

# Metro Bulletin Board

**New Spanish Language Phone Meeting starting January 20th**

More info next Month! Anyone interested in helping raise awareness of the meeting, please email [outreach@oanyc.org](mailto:outreach@oanyc.org)

**Closed on the Holidays:**  
On Christmas and New Year's Day (12/25, 1/1) there will be no 2pm Step meeting at Park Avenue Christian Church in Manhattan, and no 11:30 meeting at the Realization Center (Union Square) on 12/25, Christmas Day

Any meeting interested in being designated a **"Teen-Friendly Meeting"** please contact the Outreach Committee at [outreach@oanyc.org](mailto:outreach@oanyc.org)  
We'd like to work with you!

**OA's Public Service Announcement Shown on Times Square Super Screen!!**

The OA 15 second spot will be playing every hour, 18 hours a day from December 1 to January 1 on the CBS Super Screen on 42nd Street between 7th and 8th Avenues! Viewership is about 1.5 million people daily!

**Special Christmas Day and New Year's Day Meetings at Gracie Square Hospital East 76th St, Manhattan 11-12:30pm Auditorium—Room 100**

## Dates to Remember

**Saturday, January 1st**  
New Year's Day Event, "Abstinence 2.0", 2-5pm, St Veronica's Church, 149 Christopher St., Greenwich Village.

**Thursday, January 13**  
Monthly Metro Intergroup Mtg., 6:45pm, TRS, 44 East 32nd Street, 11th Floor. Orientation for new IG reps starts at 6:15. All are welcome.

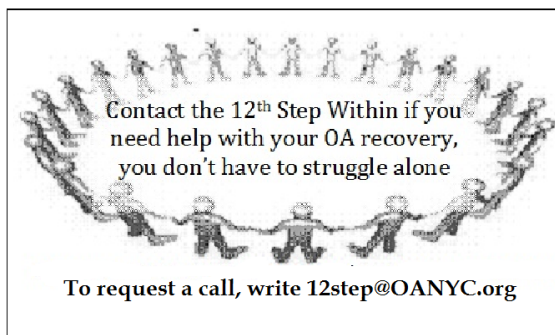
**January 28-30th**  
Annual OA Winter Retreat, "A BRIDGE TO LIFE", details and registration on [www.OANYC.org](http://www.OANYC.org).

**Sunday, February 20**  
Beginner's Workshop, 2-5pm, LGBT Center, 208 West 13th St.

**Sunday, April 10th**  
Sponsorship Workshop, 2-5pm, LGBT Center, 208 West 13th Street.

## Greater New York Metro Intergroup of Overeaters Anonymous

Madison Square Station, PO Box 1235  
New York, NY 10159-1235 Phone: (212) 946-4599



# Metro Memo

*"I'm grateful for every moment of my life that I'm actually living"*

**Staying Abstinent and Alive During the Holidays**

I have much more experience bingeing and overeating during the holidays than I do being abstinent. And at the same time, I have more actual *memories* from holidays when I've been abstinent.

For me, those non-abstinent holidays hold little or no memories of fun times, camaraderie or love. Instead, they carry only vague recollections of sneaking and stealing food, hoarding cookies and candy in my pockets or purse, eating in bathrooms and alone in my bedroom at night - while trying to maintain a semblance of normal eating in front of other people.

The mornings were the worst. Waking up with aching muscles, exhausted, ashamed at how I'd mistreated my body, and dreading the day to come. Or even worse was the experience of being with other people, with family and "friends" - and feeling completely, utterly alone.

My non-abstinent holidays weren't really holidays at all; they were WORK. Bingeing was a full-time job, the only benefits of which were extra pounds, food hangovers, and emotional isolation from people and myself.

I'm heading into this holiday season with almost nine months of a daily meditation practice and abstinence. I'm astounded at the difference it's made in my life. Simply not carrying around extra weight, not having food hangovers or coordinating the logistics of secret, massive binges, have made my life so much *easier*.

Not to mention, I now have a life which holds immense possibilities: of fun, joy, adventure, love. Compulsive overeating does offer some guarantees: shame, physical discomfort and sadness at living a life that I know is not worthy of who I am. The bottom line: I'm grateful for every moment of my life that I'm actually living. During the holidays and every day, abstinence keeps me alive. Thank you, thank you, thank you, OA. -Chrissy B.

## ABSTINENCE 2.0 Recovery from Relapse

Does your program of recovery need a reboot???

**Special OA Event**  
Saturday, January 1, 2011  
2-5pm

St Veronica's Church  
149 Christopher St  
(between Washington &

Subways: 1, 2 to Christopher St  
A, B, C, D, E, F, M to West 4th St  
Suggested Donation: \$5 - \$8

Wheelchair Accessible

Visit [www.OANYC.org](http://www.OANYC.org)  
for more information



**GO TO WWW.OANYC.ORG for COMPLETE NY AREA INFO**



**EDITORIAL POLICY:** Submissions deadline for next edition is December 20. All submissions when published, will appear with first name and last initial unless otherwise requested. Metro Memo reserves the right to edit submissions for length and clarity. Other OA groups may reprint without permission. We ask that you cite the writer and Metro Memo as your source. The opinions expressed are those of the writer, not those of NY Metro Intergroup or OA as a whole. Please address all submissions and correspondence to Metro Memo via e-mail to: [metromemo@OANYC.org](mailto:metromemo@OANYC.org).

