



New Years Edition
January, 2018

The Messenger

HAPPY NEW YEAR

2018

Happy New Year Everyone!! I hope that you all had a wonderful holiday. Now it's time to get back to our regular routine and for at least a few months no holidays with food. I know that January is normally the time people start a diet as a New Year's Resolution. For us it is a good time to take stock of how our program is doing. Do we need to fix something, try something new, add, delete or tweak something? Do we need to get serious about it, do we need to reach out and ask someone for help, do we need to put ourselves first or do we need to mix it up? These are all questions the New Year brings. I need to totally reexamine my whole program. 2017 was not the best year for me and 2018 I think will be starting off better. I need to start to look at all aspects of my program and do a complete overhaul. I am feeling good about it, a little scared but that is the disease talking. **It's my turn to do the talking!!**





PICK UP THE PHONE

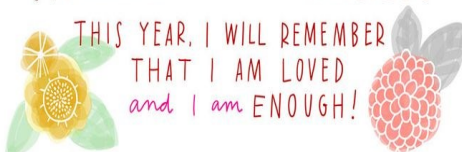
I am absolutely terrible at phoning people. It's not that I don't like to talk, but I am not much of a phone person. I am also someone who doesn't reach out well. To be honest, the reason I don't reach out is because I already know what you are going to say and I know that I won't like it! So if I don't reach out I can keep doing what I want to do. Now, that is NOT the right way to be. Reaching out gets it out of you and that way you aren't carrying it around with you, it could help the

person you are calling, could get you a better way of doing something and it will make you feel better. Let's face it the person you are likely going to call had been there and done that. So at your next meeting grab a call list or get some numbers from people. There will only be understanding and support on the other end of the line!

"As the year comes to an end, don't look back on yesterday's disappointments. Look ahead to God's promises yet to unfold" Buky Ojelabi



THIS YEAR, I WILL _____.
I WILL LET GO OF _____
& EMBRACE _____. I WILL
HONOR MY _____ AND
LOVE MY _____. I
WILL STAND UP & SHARE
MY _____ WITH THE WORLD!



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MY COMMITMENT TO ABSTINENCE

Rozanne S., OA's founder explained what abstinence is in 1962. She says "Abstinence means simply 3 moderate meals a day with absolutely nothing in between. It means also no "meals" while preparing a meal and no "meals" while we're cleaning up the kitchen afterward. In other words, total abstinence from compulsive eating! If for medical reasons our doctor has ordered more than three meals a day, then of course we would plan accordingly and know that anything outside that plan would be breaking abstinence. Of course, black coffee, tea, water and non caloric beverages of any kind are the exception to between-meal nibbling."

Commitment means to entrust, to put into safe-keeping, to pledge oneself to a particular course. In other words, if I want to loose weight, stay healthy and be free of the compulsive eating monster inside of me, I need to commit to being abstinent one day at a time for the rest of my life. This program works because of it. Without it, I might as well not do the program at all. It helps me find a calmness, self control and most of all sanity. I have stayed away from foods that I have been addicted to before I started the program. I have also found foods that I have formed an addiction to during the program and abstained from them.



CONTINUE...

Sometimes it does get hard. Especially if I am stressed. That's where I have to reevaluate what needs to be changed in my life and rely on my Higher Power more. Working the program to its full potential is the only way it works for me. You also want to need it like your life depends upon it. That's what I am doing. Because I know if I ever went back to the way I was, I wouldn't survive. I am so much happier and so is my body.

One thing I have to say is I enjoy being abstinent. That may see weird to some people but I get pleasure trying out new ways of eating that goes with my eating plan. For an example. I cannot eat pancakes because of the sugar content and what you put on it. I found a way to make a pancake that is so tasty and healthy that my son even eats it. Just 2 ingredients. One egg and one banana. Yum! I just put a little bit of cooked buckwheat or Kasha in it and it is oh so yummy.

I hope one day you will find what I have found in this program. If you have I am so happy for you. Just remember to take it one day at a time. My body and mind are thanking me for it. Thank you abstinence!

Lori V.

