



Summer Edition  
July 2017

# The Messenger

**SUMMER EDITION READING FOR BY THE POOL OR ON THE BEACH (OR SITTING IN A LAWN CHAIR OUTSIDE!!)**

Summer is a wonderful time but a limited time so it is important to enjoy it. There are so many things about summer that are great and food doesn't need to be a part of it. Ok that's not true...when I say food I don't mean the junk food kind. Personally I can't wait for the Farmer's Markets to open. I look forward to getting up early on a Saturday and gathering my cloth bags and hitting the Market. I love getting fresh from some ones garden-VEGGIES!! Veggies that actually taste like what they are supposed to. I love the sights and sounds of the Market. The people and the shopping. Sometimes it bugs me that I can't have some of the food they have there but to be honest I can't wait to get home and prepare my bounty. I lay it all on the counter and see all the colors and think about what I am going to make. Carrots, cucumbers, peppers, peas, basil, onions, lettuce, spinach, OOOHHHHH MMMYY!!! Happy Summer!!!!



**ALWAYS TO EXTEND THE HAND AND HEART OF OA TO ALL WHO SHARE IN MY COMPULSION FOR THIS I AM RESPONSIBLE.**

## **SPECIAL POINTS OF INTEREST**

- How To Meditate
- Food List
- Picnic/Potluck
- Step 10 on the Fly
- Got Water?



## PICNIC IN THE PARK

OA Potluck Picnic in the Park.

July 12, 2017

Assiniboine Park

Duck Pond

Bring either a potluck item or your own personal meal-whatever works for your program

If you bring a potluck item, please bring an ingredient list.

Please bring yourself a plate, cutlery, and serving spoon for you

dish. If you forget, come anyway, as we will have back ups.

Meeting format: At 6p.m. we will begin with the Serenity Prayer, Steps & Tradition, followed by eating through a meeting.

As we “break bread” we will share experience, strength and hope of how to manage these types of situations. How do you plan for eating in a group? What prayers or practices help you stay abstinent?

What are your struggles?

*Let's come together to strengthen and support each other!!!*



Special thanks to the 12 Step Within Committee for organizing a picnic. It's great that we can get together and meet people from different meetings and learn from each other. The topic is wonderful because there is so much shame a lot of us have around eating in public. No judgment here, bring a lawn chair and enjoy a meeting in the park!!!

## POTLUCK PANIC

I organize potlucks for work all the time, but sometimes they can be hard. I sometimes feel that a potluck is like a buffet and I don't do well at buffets. The hard part of a potluck is that you never know what others will bring and that makes it hard to plan your meal. What's wonderful is that we have choice; we can bring a dish or just bring our food and still be part of the fun. If I go to a potluck I like to bring a dish that if I had to eat just that, then I would be ok. I learned that the hard way. I also like to bring something cold that way I don't have to worry about having to heat it up when I get there. I am luck to work at a place where people are pretty healthy. (Except for the people who forget and bring something quick, you know those people!) Most of the time people bring salads which is nice but WHERE'S THE MEAT!!! I need protein to get me through the day. That being said there are a lot of great veggie types dishes that you can make that are both flavor full and filling. Recently I made a great spaghetti squash Chow Mein. Some one always bring the standard vegetable and fruit tray from the grocery store. What a great invention! Get creative and think out of the box but always think about you first when going to a potluck. Plan to succeed and have fun!!!

Nikki A



*Meditation can be done anywhere.*

## MEDITATION

“Meditation is our way of quieting our minds so we can get better acquainted with this Higher Power of ours. As with prayer, there is no one right way to practice meditation; in fact, most of us vary our practices from time to time.

The only way to do meditation wrong is not to do it at all. We compulsive people are oriented to action. Meditation is an action which gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment. Many of us have spent a lot of time running—running from the food, then running to it—and many of us have turned to excess food for its sedative effect. Eating compulsively was our chief means of relaxation. Meditation offers us a way to stop running and to relax without eating.

[www.oa.org](http://www.oa.org)

When meditating, we consciously choose to focus our minds on something other than our everyday desires and concerns.

We might begin to do this by:

1. Breathing deeply and counting our breaths
2. By holding a special object and concentrating on how it feels
3. By listening to soft music
4. By repeating a word or phrase
5. By concentrating on an image
6. By staring at an object or picture, or by other means.”

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous (p. 95-96)*

## ANNOUNCEMENTS

### SAVE THE DATE

THE CONVENTION IS COMING!!!! THE CONVENTION IS COMING!!! MAKE SURE YOU SAVE THE DATE OF OCTOBER 13 AND 14 FOR THE CONVENTION. COLLECT ITEMS FOR YOUR GROUP BASKET. AND STAY TUNED TO YOUR GROUP REPS FOR MORE INFORMATION.

### \*HELP WANTED\*

LORI ON THE COMMITTEE FOR FUNDRAISING IS LOOKING FOR PEOPLE TO BE ON THE FUNDRAISING COMMITTEE WITH HER

### ATTENTION NAME CHANGE

THE NEW NAME OF THE WEDNESDAY EVENING GROUP IS “STEP INTO RECOVERY” THE FOCUS WILL BE ON THE STEPS. ALL ARE WELCOME!

IF ANYONE HAS ANY QUESTIONS ABOUT PROGRAM, BIG BOOK OR ANYTHING OA RELATED, PLEASE SEND ME YOUR QUESTIONS. THERE IS GOING TO BE A SECTION CALLED “ASK AN OLD-TIMER”

## STEP 10 ON THE FLY

At one of my meetings a member mentioned that they did Step 10 in the moment, meaning that they didn't wait till the end of the day to do it. I have found this very helpful.

