

# Intergroup Scoop

September, 2003

Volume 12 Issue

## Calendar of Coming Events

September 26, 2003, & last Friday of EVERY month.

Newcomer's Meeting, 7:30—8:00 p.m.

Contact: Vee (503)282-6935

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, September 9, 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

### Miracles Club Speakers' Meeting

Saturday, September 13, 2003

Miracles Club

4069 N.E. Martin Luther King Blvd, Portland

Club entrance faces on N.E. Mason Street

Building marked "Cost Cutters" on the MLK side

### 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:* OPEN

*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:* Alice B (503)647-0906

*Alternate Positions 1 – 6:*

OPEN

### COMMITTEE CHAIRPERSONS

*Ways and Means:* Marie (503)981-8867

*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.

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**12th Step Within Corner****(To the still suffering compulsive overeater)**

Quote: MY DISEASE TELLS ME I DON'T  
HAVE A DISEASE!

My disease says:

1. One day I'll be normal. (What's normal?)
2. One bite won't hurt me.
3. I'm on my period, so just a little something....
4. I deserve a treat
5. Just this once more and then I'll be good—I promise.

What lies or excuses is your disease telling you today?

Anonymous  
Portland

Hi Everyone

Three cheers **Amy D.** for winning the beautiful Serenity Prayer quilt made by Alice B.

Group Secretaries—is your information current with the group coordinator, Sandy H.? Secretaries receive the *Intergroup Scoop* and mailings from World Service. It is the secretaries role to then pass that information on to the group. If you are not receiving the *Scoop*, contact Sandy at (503) 643-5209.

Again, a big thanks to everyone who contributed to this issue.

If the bug to write is biting you and a topic alludes you, how about Step 10, Tradition 10, or abstinence? The absolute deadline for the October issue is Tuesday, September 9.

MerleAnn, Editor

# Fun—Humor—Games

How many acronyms do you know?

GOD \_\_\_\_\_

EGO \_\_\_\_\_

PMS \_\_\_\_\_

KISS \_\_\_\_\_

ASAP \_\_\_\_\_

FROG \_\_\_\_\_

HALT \_\_\_\_\_

NUTS \_\_\_\_\_

TIME \_\_\_\_\_

FEAR \_\_\_\_\_

KISMIF \_\_\_\_\_

FINE \_\_\_\_\_

PLOM \_\_\_\_\_

SHAME \_\_\_\_\_

THINK \_\_\_\_\_

No BLT's \_\_\_\_\_

HOPE \_\_\_\_\_

RELAPSE \_\_\_\_\_

BIG BOOK \_\_\_\_\_

SLIP \_\_\_\_\_

ASK \_\_\_\_\_

ACTION \_\_\_\_\_

CRAP \_\_\_\_\_

SOBER \_\_\_\_\_

FAITH \_\_\_\_\_

STEPS \_\_\_\_\_

SPONSOR \_\_\_\_\_

PROGRAM \_\_\_\_\_

## An Interview with Louise A.

Q: What happened 19 years ago this month?

R: I came to my first meeting which was the old Woodstock Tuesday night meeting. I weighed 215 pounds and cried my way through the meeting. The man sitting next to me put his arm around me to offer support and I nearly jumped through the ceiling. (We recently celebrated 16 years of marriage.) I was so embarrassed by my crying that I left the meeting early. Someone followed me out and told me to “keep coming back” and I did.

Q: Did you get any results?

R: When I came I was really ready to do what I was told to do which was get a sponsor and work the steps. I lost all of my weight (80 pounds) in the first 10 months.

The miracles of the program were more than simply losing weight. I felt I came into being who I was suppose to be. Before program I didn't even know who I was because I had hidden behind food and other compulsive behaviors since I was 5.

For my first eight years in program the miracles happened so quickly—marriage, travel in OA service, making three times as much money as when I came into the program, and restored relationships with my children and family.

Q: What happened next?

R: In 1992, due to a medical accident, I ended up losing my ability to be active and participate. This was where the rubber met the road. Was I willing to turn my will and life over when everything was looking gray? I got to learn acceptance when things were really difficult.

By 1999 I was rarely out of the house and found myself back in isolation and, worst of all, I had lost the desire to abstain. I regained 60 pounds. Then my medical situation improved and I found myself com-

ing back to meetings and trying to abstain. But the disease had really kicked into high gear and I truly could not manage to abstain from compulsive eating but I kept working at it.

