



# SAIL



WINTER 2007

SYRACUSE AREA INTERGROUP NEWSLETTER

## ANNOUNCEMENTS

The Syracuse Intergroup has numerous service positions available (some very recently made known). Please consider nominating someone (maybe you) for our next *Vice Chair, World Service Rep, or Public Information & Professional Outreach officer.*

Other service opportunities also available soon:  
*Treasurer and Corresponding Secretary.*

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The Syracuse OA website address has changed to:  
<http://mysite.verizon.net/vzewojeu/oasyracuse>

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Are you doing **Literature Service** for an OA meeting?  
Would you be interested in coordinating with other Literature folks to consolidate orders and **save on shipping?**

Contact Linda Z at [zimmerlin@hotmail.com](mailto:zimmerlin@hotmail.com) to work together and support our meetings.

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The Beach Retreat 16 sponsored by the Tidewater Area OA Intergroup, in Virginia Beach, will be held March 28-30. Contact Barbara (757) 851-3026; Estelle (757) 638-9284; or Susan K (757) 461-0180.

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## INTERGROUP PHONE NUMBERS

NAME	POSITION	PHONE #
Pam E:	Chair; Webmaster	452-6326
Service Needed	Vice- Chair	
Rose I:	Corresponding Secretary	451-0438
Janice C:	Telephone	635-1172
Janet R:	Treasurer	469-3578
Linda K :	Region 6 Rep	656-8737
Linda Z.	Region 6 Rep	480-4229
Service Needed	World Service Rep	
Service Needed	Public Info & Prof O	
Elaine:	Phone Service	472-3484
Sylvia:	Phone List	472-6544
Carol A:	Meeting List	468-1588
Helen M:	Recording Secretary	218-5048
Karen S:	SAIL Editor	637-1834
Margaret Ann B:	Region 6 Trustee	(617) 868-9355

## WRITER'S CORNER

### SEASON'S TOPIC

Unfortunately, entries for the **Staying**



there were no previous topic, **Abstinent Through**

**the Holidays.** Because the next SAIL will arrive around Valentine's Day, the new topic is **Loving Yourself Despite Temptations.**

AN OA ASKS FOR ESH

Q: *How do people surrender to food, when we have to eat (vs. drugs and alcohol, which we can live without)?*

Submitted by Anonymous

**Writings on any OA related topic** will be considered for publication in the next SAIL. Send all articles to **Karen S.**

**All responses are welcome!**

## EDITORIAL POLICY

Publication of any contributions or editorial opinions expressed herein does not imply endorsement by OA as a whole, but only the individuals that wrote them. Anything that is not the original work, a copy of any item, or recording, 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.



## LETTERS FROM WITHIN

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These are open comments from OA members that address a wide range of OA topics.  
The SAIL, and OA members, welcome your comments!

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### **THOUGHTS ON BEING PROGRAMMED TO WORK**

As I headed home from the “Thursday Night Miracles” OA meeting, I phoned my husband to put my dinner in the microwave. Instead, he informed me that I had been called into work to handle an extensive emergency. I quickly turned toward work and began to think about the situation at hand. It was 8:30 PM when I arrived. Then it hit me. What about my eating plan? I was skipping dinner and my evening snack. This was the first lesson I learned that evening, *take a few minutes and pick up some food for my food plan and /or have something at the office in case of unplanned situations. Also ask my HP for guidance.* I ended up working until 10:30am the following day. Now I wasn’t sure if my first meal would be my planned breakfast or dinner. “Email some others in Program for support,” I thought. “Call my Sponsor to calibrate my food for the day.” Both proved to be extremely helpful. I got back on track as I learned that I would be working midnights until whenever for the next several days. At least I knew what my schedule would be and I could plan accordingly.



Something happen that surprised me over the next several days. Even though I had a plan, my hands were instinctively reaching for foods that were not on my plan. Luckily, I had some time to think, and thought, “What is this all about?” Had my body remembered my previous unhealthy habits during extended work periods? How could this be? In the past that instinctive repetitive eating of high sugar crunchy foods to give me the “high” and “motivate me” seemed to still be there. Wow, *my second learning hit me; this disease is cunning and baffling as yes it can just sneak up on me. I now knew what others had mentioned at meetings was hitting me right on.*

I requested, and received, the opportunity to switch to extended day shifts. This would be much more manageable for me. This was my third learning, *after letting go of the situation to my Higher Power, admitting that life had become unmanageable without sleep, my HP could and would restore me to sanity.* Why did it take me so long to figure this out?

Although the emergency situation continued for quite sometime, the tools of the Program, my HP and Sponsor as well as my OA friends carried me through, for “each today”.

My final learning came as the biggest ah-ha of all.

