

# Metro Memo

## Together We Can

I decided to change my lunch today, my sponsor won't mind - it's an even exchange. A little bit more won't hurt, I'm hungrier today. No time for my morning meditation, got too much to do. I don't need to write my food down, I'm doing great!

These are the thoughts and actions that preceded my recent relapse. I was already slipping when my family endured an unexpected tragedy. My program friends offered their support, but I was fine! I was so fine that I picked up a food that I knew was a problem for me. I reasoned that it wasn't another problem food, so it wasn't *that* bad. Over time, my meals got bigger. I thought it best to tell my sponsor about some of what I was eating, not all, because I was going to clean my food up soon. Anyway, maybe I was making too much of this problem ingredient. On July 4<sup>th</sup>, I decided to have a piece of dessert. It was delicious. I didn't eat the whole serving: I know what a normal portion looks like! The following day the cravings started. What I wouldn't give for... wait a minute, I know that voice. It's my disease, but *HOW*?

I wasn't honest with myself or my sponsor. I wasn't open to the idea that I needed help. I wasn't willing to accept that I couldn't do it alone

Recovery from my relapse began with complete honesty about my food and eating. Confessing to my sponsor lifted a great burden. She didn't berate me or drop me. She thanked me for being honest. She didn't tell me that I'd lost my abstinence! I made that decision with the help of H.P. At a recent retreat, I received a boost for my program from the shared recovery. I've made a commitment to working the Slipping and Sliding tool, as well as re-committing to all of my recovery habits. Each day, I pray for the willingness to be open and honest. It's terrific to be abstinent a day at a time, with all of your love and support.

-Anonymous



## REGION 6 CONVENTION 2011

OCTOBER 21 – 23, 2011

CROWNE PLAZA HOTEL

Visit [WWW.OAREGION6.ORG](http://WWW.OAREGION6.ORG) for Registration info



**EDITORIAL POLICY:** Submissions deadline for next edition is February 18. 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

Our committees are working on creative and challenging aspects of carrying the message of OA. Website development, article writing, graphic design, event management, focused 12th step work are just a few of the skills and talents we need. This is a fabulous way to solidify your commitment to recovery, get to know other OAers and give back what has so freely been given to you. Join us! **These Committees have monthly meetings and are inviting you to join them. Contact by e-mail for time and place:**

**Retreat:** retreat@OANYC.org

**Outreach:** outreach@OANYC.org

**Special Events:**  
specialevents@OANYC.org

**Website:** webcoordinator@OANYC.org

**Twelfth Step Within:** 12step@OANYC.org

**Finance:** finance@OANYC.org

**Publications:** publications@OANYC.org

**R6 Convention**, Thursday, March 10, 5:45pm, Gigi Café, 64 E. 34th St., 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....*

*“Knowing that I don't have to solve my whole life's problems in one day”*

*“Calling a fellow and helping someone else”*

*“Clearing my channel so I can stay in the Sunlight of the Spirit”*

*-Submitted by fellow OAers*

## Intergroup Donations for January 2011

Meeting Name	Amount
Anonymous Donor	\$ 25.00
Donation	\$ 5.00
Donation	\$ 250.00
Friday 6 pm, St Jeans	\$ 30.00
Friday West Side Winners	\$ 36.00
Gracie Square, Sunday 10:30 am	\$ 251.10
Gracie Square ,Sunday 12 pm	\$ 96.00
Home Group, Sunday 12 pm and 1:15 pm	\$ 150.00
Monday 7:15 pm ,Hudson Guild	\$ 138.27
Monday 6 pm, Westside Y	\$ 150.00
Monday 9:30 am, Ch. of St Paul & St Andrew	\$ 39.00
Saturday 9:30 am, St Veronica	\$ 60.43
Saturday 9:30 am,4th Universalist Society	\$ 30.60
St.Thomas Wed, 12:30 pm	\$ 69.00
Sunday 10 am, Old Stone House	\$ 30.00
Sunday 11:15 am, LGBT Center	\$ 128.00
Sunday AM Coney Island	\$ 11.40
Thursday 12:15 pm, BB, LGBT	\$ 101.16
Tuesday 6:00 pm, Ripley Grier Studios	\$ 37.80
Wed 12:15 pm, LGBT	\$ 114.72
Wed 6 pm ,Men's Meeting St Peters	\$ 90.00
YMCA Friday 7 pm	\$ 235.43

***Seventh Tradition Reminder: Your New York Intergroup, as well as World Service and Region 6, need and appreciate your donations of excess funds .***

# TOOLS

## The Tools : A Poem

**A Plan of Eating** I ate a piece of this and a piece of that; as a result, I got fat. Food Plan, heed my cry. I'm much too big a guy.

