

Intergroup Scoop

August, 2003

Volume 12 Issue

Calendar of Coming Events

AUGUST 29, 2003, & last Friday of EVERY month.

Newcomer's Meeting, 7:30—8:00 p.m.

Contact: Vee (503)282-6935

Recovery-from-Relapse Meeting, 7:30—8:00 p.m.

Contact: Cherish (503)642-7707

Speakers' Meeting, 8:00—9:30 p.m.

Contact: Deanna (503)452-4090

**Easter Seals Building (see map on page 2)
5757 SW Macadam, Portland**

Oregon Intergroup Meeting

Tuesday, August 12, 2003 & the 2nd Tuesday of EVERY month

Literature Sales from 6:30 to 7:00 p.m. & Meeting at 7:00 p.m.

Easter Seals Society Building, 5757 SW Macadam, Portland

OA World Service Convention—August 7-10, 2003

Happy, Joyous, & Free in 2003

Sheraton New Orleans Hotel

500 Canal St., New Orleans, Louisiana 70130

Commitment to Abstinence

Saturday, August 23, 10 a.m.—3 p.m.

First Presbyterian Church of Astoria

1103 Grand Ave., Astoria, OR

Call: John (360)402-5006 or Sarah (503)338-8460

2003 Region One Assembly and Convention

October 15-19, 2003

Heathman Lodge

7801 NE Greenwood Dr., Vancouver, WA

Contact: Alice B (503) 647-0906

aliceb@teleport.com

**Your event could be listed here! Contact Scoop Editor,
MerleAnn. (see contact information on page 2).**

MEET YOUR BOARD

Chairperson: Amy (503) 662-3075

Co-Chairperson: Bob (503) 668-4753

Secretary: Karen (503) 233-9228

Treasurer: Deborah (503) 662-3075

Member at Large:

Vee (503)282-6935

Group Coordinator:

Sandy (503) 643-5209

Scoop Editor

MerleAnn (503)281-8947

Events Coordinator

OPEN

DELEGATES

Position 1: Marlene (503) 648-3380

Position 2: Amy D (503) 662-3075

Position 3: Deborah (503) 662-3075

Positions 4: Vee (503) 282-6935

Positions 5: Andy (503) 289-2175

Position 6: OPEN

Alternate Positions 1 – 6:

Alice B (503) 647-0906

COMMITTEE CHAIRPERSONS

Ways and Means: OPEN

Public Information & Professional:

Nancy B. (503)774-2030

Literature

Georgia (503) 625-7569

12th Step Within: OPEN

Lifeline:

Alice B (503)647-0906

Young People: OPEN

Network: Carol C. (360)737-9934

Serenity Retreat: Kathy (503) 640-2545

Speaker's Meeting

Deanna (503) 452-4090

INTERGROUP SCOOP

Monthly newsletter published by Oregon Intergroup of Overeaters Anonymous PO Box 2429, Portland, OR 97208

EDITORIAL POLICY

Materials submitted cannot be returned nor payment made. We reserve the right to edit. Opinions expressed are those of the writer and not of OA or OIG as a whole. Articles may be reprinted by other anonymous groups without permission but with credit given to this newsletter.

NEWSLETTER CONTACTS

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New Subscriptions/Address Changes

Rachel R., Subscriptions Chair
1190 NE Birchaire Lane, Hillsboro, OR 97124
(503)640-9493

INSERTS/ANNOUNCEMENTS for Scoop Mailing: To include your inserts/announcements in the next mailing, contact MerleAnn, Editor.

Hi Everyone

I am delighted to be your new *Intergroup Scoop* editor. Doing this is giving me so much. For instance, I just learned to “shrink text on overflow.”

Where are those spontaneous submissions? Isn't there at least a smidge of a writer in you some place? The focus of the *Scoop* is content rather than literary perfection so let's hear from you. Need a starting point? Step 9 is one of the topics for August. It is service to share one's experience, strength, and hope.

