

February 2012

Together We Can

A publication of the NYS Capital District Intergroup

*This issue's
special
focus is on
The
Newcomer*

*"If you decide
you are one of
us, we
welcome you
with open
arms.*

*Whatever your
circumstances,
we offer you
the gift of
acceptance.*

*You are not
alone any
more.*

*Welcome to
Overeaters
Anonymous.*

*Welcome
home!*

*As OA's
responsibility
pledge states:
"Always to
extend the
hand and
heart of OA to
all who share
my
compulsion;
for this I am
responsible."*

To the Newcomer!

Someday you'll know - Sometimes I reflect on the many blessings I have received in recovery and often end up with the same thought and hope. May God bless our newcomers and keep them coming.

I meet them most every Saturday; they usually sit in the same place, the seats closest to the door. If they are anything like I was, they're surely thinking "I wonder of this really works" or "how can I just lose some weight without worrying about all this God stuff".

Little do they know; desperate or confused as they may be; just how vital they are to the group itself and to my own personal recovery. The welfare of our group depends on our ability to deliver a clear cut OA message of hope to the overeater who still suffers. Our fifth tradition reminds us that is the only reason we get together in the first place.

I think the AA big book offers only a daily reprieve from my life threatening malady for just as long as I am willing to selflessly help others with there's. And then there's the twelfth step which along with the spiritual awakening requires me to carry this message to other compulsive eaters. So, like it or not, busy or not, weary or not the new members are the most important people in any meeting. I can keep what I have only by giving it away.

- ✓ I have freedom from the hellish binges and resulting hangovers and shame the day after.
- ✓ I have a healthy size body and seldom have compulsive thoughts about food or my body that are connected with happiness joy or self-acceptance.
- ✓ I have wonderful loving trusting relationships with my sponsorship family, my fellows and most importantly my creator.
- ✓ I have a sense of security and peace of mind much of most days.

And without our precious newcomers all of this would go away. And they think they are bothering me when they ask for my help. Maybe someday they'll know. ***A grateful seasoned member***

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

e-lifeline, the online version of *Lifeline* magazine, is 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

Go to
www.aa.org

Using the Fellowship - When I reflect back on the time when I was a newcomer, what I remember the most are the fellow members who helped when I was struggling, drifting and wanting to run away (about the first eight months in OA).

One fellow reached out to me when I was brand new. He talked to me after meetings and called me on the phone and explained the program. He encouraged me to keep coming back.

The member that introduced me to OA also encouraged me to get involved in service at the Intergroup level. That commitment to service made it harder for me to leave when I was struggling. At that time, I was better at keeping my commitments to others than to myself.

Several other people also encouraged me to keep coming back, not to leave before the miracle happened. They encouraged me to share at meetings. As I began to talk, members reached out even more as they connected with my struggles and shared their own experiences.

One member invited me for tea after a meeting. She shared some about herself and told me I needed a sponsor, abstinence (food plan) and to begin working the steps. One other member would talk to me after the meetings and suggest I commit to calling her during the week and that she would be looking forward to hearing from me. Most weeks I made that call.

Even though it was difficult for me in the beginning, I am thankful for the experience now. I am extremely grateful for my sponsor and my current abstinence and I recognize the connections to those who helped me when I was newcomer. I know they helped prepare me and lead me along the path to the point I was willing to take the action towards change. Today, I try to do the same for others. *M.M.*



***Be Kind to the Newcomer.....
Someday they just might be your Sponsor!***



**New York
Capital District
Intergroup
Meetings**

**March 10, 2012
April 14, 2012
May 12, 2012
June 9, 2012**

**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!**

Surrendering - In order to walk into that room at the Third Reform Church 12 years ago, I had to surrender control of a life that was out of control. At over 300 lbs., getting there was daunting, but I got there. Getting down those stairs seemed so insurmountable (and how was I going to get back up). I didn't know how I was going to get to the next meeting, but a dear woman called me later that day and asked if I needed a ride to the next meeting. I didn't realize it then, but that force outside of me that I later realized was my Higher Power, was guiding me into these wonderful rooms.

How was it when I came in? I was **Relieved**. I didn't have to control everything; I didn't have to do it all on my own; I no longer had to have all the answers. I didn't have a Higher Power when I walked down those stairs, so for the time being, my Higher Power was the group, those people who held out their hand to me and loved me until I could love myself.

I was told to stick around until the miracle happened; I did, and THEY have. There wasn't just one miracle; there have been too many to count (beyond my wildest dreams). So, my advice to the newcomer...Stick around for your miracles. *GJH*

Dates to Remember...

2/25 – Unity Day in Brockton MA

4/21 – Region 6 Assembly at Hilton Garden in 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

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

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..

Togetherwecan15@yahoo.com

Next Newsletter Topic – Slogans!

What ones do you keep in mind?

Deadline for submissions

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.

NYSCD INTERGROUP

PO Box 145
Albany NY 12201