THE TWELVE STEPS

1. I can't
2. God can
3. Let God
4. Look within
5. Admit wrongs
6. Ready self for change
7. Seek God's help
8. Become willing
9. Make amends
10. Daily inventory
11. Pray and meditate
12. Give it away



be stronger
than your
strongest
excuse

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YESTERDAY TODAY AND TOMMORROW

There are two days in every week
about which we should not worry,
Two days which should be kept free of
fear and apprehension.
One of these days is YESTERDAY,
With its mistakes and cares,
Its faults and blunders,
Its aches and pains.
YESTERDAY has passed forever beyond
our control.
All the money in the world cannot bring
back YESTERDAY.
We cannot undo a single act we per-
formed;
We cannot erase a single word we said.
YESTERDAY is gone.
The other day we should not worry about
is TOMORROW
With its possible adversities, its burdens,
its larger promise.
TOMORROW is also beyond our immedi-
ate control.
TOMORROW, the sun will rise,

Either in splendor or behind a mask of
clouds,
But it will rise.
Until it does, we have no stake in TO-
MORROW
For it is as yet unborn.
This leaves only one day – TODAY.
Any man can fight the battles of just one
day.
It is only when you and I add the burdens
of those two awful eternities
– YESTERDAY and TOMORROW –
That we break down.
It is not the experience of TODAY that
drives men mad.
It is remorse or bitterness for something
which happened YESTERDAY
And the dread of what TOMORROW may
bring.
Let us, therefore, live but ONE day at a
time.

*****IMPORTANT NOTICE*****

SELF-CARE IS SO IMPORTANT FOR EVERYONE! I AM WRITING THIS IN ALL CAP'S SO THAT IT IS EMPHASISED HOW IMPORTANT IT IS. WHY IS IT IMPORTANT...I WILL TELL YOU! IT IS IMPORTANT BECAUSE IT IS WHAT KEEPS US SANE. DOING THINGS FOR YOUR SELF IS LOVING, CARING AND NURTURING. THESE ARE THINGS THAT EVERYBODY DESERVES EVEN YOU, NOT JUST THE PEOPLE YOU TAKE CARE OF. TAKING TIME OUT OF YOUR DAY TO ENJOY SOMETHING YOU LIKE ISN'T SELFISH IT IS LIFE GIVING. A LOT OF US THINK OF OUR SELVES AS MARTERS BECAUSE WE DO EVERYTHING FOR EVERYONE, ITS TIME TO LET OTHERS DO SELVES. IT'S GOOD FOR THEM. IT BUILDS CHARACTER. IF SOMETHING DOESN'T GET DONE, THE WORLD WON'T END. THIS MAY SEEM HARSH BUT THE LIVES YOU TAKE CARE OF DEPEND UPON YOU TAKING CARE OF YOUSELF FIRST.

IS THIS THING PLUGGED IT?!?!

I know how extremely easy it is to go slipping and sliding down the hill. I have had it happen more than once. And from reading the Big Book I am guessing that many, many others have as well. So that makes me not beat myself up (as much). I think staying plugged in is the key. What I mean by that is having program in the front of your brain. I know if you are going through stuff that can be very hard to focus on but really any problem comes back to what we learn in program. We can't control anything but ourselves, reaching out is life saving and talking to your Higher Power will help relieve and comfort you. Meetings, reading literature or listening to speakers are great way to connect to program. You don't have to talk in a meeting if you don't want to but just being there is connecting to the power source of the group. Get plugged in!