I have a very bad habit of playing and replaying events in my mind over and over again, therefore getting more and more upset and setting myself on a very dangerous course. If I take the time to step back and find my part in it I don't go down that path and things usually get better.

There are 2 ways you can do this:

The first is there is a great app for your phone. It is the OA Tool Kit. They call it a Spot Check Inventory. It gives you all the questions and you can type your answer in your phone.

The other is the tried and true way of talking it through with yourself. Asking yourself why am I upset and what is my part in it.

By the time I have done either one I am feeling better and on a better path. Try it and see if it helps you!

## GOT WATER?

Water is wonderful!! Water is great to drink any time of the year. It is refreshing and our body needs it. One of the things I had to give up in my program is POP. I loved the stuff. Everything about it was great, except the fact that it was terrible for me, full of sugar and the caffeine didn't help my anxiety. When I first started program I thought that I was going to die of dehydration because what was I going to drink! There was nothing else for me. I know that is a tad dramatic but some of you can understand. I know there are other drinks milk, tea, coffee, water and juice. The weird thing is would

never choose juice because it has too much sugar, but pop was fine. Go figure!! So now I drink water. I like just plain water in a water bottle that has a straw because I think I drink more with a straw. I don't drink the fizzy water because I think that is too much like pop but otherwise I rather enjoy water.



*Got water!!!*

## BENEFITS OF WATER

Water has a lot of great benefits. It is great for your body, it flushes out toxins, keeps you regular, improves your skins complexion, increases energy and relieves fatigue, fills you up, quenches your thirst, boosts your immune system, promotes weight loss, puts you in a good mood, saves you money, you can add lemons, limes and cucumbers to it, it can be frozen, enjoyed with ice, carried in a cute water bottle, brought with you everywhere, enjoyed guilt free, gets you acquainted with where bathrooms are, gives you a reason to take a break when exercising, fashionable, and has no calories! Enjoy some water today.

## VOICES OF RECOVERY

November 27

"The celebrations of this day will be over at midnight and tomorrow I will be glad to be alive and abstinent"

For Today Pg.151

A holiday, a birthday, a wedding: these events roll around and allow me to reach for the tools the program has lovingly handed me.

I started my day asking for the God of my understanding for help. I've learned to pick up the phone and kind words receive me on the other end. They gently remind me of the pain I thought would grip me forever and the most important thing I will do today: keep my abstinence.

Gratefulness envelops me, I say a quiet thank you, and go through my day.

## FOOD LIST

When I first started OA and I had to make a food list I was very reluctant and scared. My first reaction was I will have nothing to eat and I will die of thirst. I know that sounds a tad dramatic but that's the truth. Some things went on immediately and some I fought with myself to put on. It's not easy to think that you can never have those foods again. I know the idea is to take it one day at a time but when those foods are a part of each and every day as mine were it is like losing a friend. I gradually learned that those "friend" foods were really hurting me and not helping me. Most of those foods made me feel physically sick, increased my anxiety, and made me want to eat more. My first sponsor was very helpful in pointing out all the foods that I still could eat and there were a lot of them. Redoing your food list is a must because some foods just creep in and become a problem and I don't need any more problems!!! I read somewhere that foods on your sometimes list or yellow light list really should be on the not ever or red light list. I think that is true for me, I put foods on there that I wasn't ready to part with. There are a lot of foods that even in a relapse I will not touch because I know they will really do me in. Eating foods that help my body makes me feel good, calms my mind and makes me happy. Summer challenge: Redo your food list and examine your food.



*“One of the hardest things was learning that I was worth recovery”  
Demi Lavato*

## ABSTINENCE RESOURCES

### Take some OA reading with you as you travel

#### PAMPHLETS

- 1)A Commitment to Abstinence (#141)
- 2)A Plan of Eating(#145)
- 3)Before You Take That First Compulsive Bite(#150)
- 4)Dignity of Choice(#140)
- 5)Is Food a Problem for You? (#750)
- 6)Maintaining a Healthy Weight (#310)
- 7)Many Symptoms, One Solution (#106)
- 8)Questions and Answers(#170)
- 9)Think First(#109)
- 10)Tools of Recovery(#160)
- 11)Members inRelapse(#400)
- 12)Recovery Checklist(#105)

13)Welcome Back(#190)

14)Strong Abstinence Checklist and Writing Exercise Pocket Card (#415)

**These pamphlets are very good to have with you as you travel. Whether you are just in the city or are going far away. They can help you in difficult situations to keep your mind on track and you making good choices. It's like having a meeting wherever you go. They are discrete and can easily go in your purse or pocket. I especially like the Strong Abstinence Checklist. They serve as a reminder of all the hard work you are putting in. And also helpful if you meet someone who has questions about OA. At your next meeting take a look at them each group has them in stock!**





## GREMLINS...

Whether you are at home or on vacation NEVER, NEVER, NEVER-let yourself get HALT! Do you remember the movie GREMLINS? In that movie it was important to keep the GREMLINS out of bright light, never get them wet and never ever feed them after midnight. Just like with GREMLINS, OA members should never get HALT- Hungry, Angry, Lonely or Tired!! Bad things can happen. So it is important to put yourself first. I know for me I think I'll just do one more thing or I have too many late nights or I let things build up and don't reach out or do a Step 10. Then I find that I am 'winging it' and that is never good. Planning is very important to program, planning food, meetings and time for yourself. My mind sometimes goes into "I deserve it" mode. I do deserve things like feeling good in my body, being happy and succeeding. During vacation we can lose focus on what is important and let things slide. Even though it is hard it is so worth it. It's important to stay the course!! Enjoy your vacation or staycation!

Nikki A.

God grant me  
the Serenity  
to accept the things  
I cannot change  
Courage to  
change the things I can  
and the Wisdom  
to know the difference



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

Nikki A.

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