

April 2012

Together We Can

*This issue's
special focus
is on*
Slogans

**We're on the
Web!**
Check It Out:
nycd.oagroups.org

Meeting Lists
OA Information
Inspiration
Event Calendar
Links

World Service
www.oa.org

Region 6
oaregion6.org

A publication of the NYS Capital District Intergroup

Slogans! What Ones Help You Most!

“Put Your Head Where Your Feet Are!” -

I have to admit the first time I heard someone say this I thought to myself “if I have to listen to another slogan like that I will scream”. I had never heard the slogan “Keep your head where your feet are” before and I thought it was ridiculous. However soon after that I found myself unable to sleep, with racing thoughts I could not shut off. My thoughts were spinning out of control and my usually techniques to calm myself were not working. I laughed when I found myself looking down at my feet and telling myself that where I was standing right at that moment was safe. Right at that moment I had everything I needed and worrying, overthinking and projecting were useless. My need to try and figure out all of the possible outcomes to every decision often keeps me paralyzed, and nothing gets decided as a result. Procrastination and feeling of stress are usually because I am so obsessed I can't function. By keeping myself in the present, I have been able to stay abstinent and begin working on the other behaviors my addictive thinking creates. Sometimes I need the physical action of looking right at my feet to keep myself grounded and in the present. Keeping my head where my feet are is a tangible action of Step 3 – turning my life over and believing I am where I should be. I thank my higher power for bringing me the person who gave me that slogan. It has become the one I keep foremost in my mind and have posted throughout my home. *M.S.*

My Favorites –

At the January sponsorship workshop participants made a list of the various sayings that their sponsors had used with them. I've chosen a few that really resounded with me, many of which I've heard from own sponsor, including

- You choose: Live in the problem or live in the solution.
- Face your stuff or stuff your face.
- Come for the vanity. Stay for the sanity.
- You are only as sick as your secrets.
- Progress, not perfection.
- The scale is another addiction.
- You're right where you're supposed to be.
- Always have a newcomer in your pocket. (Continued p. 2)

Did you know Lifeline is now available? on-line?

e-lifeline is the online version of *Lifeline* magazine, a publication of OA World Service. It comes as a PDF file that you can download or read online. Your subscription also includes access to the 12 previous issues.

Subscription prices for *e-Lifeline* are:

1 year (10 issues)
\$13.00

2 years(20 issues)
\$26.00

3 years (30 issues)
\$36.00

Hard copy versions have an additional charge. For more information, go to:

www.aa.org

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There are many more sayings, of course, and there are tons of little acronyms:

A SLIP = abstinence slowly losing its priority.

FEAR = “F” everything and run

FEAR = forgot everything is all right

FEAR = face everything and recover

The best saying of all for me is the one on our welcome coin... “I put my hand in yours and together we do what we could not do alone.” *K.T.*

“Let Go And Let God” –

As children bring their broken toys with tears for us to mend, I brought my broken dreams to God because he was my friend. But then, instead of leaving Him in peace to work alone, I hung around and tried to help with ways that were my own. At last I snatched them back and cried “How can you be so slow?” “My child,” he said, “What could I do? You never did let go.”

This slogan is one I use often because I know I am a willful addict. I admire and am moved by well written things, whether I read it in a blog, in a book, in recovery literature, wherever. The use of descriptive moving thoughts, well-articulated resonates with me and I am so busy staying in my head that I do not allow it to percolate deeper into my soul. I want to focus on the words instead of really feeling it deep inside. Truly I want to control the process and since I have an addict as my adviser I know where that will take me. Yet, I am stubborn and continue to cling to the fiction that if I could read just the right thing, I will “get it” and change my addictive behavior, become enlightened, the light bulb will go on and I will never have to deal with these pesky behaviors again.

Yet having been in recovery for many years, as well as therapy, working the steps, having sponsors, I know there is another better way and I ask my Higher Power to make me willing, to help me to let go of my addict-driven agenda and let Him work in my life. Clearly my way has not worked out so well, as has been proven to me over and over again and God’s grace has come to me in spite of myself.