**Metro Intergroup Working for Us!**



**Greater NY Metro Intergroup is hosting the Region Six 2011 Convention in White Plains, NY, October 21-23**

**Join the Committee and Become Part of the Region Six 2011 Convention**

- ♥ Bring your talent as well as your desire to be of service.
- ♥ Let's share our recovery and fellowship with all of R6.
- ♥ Let's show 'em what a terrific, Big Apple-style, recovery-and-fun-filled weekend is all about!

Write: [ChairR6Convention2011@OANYC.org](mailto:ChairR6Convention2011@OANYC.org)

Upcoming committee meetings held at **TRS, 44 East 32nd St., 11th Floor:**  
**12th Step Within**, Monday, December 13th, 6:30pm, [12step@OANYC.org](mailto:12step@OANYC.org)  
**Outreach**, Tuesday, December 14th, 7:00 PM, [outreach@OANYC.org](mailto:outreach@OANYC.org)  
**Retreat**, Thursday, December 16, 6:45pm, [retreat@OANYC.org](mailto:retreat@OANYC.org)  
**Special Events**, Wednesday, January 5th, 6:30pm, [SpecialEvents@OANYC.org](mailto:SpecialEvents@OANYC.org)  
**Finance**, Thursday, January 6th, 6:30pm, [finance@OANYC.org](mailto:finance@OANYC.org)  
**All are welcome—please join us!**

*Some of the habits I maintain during the holidays....*

"...portion control is essential, as are eating slowly, avoiding trigger foods, and no "seconds." As often as possible, I contribute a fresh fruit dessert and confine my "desserting" to that. If urged to "try just one" of a trigger food, I say it doesn't agree with me or that I'm on a \_\_\_\_\_-free diet for health reasons. The same polite excuses are useful when offered some of those "treats"  
 -Charlotte D. M.

*When I'm Struggling, What Helps Me Most....*

...I can reach out to the 12th Step Within Committee -- OAers who practice the 12th Step by offering their experience, strength and hope. A 12th Step Within member got back to me within 24 hours, listened to me and shared some helpful suggestions. I knew I was not alone.

November 2010 Group Contributions to NY OA Intergroup	
Meeting Name	Amount
Friday West Side Winners	\$36.00
Monday 12:30 pm St Thomas Church	\$12.00
Monday Brooklyn Heights	\$30.00
Moravian	\$50.00
Saturday, 9:30, St Veronica	\$117.96
Sunday 4:30 pm AB	\$60.00
Sunday AM, Coney Isl	\$38.70
Tuesday 7:15 am Jan Hus	\$60.00
Tuesday 9:30 am Church of St Paul & St Andrew	\$57.00

Attention OA Fellows, our website at [www.OANYC.org](http://www.OANYC.org) has been completely updated and transformed, bringing you new features and easier navigation! Be sure to check out the new site and see!

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Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

I haven't officially reached Step 12, but I see how incorporating it into my daily life will cultivate and safeguard my recovery. First of all, in all aspects of life, it is true that "we lose what we don't give away." When learning a new skill or concept, the surest manner to guarantee its retention is through teaching it to another. Similarly, as we incorporate OA's principles of recovery into our daily lives, work the Steps and have a spiritual awakening, teaching others what we've learned in this process is the surest method to retain these lessons.

I can definitely claim a spiritual awakening, and whenever I would have a particularly moving experience displaying this, my sponsor would direct me to share with anyone who would listen - fellows at meetings, over the phone, thru texts, through emails. I was always pleased with my situation, but not eager to call people with it. I thought it would sound like I was bragging about the great life I had worked for and attained. However, upon further reflection, I realized how much satisfaction I got when hearing about others' success in the program. When I hear others share their stories of recovery, I am encouraged to continue with my own, seeing first-hand that it is possible. If others had kept their stories of 180-degree changes to themselves, I would not have been inspired to return to OA.

Today, I feel solid in my recovery, and instead of feeling ashamed that I cannot relate to a struggling newcomer or recent relapser, I see my interactions with them as opportunities to practice Step 12. I carry the message that they deserve abstinence and can get there the same way that I did. I am happy to help them along the way.

-Anonymous

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles before personalities.

In the Fellowship of OA, Personal Anonymity means the state of being unknown. We are changing our lives mentally, emotionally, physically, and spiritually, and we want to express our feelings in the rooms with confidence that no one will go around gossiping about what they have heard. When I first came into the fellowship, I could not pronounce Anonymity. My sponsor told me that when I learned what it meant, I would have no problem saying it. She said the word would just roll off my lips with ease. Then she followed up with, "You will also learn how to mind your own business and leave what you hear in the rooms, in the rooms." Today, I am proud to say that I understand and can pronounce Anonymity, and I guard my Anonymity, and yours, with all that is within me. Not only do I not gossip, I accept every OA member as an equal in addiction, without regard to what our respective stations in life outside OA may be. I follow no OA "gurus," acknowledge no OA "stars," only recognize the authority of a power greater than myself as expressed in the group conscience.

-Sylvia H.

**Principle of Step 12: Service**

They say in program, that you can't keep it unless you give it away. Helping one another is the founding principle of the 12 Steps of recovery. When we say "you are not alone", we mean it, not just because we are there for you, but also because helping you helps us. Serving others and God works.

-Nancy A.

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*Joyous, abstinent holidays to all! See you next year!*