



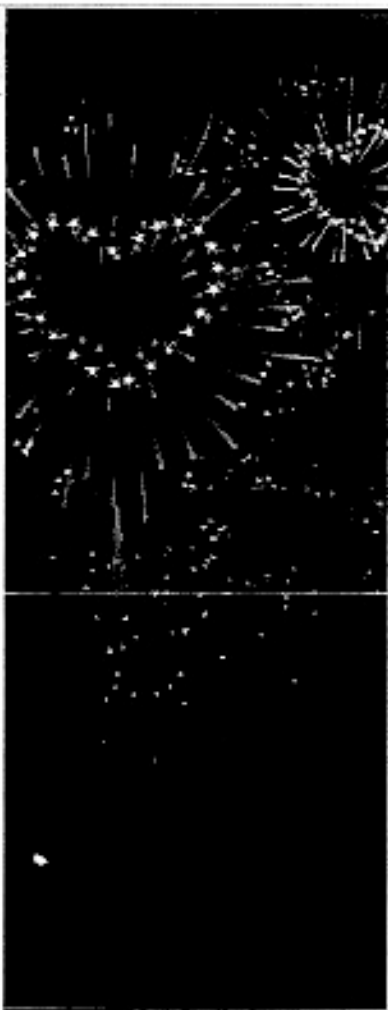
OVEREATERS  
ANONYMOUS.



May  
Volume 1, Issue 1

# The Messenger HELLO!!

This is the first edition of the "The Messenger". As the editor of this paper I would like to take this opportunity to say HELLO. My name is Nikki and I am a Compulsive Overeater. I have been in the program for a little over two years and I have had lots of struggles but I know this is where I need to be. I was thinking that this paper will come out 4 times a year unless I get a lot of stories or the creative juices start to flow. If any one has anything they would like to share, any topic ideas or thoughts, please let me know. I want this to be helpful and for people to share what is going on with their program. The good and the bad. You might not think that you have something that could help someone else but you are wrong. You never know what could touch someone's heart, help them through something or be a light bulb moment. We all need a little help. Don't ever be afraid to share your experience, strength and hope!



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

- That Mountain Top Feeling
- Carrying the Message
- Wednesday Evening Meeting
- Coffee Connection
- Sponsor a Library



## WALKING DATE WITH MY HP

Now that spring is here it is time to get moving. There are a lot of benefits to getting outside. It is a way to clear your head and just relax. Whether it is gardening, hiking, or simply walking.

I love walking. I just listen to nature, put on my music or a speaker. It is also a great way to get in touch with my Higher Power. The great thing about walking is that I can do three things at once. Move my

body, talk and listen to my HP. I am careful of talking out loud to myself. I may get some stares, but who cares. I am moving and that's all that matters. Go to the park, a track or just going around the block it makes me feel good. Being in nature will feed my soul. Bon Appetite!

*I was always the black sheep. Then I started to go to meetings and found the rest of my herd!*

