

# Metro Memo

## All This Change and Program Too?

I recently had the opportunity to do something I've been wanting to do for a long time. The schedule for this commitment was heavy - 5 days a week, commuting 1 1/2 hours each way to southern Brooklyn, for 4 to 5 months. My spiritual routine, was completely upended. I could no longer do the things I usually did each day: an hour for writing, reading, meditation and prayer each morning, a 6pm meeting in Manhattan a couple times a week, an AA meeting during the day once in a while.

I was apprehensive, knowing that as a recovering addict, my first job was to stay abstinent and sober, and everything else came after. Sad to say, it wasn't long before I started feeling that I deserved some sugary treats in the afternoon, and heck, that ride home on the train was awfully long, I think a few sugary treats would help that time go by too. It wasn't long before I was irritable and discontent about everything I was doing, professionally. I was no longer excited about my activities; my activities were reduced to food obsession every day.

Fortunately, I've been in program long enough to recognize that I had just slipped into the abyss of 'active' thinking and acting. I've always believed that if an addict is not practicing the tools of recovery, there is no way but down the road to ruin. So I quit that routine, it wasn't worth it to me, there were other options I could exercise and get the same, if not better results. I quit it because if I wasn't back on my road to recovery, nothing would ever work out right for me again, I knew it. I'm glad I made that decision. I'm back in recovery mode, including planning and making my healthy meals. Change is good, as long as it accommodates my spiritual needs, to stay active in my program of recovery.

-Nancy A.

## Portable Recovery

2nd Annual OA Picnic

Sunday, June 12, 2011

Bring your lunch and enjoy the sun and fellowship

There will be activities and guided meditation available

Optional: Walk along the High Line at 4pm!



### 1/2 hour Topic Shares:

**Traveling in Recovery:** *Maintaining your program while on the road.*

**Honesty in the Face of Adversity:** *How does sharing our struggles help others as well as ourselves?*

**Dating in Recovery:** *How do we navigate the world of dating while in recovery?*

**Turn the Beat Around:** *Staying positive in recovery.*

### **Hudson River Park ~ Pier 46**

Charles Street and West Street  
Subways: 1 to Christopher St or  
A, B, C, D, E, F, M TO West 4th

\*Wheelchair Accessible\*

\* No Glass Bottles Allowed \*



**EDITORIAL POLICY:** Submissions deadline for next edition is May 23. 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).

*Here is an account of what happens during a day of Region Six Assembly attendance: from Charlotte M., one of our R6 Representatives:*

Region Six (R6) stretches from Nova Scotia through New York State and also includes Bermuda. I attended the R6 Assembly on April 9, 2011 as one of eight representatives from our Intergroup. OA members from throughout the region met to report on and continue the work of the last six months. The morning was devoted to a brief opening meeting and committee meetings. (All representatives are expected to work on a committee.)

After the lunch break (fellowship time!), general region business, such as planning a convention (2012 will be in Ottawa), revising the governing documents and providing funding to help support intergroup activities was conducted. After a break and time for writing on an assigned theme, there was a workshop in which we broke into small groups to identify problems that might keep people from becoming involved in OA beyond the local level and how those problems might be solved.

*-Charlotte M.*



## ***“STEP INTO RECOVERY”***

***June 24-26, 2011***

**The Guest House, Retreat & Conference Center, Chester, CT**

Mail registration form,  
or register online, details on  
**[www.OANYC.org](http://www.OANYC.org)**

Online registration will close@ midnight on 6/16.  
If you wish to pay by check, you may register via snail  
mail (USPS). Mailed Registrations  
must be received by June 13, 2011.

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

- ◆ Love God, Clean House, Do Service.
- ◆ Meetings when I can, prayer when I can't!
- ◆ Giving my feelings to God and asking for guidance.

*-Submitted by fellow OAers*

# TOOLS

## Sponsorship

### What Being a Sponsor Means to Me

Sponsoring means that I am achieving true survival from my obsession with overeating compulsively all the time, day and night. It means sharing the experience, strength and hope that led me to this point, thereby helping someone else to get out from living a life that is stuck in a horrible dark, dingy hole and become a person who truly wants to live in the light and is willing to ask for help in achieving that goal. It means having an internal mirror that constantly reflects my improved self-image and an internal lamp that provides just enough light to see my path to happiness and joy. A mirror that also allows me to see what I used to be like around food and to thank God, HP, that I am not like that any more.

It means becoming aware of my own growth by listening to you, my sponsee, and guiding you along the path of growth and happiness. It means having an everlasting memory clock reminding me of who I am, thereby blocking out Ms. "I don't believe I ate the whole thing." Finally, it means becoming grateful to HP for waking me up to a whole new world of giving and sharing, knowing that today I will share what I can to help this person to find his or her own healthy, unaddicted person within and bring out the sunshine in her/his life's journey.

-Sylvia H.

**Exciting News!** **OANYC.org** is now available in a mobile version for on-the-go convenience. The new version is available on the iPhone, iTouch, iPad, Android and Blackberry, as well as other phones. Go to [www.OANYC.org](http://www.OANYC.org) for details on how to access.

*A Promise: "No matter how far down the scale we have gone, we will see how our experience can benefit others."\**

When I first read those words, I visualized watching my weight decrease and showing off Ms. newly-skinny OA. However, as I grew in OA, I learned their real meaning: it's not a scale of weight, but a scale of living. It meant looking into my mirror to see who that stranger was in the reflection, and trying to find the Sylvia I knew before not accepting myself triggered nonstop compulsive overeating.

The first time I heard my voice, I looked around in bewilderment for the source of the sweet sounds. Sharing my experiences with food and the damage it has done will help another compulsive overeater not feel alone. Whenever I'm a guest speaker, I'm amazed to hear that people liked what I said. It helps me to feel valuable and worthwhile. No matter how much recovery I have, it's good for other overeaters to hear where I came from, what happened to me and where I am today. Helping someone as someone helped me beats going into an eating binge because I'm telling myself I'm worthless.

I know that I'm a compulsive overeater, and I know the benefit in sharing the good news about how wonderfully OA can work.

-Sylvia H.

\*Excerpted in part from *Alcoholics Anonymous*, fourth edition (p84).