Rather than *being programmed to work in unhealthy ways, I can work the Program in healthy ways and still complete the job with clarity and peace of mind!*

**What a Gift!!!**

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## WHEN I'M FEELING A LITTLE FLAT

Being a compulsive food addict and unaccustomed to taking care of myself very well for very long, every so often I come to a place in my life where I just don't feel like working my program 100%. I just don't want to do service, meditate, read program literature, or take my daily 10<sup>th</sup> step. Or maybe I don't want to take my supplements or medications, or maybe I just don't want to take the time to exercise.

These thoughts are accompanied by unpleasant feelings. I become touchy, sensitive, short-tempered, and spiteful. I want to isolate. I want to be invisible. I want to be comfortable doing my favorite things without anybody knowing, so they can't interfere. I want to go away where nobody can find me... even HP... because I feel pressured and angry and I just want to be left alone! It can feel like my life has developed a slow leak. Energy to work the program feels like it's just hissing suddenly have a complete blow-out. It's like I'm something happens to my tires... the ride becomes look like it's going to happen; and I struggle just to be



away. Or other times, it can feel like I riding along in my Recovery car and bumpy; moving forward sure doesn't able to steer the wheel straight.

My sick thoughts tell me that if only I would take a break from all the work and routine I would feel much better. I'd be happy! EXCEPT that, those thoughts aren't really true. What's true is that I don't even like myself when I'm in this place. Yet I habitually choose to be out of sorts. Why would I want to be grumbly and grouchy all the time? I also don't like how I interact with others when I'm stuck in the mud. I don't like how I treat myself. I really would like to feel better about myself, but my sick mind tells me not right this minute, because it feels like the whole thing would be too much work!

I'm grateful that OA has taught me to look at what happens in my life and to take The Steps to change it. Today, I've written about what happens when my program goes flat. I'm grateful for program because I've learned that this whole yucky way of being is simply okay... it's only part of being human. I'm okay. Steps 5, 6, and 7 teach me that. I have to accept what's true before it will ever be able to be lifted from me. I've learned that stinkin' thinkin' and anti-social behavior are simply part of a pattern I've been used to living through again and again. It's not like it's the "real" me finally coming out like a jack-in-the-box that I can't get back in there. Being grumpy isn't ALL of me. Human beings are complicated and so am I... that's how we are made... and it's all okay.

THE GOOD NEWS is that since being in program, bumpy rides don't happen to me nearly as often as they used to (thank God!) and the severity of the "flats" is to a much smaller degree. Because it takes less time to realize what's going on when the first sign of irritability appears, it doesn't take nearly as long to "fix the flat". Also, I know that HP wants me to be healthy and happy today and that I'll be given all the help I need when I ask for it. I know where this old behavior and thinking has taken me before so... when I really take a look at what will happen if I persist with the stinkin' thinkin', the consequences sure don't look very attractive.

Today, I don't want to be surly, I don't want to be undisciplined, I don't want to do things that will hurt others or hurt myself in the long run. Today, I can ask HP for serenity, patience, strength, and good thoughts to think. Today, I am working an honest program. I don't have to be afraid. I can ride along with a smile on my face and joy in my heart... for myself and for others.

*Closing Prayer:*


*Thank you, HP, for loving me into doing what I need to do, just for today.*

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## ACCEPTANCE

I've been in OA for about 10 years and, in OA, I recently learned what acceptance meant. It means that I like myself within my heart, and not my body image. In OA I had to learn to accept a lot of things. I had to learn to accept that I am a compulsive overeater and a binge eater, too. I finally got a food sponsor and I accept that food is not for enjoyment; it's fuel for my body. I also have to be honest about what I eat and accept that I have to write it down and turn it over to my higher power.

I also have to accept that I have a learning disability and can't find a companion, although I would like one. Because of my weight and my learning disability, I accept that I need someone on my own level, who has to be kind and gentle. I want people to accept me for who I am, and not judge me. If they don't, I have to accept that, and not let them bother me. I also came to accept my medical problems such as diabetes, high blood pressure, GERD, IBS, etc., while I have been in OA. When I'm out with people, I also have to accept that I eat differently than they do.

I am grateful for this program and my abstinence and for my friends  in OA because they accept me for me.

Thank you for accepting me. *EW*

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## WORD FIND!

Circle the words below that you find hidden in the puzzle.  
Look Up, Down, Diagonal, Backward, Forward

F	A	R	O	M	R	R	I	N	G
E	M	I	O	G	E	E	N	O	L
A	E	R	A	N	F	V	V	I	L
R	A	E	R	I	N	C	E	O	I
L	O	U	L	H	L	A	C	I	W
O	T	S	O	C	W	R	A	E	F
S	S	E	L	R	A	E	F	O	I
E	T	N	R	A	E	V	O	G	L
A	I	N	V	E	N	T	O	R	Y
R	V	T	S	S	R	D	R	A	L
C	A	R	A	L	U	O	O	R	Y

TURN  
LIFE  
CARE  
FOOD

OVER  
GOD  
SEARCHING  
GREATER

MORAL  
INVENTORY  
WILL  
FEARLESS

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