

METRO MEMO



METRO GREATER NEW YORK
INTERGROUP

SEPTEMBER 2011



THE MONTHLY NEWSLETTER OF THE GREATER NEW YORK METRO INTERGROUP OF OVEREATERS ANONYMOUS

THE PROMISES

THE KNOWLEDGE?

WE WILL NOT REGRET THE PAST NOR WISH TO SHUT THE DOOR ON IT

The Third Promise is about the past, but for me it's also about the present. Since I work my Program one day at a time, it's important for me to keep the past in perspective. If I spend too much time thinking about the past -- events that have happened to me, things I resent, or the overeating I have done -- then I'm not living in the present and I'm not taking life one day at a time.

The Third Promise says that the past is not to be regretted, nor is it to be forgotten. After all, it's a part of my life. It is what it is. But it's hard for me to let go of the past sometimes. If I find my mind going to the past too often (usually when I'm alone too much or isolated), I acknowledge it and ask HP for the willingness to let it go. And when I find myself dwelling too much on past resentments (one of my character defects), I know it's time to take action.

Sometimes, when I think about living one day at a time, I get scared because I think that means I have to totally forget about the past; put it out of my mind. But when I do this, I'm engaging in black-and-white, all-or-nothing thinking. And, like in most things in life, as I've learned in Program, balance is important. I don't have to totally forget the past in order to live in the present. I can own my past and live in the present. This is a comfort, and it's just what the Third Promise offers.

— Debbie F.

Sunday, September 25, 2011
2 p.m. - 6 p.m.

PART 1

WORKSHOP

Topics: "Life On Life's Terms" & "The Challenges We Face"

PART 2

ACCEPT-DANCE!

OA DJ dance party!

LOCATION

LGBT Center
208 West 13th St.
Between 7th & 8th Ave.
Subways: 1, 2, 3, A, C, E, F, M to 14th St. & L to 8th Ave

Suggested Donation: \$8 - \$10

www.oanyc.org

Wheelchair Accessible



EDITORIAL POLICY:

Submissions deadline for the next edition is September 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: metromemo@OANYC.org

TEENS WELCOME

Check out the meeting list for
Teen Friendly meetings
(marked 'TF')

The Wednesday 6pm Hudson Guild and Friday 7pm YMCA now offer a special format just for teens. Come check 'em out!

MEETING SPOTLIGHT

St. Thomas, 12:30 PM Step Meeting, Monday

This is a regular meeting for me. It's on 53rd Street just west of Fifth Avenue. I travel in from Forest Hills to get there, and often get right back on the train after the meeting and return home. It's a worthwhile trip for me because, like other mid-day meetings, many of the people who attend are working people who make recovery a priority and manage to get out of the office for an hour even though they have busy, responsible jobs. I often gravitate toward mid-day meetings because they attract working people. I need to see how people manage their other responsibilities while working a program; that's how I learn to do the same. Service positions are eagerly filled at this meeting, even though some may have to leave before the meeting ends in order to get back to their desks at the appointed time. In that case someone volunteers to close the meeting for them. For me, it's a strong meeting for all the above reasons: committed OAs who make recovery a priority and responsibly negotiate their time away from the office to get a meeting in, and, if they are lucky, a chance to do service.

— Nancy A.

METRO INTERGROUP - WORKING FOR US

CHAIR: Laura N. was appointed By-Laws Chair, Sarah Fiona P. was appointed Chair for ad-hoc "meeting support" committee and we are still seeking R6 Assembly Reps. There is a new link for Tools of Recovery pamphlet at www.aa.org/podcast/.

OUTREACH: The "Welcome" tab added to oanyc.org has been tracking the number of people who are finding out about AA from our AM NEW YORK ad.

We are always working on professional outreach/public information, please contact outreach@oanyc.org with story suggestions for professional writers and news groups and suggestions for conventions or professional venues where where AA information can be provided.

TF is the new Teen Friendly Meeting code for WS meeting listings. Any group desiring to be TF should update their information at AA.org and contact outreach@oanyc.org

We have recently launched an outreach online survey asking members with a year or less in program how they came to AA. Please contact oanyc.org to share your experience.

PUBLICATIONS: August and September are online-only months for *Metro Memo*. Please announce at your meetings and encourage members to check them out online. Our next meeting is September 7th, 2011. Contact publications@oanyc.org for more info.

RETREAT: We are researching a new venue for June 8-10, 2012 retreat. An expenses summary is available upon request.

SPECIAL EVENTS: We are in need of volunteers to help throw our amazing AA NYC events. There is no abstinence required to do service! Our next meeting is September 7th – hope to see you there!!

TREASURER: Q2 records were reviewed and all records reconciled. The next Meeting is Wednesday, Oct. 5, 2011

TWELFTH STEP WITHIN: Help us to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship! Our next meeting is September 21st, 6:30pm at Gigi's Cafe on 34th St.

MEETINGS THAT NEED SUPPORT: The Tuesday 3:30pm meeting at All Angels Church on W.80th St. is a great place for recovery and NEEDS YOU!

**THANK
YOU**

This month's Metro Memo could not have been possible without the GENEROUS service of: Charlotte M., Dani, Debbie F., Emily, Halina, Heidi, Hilary, Holly P., Jessica Z., Lia G., Marcia L., Nancy A., Sandee C., Sylvia H.

AA 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

The Bite That Hit the Floor

I was standing at the kitchen counter, putting together a sandwich for lunch, when I accidentally dropped a piece of lettuce. I watched as the lettuce hit the floor. Without thinking, I bent down, picked up the piece, and popped it in my mouth.