When I was first coming back and couldn't abstain I would sit in the meetings and positively hate those shining abstinent faces. Sometimes it took all I could do to stay in my seat until the end of the meeting, but I did and it worked.

I found I wasn't able to be consistently abstinent until I was ready to whole heartedly put the program first in my life.

For me, this was daily contact with my sponsor and four meetings a week. I was then able to abstain and with this many meetings I could hardly help but be abstinent.

Recently I was in a most stressful situation and the meetings and the phone calls did not happen. The result was a two-day slip. My abstinence immediately returned when the phone calls and meetings resumed.

Another vital aspect of my program was being willing to be accountable for my food (making a committed food plan and weighing and measuring my food).

Q: What are the basics of the program for you?

R:           H (Honesty)  
              O (Open-mindedness)  
              W (Willingness)

The basis of the program is the steps. The tools are just the means to the end.

Q: How are you working the steps?

R: Over the last year I have been working the steps with a partner in recovery. We are now on step 10.

With my sponsor I do a daily written 10<sup>th</sup> step in the vowels format:

Interview with Louise A. Continued:

A=Abstinence—I report my food and the quality of my abstinence.

E=Exercise—how was I physically active

I=Self care—What did I do for myself

O=Others—My relationships with my HP and others

U=Uncovering feelings—fears, resentments, dishonesty, self-centeredness

Y=Yippee—What LITTLE things really made me happy today—what floated my boat

That written tenth step helps so much because it aids in focusing, puts my life in perspective, and represents willingness.

Q: You are one of the queens of service. Will you comment?

R: For me, the program boils down to the line in the third step prayer, “Relieve me of the bondage of self...” (page 63, *Big Book*)

and the promise of “...a life of sane and happy usefulness.” (page 130, *Big Book*)

I was really fortunate to come into a meeting where service was an important tradition. As a person who spent most of my life walled off from feelings and relationships by food, I have had to go

back and learn some of those living lessons that I missed. Service was a terrific place to practice the principles. I was encouraged by people, who had gone before me, to just try something and was shown how to do it. In service I met people from all over the world, got to be part of writing our great 12 steps and 12 traditions book, and made friends that are still dear to my heart today.

There were many lessons about ego that were painful. For instance, the time I ran out of the intergroup meeting I was chairing, in tears. Still I wouldn't trade those experiences for anything because I learned lessons I would never have learned otherwise.

My most current lesson in service is how well everyone gets along without me. When I am doing it all, I thought it couldn't possibly go on without me and it is good to see how well things are done.

Q: Any parting shots?

R: I love the notion that life is a school and that God has perfect lessons for me that I get to either take on now or pass on and learn another time. So even relapse is just an opportunity for me to learn things that I need to become a more whole person. Of course, I would love to learn them more gracefully.

This disease is a killer and OA isn't necessarily a smooth journey. The only failure is not coming back.

### Trying to Carry the Message.....

Residents at the Oregon State Hospital have requested an OA meeting be held at their facility at 1121 N.E. 2nd, Portland. You can help those struggling with mental health issues in addition to compulsive eating to become double winners. We are looking for OA volunteers who will attend one meeting a month (or more). The hospital is a secure facility, so it would be a closed meeting and volunteers must complete a simple application and have a TB test (available from doctors or county health offices, or for free at the hospital). Jenice/OA, 503-632-3990 or larjen@bctonline.com, is coordinating volunteers and has applications. Or call Karen Y./OA, 503-233-9228, for information/application. Applications are also available at Intergroup.

Help a vulnerable population get a foothold in recovery. We really need a response to get this off the ground. Please consider it.

