who I REALLY am! But then there is the person who became so confident, happy and free through abstinence.*

*So, getting back to the unanswerable question, will I be loved if I relapse?  
Well, if I relapse, and people leave me, then they just did not love me in the first place!*

*I'm not writing this to "bring you down". And I'm not saying this IS what your thinking, or going through. This is what I went through when I relapsed. MY mind is broken and thinks crazy thoughts about my worth as a person.*

*Just know I am here for you. If you just want to talk freely. You don't have to be abstinence queen or king with me. You don't have to hide your hurt. You don't have to worry about disappointing me with your food thoughts. You can talk to me candidly. Just talking about something doesn't make it REAL. It can be a strange thought in your head and when you decide to verbalize it, it loses its power.*

*Sometimes, we can't talk to those around us because if they know what we are thinking, they may not like us. What are we COE's afraid of? As WE know from program; we HAVE to verbalize or write down our feelings... otherwise...we eat!*

*Pray for me. I will be praying for you.*