

September 2012

Together We Can

A publication of the NYS Capital District Intergroup

Don't Leave Until the Miracle Happens! Keep Coming Back!

*This issue's
special focus
is on*

**Don't Leave
Until the
Miracle
Happens**

**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**

The Age of Miracles

A bed-thrasher with impaired sleep skills, my ex-husband used to say, "If there was an Olympic event for sleeping, you'd get the gold medal." He was more than a little envious. I am a good sleeper, and most nights I barely have time to think, "I love my pillow, I love my bed..." before dropping off into the pleasant abyss of slumber.

But even Olympic athletes can fall off their game. There was a period recently in which I slept less, and fitfully. Emotions and energy, both positive and negative, coursed through my nights. From my long-ago days as a new mother I knew what was coming. First I would get weepy, then I would get sick. Right on schedule, I woke up one day with not one, but two chronic conditions aflame. An added brand-new malady made for a trifecta of inescapable pain. When two days and thirty bucks worth of palliative measures failed, I frantically called my medical group's exchange on a Sunday morning. By some grace, my own doctor called right back and called in a big-gun antibiotic that I started immediately.

The very next morning I woke up feeling like angels had tucked me in and sung me to sleep. If I've had five nights of sleep so good in my life, this was one of them. Maybe they put something extra in that Cipro? The drama of the pain and the fast alleviation of it made me reflect on both the miracle of antibiotics and the miracle of recovery. People suffered untold agonies throughout history until Penicillin hit the market in 1942. How blessed are we to live in an age where a couple of pills can alleviate suffering within 24 hours? Similarly, we live in only the second generation in the history of all recorded time to have the tools of recovery available to us. In 1891, Tolstoy bemoaned the epic tragedy of alcoholism, writing that "Alcoholism is the ruin of more men and women than are laid low by all the bloody wars and infectious diseases that decimate the human race." A thousand years of attempted medical remedies had failed to find a way to get people to sober up and stay dry. Then, just fifty years after Tolstoy's lament, the disease of addiction was rendered recoverable as one almost-dead drunk stumbled upon an answer to alcoholism. The rest is our history, no matter what our addiction.

How fortunate are we to live in an age of recovery miracles, both physical and spiritual? *K.A.*

***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.oa.org

Miracles Do Happen

I haven't known patience or abstinence for many years. It eluded me. I have been "stuck" on the spirituality of the program. That's what kept me coming to meetings. Finally, and really for some unknown reason, I made the decision to change how I was eating. I can't really say that my decision was Higher Power inspired, but I do know that after I had a few days of abstinence my spiritual connection increased, I felt some sense of calm, some patience and being more open to working my OA program. That is the miracle and I am truly grateful.

The following is from April 10 in the "For Today" book. It further explains my experience of "Don't Leave Until the Miracle Happens."

Time ripens all things. No man's born wise. Miguel de Cervantes.

Patience does not come easily to the obsessive/compulsive person. I have a tendency to want results *now*; never mind the need to acquire experience.

Today I follow a path that enriches my life with experience – a path that leads me through feelings that once were too painful to contemplate, and delivers me right side up, trudging forward on my own two feet. As I progress, I have a sharpened awareness of the suffering of others, and I can offer help that is based on honest experience. When I feel impatient and want to hurry on with growth, to have defects removed before their time, I know that I have more to learn. Everything is in God's time.

For today: My Higher Power offers me a way to live free of the obsession with food. I am willing to do today's footwork and wait for the results.

Anonymous

"By following the Twelve Steps, attending meetings regularly and using the OA tools, we are changing our lives.

To the newcomer, we suggest attending at least six different meetings to learn the many ways OA can help you. If you are new, are struggling or have yet to find the recovery you seek....

Please don't leave before the Miracle happens."

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
Delmar
Reformed
Church
*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!***

New Capital District Phone Information Line

The OA Capital District Intergroup has changed its phone service from the relatively pricey live operator to a less expensive information line and message service. With the old service, the live operator could only provide callers with the information on the meeting list we provided, and we were charged by the number of minutes of connection time.

The new fixed rate service system is only about a quarter of the average previous cost. It allows callers to leave a message and receive a return call from an OA member. In addition, using the familiar, “press 1 to..., press 2 to...”, there are options to:

- find a meeting in a particular city
- find meetings on a particular day of the week
- get local OA news and announcements
- get general information about OA

Call 518-292-0666 and check out the new system! At this time, Kathy T. is maintaining the information line messages. Suggestions are welcome. However, if you have a meeting update or change, contact K. (482-7253), the meeting list coordinator, who will make sure your change is made everywhere it should, including our local web site.

A new service opportunity is available for members to check for messages and return calls. That OA member can provide invaluable experience, strength and hope to the caller as well as direct him or her to various resources. Directions are available. If you are interested in being added to the schedule for returning calls, contact Kathy T. at 438-8515.



Region 6 of Overeaters Anonymous invites you to attend the bilingual 2012 R6 Convention in Ottawa, Ontario, Canada. Whether you arrive as a day tripper or join us for the entire recovery-and-fun-filled weekend, we want you to join us in Ottawa and discover that **Recovery is A Capital Idea!**

Dates to Remember...

9/29 Region 6 Fall Assembly – Time: 9:00am-6:00pm

Location: Hilton Garden Inn Albany Medical Center Albany, NY

10/13 – Fall Marathon “Abstinence Matters” Liverpool NY - Time: 10:00am

Location: Liverpool First United Methodist

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

Website: <http://oaregion6.org/2012/>

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.

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