



SAIL



SPRING 2008

SYRACUSE AREA INTERGROUP NEWSLETTER

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<i>CONTACT INFORMATION CONTAINED IN THIS NEWSLETTER IS FOR OVEREATER'S ANONYMOUS (OA) USE ONLY DO NOT USE FOR PERSONAL OR BUSINESS CONTACTS / MAILINGS</i>		

EDITORIAL POLICY

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READER'S CORNER

No new questions were received for inclusion in this newsletter.

If you have an OA related question you'd like answered by other members, please submit it. It will be posted in the next edition of the SAIL so that other OAs can share their experience, strength, and hope (ESH) on the subject. Responses will be published at the editor's discretion. Submissions may be edited for content.

SEASON'S TOPIC

There were no submissions for the Season's Topic. The next newsletter will arrive mid-September. The topic for next season:

Q: What special miracles have you received in recovery?

We will print all appropriate submissions. Please send them in! Contact Karen S. at (315) 637-1834.

LETTERS FROM WITHIN



An open letter from a member to her sponsor...



Dear and Honorable Sponsor,

Thank you for your encouraging response to my tale of gratitude. I pray that I may express my passion in a creative effort.

Today, I am drawn to consider the constant yearning in the people with whom I walk. My awareness of a pattern, a common thread of endless colors found in all of creation is (including my puppy) that seeks, yearns, cries out for life's fullness. Before I entered the program, my heart was shielded from the pain of a full life. Today, my heart finds pain and joy. I have taken food off my altar through my abstinence. With my HP connection there is integrity in my life experience. I am on course. True North is read.

Although it has been a long struggle, recovery will continue as long as I grow in my connection with my HP through the unity of the OA fellowship. OA has provided a structure for my change, through the loving efforts of fellow sufferers. When I found OA, I was one who wanted to read the literature to learn the 'right answers'. I was surprised to learn that the answers lie in my honest relationship with my life. I learned that all those years I had been hiding from life. I blossomed with acceptance by my fellow sufferers. It is a miracle, as love is a miracle. Who would have known?

Honesty, acceptance, humility, equality, unity, action: all of these words are alive in my life and have opened the door to life for me.

It's hard to imagine that I thought I had it all, when I couldn't "get it" for all those years despite so many advantages. Today. This moment. As long as I don't seek *more* on the grocery shelf.

My abstinence and working the steps and using the tools lead me to management of my life as I would hope to serve my HP. There is integrity in my experience today. My management strategy is, of course, determined

by my own resources, my nature, my gifts, and my vision. I yearn for growth; a fullness of life. Honest fellowship in the desire to stop compulsive eating is key in OA.

My family takes joy in seeing and feeling The Promises occur in my life and my health; it tells me I am finding my way. I can hope, knowing the goodness of life. Today, I can truly listen to other's hopes. I now see we share the ultimate journey.

I feel a friend's pain who will be away for an undetermined time; I know he is sad and fears he will soon be burying his son (knowing we parents want our children to outlive us.) I hope and pray for a miracle to bring health and an extension of his son's life. This is a *more* over which we have no power. I can only tell him "We will be here for you. We love you. We know you have been a good father." But, wouldn't it be good to have more life for this young man? I do not know.

I hear the music of the Spirit in a song that I have been hearing the last few months. The words:

"Day by day, day by day.
Oh! Dear God I want to pray.
To see you more clearly,
To follow you more nearly,
To love you more dearly, day by day."

The mystery is with us. The tenderness of our hearts yearns for *more* of life. Let my *more* be life as my HP would wish. Today, my call for comfort seeks responsible Service. I'll start with an abstinent food plan.

Anonymous

WORD FIND!

*Circle the words below that you find hidden in the puzzle.
Look up, down, diagonally, backward, and forward.*

were entirely ready god remove defects character

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

ANNOUNCEMENTS

What have you done for OA lately? Here's a chance for you to give back. The Greater Syracuse Area Intergroup (IG) is in need of a CORRESPONDING SECRETARY. This function is the main vehicle for IG communication among ourselves and between our IG and the outlying meetings who want to stay connected. Would you take a moment and talk it over with your Sponsor/ Sponsee? This might be just what HP is nudging you or them to do. We are also in need of a WORLD SERVICE DELEGATE and an ALTERNATE. Please contact Pam E. or any of our IG officers listed on page 1 to find out more about these positions. THANK YOU FOR CONSIDERING to do the service... *it's a sign of spirituality to not automatically tune out possibilities.* By BEING OPEN, you are strengthening your spirituality and ours as well. Thank you for doing this service!

Region 6 Convention 2009
Serenity in Syracuse: Willingness is the Key
October 23-25
Holiday Inn; Electronics Parkway; Liverpool, NY

Ruth W., our Chair for the Convention, is SEEKING A VICE-CHAIR. In addition, there are lots of other ways, big and small, that you could help. You could chair a committee, decorate the raffle ticket cans, be a greeter, or anything else. You could ask family members willing to support your OA program, to combine talents with yours. Because Region 6 consists of 10 states and Canada, the business meetings are conducted TOLL FREE by phone. Ruth would be happy to send you the requirements for the positions listed below. Please call her at (315) 457-6261 for more information or to sign up!



- Hospitality Chair
- Service Coordinator
- Roommate Matcher
- Program Chair
- Secretary

The Spring Issue of the MESSENGER, the bi-annual newsletter for OA REGION 6, of which we are a part, is available on line. The link is below and can also be found on the OA Region 6 website at <http://oaregion6.org/wptest/wp-content/uploads/2008/03/messenger-spring-2008a.pdf>.

This link, <http://www.oa.org/pdf/SlippinSlidin30Qs.pdf>, is a great reference AND TOOL for our members that may be SLIPPING AND SLIDING. Many members have used it to regain their abstinence. It resides on the OA World Service Office (WSO) website.

OA EVENTS

- **INTERGROUP MEETINGS:** Our Intergroup meets on the first Wednesday of every month at Dewitt Community Church. All OAs are invited! Call Pam E. or any of our IG officers listed on page 1 for info.
- **REGION 6 ASSEMBLY:** September 20, 2008 in Glenmont, NY. More info can be found on the R6 website: www.oaregion6.org.
- **REGION 6 CONVENTION:** October 24-26, 2008 in Plymouth MA. Hotel rooms are limited and the lower cost registration deadline is August 15, 2008. Contact Barbara (508-428-0878) or Gil (781-925-1875) or go to www.oaregion6.org.
- **OUR BIRTHDAY:** OA was founded on January 19, 1960 but is celebrated on the third Saturday in January. Our 50th Anniversary is coming up in 2010. There will be a big blow-out at the World Service Convention in Los Angeles, CA. For more info, go to the OA website at www.oa.org.