



# A SERVING OF HOPE

## Getting Out of the Rabbit Hole

For many of us, resentment can blossom when I don't "get to do" what other people "get to do". At parties or other social occasions, I watch as people eat my binge foods and I think, "I want to eat them!" But, I can't. Instead of turning away and telling myself, "That stuff is poison. I'll lose my abstinence and for God knows how long!" I start obsessing about what I can get away with imagining various scenarios in my head. In my heart, of course I know this is a trap and that I will feel like garbage the next day, but I resent myself for even having these thoughts. I mean, I should know better!



I also resent non-compulsive overeaters—people that can eat something without needing more. I mean, the folks that can eat half of something and then just push it away. I also resent people who eat whatever they want. Like my husband's family for example. They eat to excess, which at least I can relate to. Every holiday we go over there and everywhere are binge foods galore. Foods that I can't have! When did the holidays become such a chore?

I am dealing with **Resentment on Steroids!**

I thought I was done with all my resentments. I am on step 9 and made my amends. I am moving into that dangerous entitlement phase: "I got this. I can do this. I go to meetings. I talk to GOD. I meet with my sponsor. I have sponsees. I am doing the work. I don't binge. I text my food and am honest. I am do daily inventories. I'm being my regular high and mighty my-poop-don't-stink self. I can have this. I have my addiction under control." Then, like in the big book, I do the whiskey-in-milk thing and boom!! Suddenly it's okay to eat my binge foods again and it never goes well. It always sends me down the rabbit hole! So, this is how I deal with my feelings of deprivation:

*When I dump resentment, I feel happy; When I accept people unconditionally, I feel happy; When I stay on my food plan and am free from guilt and shame, I feel happy; When I am 100% honest, I feel happy; When I ask for what I want, I feel happy; When I get enough time off from work, I am happy; When I exercise, I feel happy; When I have time for hobbies, I feel happy; When I go to meetings and reach out to other OAers, I feel happy; When I get guidance from GOD, I feel happy; When I am of service, I feel happy; When I conquer a problem or challenge, I feel happy; When my body feels strong and healthy, I feel happy; When I sleep well, I feel happy; When I am free of fears and every time I get a new one I address it, I feel happy; When I embrace humility, I feel happy; When I forgive others, I feel happy; When I turn it over to GOD and stop running the show, I am happy!*

Niik, Portland, OR

## Upcoming Events

- **Saturday, April 21<sup>st</sup>**  
*BUILDING RECOVERY WORKSHOP*  
9:30 am to 3:00 pm  
Salem Hospital, Building D  
Creekside Room  
939 Oak Street SE, Salem
- **Saturday, May 5<sup>th</sup>**  
*MONTHLY SPEAKERS MEETING*  
7:00 pm to 8:30 pm  
Girl Scouts Building,  
9620 SW Barbur Blvd, Portland  
*To attend by phone call*  
*(641) 715-3836, PIN 282586*
- **Wednesday May 9<sup>th</sup>**  
*OREGON INTERGROUP MEETING,*  
7:00 pm to 8:30 pm,  
Girl Scouts Building,  
9620 SW Barbur Blvd, Portland
- **Friday-Sunday, June 8-10**  
*VANCOUVER ISLAND OA RETREAT*  
Bethlehem Retreat Centre  
Nanaimo, British Columbia  
[www.oaviig.org/events.html](http://www.oaviig.org/events.html)

## Meetings Needing Support

- **Wednesday, 6:30 pm**  
St Ignatius Church  
3400 SE 43rd Ave, PDX 97206  
*(One Block North of Powell)*
- **Wednesday, 7:30 pm**  
Molalla United Methodist  
111 Mathias Rd, Molalla 97038  
*(cross street is E Main St)*
- **Friday, 9:15 am**  
*ALL AGES WELCOME!*  
Sherwood Senior Center,  
21907 SW Sherwood Blvd  
*(cross street is N Sherwood Dr)*

