

INTER GROUP PRESENTS



SHORELINE



We are so grateful to all who gave Service at the Spring Retreat.

A Quarterly Newsletter

Issue #1 2009

Focus on the Steps

"If we can share what we have learned, if we can apply it to all areas of our lives, we will have indeed performed the task for which we have been placed on this earth." -Beyond our Wildest Dreams page 122

"This is the true essence of program: to continue sharing the OA message with all who share our compulsion. When we live the program and follow it in all our affairs, we set an example that shows others that OA works, It is more than talking about it; it is doing it.

The OA program has 3 A's: awareness, acceptance and action. Our awareness begins at Step 1 and continues through the steps, especially in Steps 4 and 10. Accepting our awareness comes gradually as we work the steps. Then comes the action we need to take. For that we look to find God's will for us. Step 3 is our starting point when we turn our lives and will over to our Higher Power.

For today, by sharing what we have found and taking action in our lives, may we continue to carry OA's message."

-Voices of Recovery April 10



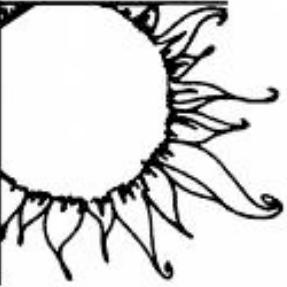
P.O. Box 571 Manahawkin, NJ 08050

"Coming out of Relapse" (Hello Addict revised)

Hello Addict, My old Friend,
 It's time to send you away again.
 The pain is deeper than you'll ever know,
 I have to let you go,
 In order to spiritually, emotionally and mentally grow.
 You cannot consume me anymore,
 I have the key, the willingness, to unlock the door.
 I've given you to God, and as long as I pray,
 You'll stay with him day by day.
 You are part of my past and all my fears
 I know your gone, as I cry with tears.
 There is no need for me to hide,
 Behind those starches and what's sweet,
 It's OK for me to take the ride, in the passenger seat.
 And as I turn you over, It's plain to see,
 living in recovery, I am happy, joyous and free.
 By Victoria E.

LET GO ABSOLUTELY

Will you catch me, God?
 Trusting is not easy.
 I need you in my eating every day;
 Will you be there for me?
 To honor Your presence in me, I must eat for nutrition and strength,
 not for pleasure and relief.
 I meet this idea with defiance!
 My eating is for protection and care.
 Whenever I am in a quandary, I need to eat.
 Whenever I am very tired, I need to eat.
 Whenever I feel afraid, I need to eat.
 Whenever I am angry, I need to eat.
 Whenever I have stepped away from You, I need to eat.
 Substituting food for You. I lose awareness and attunement.
 Will I let go absolutely?
 Only if You catch me, God.
 Who goes first?
 By Barbara S.S.



Want to be heard? Please send all writings to Nancy, THEWHYS@COMCAST.NET. 732-600-1274. You can submit anonymous writings if you so choose. I also welcome suggestions and feedback.

Fear and Inadequacy

Those two feelings can hold me back from so much!

This morning I am taking a look at how deep it actually goes. What looks like procrastination is actually fear and inadequacy.

What looks like being antisocial is actually fear and inadequacy.

This weekend we are invited to a lake party. Yikes! Fear and inadequacy big time there. To be honest, even with some OA events I can feel fear and inadequacy.

(I've been here a long time now, why am I not perfect yet?) The only thing I know for sure is that it's kind of like childbirth – the only way out of it is through it! And because of working this program, it has gotten soooo much better, but it still creeps in sometimes. For today, I will not let it hold me back. I will get a difficult situation sitting on my desk resolved. I already RSVP'd "yes" for the lake party. I've made plans to go to Super Saturday with a good friend of mine. Life is short and this program has taught me to make the most of it. I really don't want to hold back. I don't want to miss out. So I'll face it. I'll go and do it anyway. And amazingly, that is how it gets better. The anticipation is always worse. My sponsors, the Steps and the pages in the Big Book on acceptance and expectations have gotten me this far. All I need to do is keep walking, and not let it hold me back. Thanks to this program, I am recovering..... Anonymous

Memorable quotes overheard at meetings

"I did the things I didn't believe and I got results I couldn't deny!"

"I wanted to be clean but I wouldn't take a bath."

"Love and service is the answer."

"I can't heal what I cannot feel and cannot feel if I am bingeing."

"Share it or wear it."

"Accept that a bite or two will not make a bad situation better."

"God grant me the willingness to be willing."

"Share the message not the Messenger ."

Thanks to all who contributed...