If you would like to contact any of the authors, send me your name, phone number and/or email address, and the title of the article. I will forward them on to the author.

The deadline for submissions is the day of the Intergroup meeting, i.e., the second Tuesday of the month prior to the forthcoming issue. That translates to August 12th for the September issue. (Earlier submissions are appreciated!).

MerleAnn, Editor

Everyone Welcome!

Oregon Intergroup Meetings are open to all.

PLEASE JOIN US

every 2nd Tuesday, 7:00 p.m.

EASTER SEALS SOCIETY BLDG.

5757 SW Macadam, Portland,

West side of Macadam between

Flower and Pendleton Streets. South

of John's Landing and the Water

Tower; just north of and next door to

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I-5

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Contest

Win a one-year subscription to the *Scoop*

Rules:

1. Form as many words of four or more letters as you can.
2. Pluralizing a word or adding an "s" to a verb to form a four-letter word is not allowed.
3. A word can be used either in the singular or plural form but not both unless pluralizing changes the stem (ex: goose and geese).
4. Proper names and slang words such as nix are nixed.
5. Editor must receive entries by some time on August 12th.
6. The person with the most correct answers for the three words total, wins.

HONESTY

OPENMINDEDNESS

WILLINGNESS

An Interview with Danny

How old were you when you came into program?

I was 13 and started on November 27, 1998.

What got you here?

My mother. She made me go. I liked the meetings right away because people had what I wanted. I went so I could get what they had. I had been practicing the disease for about one third of my life (since age 8) and I was sick of it and wanted out.

When was that?

June 6, 2000

What role do the steps play in your life?

They are integral. I do a third step prayer and steps 6 & 7 every night and the 3rd step again in the morning.

What step are you doing now?

I am working on my 9th step. I still have a couple of letters to write to people who will never be my friends again, but I need to clean my side of the street.

How was it being in the rooms with all of we "old fogies?"

I was desperate for recovery, and I just didn't care if everyone was older than me because I really wanted to get abstinent and be sane.

Do you have a favorite step?

Six and seven are the pivotal part of the program because they are the point where you start to release the things that make you go to the food. We can spend a lot of time analyzing our character defects and what we

In addition to abstinence, what are some of the changes that you have seen in yourself as a result of working the steps?

I've gone from being constantly in a state of crisis to being in a state of serenity most of the time. I've gone from having a small group of dysfunctional friends to having a large group of healthy friends. My family relationships are many times better because weird food behaviors have not messed up the electrolytes in my brain. For me, abstinence from these behaviors gives me clarity. At first that clarity was really painful. Today it allows me to take care of myself. I got my first job the summer after I started OA and when I got abstinent my work performance increased ten fold and I got a raise. I started taking really academically aggressive classes. I got my first girlfriend. Abstinence is a baseline now—it is the bottom line. I know that all of these achievements are because I have been abstinent. Abstinence is just a thing that I do one day at a time. Every day is a battle which gets easier and easier with experience.

What are your abstinence and food plan and how have you handled being in eating situations with your friends?

My abstinence is three meals a day with nothing in between. I also occasionally have dessert after dinner. If eating with friends doesn't fit into one of my three meals or the dessert, I just don't eat—I get something to drink instead.

I eat predetermined portions because portions can make me crazy. I can't

Interview with Danny Continued:

gauge how much is the right amount so I use external sources to decide that (either the food comes pre-portioned or the quantity has been determined with my sponsor). There is a big difference between abstinence and a food plan. My abstinence is three meals a day (plus an optional dessert) and no bingeing or purging. My food plan is freedom from trigger foods, and I don't eat during movies, while watching TV, or reading. I always eat breakfast in the morning before I leave. I don't eat between meals. If I make a mistake on my food plan, I haven't lost my abstinence but it is a red flag that I need to talk about it with my sponsor. I don't do those behaviors because they threaten my abstinence.

