

TOGETHER WE CAN

Publication of the Metro D.C. Overeaters Anonymous Intergroup - February 2015

WATCH OUT!!!

At a Saturday morning Big Book meeting, our reading included this paragraph:

From "Into Action," Big Book, p. 84:

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.

I wrote about the first sentence, and thought I would share it:

Watch for selfishness. How does that manifest usually? It's that kneejerk reaction of inflexibility. I have my track, I'm going on that track, and no one can stop me. Not good. The word that comes to mind is "Mine!" It's that little kid reaction. Sometimes I'm inflexible because there's something I need that I'm being asked to give up (time alone, a nap). But in general, I have to watch out for selfishness because it's so likely to be just a simple "Me Me Me" reaction.

Watch for dishonesty. Saying yes when I want to say no (people pleasing). Trying to arrange things to get the outcome I want or to avoid something I fear (control). (I mean this in the sense of controlling others' behavior.) And then there's straight up being asked a question and the truth is inconvenient at that moment. Book rate? Are there only books in this package? Not even any cards? A long line at the post office and I lie, worrying about the others behind me.

Watch out for resentment. When I'm in HALT (hungry, angry, lonely, tired), the ability to take things personally rises exponentially. And in that fertile soil, the tiniest glance or word or action

can grow into a great big resentment plant, especially if I pay any attention in my mind to it. It's easy to pull up weeds when they first spring up. When they turn into a 10-foot high weed tree (yes, I have one of these in my backyard), I need professional help.

The key here lies in another acronym: QTIP. Quit taking it personally. We are all flawed human beings and we step on each other's' toes all the time.

Watch out for fear. Fear is the chief activator of all defects says the Big Book. Some call it living in the wreckage of the future. Being afraid of hitting a pedestrian makes me cautious when driving; that kind of fear is alright. But most kinds of fear have me anticipating what the future holds. And no matter how many times I write those stories in my mind, what I anticipate is always wrong. In the meantime, I've wasted a lot of energy worrying about it and I don't have that energy for what life really brings on life's terms.

Deb

OA FROM THE COMFORTS OF MY OWN HOME!

I came into the rooms in 2006, attended many face to face (f2f) meetings each week, and after several years started hearing talk about online meetings. I found the idea to be noxious as I am not computer savvy and could not imagine how sitting in front of an electronic device could be helpful to my program. More and more though, folks were sharing how the online meetings were helpful. This piqued my interest but not enough to pursue the idea.

Then one day, while meeting with my sponsor, I was discussing the extra busy-ness of my schedule and how to modify my commitments.

I was concerned about cutting back more on my meetings as I was starting to feel squirrely. Lo and behold came the question: "Have you ever thought about attending an online meeting?" I

had a tad of openness with the gift of desperation and said those well-known higher-powered words: "I have thought about it and I will check it out."

Thankfully I contacted one of the fellows who had praised the meetings. She walked me through the downloading process and explained what I could expect in the meetings. On May 25, 2010, at 10:30 p.m., I attended my first meeting from the comforts of my own home.

I was incredibly anxious and impatient. I found the time it took for people to type to be grueling and the comments made during the meeting to be distracting. I initially logged in with a nickname as "guest" and realized that I was TRULY anonymous. No one could see me, no one knew my name, nothing!

That first day I listened. Several long-timers greeted me, explained how the meetings went and shared their own experience, strength and hope (ESH).

I started to attend every night. I found myself typing very personal things that I had never shared before. The total freedom of anonymity helped me experience the gift of letting go of shame and secrecy. In time, my anxiety and annoyances lessened as I got used to the new pace and the meeting structure. It was also very helpful to read my own shares as it made them more real.

I learned that evenings had been a time of great anxiety and loneliness for me. I learned that I could not type, read and eat at the same time and I learned that getting online helped me quickly return back to recovery during times of dis-ease. Getting online helped quiet my obsessions and compulsions, including the food related ones. I have been able to meet fellows from all over the world, including here in the DC area, and I have developed friendships that have seen me through really tough as well as joyous times.

Getting online at the end of the day gives me a chance to review the day, do a 10th step and share it with others. Almost nightly over the past four and a half years I have had some kind of contact online – (barring power failures, computer malfunctions and being away from my home computer.) Even if I pop in to a meeting or chat room for five minutes, I feel better.

I still attend f2f meetings and use all the tools. However with online meetings, I do not have to get dressed or go anywhere as they are only a click away from the comforts of my own home. In other words, there are very few good reasons for me not to connect with program any time of day or night and for that I am most grateful

Katrina B.

THANK YOU ROZANNE

At the 11 a.m. meeting on Sunday, January 18, 2015, we opened up the newest edition of the OA "Brown Book" of recovery stories, starting with Rozanne's story. In it, we got to the part that mentioned January 19, 55 years ago, when Rozanne and her neighbor Jo sat at her dinner table for the very first Overeaters Anonymous meeting!

At this 2015 meeting, the attendees reacted variously. I was happy and I guess the newcomers will come to appreciate that day soon.

Rozanne was at the right time and the right place. A human with many opportunities, with her own stressors, living in 1% of 1% of the world's population, in a beautiful, idyllic area -- Southern California -- blessed with a wonderful family and home, never suffered from want, all the comforts – still, Rozanne suffered the scourge of eating disorders in her 20s.

Many others in society, before Overeaters Anonymous, were thinking, talking, praying, researching, going to spas and yes, God bless them all, to weight reduction programs from books and celebrities, more than you can count! I am glad the world was large enough to

allow space for all those efforts to heal those of us who, for whatever reason, found ourselves in the clutches of compulsive overeating. And I'm especially glad for Rozanne and OA.