## Meeting Change

- **Thursday, 12:00 pm** moved!  
The new location is at the  
**CENTRAL LUTHERAN CHURCH**  
1820 NE 21st Ave, PDX 97212  
*(Handicap accessible)*

## News from World Service

### Update to Workbook Study Guide

Use this handy reference chart to integrate the new *12 x 12 of OA, 2nd Ed*, into your workshop and study sessions using the *Twelve Step Workshop and Study Guide*. Find it here: [oa.org/files/pdf/Update-to-Workbook-and-Study-Guide.pdf](https://oa.org/files/pdf/Update-to-Workbook-and-Study-Guide.pdf)

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### Non-Realtime-Meetings

The Find a Meeting page at *OA.org* has been expanded to include a variety of digital meeting options, including meetings via email, social media pages, bulletin boards, forums, and mobile applications. OA calls these meetings “non-realtime” meetings.

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### Sponsorship Success Podcast

Sponsoring others is a vital service in OA. WSO’s “Sponsorship Success” podcast series can help you prepare for your first sponsee or give you fresh ideas for your existing sponsorship service. Visit [OA.org/podcasts](https://oa.org/podcasts).

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### Traditions Explained Videos

“Take a Walk Down the Traditions” is a series of videos designed to quickly explain each tradition. Find the first [six](https://oa.org/podcasts) videos at [OA.org/podcasts](https://oa.org/podcasts), and stay tuned for more.

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### Access OA’s Lifeline Online at [www.oalifeline.org](https://www.oalifeline.org)

For \$23, you get one year of access to new Lifeline stories published ten times per year, plus the archive of hundreds of stories published since January 2016

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## Sponsorship, an Evolving Process

My sponsorship style is patterned after the way I was sponsored. I try to be gracious, kind, and compassionate. However, the specifics of how I sponsor differ from hers.

I attempt to match the style of sponsoring to the needs of the Sponsee, as she does. Not always an easy task. I have found it often needs tweaking as we go along. That being said, I have hit on a plan that I think may have some merit.

I am beginning with a Sponsee using the great OA pamphlet, *Twelve Stepping a Problem* (available at [https://oa.org/files/pdf/twelve\\_stepping\\_a\\_problem.pdf](https://oa.org/files/pdf/twelve_stepping_a_problem.pdf)), using compulsive

eating as the problem. My theory is that this will be an introduction to working of the steps. Hopefully it will take a bit of fear away from the process.

Additionally, I can assist a Sponsee very early on in their recovery using Step 10. As a next step, there is a vast, open world of ways of working the 12 steps available to me, *e.g.*, an OA workshop, the OA 12 & 12, the Big Book, the AA 12 & 12, and numerous non-conference approved ways of working the steps. Finally, prayer, meditation, and plenty of discussions with my sponsor (and sponsee) will all have a part in making the decision as to the best course to follow.

If you see me at a meeting, feel free to ask how it is going in the coming weeks!

*Warmly, Jan ... a good sponsor wannabe*



## Lesson of a Muffin

It looked so innocent sitting there at Natural Grocers. Only 89 cents, a bargain compared to other high fiber muffins on sale there. Look at the label: One muffin equals one serving. The other muffins say ½ muffin equals one serving, so also a bargain. More bulk per serving, right? That’s always a compulsive eater’s dream.

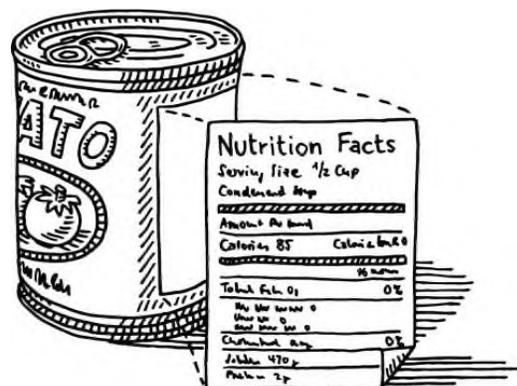
So I took it home and put it into my food plan: one muffin instead of a slice of bread or bowl of oatmeal. It made sense to me. That is, it did until I read the label more closely. The muffin weighed as much and contained as many calories as three slices of bread or three cups of oatmeal. Wow! Was I ever blindsided.

