

Metro Bulletin Board

Brooklyn Heights Synagogue
12pm Thursday meeting
will meet on
Wednesday November 24
and not on Thursday the 25th
Thanksgiving week

New Meeting!
**Sex, Love and
Abstinence**
Sunday, 5:00pm
LGBT Center
208 West 13th Street

Holiday Schedule:
On Christmas and New Years
Day (12/25, 1/1) there will be
no 2pm Step meeting at
Christian Park Avenue
Church in Manhattan

New Day and Location
We Agnostics
(formerly on Tues. at 6:45)
Will now meet on
**The 1st and 3rd Sunday of the
month at 12 Noon**
Beginning November 21
At TRS, 44 E. 32nd St., 11th Floor

An OA Event
Sex, Love & Abstinence
Sunday, December 6
2-5pm
At the LGBT Center
208 W. 13th St.
*Sponsored by the Monday
Men's Meeting.*

**Is your meeting
location wheelchair
accessible?** Please write to
office@OANYC.org and let
us know so we can note it
on the meeting list.

Dates to Remember

Thursday, November 25th
Thanksgiving Day Marathon— Jan Hus Church, 351
East 74th Street, meetings on the hour from 10am—
3pm, ends at 4pm.

Sunday, December 5th
Sex, Love & Abstinence, an OA event, LGBT Center,
208 W. 13th Street, 2-5pm.

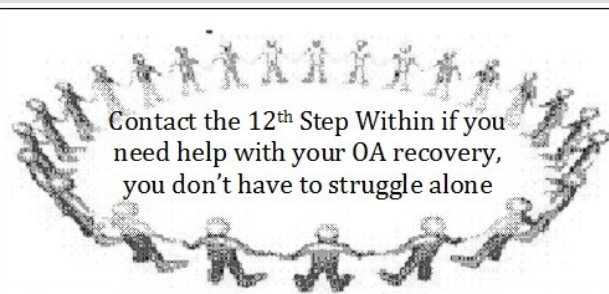
Thursday, December 9th
Monthly OA Intergroup Meeting, 6:45pm, 44 East
32nd Street, 11th Floor.

January 1st
Special New Year's Day Event, St Veronica's Church, 149
Christopher St., Greenwich Village, details to come!

January 28-30th
Annual OA Winter Retreat, "A BRIDGE TO LIFE",
details and registration on www.OANYC.org. Register
early to ensure accommodations!

Greater New York Metro Intergroup of Overeaters Anonymous

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



Contact the 12th Step Within if you
need help with your OA recovery,
you don't have to struggle alone

To request a call, phone 212-946-4599, or write
12step@OANYC.org

NOVEMBER 2010

Metro Memo

*"When I put down the food, I
picked up HP"*

How My Abstinence Has Changed Over the Years

My first abstinence was to take a daily shower! Yes, that's correct. I came into Overeaters Anonymous in 1990. At that time, abstinence meant we didn't compulsively eat, one day at a time - easier said than done! Because I didn't have a spiritual connection with HP and couldn't figure out how to work that 3rd Step, I couldn't put the food down and leave it down. I went to a meeting one day and heard a girl share that her abstinence had to begin with taking a daily shower. I immediately identified with her. You see, I was so drugged by the food that I couldn't get up the energy to take a shower more than maybe once a week. Taking a shower every day caused me to feel better about myself. Once the daily hygiene was attended to, I tried many different food plans, all of my own creation. Unfortunately, a sick mind can't produce healthy results.

Throughout all of my struggles, I always did whatever service was needed from me. Service meant I had to show up. When I finally couldn't stand the pain of overeating any longer, I accepted an eating plan from a dietitian. She eliminated the ingredients that caused the cravings that prevented my recovery. When I put down the food, I picked up HP and have come to regard the 3rd Step as my favorite. My abstinence today consists of daily communication with HP, weighing and measuring my food, turning over my menus to my sponsor every day, sponsoring others, practicing the principles in all my affairs, and working with all of the OA steps and tools. My favorite tool is still service, and I am honored every time I am asked to serve. I love my life today, one day at a time.

-Andrea F.

Thanksgiving Day Marathon



November 25, 2010

*Meetings on the hour
beginning at 10am
Last meeting starts at 3pm*

Jan Hus Church

351 East 74th Street
Between 1st Ave & 2nd Ave
Subway: 6 to 68th or 77th St
Bus: M15 to 74th (1st or 2nd Ave.)
Suggested Donation: \$5 - \$7
Wheelchair Accessible



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



EDITORIAL POLICY: Submissions deadline for next edition is November 22. 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 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!

Finding Overeaters Anonymous on the web was an amazing miracle for me: I listened to six podcasts until 3 in the morning, took the First Step in my living room, and found the location of my first meeting that night. I learned that food was a substance I had been abusing; I realized that I was an addict—something I had never considered. At that first meeting, and 90 more in 90 days, I met wonderful people who welcomed me home to a place and a group of individuals who were willing to share their experience, strength and hope with someone who desperately needed a solution.

You can help someone who still suffers find this miracle by joining the OA Metro NY Intergroup **Outreach Committee**, no matter what level of abstinence you have achieved or how many steps you have taken. **The Outreach Committee needs help in carrying OA's message of recovery to those who still suffer.** Our projects include: a new public service announcement, an internet search project, ads in commuter newspapers, youth in OA, foreign language meetings, health fairs, professional outreach, grassroots outreach. Please join us at our next meeting on **November 26 at 6:30 at TRS**, or email outreach@OANYC.org.

-John O.