Now, leaving aside the fact that I ate food off the floor (as a compulsive overeater I've eaten a lot worse), in that one moment of eating that bit of lettuce, I saw clearly what was meant by the first compulsive bite.

It wasn't a question of losing weight. That piece of lettuce wouldn't add a micro-calorie to my food plan. Rather, it was the act of eating without thinking. Putting that food into my mouth was totally instinctual—something part of my disease of compulsive eating.

But this time, instead of following up with more eating, I stopped and thought about what I had just done. I replayed the moment over in my mind: watching the food hit the floor, picking it up, popping it into my mouth. I thought about what each action meant. And that's when I made a decision to look more carefully at each slice of food that goes into my sandwiches.

Instead of making a sandwich without thinking, I ask God to help me make the sandwich as cleanly as possible. I look carefully at each item as it goes between the slices of bread. If I slice something that falls off the plate onto the counter or floor, I pick it up and throw it away. In a way, I think of those items as belonging to God, not to me.

That day I learned, very precisely, what the first compulsive bite looks like. And, while I'm sure there are other situations where a compulsive bite can occur, with God's help, I don't have to act on them when the bite hits the floor.

— Sandee C.

Pleasure is what I seek to hide from all my pain,
Pure, hedonistic escape so happiness I might feign.
Happiness, when true, is harder, it seems, to find,
Especially when I feel that I'm completely out of my mind.
Pleasure can be bought, happiness it seems must be found,
But it takes perseverance and hope to keep searching around.
Pleasure is short term and for me is sugar/flour.
These two substances over me have such almighty power.
Only through abstinence can I hope to clear my mind
So that deeply buried feelings I can begin to find.
I've tried before to do this, but every time I've failed,
It's hard to do it solo, so it's no wonder I derailed.
Now I'm finding strength and hope by placing my hand in yours,
I'm ready to do the work with you so happiness I can secure.

— Holly P.

THE TOOLS

Service

The tool of service is becoming indispensable in my recovery. Even if I don't have the abstinence required to do the more obvious service positions like leading meetings or being a sponsor, there actually are a number of things I can do to be of service in the OA community. I have found recently that talking to newcomers after meetings is a wonderful form of service; it helps connect them to the group, welcomes them with an individual face and also helps me to affirm my (anonymous) identity as an OA member. It helps me to tell someone new how much recovery and progress I've already gotten in OA. It reminds me that I'm here for a reason—abstaining from compulsive overeating while gaining spiritual and emotional recovery enables me to bring this message to someone else who is suffering.

I was recently nominated to be treasurer for a meeting I attend. I might never have volunteered, but I was so grateful to be nominated and to accept the position. I'm learning that the more service I do, the better I feel. It's okay for me to have responsibilities in the program; it affirms for me that I deserve to be here and to work towards recovery. Being spiritual timekeeper, volunteering to call newcomers and even (and especially) simply attending meetings all are forms of service that not only help everyone else in the rooms, but bring me another step closer to a life of sane and happy usefulness.

— Emily

REGION 6 CONVENTION 2011

OCTOBER 21 – 23, 2011

CROWNE PLAZA HOTEL
White Plains, NY

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RECO
VERY

WWW.OAREGION6.ORG

Happiness By Choice

I have always felt that happiness is a function of what's in my mind. If you want to be happy, try crying and laughing at the same time. You can't, because your mind is controlled by your thoughts; therefore, you have to decide on one or the other. To be happy or to be sad; which one will you choose? It is as simple as that. I choose to be happy even when everyone else around me is sad. I love life, and I have lots of fun at the appropriate times by invoking the child within me to join me (the responsible adult) because it's the kid's time to shine. I love to sing, dance, feel the sand under my feet. I like catching raindrops in my mouth, rolling on the floor, swinging on a swing in the park and just having a good ole time. When I was on a cruise with my husband, the water got very choppy and everybody started to hurl except me. I made up my mind long before I boarded the ship to create my own happiness by eating some ginger beforehand, so, while everybody else was falling sick, I was on cloud nine and a half. While everyone else was miserable, I was daydreaming about how my feet sank into the sand each time the waves hit the beach. Being happy is a choice I make each morning when I meet with my HP in prayer as we start our new day.

— Sylvia H

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

I-S-O-L-A-T-I-O-N:

I – I'll
S – Spend time with
O – Others;
L – Laugh;
A – Accept myself exactly
as I am RIGHT NOW and
T – Take the time to
E – Enjoy my new abstinent life!

THE LIGHT SIDE

It's OA Limerick Time

"In OA there's a tool that's called service
We know that it makes some of us nervous
They say service is slimming
So please don't be skimming
Abstinence without it... is ridiculous!"

"There once was a very 'Big Book'
In its pages you'll find nothing to cook
Its wisdom you'll love
Heaven sent from above
For abstinence... try giving it a look!"

"Slogans tell us that 'meeting makers make it'
You can leave what you like or you can take it
Claim your seat every time
To serenity you'll climb
Want abstinence?... Then don't 'meeting maker fake it!'"

"You say you are feeling resentment?
Not happy, not joyous, no contentment?
Are you working the steps?
Up and down them we schlep!
Spiritual awakening is our greatest intent!"

"Our sponsors just give us suggestions
They answer our millions of questions
They're our bodyguards
Steadfast and die hard
How can one person have so many dimensions?"

— Marcia L.