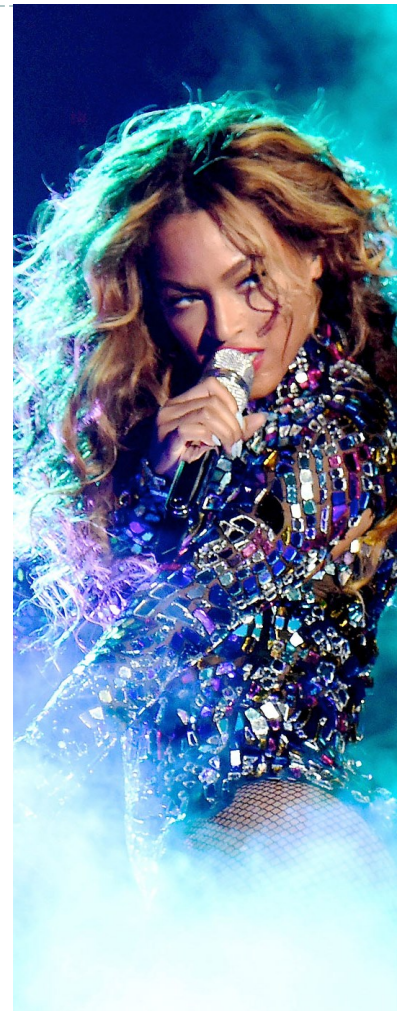


My recovery has to come first so that everything I love in life doesn't have to come last.

NO EXCUSE

I am going to shoot from the hip on this...I am 100% guilty of doing this. What is you ask? It's making time. Every ones favorite excuses in program are "I don't have time", "I'm too tired", or "I'm too busy". Let's get real here all of those are a load of *&\$#. When I was in the problem there was NOTHING I wouldn't have done to get food. I would drive out of my way to get food after a long day at work, I would be late for things because I had to get food or eat, and I have always made time for a meal or snack. Now with technology you can add TV watching, checking email, texting or social media to the list of things that keep us from doing what we have to do to make program work. How long does prayer and meditation really take? How long does it really take to prep our food? Are you really too busy for a meeting or do you just want to watch TV? Sometimes the answer is yes that we are too busy

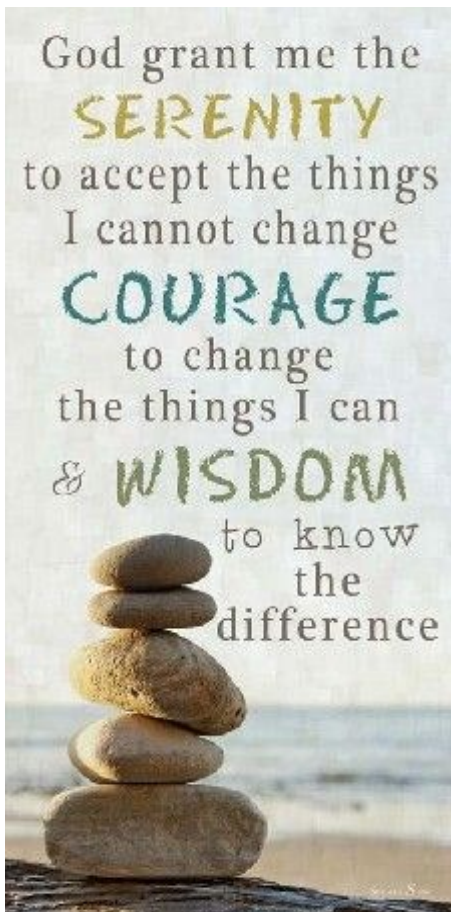
but really I think that number is low. We make time for what we want to make time for. We put in the effort we want to put in. I am full putting myself in this; if I put more effort in to my program I would have more success. This year, this is what I am going to do. Not just talk about it but do it. As addicts we (I) don't like to be called out on the carpet, we don't like being told what to do or think that we did something wrong. But let's face it these are excuses we have used for most of our lives for a lot of different situations we have come a cross. I heard a quote that says Beyoncé (insert any successful person here) has the same number of hours in her day as you have in yours! That's means if they can be successful then we can too!





THE IMPORTANCE OF HOPE IN RECOVERY

Hope is more than mere wishful thinking; it is the bedrock upon which you build your recovery. Without hope, or a desire to recover, there would be no motivation to get better. With no motivation, there would be very little meaningful action. Finally, with proper action comes improvement through a series of steps leading to a plan for recovery, and working the plan for years to come. I cannot stress harder the significance of hope in recovery. Edgewood Health



Please email me with any story ideas, articles or questions you have.

Nikki A.

NAllum@ggh.mb.ca