Compulsive overeating and eating disorders in general, are not glamorous, sexy, headline-making diseases. OA Recovery is by turns a nuisance, a pain, and a great opportunity to live in ways that technology and the sciences cannot offer.

So -- to all of you, I want to say let's remember Rozanne and her husband, and thank our stars that for today, because of her guts, her will and her own desperation, she stuck it out to the very end. And so can we.

Shalom, Serenity to all.
Janis H.

A MESSAGE TO TREASURERS - PAST, PRESENT AND FUTURE FROM THE GHOST OF CHECKS NOT CASHED

Intergroup, Region 7 and World Services cannot operate without the bookkeeping and check writing that you do. We are not an organization with training manuals, and frequently the treasurer position shifts with little or no instruction, yet fellows continue to do the best job possible in a spirit of willingness. Thank you all for your service!

This message is to spread the word that 7th Tradition donations to Intergroup and Region 7 need to be sent to the proper addresses. To put it bluntly, the Where and When sheet from 2001 is wrong. If the hand-written address in the notebook you were given says to mail checks to a person with a street address that is wrong, too. If you were once told that more will be revealed, here's the revelation:

Remember to include your group number in the Notes area or "personal" if it's your own contribution.

Intergroup Checks: Tradition 7 checks should be snail-mailed to:

Washington Area Intergroup
P. O. Box 8121
Silver Spring, MD 20907

Region 7: 7th Tradition Donations to Region 7 should be made online. The Dover, DE snail-mail forwarding service is becoming increasingly expensive and unreliable. It will be phased out at the end of this month - February 2015. Help all of us in this fellowship save paper, stamps, and money by submitting your donations to Region 7 electronically.

Go to WWW.OAREGION7.ORG and click the 'CONTRIBUTE' button to pay electronically.

Choose from one of these three methods:

1. Pay via credit or debit card. (The group number can be found on the "Where and When" immediately after the group name and address.)
2. Use WWW.SQUARE.COM/CASH or Google Wallet, or Apple Pay to send your contribution free of credit card charges directly to treasurer@oaregion7.org. Remember to include your Group # in the message, or "personal" if it's from you.
3. If you already have a PayPal account, you can send donations through 'Friends and Family.' That way, Region 7 won't even be charged the small processing fee, saving even more money.

George, our Region 7 Treasurer, is happy to walk you through your electronic payment over the phone. Need help in-person? Check with an OA member who has a smartphone and see if they can help with this service.

If you absolutely must send a check through the mail, please CALL George at 412 915-2380, or EMAIL him at treasurer@oaregion7.org to get

his home address. Again, remember to include your Group or Intergroup number on the check. George is happy to email you a receipt. Email your request to treasurer@oaregion7.org.

Intergroup Treasurer's Team

IT WOULD BE GOOD IF.....

I recently began to shift my food plan again. My changes always begin with "it would be good if..." I don't impose what I should eat from outside; I wait for a message from something greater than myself to inform me that it is time. However, my "it would be good if..." provides an opening for changes.

When I began my abstinence 68 months ago, it was the day after my friend's indulgent wedding. My friend, also a compulsive eater (who left the program), had every fantasy treat I could imagine at her wedding reception. I ate with some abandon, knowing internally that my time of eating randomly would be over soon.

I awoke the next morning with a sense, a new awareness that today was the day to surrender certain foods. For four days after that, my emotions were like the Coney Island Steeplechase, dropping and rising, without end. And then, on the fifth day, I found peace and quietude.

I don't want a struggle. No food is forbidden, though there are foods I don't eat now. I don't have "clean" foods; because that means that there are foods that are "dirty." I endeavor to treat food as nourishment, and to not judge edibles as good and bad. Mostly, I work on eating things that my body can handle. I have a number of chronic illnesses, and when I notice a reaction to some food I have eaten, it seems self-preserving for me to make different choices in the future.

With my "it would be good if," I stop eating something (and not feeling deprived) because it's

time. Gentleness and acceptance are my watch words for my food plan today – and patience.

Sealani

HOW TO MEASURE THE FOOD I EAT?

One of our members came across the following hints, and thought it might be helpful to others.

Portion Control

3-4 oz. meat= deck of cards, palm of your hand
1 cup of milk or yogurt =size of a tennis ball,
closed fist

Starch=half a tennis ball or small computer
mouse

Cheese, 1 oz. =size of your thumb or size of a
stack of 4 dice

Restaurant hints:

Share an entrée

Order a healthy appetizer as your entrée

Order a half portion

Bring or ask for a doggie bag/carryout container
(and put one-third to one-half of your meal in it
when first served)

Dinner plate method:

Fill half of the plate with veggies, quarter of
plate with starch, and quarter of plate with
protein

Linda S.

LIFELINE NEEDS YOUR STORY ON THE TWELVE TRADITIONS

Here's an OPPORTUNITY to give service and strengthen your recovery. *Lifeline* needs your story on the Twelve Traditions for the Living Traditions column. Tell us about the role the Traditions play in your recovery. How do they affect your OA program, the meetings you attend, and your relationships both inside and outside the Fellowship of OA? Which Tradition has impacted your life the most? Send your story by February 16, 2015, for publication in a future issue of *Lifeline* magazine.

Mail info@oa.org and enter *Lifeline* in the subject field. For more information and instructions, please see the Writers Guidelines.