

## ACCEPTANCE

*When the individual accepts, on an unconscious level, the reality of not being able to handle compulsive overeating, there is no residual battle."*

~Overeaters Anonymous,  
Second Edition, p. 238

I have found this to be true. When I really accept Step One, my compliance with the program and my abstinence are easy. The difficulty is that it is not easy to accept such total powerlessness. A corner of my mind will start to fear the utter helplessness and resist. Then there is a battle in my own mind. The battle opens up a breach through which the disease may enter.

I have found it useful to have a standard of total acceptance at an unconscious level, and I compare my acceptance of Step One with this standard. I know I cannot walk through a brick wall, and I've totally accepted this fact, so I don't try. I don't even resent the fact that I can't do it. When I accept Step One as completely as this, I am easily abstinent. I am free.

~Voices of Recovery, page 150.



### Step One

*"We admitted we were powerless over food, that our lives had become unmanageable."*



## STEP ONE FOR THE NEW YEAR

This time of year is particularly difficult for me. Even if I am blessed with staying abstinent during the holidays, the first of the year brings the dreaded weight loss commercials.

Losing weight is a high for me. I love the feeling and I have jeopardized my health and my sanity to maintain it. Although I have close to 4 years of not restricting, the scores of diet propaganda feel ever so strong. As a society we are fed lies from loving ourselves more if we're thin to a promise of a better job, house, car and relationship. Each year it's the same promise that this is the year we'll succeed and find happiness by simply taking a magic pill, or eating the right mystery food. At times we're even promised that we can eat whatever we'd like and still become thin as their models.

Logically I know none of this true. I didn't like myself anymore when I was thin than when overweight. My car, house and job didn't change and my relationships were by far worse during my thin, obsessive days. But with a new diet, there's always the hope that this is the one. But each one has brought me a false sense of control over my life.

Step one brings me to my senses. I have no control over my eating disorder and no magic pill is going to give me that. No amount of will power is going to strength me for the battle. Only surrendering to my HP can give me relief. It's only through surrendering and accepting my situation that I am given the strength to maintain my sanity one day at time. I can't do this on my own, and even less so with diet gimmicks, so I must remind myself that I am powerless over my food behaviors and only my HP can help me.

As I start a new year and the commercial start taunting me, let me never forget step one. May my New Year resolution be to keep my HP in control of my life. May I take the necessary steps to keep my recovery strong and thin obsession obsolete.

Kym – Portland, OR

## UPCOMING EVENTS

**Saturday, January 23, Tired of Yo-Yo Dieting?**, 10 am to Noon  
Optional Session on Carrying the Message, 1 pm to 3 pm.  
Cowlitz PUD Auditorium 961 12th Avenue, Longview, WA  
Contact Nancele @ 971-317-6343 for more information

**Saturday, February 6, Speaker's Meeting**, 7 pm to 8:30 pm  
Girl Scouts Building, 9620 SW Barbur Blvd, Portland OR

**Wednesday, February 10, Intergroup Meeting**, 7 pm to 8:30 pm  
Girl Scouts Building, 9620 SW Barbur Blvd, Portland OR

**Saturday, February 27, Loving Yourself from Relapse to Recovery**,  
10 am to 3 pm, lunch @12 to 1 pm. United Church of Christ,  
11695 SW Park Way, Portland, OR

## OA SLOGANS

I promised I'd write, and yet here I sit, with nothing to write about except that I don't feel inspired to write. I've been in this place a million times, waiting for energy or inspiration to make a task easy, waiting to want to do a thing before I can start. The premise of this game is that eventually the magic will happen, and many times, that's been the case. In the meantime, I get to walk around with a cloud dogging every other choice I make for how I spend my time. And it's really important that I know: *It's NOT about the writing. It's about the negative self-talk being generated by the fact that I haven't done something I said I'd do.*

Rarely, life hands me a "crisis" around which I must work my program. Mostly, it's the little things: boredom, loneliness, feeling tired, too much to do, indecision, procrastination, and my various first-world problems. It's all small stuff, but I've learned (and am still learning) in OA to pay attention to my feelings and to give them a positive path to follow.

I've heard a lot of things in OA that are helping me keep my promise to write today, and feel better:

- ◆ Shame doesn't motivate. Shame (self-criticism) drains me of the energy. It's a character defect, and it won't help me get the writing done.
- ◆ Dare to be Average. I'm allowed to write an "ok" article for the newsletter. What if I just wrote an *honest* article and allowed that to be my service?
- ◆ Step 7 in our OA 12&12 suggests that we "Visualize the person we're becoming as we let go of our defects of character." In this case, my defects are perfectionism and procrastination. "Visualizing" involved saying out loud to another person that today, in this hour, I would be writing. This created an action plan for me to follow, and got me out of vagueness.
- ◆ Let go and Let God. My job this morning was to show up at my computer to write. My best thinking would have me knowing exactly what I wanted to say when I sat down, but that plan wasn't working all that well! I need to let go of self will that says I have to know it all before I can start.
- ◆ Take Action and the Feelings will Follow. It's amazing how this works! And it has nothing to do with having written (or not written) a stellar article. It has everything to do with getting back to a place of integrity for having done something I said I'd do.

I love our OA slogans, and see them as short-hand for working the steps. As I wrap up, I'm realizing that a bunch of other slogans could easily have applied to my situation.

And, now, on the other side, I'm so grateful for the opportunity to write (I actually really *like* writing!) Thank you, OA.

