

# A Serving of Hope

Volume 6 Issue 5

Oregon Intergroup of Overeaters Anonymous

May 2017

## Just For Today

Do not peer too far.

-Pindar

*"It would be a frightening thing to be able to see into the future.*

*Equally joyless and disquieting, however, is the all-too-familiar habit of Someday. 'Someday, I will take that tap dancing class...sign up for volunteer service at the hospital...go on that cruise to the Greek islands.'*

*I have lived in the future too long. My life is going on now, and there is only one way to live it: now.*

**For today:** *I neither want to know the future, nor to live in it before it arrives."*

*~From For Today, p. 349*

One of the many ways OA can help you is by offering new ways of thinking about your compulsive eating. A big part of that is starting to work the steps and find a food plan—working toward something, rather than putting it off until tomorrow again.

I recently told a group at one of my meetings that I used to spend so much time fantasizing about a better future that I never accomplished anything to get there. I picked this quote for May because the program has helped me realize the future doesn't matter if I am not striving for a better way right now.

*~Ed.*

## Freeing Yourself

Perhaps it's because I came to OA after years of talk therapy, or perhaps I just figured I couldn't get any lower than I felt I already was, but doing my fifth step for that first time and giving away my "deepest...darkest" wasn't as hard as I thought it would be. In fact, looking back, it was the most loving and freeing thing I've ever done for myself.

Who knew just telling that one other person and my Higher Power could do so much for not only my recovery but also the years of guilt and shame I had built up to?

It wasn't the same as telling my therapist, although I still believe there are some issues best left to professionals. Doing a fifth step is different. In my case, I wasn't just talking to anyone, but to another compulsive eater, who understood not only what I did with food, but also understood many of the reasons why I did what I did in the first place.

*~Continued on Page 4*

## Upcoming Events

May 6: Monthly speakers meeting, 7:00 to 8:30 PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. To attend by phone, call 641-715-3836, PIN 282586. Contact June at 503-452-3955.

May 10: Oregon Intergroup Meeting, 7:00 to 8:30 PM, at Girl Scouts, 9620 SW Barbur Blvd., Portland. Everyone is encouraged to attend.

May 20: No Shame Workshop, 10:00 AM to 3:00 PM at Salem Hospital, Creekside Room, Building D, \$5 suggested donation. Registration starts at 9:30 AM. Contact Christina at [xabeth@comcast.net](mailto:xabeth@comcast.net) or Pat at 503-580-5738. Wear your favorite team jersey!

June 24: Off The Scale Recovery, 9:30 AM to 3:00 PM. Registration is at 9:00 AM, St. Vincent's Medical Center, 9205 SW Barnes Road, Stanley Family Room 20. Contact Kym at [literature@oregon-oa.org](mailto:literature@oregon-oa.org) or 503-544-5955.

## Medical Abstinence without Diet Mentality

Do you have medical issues that dictate certain eating behaviors? Do you sponsor someone who does?

How do you or they stay within certain guidelines without morphing it into a diet?

That was my question this month as I had one more round of lab work done concerning my Chronic Kidney Disease (CKD). I already had one disease that required carbohydrate limitations. I was overwhelmed at first, but soon could count carbs of all my common foods in my sleep. Sometimes I think I did!

Now I found I needed to count three additional things. Sounds like a diet to me! So first of all, why do I speak of diets rather disparagingly?

Diets are:

- Focused entirely on the food
- In my experience, counterproductive
- Centered on don'ts and deprivation
- Sometimes unsound.

So what's the answer?

I find it difficult to devise an eating plan, no less adhering to it amidst cravings (what, no added salt?!), potlucks, eating out. You know, all of those things an active life entails.

So do I give up and say we all are going to die anyway? Not this fighter.

The ONLY option left is to take it to Higher Power and take it through the Steps. So back to "12 Stepping a Problem."

I admit I am powerless over Chronic Kidney Disease and how to eat. I consider how this makes my life unmanageable.

Yes, I believe that a power greater than myself can restore me to sanity. I lovingly, prayerfully answer what would recovery look like in relation to this problem.

Soon I am ready to turn my CKD and its new plan of eating over to the care of Higher Power. I am ready to continue doing the footwork and to continue bringing it to the Light.

*~Warmly, Jan*

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### Young People's Phone List

Oregon Intergroup is assembling a contact list for young people in OA.

If you came into program at age 30 or younger and would like to offer your experience, strength, and hope to a young person in our program, please send your contact information to [youngpeople@oregon-oa.org](mailto:youngpeople@oregon-oa.org). Include your name, phone number, email address, and the age you were when you came into OA. WSO defines a young person as someone who is 30 years or younger.

If you came into program when you were older than 30 years old and would also like to be a resource to the younger members of our fellowship, you are also welcome to add your name to the young people's phone list.

