



THE PROMISES

IF WE ARE PAINSTAKING ABOUT THIS PHASE OF OUR DEVELOPMENT, WE WILL BE AMAZED BEFORE WE ARE HALF WAY THROUGH.....

Progress not perfection.

If I'm looking for perfection, I'll never find it. I have yet to come upon its existence--and believe me, I've searched. My life's work before entering the rooms of OA was nothing short of a complete pilgrimage for perfection. With all the fervor of Jason and his Argonauts in pursuit of the Golden Fleece, I sought out a life of effortless bliss. But there's no happy ending there. The dragon got me. I only knew pain, misery and an endless cycle of waking up covered in food and shame. "What did I do last night?!"

I facetiously compare my active compulsive overeating to a noble quest because, even though I ended up in the food time and time again, my intentions were always pure. I wanted to be free of the pain of life. Who wouldn't? But I had tried to do it without a fairy godmother. I had forgotten my Excalibur and the most important piece of information: my powerlessness! My progress towards happiness, joy, and freedom would be forever arrested if I continued to attempt it alone. I needed a Higher Power.

As mentioned in Step One of the OA Twelve Steps and Twelve Traditions, the compulsive overeater has no shortage of willpower, but this strength is misdirected on a voyage of one. Without my God, I'm useless. I'm Samson after a haircut. As I give myself over to working this program, I realize all previous odysseys without God were to be forever circular and without treasure. My progress is in the steps. I move forward today. And each day that I wake up abstinent and with integrity is a tiny realization of magic beyond my wildest dreams. I am amazed and, God willing, I'm not even halfway through!

— Kaitlin S.


I ♥ R6 RECOVERY

**REGION 6
CONVENTION 2011
OCTOBER 21 - 23, 2011**

**CROWNE PLAZA HOTEL
White Plains, NY**

for Registration info visit
WWW.OAREGION6.ORG

OANYC.ORG
BECAUSE IT'S MORE THAN JUST MEETING LISTS...
VISITE OANYC EN ESPAÑOL - WWW.OANYC.ORG/ESPAÑOL

 **EDITORIAL POLICY:**
Submissions deadline for the next edition is July 20th. 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

METRO INTERGROUP - WORKING FOR US

Outreach Committee: Thanks to the hard work of this committee and its members an OA PSA ran on A&E, The History Channel, Biography, History International, Lifetime, and the CBS Jumbotron in Times Square over 2000 times and was seen by millions of people. A 60-second link to the PSA is available on oanyc.org.

Anyone who can qualify in Spanish and has 90 days of abstinence is encouraged to contact Nicholas or Jimena at nicroa@gmail.com or oajimena@yahoo.com.

Publications Committee: We are in need of writers, editors, cartoonists, and a member with strong admin. skills. If you like to share in meetings, maybe you'd like to share in print? Email MetroMemo@oanyc.org

R6 Convention: Meetings are encouraged to create and donate baskets for the R6 basket raffle.

Website Committee: The next meeting is Thursday, July 21, 2011. It is their goal to make the website a regular "Go To" place for information, not just to download a meeting list. This was discussed at the last meeting, as well as ideas about making OA information and updates more easily available to our membership.

Special Events Committe: Join us on July 20, 2011 at 6:30 PM for the next meeting. All levels of membership, abstience, time commitment, etc. are welcome!

July starts the new term for committees! There is no abstinence requirement to work on a committee; our committees need writers, graphic designers, organizers, people who can draw, act, speak, ANYONE WHO CAN SHOW UP AND BE OF SERVICE! It's a great suggestion for a sponsee, a way to use your 'real-life skills' to support your recovery, or just an opportunity to get outside of yourself!

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

"Knowing that help is a phone call, a meeting, and a prayer away"

"Finding a newcomer to help"

-Submitted by fellow OAers

"Reading Steps One, Two, and Three & For Today"



GIVE
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SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS

--TAKEN FROM THE 7TH TRADITION OF OVEREATERS ANONYMOUS

MI has been affected by the bad economy,
we need more resources
to provide our services.

Metro Intergroup helps carry the message
to those who still suffer in many ways.
Express your gratitude with a donation
to Metro IG and help others
find a road to recovery [here](#).

Can't make a financial contribution?
Click [here](#) to support MI in other ways.

TOOLS

Metro Memo rewind - from the archives. So good, we thought it bore repeating.

How Writing Helped Me Sort Out a Big Problem

Not only am I a compulsive overeater, but I am also a survivor of rape and incest. The tool of writing has helped me to verbalize my overwhelming feelings of guilt, anger and self hate that were a big part of the reason that I could not and would not stop trying to kill my feelings with food. Even just starting to write, as I am doing now, whenever I felt the great urge to eat so that I could not hear the screams that were all mine inside my head, made me amazed at how much better I felt afterwards. All of my writing starts out, "Dear Heavenly Father, it is me, Sylvia, again, oh Lord, asking for your will for me and the power to carry it out." Then, I tell God all about what is in my head, because I know that He will listen and help me find solutions. I never read back what I have written, because the idea is to get the pain out of me and onto the paper. For me, there is no reward in looking back at the stuff I want to be rid of.

Writing is a tool introduced to me by OA, and, for me, it is an effective tool that helps me let off emotional steam and calm myself down. After I write, which sometimes includes doing some crying, too, I feel one hundred percent better.

No longer do I feel shame or guilt or blame myself for what someone else did to me after I come out of a "Big Eat," as I call it. Thank God for this fellowship of OA. I am getting better each day as I practice the 12 & 12 along with the program's eight tools of recovery. It works for me!