Thanks. Karen Y

## Answers to Acronyms

- GOD:** Good Orderly Direction
- EGO:** Easing God Out
- PMS:** Piss Moan and Snivel
- KISS:** Keep It Simple, Sweetie
- ASAP:** All Steps Are Progress
- FROG:** Fully Relying On God
- HALT:** Hungry, Angry, Lonely, Tired
- NUTS:** Not Using The Steps
- TIME:** Things I Must Earn
- FEAR:** False Evidence Appearing Real,  
"F" Everything And Run,  
Face Everything And Recover
- KISMIF:** Keep It Simple, Make It Fun
- FINE:** F'd up, Insecure, Neurotic, & Emotionally unstable
- PLOM:** Poor Little Ol' Me
- SHAME:** Should Have Already Mastered Everything
- THINK:** The Happiness I Now Know
- No BLT's:** No Bites, Licks or Tastes
- HOPE:** Happy Our Program Exists
- RELAPSE:** Recovery Exits Life & Program Seem s Empty
- BIG BOOK:** Believing In God Beats Our Old Knowledge
- SLIP:** Sobriety Losing It's Priority
- ASK:** Ass Saving Kit
- ACTION:** Any Change To Improve Our Nature
- CRAP:** Carrying Resentments Against People
- SOBER:** Son of a B..., Everything's Real
- FAITH:** Facing An Inner Truth Heals
- STEPS:** Solutions To Every Problem Straight
- SPONSOR:** Sober Person Offering Newcomers Suggestions  
On Recovery
- PROGRAM:** People Relying On God Relaying A Message

## SERVICE AND SURVIVAL

I came into OA desperate, hurting, needing support, and glad I found the program when I did. The next question was how could I "...give back what [I had] so generously been given." (*The Tools of Recovery*, page 6)

*I learned that service is needed for meetings to exist. I felt so sad when I saw a meeting die because of lack of it. That taught me that I need to help out if I want strong meetings. Since then I have had the joy of watching a meeting grow healthy through an injection of support and commitment by several members.*

*For me, service was the way I stayed in program and kept showing up at my meetings. It was how I learned to not isolate and to be a part of the group. I learned about myself and the program. It helped me get outside of myself and the self-centeredness that addiction brings.*

*I also need to remember to say "Thanks" to others and let them know how much I appreciate what they are doing. I heard a dynamic speaker from L.A. say that in his group each service performed was announced and then the group clapped. That is what I try to do at meetings.*

*The traditions tell me how OA is suppose to function and how vital everyone's participation is. Opening a meeting, cleaning up, leading, helping out however I can gives me a much-needed sense of accomplishment and satisfaction knowing that I am making a difference.*

*I know it helped by self esteem a lot! I have stayed in program this time after being in and out for years. I always have a service commitment and I always come back.*

*Thank you, God, for service which helps me survive!*

*C.L.S., Portland*

### Relaxing Into Step 9

I remember having my list of names. It was time to do the amends. I had a knot in my stomach. Some people were easier than others. Yet there were a couple of people that I couldn't imagine making amends to in a million years.

My sponsor reminded me over and over that this is a spiritual program and to relax and let my Higher Power guide me in this process. I talked with my sponsor about each person and how I was going to make the amends. She reminded me that there are a number of ways to do this.

One person on my amends list was a close relative. I really didn't know how to go about making amends to her. It had to be more than "I'm sorry". For in the past when I said "I'm sorry", I would go back into my judgmental behaviors and belittle this person. After consulting with my sponsor, I decided I would make an effort and spend more time with my relative. I asked for help from my Higher Power. Over time, our relationship changed. It blossomed! I saw her "humanness" and my resentments toward her fell by the wayside. Unfortunately, she is no longer in my life. She past away over 10 years ago. I look back on that time I spent with her and I'm truly grateful for the gift of Step 9, developing such a wonderful relationship with this person that still impacts my life today.

There was one person on my amends list that I was NOT willing to make amends to. Too scary! I told my Higher Power that I wasn't willing. A week later, I was in a new meeting at another twelve step program and there was this person sitting in the row in front of me. At break, I did it! It happened naturally. My Higher Power got the last laugh on that one!

I could go on and on about my 9<sup>th</sup> Step experiences. It really is a powerful step! I chose to do the 9<sup>th</sup> step for two reasons. One, so I wouldn't go back to the food and two, for piece of mind. The 9<sup>th</sup> Step is really about cleaning up my side of the street. I did it for myself— not so much for the other person. Once done, it is truly freeing!

Finally, the most important person to make amends to on my list was myself. Part of my disease was to berate and put myself down, which inevitably led me to the food. I had to forgive and learn to love myself. It did take time but has resulted in a deeper level of self-acceptance, self-love and a real feeling of being comfortable in my skin.

—June, Portland, OR

### Humor

On the job, we were informed an attorney was coming to give a talk on what to do if you got named in a lawsuit on the job.