Other committee meetings held at **TRS, 44 East 32nd St., 11th Floor:**

12th Step Within, Monday, November 15th, 6:30pm
12step@OANYC.org

Special Events, Wednesday, November 17th, 6:30pm,
SpecialEvents@OANYC.org

Finance Committee, Wednesday, November 17th, 6:30pm,
finance@OANYC.org **All are welcome—please join us!**

INTERGROUP DONATIONS, FROM JUNE 2010 THRU OCTOBER 2010

100Lb. Winners Hudson Guild, Tues.	\$ 267.00	Moravian	\$ 100.00
Brooklyn Heights	\$ 360.00	Moravian Morning 7:30 am	\$ 150.00
CPH Wed 6 pm	\$ 70.31	Park 11	\$ 437.90
4:30 pm Beginners Mtg, Christ & St Stephens	\$ 153.39	Recovery from Relapse, Sun. 11:15 AM LGBT Ctr	\$ 372.70
Beginners Mtg Hudson Guild Monday 6 pm	\$ 61.97	Sat 2pm Park Ave Christian Church, Step by Step	\$ 40.00
Fri 12:15 pm Steps LGBT	\$ 146.33	Skylight Sat 10 am	\$ 342.96
Friday 5:55 pm All Angels Church	\$ 270.00	Spirituality 7:15 Friday Jan Hus	\$ 216.00
Friday 6PM St Jean's	\$ 42.00	St Veronica Sat 9:30	\$ 243.60
Gracie Square Sunday 12 pm	\$ 225.70	Sunday am Coney Island	\$ 67.72
Home Group 12 pm and 1:15 pm	\$ 470.87	Individual Donar	\$ 65.00
Thursday 12:30 pm St Thomas Church	\$ 24.29	Tuesday 9:30 am Church Of St Paul & St Andrew	\$ 221.50
Meeting #09033	\$ 78.00	Wed 12:30 pm St Thomas-	\$ 271.57
Monday 7:15 pm Hudson Guild	\$ 294.63	Tuesday Step Study	\$ 270.00
Monday 12:30 pm St Thomas	\$ 46.15	Wed 6:15 Trinity	\$ 79.00
Monday 7:15 Women's Sexuality Hudson Guild	\$ 225.31	Wednesday 9:30 am Church Of St Paul & St Andrew	\$ 16.20
Monday 9:30 am, Church Of St Paul & St Andrew	\$ 129.65	Wednesday-Hudson Guild-Body Image	\$ 298.96
Monday Hudson Guild	\$ 379.50		

Holiday Relapse Prevention Tip

One tool that kept me abstinent through the holidays was sticking to my meal plan. My sponsor helped me time my meals so that I never felt deprived in the presence of non-abstinent foods. I either brought my own food or made sure there were healthy options, which I measured. I ate a portion of fruit while others had dessert. And when it got hard, I excused myself and reached out to my OA fellows, keeping in mind that so many of us were enduring similar challenges.

-Eva B.

"I try to slow down my "monkey" mind, breathe deeply"

Step Eleven: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Most of my life, I've identified myself as an agnostic, believing it's not possible to know whether or not God exists. I've never belonged to an organized religion, despite being "raised" Christian. Since joining OA 3 1/2 years ago, I have come to believe more and more in a Higher Power; though I define that Higher Power in my own way.

I've also pretty much always believed (and still do) that there's no real difference between prayer and meditation, except maybe that with prayer, one is meditating while talking to a Higher Power. But, then again, when some people meditate, they meditate on the universality of everyone -- of everyone and everything being "one." So, maybe there really isn't a difference between talking to God and talking to the universe. I don't know.

All I know is that since joining OA, I've begun to seek solitude and silence more often than I used to and in many of those moments, I find myself "talking" to my HP. At those times, I try to slow down my "monkey" mind, breathe deeply, focus, and still my mind. Sometimes, I ask for advice. I often do the same while taking a walk or staring out the window at the trees in front of my apartment building or focusing on my houseplants. Sometimes, I go to the Brooklyn Botanic Garden (on a Sunday morning before it gets crowded). I find that often, after these moments of silence, an answer comes to me—sometimes in the form of an "idea" or "brainstorm"—about how to work through a problem or issue that's been bugging me.

In these moments, I feel I receive something from the universe or from my HP.

-Debbie F.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication

Our relations with the public media should be marked by personal anonymity: I can give up my own name and actions, but I can not use the OA name when I do so. Being abstinent is a gift from God, "Higher Power".

OA ought never advertise a guaranteed weight loss, stating "Look at me, there is none greater than I am, I lost 99 pounds in OA." No matter how many pounds we have lost, our last names and pictures as O.A. members should not appear on TV, in films, on the Web, or in print. I may identify myself, but I have to do it without using the name of OA.

One time, as I was sharing in a group, a stranger walked up and said, "I liked what you had to say. What you have, you can't buy in a store." I graciously smiled back, thanking my HP, for without Tradition 11, I would be off trying to sell what you can't buy in a store. I never need to praise myself because others do that for me. Instead, I thank God for all the things that he has brought me through to get to this Fellowship.

-Sylvia H.

Principle of Step 11: Spiritual Awareness

A spiritual way of life is what the 12 steps offer us. Step 11 suggests that we practice spiritual consciousness on a daily basis – through prayer, living gratefully, setting aside a few minutes to meditate. Doing my part, and turning over the outcome is another way I practice spiritual awareness. It is a great comfort to me.

-Nancy A.

We wish everyone a joyous, abstinent holiday season!