I think that just because we have the obsession doesn't mean that we have to act on it and activate the compulsion. There are days when I don't want to eat but I turn it over and I start eating and I stop when the bowl is empty. Not eating between meals really wipes out any option I have to binge because my meals are predetermined in size. When I stopped purging by exercise then there was no reason to binge because that was just an excuse to purge. It has nothing to do with willpower. The obsessions to starve or binge/purge have basically been taken away.

Would you summarize your footwork?

If something is getting out of control I call my sponsor. I go to one meeting a week. I'm of service to other compulsive eaters and am available to sponsor. I do the steps on a regular basis.

It sounds like you have truly grasped that this is a program of "rigorous honesty".
Comments?

We are as sick as our secrets. So I get rid of those so I don't have to do funky-food stuff over them.

Any parting thoughts?

I think that sponsorship is the key to the program. I didn't find long-term recovery until I worked steps four through seven with a sponsor. I do the steps not because I particularly adore them but because they work. I turn things over and amazing things happen.

Thank you, Danny.

OIG ELECTION RESULTS AND COMMITTEE APPOINTMENTS:

Secretary: **KAREN**

Network: **CAROL C.**

Member at Large: **VEE**

Scoop Editor: **MERLEANN**

Public Information & Professional: **NANCY B.**

CONGRATULATIONS!

OA BOUTIQUE

I'm really excited about the clothes suite that is going to happen at the OA Convention in October. Today, I am gathering up stuff that I can donate. So far I have put aside some large size clothes I no longer need (thank you HP!) I also have a hat, some jewelry and other accessories, and hangers that will be useful for the boutique.

If you are thinking, "Weeding out my closet sounds like too much work," please think again.

Today, as I weed out my closet, my food plan comes to mind. Could it use some weeding? Well, there are those free samples I cannot seem to get past in the grocery store. They are not on my food plan, but they are just one bite and free. All of a sudden HP intervenes and my thoughts change. Are they really "free" for me? I am a compulsive eater. They are hardly "free." The cost to me is dear. Yes, food is cunning & baffling, but now with the help of my HP, it no longer needs to be all-powerful.

If you'd like to weed out your closet, you could help to create a boutique that people will rave about for years to come. Hopefully, it will bring you recovery as it did me. As we recover together, we recover individually.

Madeline

BIG BOOK OF ALCOHOLICS ANONYMOUS

PAGE 87 & 88

"...we pause when agitated or doubtful and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions."

TRADITIONS 5 & 6

Tradition 5: Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Tradition 6: An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

The message that OA has is our common problem (powerlessness over food) and our common solution, which is the Twelve Steps of Overeaters Anonymous.

"Members who are unfamiliar with traditions five and six sometimes plug outside enterprises in OA meetings—everything from books and vitamin pills to treatment programs and church revivals." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, page 153*). When sharing at meetings involves mention of other "solutions" times is taken from sharing our program of recovery, and it can be confusing to newcomers and others who may think that it is part of OA's program or that OA endorses these enterprises.

For me, personally, I go to OA to hear OA spoken and not to hear about some other solution, be it some new therapy, book, diet, or whatever. I have found myself distracted from our recovery program more than once when someone shared a "quick fix" to some aspect of the compulsive-eating problem because I still want the "easier, softer way". Obsessing about the new solution cuts me off from the sunlight of the spirit and takes my attention from attempting to know and do the will of my HP, which is the place for me to put my energy.

Suzy Qz

Portland

POWERLESS—NOT ME

My mind is crazy every morning. . . I'm not sure I'm even sleeping. My body is in constant pain. Neck and joint pain have been a constant companion since about age 3. After numerous accidents, whiplashes, fights, falls, chiropractic, skiing, running, over exercising, too much sugar, too much caffeine and INTENSE STRESS, I am falling apart. I have been for years. Doctors have been warning me that it's an early sign of osteoarthritis. Whatever. They don't have a clue. My body will heal itself—as long as I make some changes. Okay. So no more sugar, caffeine, less snacks, more water, stretching before AND after working out, and yoga. I'm always too fat for yoga. It's like asking a pig to be a ballerina. And if I'm thin enough, I'm so stiff my downward dog looks like a slouching cat. Oh, yeah, and more meditation.