It actually is a relief to turn it over. The pressure is off to have to figure it out myself, to have all the answers perfectly. That is really a trap because of course I cannot do it perfectly and when it doesn’t work out, that just gives the addict that much more influence to lead me away from recovery and abstinence. By turning it over, I can rely on a power greater than myself to help me and lead me in the right direction. *F.G.*

**New York
Capital District
Intergroup
Meetings**

**May 12
June 9
July 14
August 11**

**All Meetings
are held at
10:10am
following the
9:00am
meeting at the
VA Hospital in
Albany. *April
& Sept in
Saratoga after
Sat mtg.**

**Each OA
meeting may
send two
representatives
to Intergroup,
but you do not
need to be a
representative
to attend. All
are welcome!**

“Relax and Take it Easy” –

Many times a day, when I am afraid, anxious, angry, or just caught up in busyness, I tell myself, “Relax and take it easy.” With these soothing words, my racing thoughts slow down and my stomach muscles unclench. My mental attitude adjusts as I realize, once again, that not everything I do is of equal, crucial importance. My spiritual perspective is reset outward, away from self-absorption. I see my way clear to do “the next abstinent thing.” *K.*

“Recovery is an inside job” –

When I joined OA over fourteen years ago it was because I thought I had a problem with food. I was binging and purging at an alarming degree and the more I was determined to control it and stop on my own the worse I got. It's only out of fear and desperation that I sought help in Overeaters Anonymous.

You people were quick to tell me that food was but a symptom of an emotional problem that goes much deeper. You offered me a long term spiritual solution that was based on a life style I could live a day at a time. You suggested the 12 steps that would serve as the "recipe" for this new life style and even promised me a whole slew of neat stuff that would happen if I would only would work to the best of MY ability.

I guess that's what is meant by "recovery is an inside job".

My decision to ask for help, do service, come to mtgs., get a sponsor, be a sponsor, write steps , help newcomers, and don't pick up no matter what is part of my inside job.

I consider myself spiritually fit on most days and have almost completely lost my appetite for inappropriate eating and food behaviors. I have balance in my life, a healthy rite sized body and an awesome relationship with God, the *fellowship* and many of the *fellows in the ship*.

All because I keep coming back and continue to work on the inside of me where my disease lives, breathes and has its being.

Thanks everyone for the freedom from active food addiction and a new me from the inside out! *M.L.*

***More Slogan, Prayers and General Information are available on the
Capital District Intergroup Website***

nycd.oagroups.org

Dates to Remember...

4/19 – Workshop 6:30 – 8:00pm: “A Telephone Conversation: Using the telephone as a tool to maintain abstinence & enhance your recovery” - Unity Church, Corner King and Bradford Streets, Albany.

4/21 – Region 6 Assembly at Hilton Garden Inn at Albany Med.

4/27 – 4/29 - Seaside Serenity Retreat in Duxbury MA

4/27 – 4/29 – Love and Relationships in Recovery Retreat in Ithaca NY

6/1 - 6/3 – A guided Journey through the 12 Steps of OA in Westfield MA

10/26 – 10/28 – Region 6 Convention in Ottawa Ontario, Canada

**For more information regarding these and other events visit the
Region 6 Website**

oaregion6.org

For more Information about the Capital Region OA

nycd.oagroups.org

About Our Organization...

The NYS Capital District Intergroup provides support to OA members and groups within the greater Albany, Schenectady, Troy, Saratoga and Glens Falls area.

Editorial Policy

Together We Can is the newsletter of the New York State Capital District Intergroup of Overeaters Anonymous.

Submissions will appear with the author's initials unless otherwise requested.

Materials cannot be returned nor can payment be made. Together We Can 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 Together We Can as your source.

The opinions expressed are those of the individual writers and not those of NYSCD IG or OA as a whole.

Please address all submissions and suggestions to the editor.

Maureen S..

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Next Newsletter Topic for July Issue
Don't Leave Until the Miracle Happens!
Has it Happened For You?