The attorney walked in and said "Hi, I am Lisa Smith from county counsels office." and forgetting I was at work, I blurted out, "Hi Lisa, welcome." I was so embarrassed to be the ONLY person who did that. a coworker, who is in program, was sitting behind me. Did I hear a chuckle? I am bet that attorney will long remember being welcomed to speak! I sure hope so.

Carol S, Portland

## **Step Nine: Made direct amends to such people wherever possible except when to do so would injure them or others**

Two months before discovering OA, pitiful and incomprehensible demoralization hit me like a wrecking ball. I was 16 years old and binge/purging my way through my first summer job. On a hot August morning I went into the company fridge and, seeing a birthday cake, complete with congratulatory writing, I began to eat it. By the time I finished, the cake was demolished. Hunched over the toilet, throwing up, I heard two colleagues enter the bathroom. "It's Jeannie's birthday today," said one, "and we got her a cake that we're going to cut after lunch." Well, I quit the job before lunch. And that's when I saw my future, bleak and terrifying, enslaved to the food, the disease, the obsession and the self-loathing. It was not a life worth living. I was at step 1.

Seven years later I stood at step 9, half-ready, but trusting the promises would come true if I took the action. Jeannie and her mauled cake were high on my step 8 list. I went to the office, which, amazingly, still housed the same company and asked about an employee named Jeannie who had a birthday in late August. Sensing my urgency, the manager opened the HR records and found the woman, whose name was Joannie. She had long been retired. The manager told me she could not give any contact information and I left, discouraged.

My sponsor found my resolution unacceptable. "Go back," she suggested. "Write a note and a check, bring a stamped envelope with her name on it and ask them to send it to her last known address." Mustering more humility, I returned the next day and elicited a promise from the manager to send my letter on.

Step 9 has been a journey of tremendous triumph. It allowed me to complete and heal relationships, to find honesty and integrity, to take responsibility and be thorough. Its gifts included a loving relationship with my parents, ability to function in the workplace and a sense of community. It saved friendships that might otherwise have been ruined and let me end friendships that needed to end. My amends to myself for years of self-abuse allowed me to travel the globe, explore dating and sexuality, go back to school and take up skydiving. Step 9 allowed me to forgive and be forgiven. It took six grueling months, but it made the promises come true. "We shall not regret the past, nor wish to shut the door on it."

And what of Joannie? Although I left my return address, she never contacted me. And she never cashed my check. I think of her every year in late August. On her birthday, she gave me a cake. That cake lit the path out of hell to a life worth living.

Meryl L.

**Congratulations AMY D.**

**Amy has won a subscription to the Scoop for making the most words out of Honesty, Open-mindedness, and Willingness.**

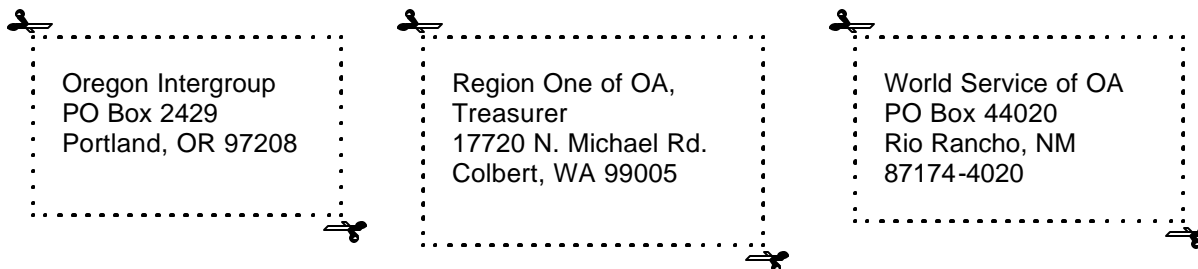
### Attention OA Meeting Treasurers and Secretaries!

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 Income and Expenses from August 1, 2003 to August 31, 2003

<i>Total Revenue</i>	1,619.64	<i>Total Expenses</i>	1,168.92
<i>Net Income</i>	\$450.72		

A big "Thank You" to the following groups who donated in August:

7 AM In the Solution  
Group #45670  
Wilsonville #46752  
Gresham

Let's keep those donations coming in.

#### OA ON-LINE

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

Oregon Intergroup

[www.oregon-oa.org](http://www.oregon-oa.org)

Region One

[www.oaregion1.org](http://www.oaregion1.org)

World Service email

[Overeatr@technet.nm.org](mailto:Overeatr@technet.nm.org)

World Service [www.oa.org](http://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!!