Beverly M.

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## STEP ONE SITUATION

Since I have been in program, I have struggled with abstinence a few times, but most days I am blessed with a solid abstinence. Most of this is because of the support of working the OA Twelve-Step program to the best of my ability. I rely on the Twelve-Step literature. My literature often has kept me aware so that I don't binge.

*Step One has played a huge role  
in maintaining my abstinence.*

During my sixteen years in OA, of all the Steps I've experienced, Step One has played a huge role in maintaining my abstinence. "We admitted we were powerless over food ~ that our lives had become unmanageable." Writing this inspires me!

I am powerless over more than just food in my life. I am powerless over how things happen at work, over behaviors of family and friends, over how our pets act. Before I walked into these rooms, I would be unladylike with my choice of words and actions; often I would binge and overeat my many trigger foods.

Today when I find my life in a Step One situation, I find the true blessing of OA. I don't have to choose to binge, use a laxative, or compulsively overeat. I can feel what may be an unhappy part of my life and deal with it to make it better. I do this by using my twelve step literature, admitting I am powerless over the situation, and taking care of myself. How? I eat healthier food. I may go to a face-to-face

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## Q4 2015 CONTRIBUTIONS TO OIG

This report appears quarterly and is divided by group. If your group made a donation that is not included below, please contact the treasurer at [treas@oregon-oa.org](mailto:treas@oregon-oa.org). A special thank you to all of the groups for their donations to help carry the message and support our OA service structure.

Meeting Name	Group #	Amount
Tualatin Thursday 6 pm	00046	100.00
Salem Tuesday 7 pm	00236	127.00
Beaverton Friday 10:30 am	00706	40.00
Portland SE Monday Noon	06652	280.00
Gresham Wednesday 10:30	07901	128.00
Vancouver Monday 7 pm	11259	50.00
Portland NE Monday 7 pm	16216	54.55
Beaverton Monday Noon	22065	108.00
Portland SE Saturday 7 am	23622	331.37
Tillamook Monday 5:30 pm	25939	120.00
Salem Saturday 9 am	29424	30.00
Lake Oswego Wed/Fri Noon	33618/33913	350.00
Beaverton Tuesday 9:30 am	33814	138.00
Vancouver Saturday 10 am	34274	350.00
Seaview Saturday 10 am	36544	20.00
Portland NW Sunday 10:30	38550	75.00
Hood River Tuesday 5:30 pm	39448	10.00
Canby Tuesday 10 am	45836	100.00
Portland NE Friday 7 pm	49678	700.00
Portland SW Friday Noon	49679	60.00
Portland DNTN Thurs. Noon	50504	40.00
Portland NW Sunday 2 pm	51093	70.00
closed	51143	456.08
Portland SE Wed. 6:30 pm	51751	100.00
Ocean Park Thursday Noon	52810	40.00
Hillsboro Tuesday 6:15 pm	53364	615.71
Woodburn Monday 9:30 am	53628	100.00

## SEND A REP TO INTERGROUP

Do you want to help strengthen OA in your area and throughout Oregon? Make sure your voice is heard by sending an Intergroup Rep to your monthly Oregon Intergroup meeting. Give your members an opportunity to serve and help all of us benefit from a strong and diverse OA organization. OIG meets the second Wednesday of every month at the Girls Scouts building, 9620 SW Barbur Blvd, Portland, OR 97219

## TIRED OF YO-YO DIETING?

Help carry the message of OA! Join us for a Free Informational Workshop about Overeaters Anonymous on January 23rd. This event is not just for newcomers. Experienced members are needed to show the still suffering compulsive overeater how OA can work in their lives. The newcomer workshop will be from 10:00 am to Noon. After a break for lunch, there will be an optional session on carrying the message and welcoming newcomers to OA from 1:00 pm to 3:00 pm. The event is sponsored by Oregon Intergroup. The location is the Cowlitz PUD Auditorium, 961 12th Avenue, Longview, WA. Questions? Call the Oregon Intergroup Information line ~971-317-6343.

*"Always to extend the hand and heart of OA, for this I am responsible."*

## REGION ONE 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. Your anonymity will be respected at all times, and 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. Please consider virtual sponsorship today! Go to <http://www.oaregion1.org/sponsor-application.html> to get started.

## 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.

## A STEP ONE SITUATION

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or telephone meeting. Perhaps I share with my sponsor, sponsee, or an online OA loop. Until I recognize, accept, and admit that the situation is Step One and I am powerless, I cannot act. My blessing is that I no longer need to eat over it. By working Step One in many aspects of life, I keep my abstinence intact.

As far as keeping my abstinence with a support system, that would be my sponsor, sponsees, other OA members, family, and friends. My daughter, granddaughters, husband, son, music teacher, and many co-workers have often encouraged me not to give up through the years. They remind me how much I work my program when I am in a "normal" state of mind. They encourage me by letting me know that often my strength has kept them going in different situations. I am often inspired by their patience or when they hand me my Twelve-Step books, be it a *Lifeline* magazine or the Big Book.

Without Step One and the support of all these people in my life, in honesty I am not sure I would have the abstinence that has blessed me for these sixteen years in the program.

~ Erie, Pennsylvania USA  
*Abstinence 2nd Edition, page 25*

## THE TWELVE STEPS

1. We admitted we were powerless over food, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we *understood Him*.
4. Made searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and practice these principles in all our affairs.

*Permission to use the twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.*

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The views expressed in this 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.

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