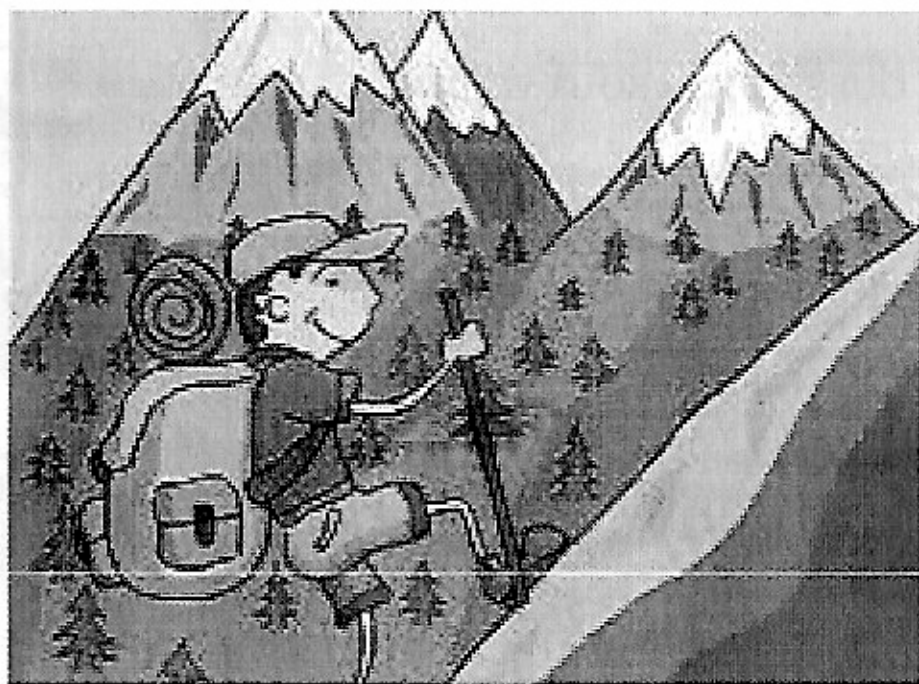


DAVE IN PUBLIC INFORMATION AND ALL OF THE REST OF US IN OA WOULD LIKE TO THANK ALL THOSE WHO MANNED THE BOOTH AT THE HEALTH EXPO THIS YEAR. YOUR TIME WAS GREATLY APPRECIATED. IT WAS A GREAT TURN OUT!

## MY MOUNTAIN TOP FEELING

I've always loved hiking and being in the mountains. Thanks to the confidence I'd gained by working program in the three previous years, I signed up to go on a seven-day mountaineering trip in the Canadian Rockies. We would be hiking over rock, snow, and ice, carrying all our equipment and food, and staying in alpine huts along the way. I was one of the least experienced and certainly the least fit in the group, but was told that I'd be able to handle it. As it turned out, due to the thick snow cover, the conditions were more difficult than expected, and I was constantly being reminded of precautions to take and what to do in cases of crevasses, avalanches, and rockslides. Thanks to program, I was aware of the fears that threatened to take hold of my mind, and I knew what to do. Whenever I noticed fear moving in, I would hand it over to God, praying and singing my prayers. I also spent a lot of time thanking God for everything I could think of: no accidents yet, patient team members, good weather, incredible panoramas, and so much more.

I was the slowest person in the group. To avoid slowing everyone down even more, I was the only one not asked to carry some of the group's gear. I appreciated this, but felt that I should be contributing in other ways. So I looked for other jobs I could do, and started cleaning the hut, preparing meals, fetching water, and carrying out garbage.



*Keep Reaching for the Top*

## CONTINUE

After a few days of this, I was thoroughly enjoying myself and feeling elated. I could see so many parallels between program and the incredible experience we were living. I felt like I was flying. On the last day, I was sad to see it end, but knew that I had to go back to civilization and everyday life.

I felt like I was flying. On the last day, I was sad to see it end, but knew that I had to go back to civilization and everyday life.

Fast forward eight months later. The elation I'd felt in the mountains was long gone, but I continued to work the steps. One weekend, I attended an OA workshop designed to help members strengthen their program. One of the main ideas I came away with was that I needed to start reaching out to other members. Making phone calls was something I had always avoided, both in and out of program. I was just so afraid of being a nuisance. But I asked God to remove my fear and started calling members whom I knew were struggling or whom I hadn't seen at meetings for a while. The first few calls were difficult, but then it got easier. God helped me pick the people I should phone and find the right words to say. After a few days of doing this, I became aware of a strange feeling. It was elation! I'd felt the same way in the mountains months before. As I wondered at this, I tried to find similarities between the two very different situations, and I did. In both, I had faced my fears, trusted God, and tried to help others. So the "high" that I'd enjoyed months before had nothing to do with the actual mountains, and everything to do with how I was living life. I had come to OA because I wanted to stop bingeing. I never expected that it could change my whole outlook!

## SPONSOR A LIBRARY?

### WHAT IS IT?

THE LIBRARY HAS SOME OA BOOKS BUT NOT MANY.

THE IDEA BEHIND SPONSOR A LIBRARY IS THAT PEOPLE OR GROUPS CAN DONATE OA BOOKS TO THE LIBRARY.

THAT WAY NEWCOMERS OR REGULAR MEMBERS CAN GO AND CHECK OUT AN OA BOOK.

THIS IS A GREAT WAY FOR ANYONE TO FIND OUT MORE ABOUT OA.

THINK ABOUT DONATING A BOOK OR TWO AS A GROUP TO THE LIBRARY TO HELP SPREAD THE WORD.

IT CAN BE A GREAT RESOURCE!!!

## WELCOME

I would like to take this space to welcome "The Wednesday Night Recovery from Relapse Meeting"

Wednesday

7:00 PM

Concordia Hospital

1095 Concordia Ave.

Ground Floor, Lecture Room  
#1

Special Topic: Relapse/12  
Step Within

Phone #204-334-9008

Everyone is Welcome. They are also looking for people to come and speak on their experience, strength and hope.