Meditation is a great way to quietly plan my next 5 meals. A 20 minute session means I've traveled the world eating exotic foods of my favor. Realizing that's not going to happen today, I run (literally) to my favorite donut shop for a dozen of the next best thing! Thank god for hot, old-fashioned donuts. I have made it through many days thanks to my 12 best friends in the green and white box. "Get 12. . . They only cost \$1.50 more." I'm going to eat 6 anyway, so why not spring for the extras just in case I want one more. And, I can share. A person with a real food problem would never share, would he? Oh, I need a cup of coffee and a nice cold jug of 3.8% milk. It's a special treat to have donuts so I want to have some rich creamy milk to go with my dessert, I mean breakfast.

So here I am Saturday morning excited about another damn day obsessed with food and feeling like crap about my body. Is my life unmanageable? Perhaps. But I just need to find the right combination of food, love, and god, then all my problems will be solved. Right? In the meantime, I try to avoid the reality of my life. I overeat, obsess about the perfect mate, ask god for help (from what, who knows), hope the IRS doesn't find me, and swear each morning "today will be different." sometimes it is. Most times, it's a painful and lonely existence. How in the hell did I get here? I've traveled to India, man. I did two months of detox treatments with the guidance of my guru. I was pure and clean! But, I couldn't stop eating cookies! They said this would hurt me. I couldn't stop. I was convinced that I could eat and eat I did. The 30 pounds I lost came back in 2 months!!!

ENOUGH!

I realize that either I'm nuts or I have a problem. I am insane when it comes to food and managing my life. I have a problem, yes. It is affecting my mind and my body, yes. I need help, yes. I have been trying to control this my entire life.

Is there any hope???

Here's the good news, I AM POWERLESS over my compulsive eating and always will be! What a relief. I can finally stop fighting for control. I have found a power greater than myself has restored me to sanity about my food addiction. Truly surrendering each bite, each minute, each day—whatever it takes—keeps me abstinent one day at a time. God is truly doing for me what I could never do for myself. This has been the greatest gift.

How did this happen? By working the 12 steps with a sponsor, finding a higher power, then sharing this gift with another compulsive eater. Oh, yeah, and I don't pick up that first bite, no matter what! Impossible, you say? I once believed that too. OA has taught me that I never have to binge again—even if I want to! I attend lots of meetings, share at meetings, and take service commitments. My abstinence started when I took a treasury position for one of my groups. I can't say enough about the blessings of service work. It is the foundation of our fellowship and has been since its beginning. It works to keep millions from falling back into active addiction.

What about the rest of my life? Well, my favorite donut store didn't move out of town and life still happens. I have all the character defects I had when I was using, but one day at a time, I have a new way to live life in god's love. each day, I surrender to a higher power for guidance and I ask to be relieved of my ego (self-will). And each day, I pray to be a little bit kinder to others and myself. One day at a time, OA has given me hope for a new way of living. —Michael C.

Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.

I have learned so many things in this program – about myself and the world around me. Actually, while in OA, I discovered there was a world around me but that it didn't necessarily revolve around me. As *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* (page 67) states: "Clearly, if we were going to remain abstinent and find serenity, we had to learn better ways of dealing with other people, ways that would bring us joy instead of pain. Step eight is designed to help us with this process."

Steps 1-5 were all steps in which I only dealt with my Higher Power and myself. At step 6 I added my sponsor who is a wonderful guide on this magical mystery tour of recovery. But at step 8 I was asked to begin thinking about how to relate to other people. Making the list wasn't very difficult for me – I had my step 4 inventory filled with all I could remember of the things I believed I had done wrong.

