

OA Family

HOLIDAY NEWSLETTER

2017

Christmas is a wonderful time of year!! I love the lights, the music, the hustle and the bustle but it is a time of food. There is no way of getting around it...it is everywhere. People love to give food and even places like the office where food is generally hidden in a back kitchen, now is slowly creeping into the main areas. It's casually laid out all innocent like. As much as we say that the holiday is about being with the ones we love it is really all about being with the food we love. For me, this time of year is for eating those foods that ONLY come during the holidays. Personally this is my favorite excuse to eat those foods and feel totally justified. I know this sounds crazy considering that I know only too well what they taste like. Also, be on the alert this is the time of year because the food pushers are in full force. They are the ones that have made it "just for you". They often do this with good intentions but you know what they say about good intentions. This is also the time of year when defenses are down because of being so busy and stressed. It's important to stay connected to program and the people in it. We are all in this together, there is strength in numbers!! So let's band together and keep each other strong.

Gratitude

This time of year is the perfect time to think about all that we have. Whether you write your blessing down or say it in your head I have found it very helpful in calming me down. Sometimes my anxiety, fear and being overwhelmed run wild. Saying to my self what I am thankful for brings things in to perspective. Even when I have thought that my life was horrible and was never going to get better saying a gratitude list to myself made me realize that it isn't horrible and I have so very much.

Giving

In program we learn how essential giving is to our program. It is a way to get out of your head and help someone else which in turn helps you. Whether you are helping set up the meeting, taking a meeting, volunteering for Intergroup or the conference it is so helpful. This is also the time of year that is the most triggering and tempting for fellow OAers. So keep them in your heart and minds and feel free to pick up the phone and give one of them a call. Even in all the hustle and bustle of the season



Hi my name is Nikki and I am a People Pleaser. It is such a foreign concept to me that there are people that really don't care what other people think. There are people that actually say NO when they don't want to do something. What a concept!! It is something that I need to think about. I put so much focus on worrying about what others will think of me that I don't focus on what I WANT. I have heard this said that people are too busy thinking about themselves than thinking about me. I have found this to be true. This time of year People Pleasing happens a lot. We worry about if we bought the right gift, will they like it, saying yes to parties we don't want to go to or if I don't do something I normally do for the holidays (cards, baking, or hosting) people will be disappointed...SO WHAT!!!! I give you permission to say NO to something that you don't want to do. **It's ok!!!** In order to stay on track, work your

program or even stay sane you have to let some things go and that's ok. People will deal with it, maybe not well but that is **NOT YOUR PROBLEM**. You need to take care of you. So if you get an invite and you don't feel like you can handle it or you are too tired then say NO. If you don't want to bake or host a dinner then pass the gauntlet on to someone else. It is no good if you are tired, triggered or tempted. This time of year makes people crazy. Take some time and enjoy your holiday and leave crazy for somebody else!!!



I like to put the serenity prayer in the newsletter. I have found the serenity prayer very helpful to me to ground me when things get bumpy or I need some focus. I found another version of it that I thought I would share with you.

God, grant me the serenity to stop beating myself for not doing things perfectly, the courage to forgive myself because I'm working on doing better, and the wisdom to know that you already love me just the way I am.

Christmas at Grandma's House

Family...or as some may call them TRIGGERS!! Wouldn't it be nice if families were like a TV Christmas movie? Everybody so happy to see each other and all getting along, smiling and laughing, oh what fun!!! The reality is that most of us are extremely triggered by the people that we love the most. So this makes for trouble when we all get together at Grandma's house. Food then becomes the way we have used to calm ourselves from all the *happiness* and *joy*. Since you love most of these people you have to find a way to deal with them. That is where your tools come in handy- breathing, serenity prayer and reaching out. Set a good foundation when you leave for Grandma's house with prayer and meditation. Get your HP involved and talk about what your intention is and ask for guidance and patients and ask Him or Her to come along for the fun!!

