

Metro Bulletin Board

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

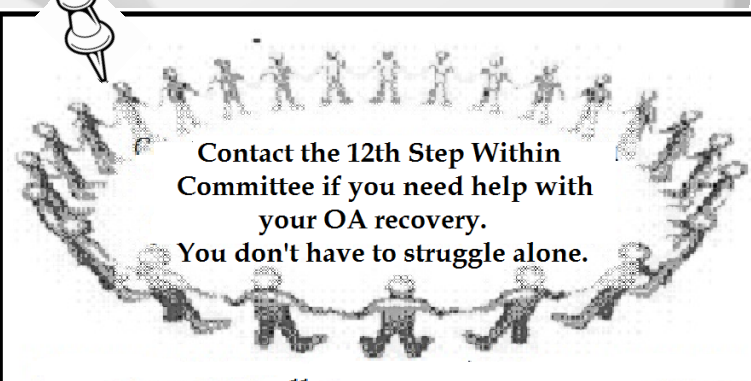
For information, and anyone interested in helping raise awareness of the meeting, please email outreach@OANYC.org

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

New Focus Meeting in Clinton Hill

"Fellowship of the Spirit Meeting" now meeting on Thursdays, 8-9:15pm, Brooklyn Free School
372 Clinton Ave (Greene & Lafayette)
Subway: C or G to Clinton/Lafayette
(also 10 blocks from Atlantic Terminal)
Fellowship starts at 7:15pm

This meeting is OPEN TO ALL compulsive eaters and has an LGBTQIA focus (lesbian, gay, bi, trans, queer, questioning, intersexed and ally).



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

To request a call, write 12step@OANYC.org

Dates to Remember

January 28-30th
Annual OA Winter Retreat, "A BRIDGE TO LIFE", in Chester, CT. Details and registration on www.OANYC.org.

Thursday, February 10
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.

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

Sunday, April 10th
Body Image 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

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



JANUARY 2011

Metro Memo

"The retreat was a turning point in my recovery"

Participating in the OA summer retreat was a true gift from HP. I had just come into program and was slowly realizing that I could finally let go of my never-ending search for the magic solution to my "eating problem". Suddenly, there was this retreat happening! I could devote a full weekend to my recovery, specifically for my physical, emotional and spiritual needs. I could take a vacation without worrying about getting my abstinent meals or having to explain *anything* to *anybody* about not eating this or that. Did I wanna go? Are you kidding?

The message of recovery flowed nonstop throughout the weekend. I got to hear speakers share their stories in a beautiful, peaceful setting. Some with decades in Program, some with much less time, they all shared their experience, strength and hope. It was an amazing way to learn how other compulsive overeaters work their program every day – what they do, and what it *looks like*.

It was also an incredible opportunity for fellowship. There were lots of chances to talk and get to know each other, and I connected with so many new people. Back in NYC, I suddenly had so many fellows to reach out to!

I can say without a doubt that the retreat was a turning point in my recovery, and I would love to do it again. I'm looking forward to the next one!

-Jimena L.

**WELCOME TO OA,
WELCOME HOME!**

**Beginner's
Workshop**

SPECIAL OA EVENT

**Sunday, February 20, 2011
2pm - 5pm**

LGBT Center
208 West 13th St
between 7th & 8th Ave.

Subways: 1, 2, 3, A, C, E, F, M TO 14TH
Suggested Donation: \$5 - \$8
Wheelchair Accessible

Visit www.OANYC.org
for more information



EDITORIAL POLICY: Submissions deadline for next edition is January 17. 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!