In order to equal out the impact of even a half muffin, I had to cut the amount of spread in half, too. Now my breakfast looked really

meager. Maybe the best idea for the muffin was to put it in the trash. Back to my faithful meal plan. Get out of the food and into my day. Sigh!

It pays to read labels carefully before bringing something home. I can only hope that I’ve learned my lesson.

*Anonymous*



## OA: Not Another “Money Will Fix This” Solution



Most of the weight loss programs many of us attended in the past were run by big corporations out to make money from our misery and dissatisfaction with our weight. They had big corporate headquarters and paid staff whose job was to come up with advertising gimmicks designed to promote their program, draw us in and keep us. We rarely worried about leadership, after all the program presenters are paid by the corporations. We just came and went as we pleased.

When we come to OA, our expectations are about the same. We expect to pay money, buy products, weigh in at meetings, and voila! The magic would happen while we ate foods sold by the weight loss program. We'd be set.

*Whoops!* At OA, there are no prepackaged meals, no set diet, and no weigh-ins. Get a sponsor and work out your food plan together with a health care professional? My sponsor isn't some corporate hireling paid to push a food plan, but someone who empathizes with me. An amateur, so to speak. This is new; this will take an adjustment in my mind set.

“It works, if you work it, and you are worth it,” they say. Then they say, “So work it.” They keep saying the word, “Work!” I thought this would be easy!

So I worked Step One. Yes, maybe I am powerless, at least around some foods. Life unmanageable? Well, kinda, sorta.

So, Step 2 challenged me to “come to believe” that a power greater than myself could restore me to sanity around food. I believed in God, but is God really interested in my food behavior? My fellow members assured me that God could and would help me, if I asked. This is different than the corporate program! I progressed on to Step Three and beyond into new territory of the mind, will, and emotion – into recovery of my whole person. This is a miracle working program, I decided.

Then came the Seventh Tradition: “OA is self-supporting though our own contributions”. Well, that's cheaper than the corporation's fees. Wait a second! Self-supporting? Our own contributions? That's me, helping pay the rent, etc. Hmm. How much does it take to keep this meeting, Intergroup, and World Service Office afloat? Maybe I need to reconsider how much I am putting in the basket each meeting.

Service? Maybe I could help put away the chairs and neaten up the meeting room, just maybe. I think I am getting this. No corporate hireling is going to do this – it is us.

Then, now that I've been abstinent and working the steps, I should consider sponsoring. Oh, but I'm just an amateur, a novice at this. My sponsor said she and the others will help me; that's what this is all about – each one, help each other.

As time went on, opportunities to serve above group level came. Each time, I realized -- we are OA – from the newcomer to the seasoned member. We each have something to contribute. Only by all of us doing our part will this program stay healthy, grow and help other suffering ones the way I was helped. Recovery is a miracle, but we all have our own part to contribute to that miracle. That's because we are OA – all of us. Together we get better.

Roseanne K

## Dear A Serving of Hope Newsletter:

The Monday noon meeting in Beaverton has started a very simple, ongoing 12th Step Within project. We're using the old meeting sign-in sheets to make 12th Step Within calls. When the notebook is passed around, members are invited to tear out the oldest sheet, highlight names of people they either don't know or whom they haven't seen in a while, and call them sometime in the next week just to say hello.

Since we're just starting, we're working on meeting lists from early 2016. It feels good to be reaching out, and it also seems like a great use for our old sign-in notebooks!

Hopefully, we'll start seeing some people return, but even if they don't, at the very least they'll know someone in OA was thinking of them.

