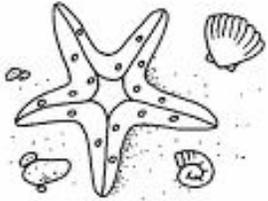


INTER GROUP PRESENTS



SHORELINE



A Quarterly Newsletter

Issue #1 2010

Focus on the First Three Steps

Step 1: We admitted we were powerless over food-that our lives had become unmanageable.

“We were obsessed with food, and no amount of self-control or weight loss could cure us.”

“Even getting to our desired weight didn’t cure our unhappiness.”

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

“OA doesn’t tell us we have to believe in God- only that a Power greater then ourselves could restore us to sanity.”

“Then we began to ACT AS IF such a Power existed and we found good things happening to us as a result.”

Step 3: Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

“I can’t; God can; I think I’ll let God!”

“ We concentrate on whenever or whatever we think God might be, and we say out loud, in words of our own choosing, that we now turn our will our lives over to our Higher Power, holding NOTHING back.”



Quotes taken from the OA 12 and 12

P.O. Box 571 Manahawkin, NJ 08050

FOR TODAY, DECEMBER 31

7 RULES FOR WHEN YOU ARE IN TROUBLE

- Attend more meetings
- Read more literature
- Call sponsor and “tell on your disease”
- Call other members. (YOU do the calling)
- Share your experience, strength and hope.
Share the positive AND negative
- Give service...it’s the Golden Rule
- COMPLETE working the steps.

Review the list...

What is the name for the Seven Rules?

Could it also be called the Seven Tools of our Program?

... heard at a meeting

The means by which certain pleasures are gained bring pains many times greater than the pleasures. **Epicurus**

There is no telling what price I may have to pay for breaking my abstinence “Just this once”. It could be nothing at all, or a trip back to the pits of compulsive overeating.

But the truth is I do not have to take that chance. It is irrational to feel guilty about refusing food and drink I don’t want. If absolutely pushed to the wall, I can say, “I’m sorry, it doesn’t agree with me.” Which is all too true.

I have already paid dearly for the “pleasures” of compulsive overeating. Then, when I could no longer pay the price, I surrendered, admitted my powerlessness and turned myself over to the Power that still directs my life.

For Today: No holiday dinner, no party, no celebration can persuade me to give up the freedom I enjoy as long as I am abstinent.



Addiction addiction you make me sick
force me to bite, swallow and lick
You make me isolate and feel like a freak
I feel you're so strong and I'm so weak

You tell me my best friend is food
eating will put me in a good mood
You flood my mind with bad thoughts and denial
And encourage me not to pick up the phone and dial

And then OA comes along
singing a joyous and bright song
You don't have to stay in your misery
You can be happy, joyous and free

Into your mouth the food doesn't jump
You can walk away without getting a bump
Just don't pick up, and pray to your higher power
He will give you a life that's sweet and not sour

When I feel negativity filling my mind
reading, writing and meetings I need to find
Only one thought can fill my head
calling others makes me positive instead

When trying to get the right attitude
it helpful to write a list of gratitude
Although abstinence is a great start
It won't keep the food and me apart
It's the tools and 12 steps that are my real goal
Practicing them will keep me serene and whole

anonymous

Overheard at a meeting....

I am the place where God shines through
For He and I are one, not two.
He wants me where, and as I am,
I will not fret, nor will, nor plan.
If I'll just be relaxed and free,
He'll carry out his plan through me.

anonymous

10 rewards of Being Abstinent

1. Belief that there is a God and He will guide me through this life with total love and acceptance. (SURRENDER)
2. I have to accept that I can't do it alone and I have a disease that causes my life to become unmanageable, unless I abstain from sugar and flour. (SELF-ACCEPTANCE)
3. I have to be open daily and listen to the lessons of life that God sends me. (OPEN-MINDEDNESS)
4. Being truthful and committed to my program and way of life. (SELF-LOVE)
5. What is my shame? Look at what I have already let go and work on the ones I still need to get rid of. (A PLAN)
6. Take the action needed. (WILLINGNESS)
7. Not harming myself today. (SELF-CARE)
8. I need to grow up. (I am responsible and accountable for my actions, both positive and negative.) (ACCOUNTABILITY)
9. It's hard to take care of myself, but I deserve it. (Otherwise it will be a set up.) (SELF-WORTH)
10. This spiritual journey has created a space in my life that allows my growth to blossom. (ENLIGHTENMENT)

I found this in a folder for our Holiday Marathon, but I know that I could benefit from this at any given time through out the year. I hope you do too!