Happy New Year! The Special Events Committee is getting ready for 2011! We will be repeating a few events from last year and introducing some new ones too. But we need your help! The committee meets about once a month to work on details of the upcoming events. We need help coordinating volunteers, speakers, publicity and venue details. It's a fast-paced service opportunity as we typically have one event each month. This is great for people who like a lot of variety. There is no abstinence requirement to join this or any committee at Metro Intergroup. We always have a variety of service positions available at each event in addition to working on the committee. Check out www.OANYC.org for upcoming committee meetings as well as event details. Please email me at SpecialEvents@oanyc.org if you are interested in joining the committee or being of service at an event. *-Amy B., Special Events Committee Chair*

Upcoming committee meetings held at Gigi Café, 64 E. 34th Street (between Park and Madison):

Retreat, Wednesday, January 19, 6:30pm, retreat@OANYC.org

Outreach, Tuesday, January 25, at 6:30 pm, outreach@OANYC.org

Special Events, Wednesday, February 2, 6:30pm, specialevents@OANYC.org

Website, Thursday, February 3, **location TBD** (check website), webcoordinator@OANYC.org

R6 Convention, Thursday, February 10, 5:45pm, chairr6convention2011@OANYC.org *If you are unable to make the starting time, please arrive as soon as possible.*

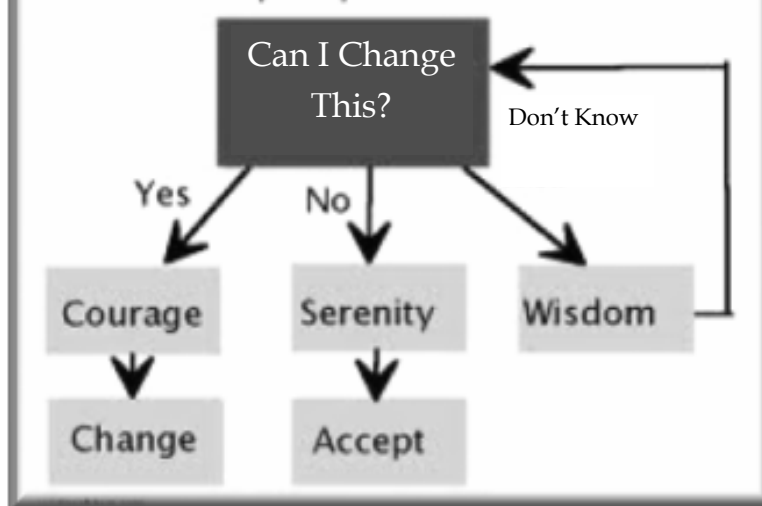
All are welcome—please join us!

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

...is writing a gratitude list. It's easy for me to forget all the good things in my life. If I think about it, and put them down on paper, I can see and feel the gifts in my life, and my mood is lifted. Take an action, change a thought, that's how it works.

- The 12th Step Within Committee

The Serenity Prayer as a Flow Chart



TOOLS
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. By just starting to write as I am doing now every time I felt the great urge to eat so that I could not hear the screams that were all mine inside my head, I was 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 100 per cent 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!

In Service, Sylvia H.

A promise: "If we are painstaking about this phase of our development, we will be amazed before we are half way through."*

Since I was blessed to become a member of Overeaters Anonymous about 6 1/2 years ago, I've found such comfort in The Promises. There was evidence that they worked in the faces of the members who were working the steps. This fact brought me great hope. I began working the steps with a sponsor and made a commitment to attend 90 meetings in 90 days.

Many of the meetings have "The Promises" in the format. I would listen as the first promise was read and although I "knew" what painstaking meant from the context of the sentence, I would eventually look it up when I began formally working step nine. It means careful and diligent effort. Well, sure enough, as I began making my amends I started "feeling the difference." I was able to look people in the eye. The first few amends I made were very scary and yet one by one as I was granted the ability and willingness to continue, blessed to have heard the slogan "we face our stuff, or we stuff our face", I continued until a little over 275 amends were made. I also remain grateful to be maintaining 150 pounds off my body abstinely.

So, I was definitely "amazed" before I was half way through. I was amazed that I was able to eat 3 meals and a snack a day, amazed to be exercising and shedding weight, amazed to be kind and loving with healthy relationships, amazed to be happy joyous and free!

-Anonymous

*Excerpted in part from *Alcoholics Anonymous*, third edition (p83).

7th Tradition Reminder: Your service bodies need, and appreciate your donations of excess funds.....

.....please send to local Intergroup (60%), World Service (30%) and Region six (10%). Address information is on the website (www.OANYC.org), and on the meeting lists.