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The views expressed in the newsletter are of the person who wrote them and do not represent OA as a whole. Take what you like and leave the rest.

Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area. Find us online at [oregon-oa.org](http://oregon-oa.org) or call 971-317-6343.

## Since Coming into the Program...

<p>Once a month we had a meeting in our office, and our boss would bring all kinds of muffins and sweet breads.</p> <p>I could not even listen to what they talked about as all I could think about was the rolls and breads. They called to me.</p> <p>I would think, "Take a half now, wait, then take one again in 20 minutes. Then no one will notice how much I ate."</p> <p>"I will wait and then take another and another. Just wait. Wait the time, and I can have another."</p> <p>Then I came to program. Now I'm relieved of the desire and the calling of it.</p> <p>I'm present. I have no desire for it.</p> <p style="text-align: right;"><i>~Kelly</i></p>	<p>Almost every holiday, I host a party. I love to have friends over, listen to music, and talk late into the night. I always try to put together a nice meal for the crowd, but at one point in my life, I really was just preparing an excuse to binge the next day.</p> <p>Eventually, I found I was not looking forward to seeing my friends or laughing and talking with other people. I was just looking forward to the food.</p> <p>I was not looking forward to life.</p> <p>While anticipating that first compulsive bite was exciting, I always felt remorse and pain after I took it.</p> <p>Then I came to program. Now I enjoy events for the right reasons, and I no longer have to feel the shame and sickness of using holidays as an excuse for compulsive overeating. I have a desire to live, not to eat.</p> <p style="text-align: right;"><i>~Ed.</i></p>
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### Region 1 Needs Virtual Sponsors!

The Virtual Sponsorship Committee is in urgent need of more sponsors. Virtual sponsorship is a great way to get your foot in the door if your sponsor says that you're ready to start sponsoring yourself, but you are a little unsure.

This is a great way to meet people from across the region! Many people still live in areas where OA is new and not well established, so being able to bring your recovery to someone who is struggling is an amazing gift! It will enhance your recovery and strengthen the program as a whole.

Your anonymity will be respected at all times. Please consider virtual sponsorship today! To apply, go to <http://www.oaregion1.org/sponsor-application.html>.

**The joy we receive as we try to carry the message is a positive force in our lives today, sustaining us through good times and hard times, transforming us and our companions in recovery.**

*~The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 102*

## OA's Fifth Tradition for Newcomers and Not-So-Newcomers Alike

One of my meetings has the wonderful tradition of reading the OA Traditions! Each month we read the tradition corresponding to the month in long form and share about it. I never fail to learn something or be inspired.

Even if you are not attending a meeting that studies the traditions, I highly recommend reading through them yourself. Not only can it help in your personal recovery, it can help you find ways to make your meetings stronger.

Part of the discussion on the fifth tradition for May is reaching out to other members. It is a reminder that we do make friends at our meetings who are wonderful to catch up with each week, but we must remember to create a feeling of fellowship with everyone in the room and make sure we are hearing those who still suffer.

Part of the tradition emphasizes the notion that we must all do our parts to carry OA's message of hope to those who still suffer, including those among us who have heard the message many times.

Yes, we must reach out to newcomers. Think about how brave it is to walk into a room full of strangers and how, by doing that, you are revealing something about yourself that is private and sensitive. Think about how confusing and emotional the first few weeks in the program can be for some newcomers. And remember how much it helps your own program to give service by helping others, reminding yourself of how far you have come from those first confusing moments.

But newcomers are not the only group who still suffers. We all have had peaks and valleys on this journey. Someone who comes to your meeting every week may be on the precipice of a high point or a low point—and your outreach can make the difference.

It is a special feeling to be with others who deal with food issues, knowing that we're not alone. "We're all together now." Let's be sure we all reach out to each other this month and every other day of the year.

~Ed.

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*("Freeing Yourself," continued from Page 1)*

Every time I've done a fifth step, I've chosen my current sponsor to hear it. For me, it wasn't just a practical choice, but a further commitment to my recovery and the bond between me and my sponsor—a commitment to prove I was willing to do whatever it takes to recover and to be as honest and open as I could be.

It's not that it is ever easy. There were truths I'd have rather not spoken out loud, even to myself. But I was told that I was only as sick as my secrets and that the truth would set me free, so I took my fifth steps, praying to my Higher Power for the strength to be as open and honest as I could.

The fifth step can be a very frightening and intimidating step, but in truth, I believe it's the most loving step we take. After years and years of lies and half-truths said to others and especially to myself, I can finally be honest and tell my story fully.

~Christina, Portland

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How has OA saved your life? Share your story of recovery. Email your submission to [newsletter@oregon-oa.com](mailto:newsletter@oregon-oa.com)