Beverly



## Newsletter Submissions

Practice the tool of writing and tell us your favorite recovery step, tool, slogan, and/or fellowship moment.

**Have a meeting update, need support or have an announcement?**

Contact [newsletter@oregon-oa.org](mailto:newsletter@oregon-oa.org)

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## CD Lending Library

Oregon Intergroup provides a library of audio CDs of OA speakers from past retreats and conventions. For more information, go to: [oregon-oa.org/cd-lending-library/](http://oregon-oa.org/cd-lending-library/)

## Oregon Intergroup

Oregon Intergroup serves meetings from Longview to Tillamook, Salem to Portland, Silverton to Hood River, and includes Vancouver and the surrounding area. Visit our website at [Oregon-OA.org](http://Oregon-OA.org)

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## Virtual Sponsors Wanted

The Virtual Sponsorship Committee is needs sponsors. Many people live in areas where OA is not well established. For more information: [www.oaregion1.org/find-a-sponsor-or-sponsee.html](http://www.oaregion1.org/find-a-sponsor-or-sponsee.html)

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## Young People's Phone List

Did you enter OA at age 30 or younger? If you can offer support to a young member, send your name, phone, email and age started OA to [youngpeople@oregon-oa.org](mailto:youngpeople@oregon-oa.org).

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## Tradition of Anonymity

The views expressed in this newsletter are of the person who wrote them and do not represent OA as a whole.

# Service is Slimming! Open Intergroup Positions

Intergroup needs your recovery, your twelfth step-service, and your experience, strength, and hope. Perhaps you have newly come to Overeaters Anonymous and have no clue what Intergroup is all about. Maybe you even think you are not sure you want to be of service...let your curiosity guide you to see if this service might be a good fit for you. We need:

- **VISITORS:** Duties: Show up at Intergroup and join in discussion (or not); does not vote. *Qualifications: Desire to be of service and curiosity*
- **MEETING REPRESENTATIVES:** Duties: Represents your meeting at Intergroup; bring back materials posted. *Qualifications: Selected by group they represent*
- **TWELFTH STEP WITHIN:** Duties: Report monthly to Intergroup and upon project completion; Arrange project for December 12<sup>th</sup>, Twelfth Step Within Day; specific projects (e.g., Affirmations Project). *Qualifications: 90 days abstinence; worked through step 7*
- **PUBLIC INFORMATION PUBLIC OUTREACH:** Duties: Issue press releases; coordinates OA poster campaigns; explains OA to those unfamiliar with the program; publicize meetings. *Qualifications: 9 months abstinence; worked through step 7*
- **WAYS AND MEANS:** Duties: Report monthly to Intergroup, as projects occur; conduct money making projects at OA events; prepare items for said projects; enlist helpers for said projects. *Qualifications: 9 months abstinence; worked through step 7*
- **MEMBER AT LARGE:** Duties: Assume any board position during temporary absence or until replacement is elected; assist co-chair in contacting groups not represented at Intergroup. *Qualifications: 9 months abstinence; worked through step 7; Familiar with 12 traditions; Regular attendance (2 years) at a home group; have/be a sponsor; familiar with Roberts Rules of Order; present for nomination and election*

## Odds & Ends

### THE R'S OF OA MEDITATION BOOKS

1. RELAX: Let your mind/body unwind.
2. READ: This is obvious.
3. RUMINATE/REGURGITATE: Meditate/put in your own words
4. RECORD PLAN: How are you to put this in use?
5. RELAX: Not everything will be applicable.



Advice for an Atheist: If you can't believe in God, find a positive power that is greater than the power of your addiction!



**TRUST = TRY Using Step Three!**



WHAT IS YOUR SOLUTION TO SOMEBODY WHO ATE YOUR FOOD?



BY DEBRA MUNIZ

**To LAUGH at yourself is to LOVE yourself.**

~Mickey Mouse