

The TWELVE STEPPER September 2005

Published to share recovery and support within the fellowship of Overeaters Anonymous by the Louisville Metro Intergroup

IDEA Day: "Together We Can" Traditions and Service Workshop

November 19 ~ 10:00 am - 4:00 pm
Salem United Church of Christ

Come for the whole day or just for part of the day. Everyone is welcome!

"Willingness is the Key that opens the door to recovery."



Convention Planning Meeting

October 9 ~ 3:30 pm
Call Jennifer 459-4518
(3808 Chevy Chase Road)

ATTENTION: MEETING CLOSED

The 5:45 p.m. meeting on Thursday at Salem United will not meeting anymore.

"Character Defects"

- I am weak.
- I need God's strength.
- I am righteous.
- I need God's mercy.
- I am loving.
- I need God's companionship.
- I am scattered.
- I need God's focus.
- I am easily overwhelmed.
- I need God's ease. Karen, Louisville, KY



"Digging a hole"

"If I am in a hole the first step is to stop digging the hole." Before I got abstinent I didn't know how to stop digging. I desperately wanted to stop the digging, stop the insanity, stop the self loathing, stop the endless trips to the drive through, and stop the binging. But I just kept digging and digging a deeper and deeper hole where there seemed no possible way out.

In those bleak days before I fully surrendered to God and to recovery, abstinence (and all that goes with it) was overwhelming to me. There was no way I could use all those tools and do all the footwork that I heard others doing. No way I could plan and commit my food, pray, go to meetings, make phone calls, work the steps, read the literature, journal and do service. NO WAY! It was going to take a miracle to stop compulsively overeating, but miracles happen every day in OA.

One day I managed to stop digging long enough to plan my food and surrender the results to God, and have never had to pick up the shovel again. Over a year and a half and 120 lb. later, I am grateful that I eventually made it out of that deep, dark hole. Using the tools, working the steps, doing the footwork, I have a daily reprieve from compulsive overeating. Today I do what only a short time ago seemed impossible, today I turn my will and life over to God and leave the results up to him/her.

"If I am in a hole the first step is to stop digging the hole." As the Big Book of AA suggests, "...there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet."



Thank God I picked up those spiritual tools and climbed into the sunlight of the spirit and recovery. Anonymous, Louisville, KY

Abstinence

When I first came into the program, I had no concept of what that word meant. There was the "usual" connotation, but what that interpretation had to do with overeating was beyond me. Slowly, but surely, the message became clear. I have discovered that it comes with many definitions. For some, it is having a food plan and sticking to it. For others, it is that, plus making changes mentally, spiritually, and sticking to that. It is not possible to work the steps and not have it affect all areas of your life. It might be stress at work and having to ask a Higher Power to take the resentment and vengefulness. It might take several attempts. Some say abstinence is the most important part. For me, it is important, but not the only part of the program essential to my recovery. It is the tools which keep me abstinent. It is a sponsor, meetings, Step Studies, fellowship, literature etc. I could not be abstinent without using the tools of recovery. I am grateful for my abstinence, OA as a whole, and for being one of the fortunate people who have found OA so helpful. There is an on-going opportunity to grow. There is no time to rest on one's laurels, or slow down on the Steps. Each day brings new choices. Keep coming back, it works if you work it.

Pat – Louisville, KY



A woman was asked by a co-worker, "What is it like to be a recovering compulsive overeater ? The co-worker replied, "It is like being a pumpkin. God picks you from the patch, brings you in and washes all the dirt off of you. Then He cuts off the top and scoops out all the yucky stuff. He removes the seeds of doubt, hate, greed, etc. and then He carves you a new smiling face and puts His light inside of you to shine for all the world to see."

This was passed on to you from another pumpkin. Now it is your turn to pass it to a pumpkin. I liked this enough to send it to all the pumpkins in my patch.



"Mask"

It is that time of year again when people disguise themselves and put on masks. There are times when I do not need a holiday to put on a mask. When I make the decision to compulsively overeat, binge, purge, or starve myself, then I wear the mask of deception, fear, self-loathing, selfishness, and rationalization.

I am grateful for OA. I have learned that I can make the decision (w/HP and you) to put the food down and rid my mind of the reasons that cause me to have the symptom of compulsive overeating.

Anonymous, Louisville, KY

Thanksgiving

Loxi F. 298-5584
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I feel such thanks for all those who provide service: The 12-Stepper, the meetings, the retreat, the upcoming Region V meeting. I realize that without all those people being willing to put themselves out there, I'd be alone here in my disease. I never believe I have anything to say worth recording for the 12-Stepper but my ESH right now is this:

I am not alone. I know that you understand when I say I'm sad or fearful, struggling or victorious. All my struggles can be presented to God if I will let go of them, and He will carry me.

So thank you to everyone who writes a line, runs a meeting, attends a meeting, gives me a call or just offers me a smile. I love you all. I offer thanksgiving for you and, because of you, for OA.

Anonymous, Louisville, KY

SERVICE CONNECTION

Chair
Debbie SP 583-4428

Vice Chair
Cheryl Z. 592-7289

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Bobbie B. 459-5447

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Laura M. 969-6454

WSO Delegate
Jennifer E. 459-4518

Region Representatives
Debbie SP 583-4428
Christy L. 969-6770

Phone line Contact
Diane G. 473-2033

Public Information
Service Position Needed

Meeting Directory
Sherrie H. 493-8829

12 Stepper Editor



God or Food?

As long as I stay in the food, I stay sick. As long as I turn to food, I cannot recover. I will not get better until I learn to walk THROUGH situations, rather than escape them with food. I need to say this for myself today. Lately, I've been turning to a specific food to escape. I delude myself into believing that because it's not an old binge food that it's okay. Since honesty is the cornerstone of recovery, I need to be honest with myself and admit that it has BECOME a trigger food for me. I hate admitting that because I want to eat it.

Do I want to eat it more that I want to recover? Two days ago, I would have said I wanted the food more. Not today. Thank God. I will pray for God's help to get me through this tomorrow. This is totally a step two issue. I am not being restored to sanity as long as I am turning to food rather than God. Remember, am I going towards God or towards food? I can only choose one. God, help me to choose the path to You today.

-Anonymous, Louisville, KY

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“Service is the sandpaper that smoothes out my defects of character.”

...Pearls of Recovery Heard at OA Meetings during the World Service Business Conference.

## Twelve Steps of a Relapse

1. I decided I could handle any of my problems if other people would just quit trying to run my life.
2. I firmly believe that there is no greater power than myself and anyone who says differently is insane.
3. I made a decision to remove my will and my life from God, who didn't understand me, anyway.
4. I made a searching and thorough moral inventory of everyone I know, so they can no longer fool me and take advantage of my good nature.
5. I sought these people out and tried to get them to admit to me, by God, the exact nature of their wrongs.
6. I became willing to help these people to get rid of their defects of character.
7. I was humble enough to ask these people to remove their own shortcomings.
8. I kept a list of all the people who had harmed me and waited patiently for a chance to get even with them.
9. I got even with these people whenever possible except when to do so would get me in trouble.
10. I continued to take everyone's inventory and when they were wrong, which was most of the time, I promptly tried to make them admit it.
11. Sought through the concentration of my willpower to get God, who didn't understand me anyway, to see that my ideas were the best and that He ought to give me the power to carry them out.
12. Having maintained all my problems as the result of these steps, I recommended them to others who want to lose their hard-earned progress and wish to be left alone to practice their neuroses in everything they do for the rest of their lives.

Anonymous, Louisville, KY