## QUESTIONS ABOUT WEDNESDAY MEETING

I sent some questions to Tracey S. who started the Wednesday Night meeting and here is what she had to say.

Why did you start the meeting?

I started this meeting because I have been in and out of (mostly in) relapse for the past 2 years. I am not giving up. Yet I continually struggle for willingness to do what I need to do. I need something to come from this. There has to be a reason; something for me to learn from this experience.

What book do you use?

We use the book: A New Beginning - Stories of Recovery from Relapse. We also use the document: Been Slipping and Slid-

ing? - A reading and writing tool. This document refers to the following literature: OA 12&12, Overeaters Anonymous (3rd edition), For Today, A Plan of Eating (pamphlet), The Tools of Recovery (pamphlet) and Dignity of Choice (pamphlet).



*Wednesday Recovery from Relapse*

Who is this meeting for?

This meeting is open to anyone who is a compulsive eater, though the focus is on recovery from relapse. We are a newer meeting and small. It would be great to have more members come out to share their experience, strength and hope.

\*Editor's Note- Since I have struggled as well. I have found it very helpful to talk to members who have what I want. I have gotten ideas on how to pray and meditate, about my food plan, and the importance of service. As well as to see that recovery is possible and that it didn't happen for anyone over night.

## CONTINUE WEDNESDAY NIGHT MEETING

Tips for Recovery?

At first Tracey said she wasn't sure because she was still struggling but then she sent me this:

An excerpt from the OA pamphlet "Members in Relapse":

We all need to be loved and accepted, not because we are abstinent, not because we are at goal weight, but just for who we are.

I would also like to use the words another member did in a Lifeline article called "The Willingness to Change":

Recovery is not an overnight job. It is slow. But it IS - if we work for it. If we keep coming to meetings, keep accepting our disease without judging and hating ourselves, we will recover.

Tracey S.





## COFFEE AND CONNECTION

I am working with a fellow Overeater doing 30 questions from OA on Steps 1, 2 and 3. We have been working for several weeks together meeting at a coffee shop. I think we are only on question 8. The average length of the time we spend together is about 3 hours, my boyfriend can't believe we can talk that long. We aren't just talking; it's that we are getting real about ourselves. We are going deep and being honest, we say things we don't really want to admit, we catch the lies we tell ourselves. We read the question, read the reading aloud, we each write our answers and then discuss what we wrote. The discussion usually leads to writing something down the other said that resonated in us or something we didn't think of. The last two times we met we read chapter 2 and 3 in the Big Book. We both took turns reading. We would stop when something made us think or we had a question. That's what takes so long. We also changed the words alcoholic and drinker to compulsive overeater and eater. It made the reading so much better. Both of us were amazed at how open and honest we were being, how we never thought of things in "that way before". It makes me feel like I am not in this alone, that I have a real friend in the trenches with me. She inspires me and I hope that I inspire her. And maybe together we can inspire others.

<http://www.oa-denver.org/wp-content/uploads/2011/01/Thirty-Questions.pdf>

Nikki A.



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

Nikki A.

NAllum@ggh.mb.ca



YOUR LOGO HERE

## ACCEPTANCE

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation--some fact of my life--unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

—from p. 417 of the *Big Book of Alcoholics Anonymous (4th Edition)*



*"You don't have to be perfect—just willing" A Guide for Sponsors p.14*

## CARRYING THE MESSAGE

Here are some do's and don'ts for carrying the message

### Do's

- I am open to talking about recovery
- I emphasize the peace of mind I found in life around food
- I share how OA has helped in all facets of my life
- I suggest that people come to a meeting and just listen. Nothing is required of them
- I explain the concept of "Just for Today"

### Don'ts

- I don't promise anything
- I try not to sound like a preacher
- I do not mention specific spiritual or religious beliefs
- I don't judge other people and I don't

label them as compulsive overeater

- I don't speak about OA to someone new unless he or she shows an interest

Why carry the message:

"Those of us who live this program don't simply carry the message; we are the message"

(OA Twelve and Twelve, pg.106)

"We now have a message of hope to carry to other compulsive overeaters"

(OA Twelve and Twelve, pg. 99)

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics"

(Alcoholics Anonymous, 4th ed., pg. 89)

[www.oa.org/pdfs/carrying\\_the\\_message.pdf](http://www.oa.org/pdfs/carrying_the_message.pdf)