**Sponsorship** The food monster is all around us. Its presence confounds us. What's the answer? Call a sponsor.

**Meetings** I overate some sugar. The result: I went meshuga. My solution: attend a meeting. I spoke about what was on my mind, which helped me leave my compulsion behind. To all of which I must say, I'm glad for meetings in OA.

**Telephone** I was here all alone. The food was everywhere. What can I do, I did bemoan? I picked up the receiver and used the phone.

**Literature** I need something to do. One bite and I'm through. I must prevent overeating, a substitute for what I'm needing. Maybe I'll try reading. An OA book came into view. This is the substitute I would pursue.

**Service** Whether near or miles away, I don't overeat, instead I help OA. Whether I'm cool or nervous, I'm no fool. I perform service. It's a fast pace. Things are rough. I don't stuff my face. I face my stuff.

### **Writing**

It was holiday season and the food looked inviting. That was a reason to take out my pen and start writing. The holiday spirit left a good feeling. I expressed what was appealing. I saw that not just the food was exciting. So I wrote this poem instead of eating what was enticing.

**Anonymity** Who was there and what did she say? You want my answer to be true. Her name was Anna Nymity, and she said she missed you. We have a tool that keeps us mum about what happened that day.

-Marvin, OA Poet Laureate

**A promise:\* “We are going to know a new freedom and a new happiness.”**

Little did I know, before I came into program, that I was a prisoner of my disease, that I had been taken hostage and I was miserable, in part, as the direct result of this predicament. In the cycle of pain – binge – pain – binge, I had no time to consider any other way of life.

I remember my first day of abstinence, about 14 years ago, when I experienced for the first time the joy of allowing myself to have a full breakfast, something I'd previously never done, considering I awoke each morning feeling guilty and remorseful since I had, yet again, seriously overeaten the night before. People often share about the freedom a food plan gives them. Unlike a “diet”, which is often a plan of undereating, our food plan tool gives us the food we need, at the times of the day we need it. I often suggest to newcomers, when devising a food plan, to allow enough food at breakfast to sustain you until lunch, and enough at lunch to sustain you until dinner. Getting what I need is truly a new freedom and a new happiness, compared to overeating destructive foods compulsively.

After almost an entire lifetime of guilty, secretive eating, it is truly a joy to nourish my body properly, in sane amounts, like humans are designed to. Just for today, I am free of the shackles of compulsive eating.

-Nancy A.

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

***Please send your donations to local Intergroup , World Service , and Region six . Address information is on the website (www.OANYC.org), and on the meeting lists.***

# Metro Bulletin Board

## *New Spanish-Language Phone Meeting*

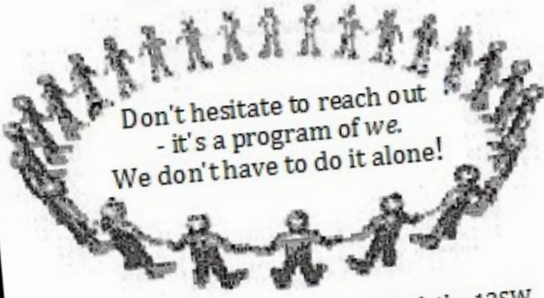
For information, and anyone interested in helping raise awareness of the meeting, please email [outreach@OANYC.org](mailto:outreach@OANYC.org)

## 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 LGBTQQIA focus** (lesbian, gay, bi, trans, queer, questioning, intersexed and ally).

The 12th Step Within Committee relies on its own individual members to share and strengthen the recovery of those in need of support who are struggling within our Fellowship.



Don't hesitate to reach out - it's a program of we. We don't have to do it alone!

Need support? Want to volunteer with the 12SW Committee? Contact [12step@oanyc.org](mailto:12step@oanyc.org)

## *Illustrated Recovery Humor Wanted for Metro Memo!*

*We'd like to have a little chuckle once in a while!*

*Submit humor ideas to [metromemo@OANYC.org](mailto:metromemo@OANYC.org)*

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!*

## Dates to Remember

Sunday, February 20th

**Beginner's Workshop, SPECIAL OA EVENT,** 2-5pm, LGBT Center, 208 West 13th Street.

Thursday, March 10th

**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, April 10th

**Body Image Workshop, SPECIAL OA EVENT,** 2-5pm, LGBT Center, 208 West 13th Street.

Sunday, May 15th

**Smorgasbord of Recovery, SPECIAL OA EVENT,** Time TBD, 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](http://WWW.OANYC.ORG) for COMPLETE NY AREA INFO**