— Sylvia H.

Obituary For Excess Body Fat

FOR THE LIGHT SIDE

The excess body weight of a compulsive overeater (who wishes to remain anonymous) died this spring of a slow and steady illness. The extra body fat had lived as a sort of unwelcome parasite on the overeater for several years, sustaining itself with a regular diet of chips, cookies, soda, guilt, low self-esteem and occasional bouts of crippling depression. The body weight enjoyed fast food restaurants and impulsive trips to the supermarket. The excess fat began a downward trend in the winter when the overeater started a program of spiritual recovery. The program (whose members also wish to remain anonymous) is reportedly creating an epidemic of weight loss in the metropolitan area, leaving much of the city's excess body fat fearing for its welfare. "We had some good times together, mostly at Chinese take-out places," the overeater said of his extra pounds on his way out for a power walk, "but I'm enjoying people now a lot more than food. I don't feel like I need to hide from others or build up a wall around myself." No services will be held, and the excess body weight is not expected to be missed by anyone.

— Paul M.

Recovery at the 100-Pound Winner Meeting

The other night, I heard a qualification at the 100-pound Winner meeting by an OA I've heard at least five times before. He comes from 450+ pounds and is now trim and fit, looking comfortable in a tight T-shirt. He's a living example that the only way to get this program to work is by doing it every single day, without exception. There's no reprieve from my disease and so there cannot be a reprieve from the only protection I have against my disease.

There was an even-keeled feeling to his qualification. He spent ten minutes describing his time of illness and ten minutes on his recovery. He was sane and factual. He didn't go for the punch line, although some of what he described was funny. His recovery is what I want for myself.

He does a lot of things the way I do them, including, most importantly, his approach to fresh vs. processed food. He exercises less than I do, but that's probably because he spent more time in a misshapen body. But he's sweet and unmistakably happy in his recovery, which he continues to call miraculous. This despite the fact that he considers himself to be an agnostic...

— Yori Y.

THANK
YOU

This month's Metro Memo could not have been possible without the GENEROUS service of: Barbara D., Evan L., Irene K., Jessica Z., Jimena L., John O., Kaityln S., Lia G., Nancy A., Paul M., Sylvia H., Yori Y. OA NYC is so grateful for your membership and service! If you'd love to add your name to this list next month, email MetroMemo@oanyc.org

“Remember...how good it is to be free of fear of yourself”
– from the pamphlet *Before You Take That First Compulsive Bite, Remember...*

When I binged and engaged in other types of self-destructive behavior, there was a sense of bottomless chaos. There was no end to what I might do to myself. I wanted to suffer for making myself suffer. Then I'd be scared and try to make someone stop me, make them my Higher Power. I had an endless thirst for being affirmed and went into bondage to satisfy it, but it was never enough because I was so ashamed. When I tried to stop eating and failed, I fell into tremendous despair. I was sure I was going to die. I felt life was too hard to bear, and forgot that the damage came from my own actions.

To let Higher Power stop me, with help from OA's Twelve Step Program, and to stop for His sake and not get hung up on the whys and wherefores, set me free. I learned that I could abstain no matter what I felt, and that in abstinence pain was not unbearable. Feelings, even legitimate ones, did not have power to destroy me. They were HP's angels sent to help me, to be used as keys to a better life.

— Barbara D.

UPCOMING EVENTS

JULY

Finance Committee Meeting

Jul 6, 2011 at 7:00 PM to 8:00 PM - West 57th Street

Please email WebCoordinator@OANYC.org for specific address information.

Publications Committee Meeting

July 6, 2011 at 7:00 PM to 8:00 PM

Please email MetroMemo@OANYC.org for specific address information.

The R6 2011 Convention Committee Meeting

Jul 14, 2011 at 5:45 PM to 6:30 PM - GiGi Café - 64 East 34th St

Email: ChairR6Convention2011@OANYC.org for more information.

Monthly Intergroup Meeting

July 14, 2011 at 6:45 PM to 8:30 PM - TRS Professional Suites -

44 East 32nd Street, 11th Floor

New Representative's Orientation is at 6:15 PM. All OA members are welcome.

Special Events Committee Meeting

July 20, 2011 at 6:30 PM in the Citi Corp Center downstairs atrium -

53rd Street between Lexington and 3rd Avenue

Web Committee Meeting

Jul 21, 2011 at 6:30 PM to 8:00 PM - West 57th Street

For specific location details, please email webcoordinator@oanyc.org.

AUGUST

Long Island H.O.W Retreat

Friday, August 19th – Sunday, August 21st, 2011 - St. Ignatius Retreat House

For Information Email: mgp823@optonline.net or sesame1231@aol.com.

OCTOBER

The R6 2011 Convention

October 21-23, 2011 - Crowne Plaza White Plains New York

Email: ChairR6Convention2011@OANYC.org for more information.

FROM THE (NEW) PUBLICATIONS CHAIR

I've spent years aching for the perfect words to motivate others; but for today, that's not my (controlling) life anymore. THANK GOD. What I can do is show up, and trust that people will show up for me.

I am excited, scared, hopeful and humbled to do service this year. I would feel so overwhelmed with gratitude if our newsletter:

- had submissions from dozens of members, in all stages of recovery.
- offered something all our members wanted.
- strengthened our enormous NYC fellowship.

It's a tall order, I know, but I'm showing up to do what I can to make that happen. To anyone reading this message, hearing it announced at a meeting, or shared about by a fellow—I encourage you to show up as well. Together we can do what we could never do alone.

Email metromemo@oanyc.org to volunteer or request opportunities to show up!

— Lia G.