1. List the events you are attending. 2. Next to each event jot down the situation and/or people that will cause you or your program stress. 3. Finally discuss, reflect or write on the troublesome issue. Why is it an issue? Have you dealt with this in the past? What successes or failures have you had with it in the past? How can you avoid repeating the failures? How can you repeat the successes? Can I own my part in the situation? How can I use the steps, traditions and tools of OA to deal with the situation?

Example: Birthdays, traveling, work meetings etc...	Example: Aunt Betty, My Boss, Travel restrictions etc...	Example: I can't bring my own food to a meeting. My boss will judge me. I will just eat their food just this once... I could have brought my own food. Tell them I prefer to eat my own food.

OA'S UNITY DAY TELEPHONE MARATHON

SUNDAY 2/28/2010

8AM-10PM

Dial in 712-432-3900

PIN 1212811#

Press *7 to un-mute to speak, Press *6 to re-mute after speaking

TIPS TO AVOID FOOD PROBLEMS

*Don't measure things over other things-spills can create chaos-especially things hard to separate afterwards such as oil.

*Don't eat out of packages-separate your portion (it can be too easy to lose track of how much you ate)

*Make sure (limit guessing and assuming) you have the food you need when you write your plan-or have plans to get it before the meal.

BEHIND THE EIGHT BALL ALL DAY LONG

I haven't said my prayers and I haven't washed my hairs.

I haven't quite started my day.

But here I am, doing it (my way), While all the day rueing it;

This is NOT what I chose as my way.

All day long I've been at it, as I run to play catch up,

But now its just plumb got away.

For, alas, It is night, and I've lost the good flight,

So tomorrow I'll start a NEW day!

Written the eve of November 14,2008

Barbara S.S.

Yesterday I missed doing my yoga prayer. I thought I had too little time to do it and still make the meeting on time. As a result, I arrived at the meeting earlier than I had ever been before-almost 15 minutes before the meeting started! So that was an error in judgement, and a reminder that prayer is my priority, since I was unsettled throughout the day. I ended the day by writing the poem above.

SERVICE... SERVICESERVICE...

☞ Are you willing to share your story at other meetings? Please call me and get your name on the list or pass my number on to other groups who are willing to do service. Nancy Y 732-600-1274

Nancy Y 732-600-1274

Victoria E. 609-296-8128

Lori D. 609-703-2135

Lynne T. 732-433-8128

Important Dates to Remember

Unity Day 9:30-4pm Saturday February 27th Edison NJ. Please contact Joan T. if you can volunteer at Unity day 609-978-2805

Spring OA retreat at Stella Maris Retreat on Long Beach Island May 7-9
*****Register by March 31st***** Day Trippers MUST be registered****

Scholarships still available Contact Pat D. @732-766-0674. Volunteers still needed!!!

THE REWARDS OF SPONSORSHIP

Thank you Lori for sharing with me your
Experience Strength and Hope.

I know it's to guide me and help me cope.

Trusting in your direction has helped set me free.

Who would have thought I'd be five months of year three!
Have you noticed this poem so far has been "all about me?"

Perhaps another read on pages sixty through sixty three.

Lori, you have graciously continued to volunteer your time,
So for your anniversary I create for you a recovery rhyme.

Congratulations my dear friend on year number nine,
with your abstinence, your glowing, you vibrantly shine.

Your recovery is a miracle to rejoice with you is a pleasure
something I can take and continue to treasure.

Thank God you represent the freedom from obsession
a freedom that helps take away feelings of depression.

I am truly blessed by your guidance toward God,
without it I'd probably be home eating like a lump on a log.

I feel grateful to be here with you,
celebrating with some of our OA crew.

We all have stories in common so we blend
witnessing the abstinence message you send.

Healthy HOW abstinence is not a mystery,
we see your dedication, we see your consistency.

You help us have hope to overcome our sugar dependence,
you help represent the principal of perseverance.

When we just follow suggestions one day at a time,
we can look for the humor, and try not to whine

we can let go of the drama on this awesome path

Sit back and have a good Laugh.

So again Lori, I thank you my Sponsor, my friend
for with gratitude and love this poem I do send.

Namaste Victoria E.