"After years of running from any kind of unpleasantness and hiding ourselves in food so we wouldn't have to feel embarrassment or pain, we're now asked to admit our failures and face all their consequences. And we're asked to do so while being abstinent, without eating compulsively to numb our feelings." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, page 70).

For me, this step is about responsibility. I needed to take responsibility for my actions, my words, my thoughts and myself. I had to become willing to make amends to others – to look them in the eye and say, "I was wrong. I'm very sorry." In the past I would make myself promises to do better but not actually discuss my error with the other person. Step 8 introduces me to a new way of interacting with my family, friends and other people. It asks me to put into action the principles of honesty, hope, faith, courage, integrity, willingness and humility. It asks me to become willing to walk the talk.

Looking someone in the eye and asking for forgiveness is difficult. But looking myself in the eye and saying, "I forgive you" was even more challenging. Releasing self-condemnation and replacing it with the step 8 promise of self-discipline has continued to be part of the process of recovery for me. Self-condemnation and judgment take me on a journey that ends with shame, self-hatred and ultimately food. Self-discipline frees me to become the person that Higher Power wants me to be and makes me available to experience the promises of recovery, which include healthy and happy relationships. —Margaret M.

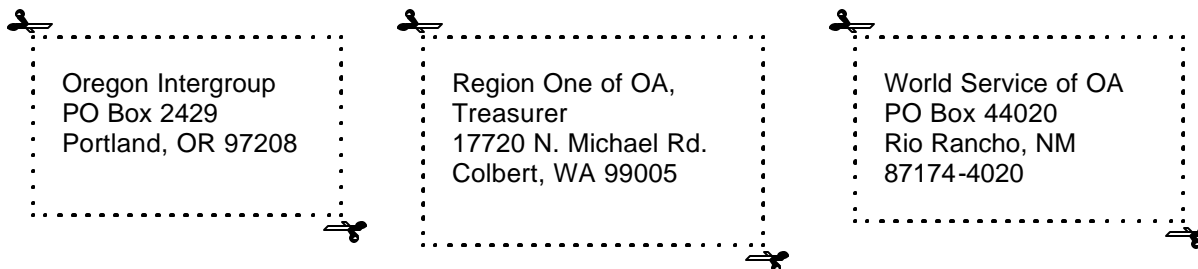
Attention OA Meeting Treasurers and Secretaries!

To help support OA's vital services, the 60\30\10 contribution plan is suggested to meet basic needs.

Here's how: After regular group expenses are met (rent, literature, prudent reserve, etc.) the remaining amount could be distributed as follows:

- 60% to Oregon Intergroup of OA (OIG)
- 30% to World Service Office of OA (WSO)
- 10% to Region One of OA

These address labels are provided for your convenience.



OIG of OA Acknowledges the Following Donations and Expenses from June 1, 2003 to June 30, 2003

Revenue		Expenses	
Literature Income	447.60	Literature	46.50
Seventh Trad. Income, OIG	24.00	Rental expense, OIG meetings	50.00
7th Trad. from Marathons	40.47	Postage expense	100.00
7th Trad donations from groups	40.00	Printing expense	124.50
7th Tradition— Speakers' Meeting	1 0.00	Telephone expense	126.25
June Sp. Meeting, Literature sales	0.00	7th tradition expense WSO RI	93.00
Other income and donations	<u>0.89</u>	Delegates Fund donations	<u>93.00</u>
<i>Total Revenue</i>	562.96	<i>Total Expenses</i>	633.25
<i>Net Income</i>	< 70.29 >		

OA ON-LINE

You can find OA on-line in many places!!

Oregon Intergroup

www.oregon-oa.org

Region One

www.oaregion1.org

World Service email

Overeatr@technet.nm.org

World Service www.oa.org

You can check our local area OA information, schedules, events, etc. and find helpful links by using the Oregon Intergroup Web Page.

CHECK IT OUT!!