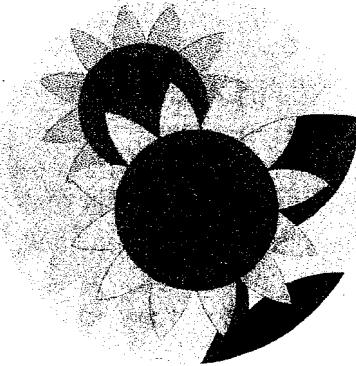

TOGETHER WE CAN

meditate, enjoy nature, plant seeds of recovery



Addiction...A Physical Problem, A Spiritual Solution

I have heard people say that those of us with addictions have a physical problem that has a spiritual solution. I would say that is so very true for me. For me one of the greatest gifts of Recovery is that I have a relationship with my Higher Power, who I choose to call God that is very personal and intimate.

When I was still compulsively eating, I prayed. I prayed every day. However, there was always something between us – food. Along with the food there was the shame that accompanies it. How could I bring *THAT* to God. God was busy with things like world peace. I was sure that I could take care of myself with the little things, like food. It wasn't until I realized that God cares about *EVERYTHING*, that I could really be close to God. In Step Two, our step book puts it wonderfully, "God loves us in our totality... that God will help us with every decision, even food choices and amounts." (p. 15) What a relief! I finally got it. The God who created my body was more than willing and able to help me take care of it. When I am faced with a different type of eating situation, I usually find myself saying, "you have to help me with this!"

I do believe that for me it is my prayer life that has deepened the most. Since I have an intimate relationship with God, I can bring anything there. And I do. Every morning with few exceptions, I spend at least a half hour with God. It sometimes is "busy," with my reading from books or writing, but other times it is still. I have learned that these still times are great gifts from God. They are a preparation for what is going on in my life.

One of the greatest things I have learned is that there is nothing I have done or nothing that has ever been done to me that needs to keep me from the love of God. That was a huge thing for me. There was a time when I had to "act as if" this were true, because if I didn't I would surely have gotten lost in my shame and headed right back to the refrigerator or convenience store. The pain was that bad.

The end of step eleven puts things so well, "Sponsors, OA friends, meetings, and literature are wonderful sources of help for us....we often find that God speaks to us through them. From time to time, however, each of them will fail us in a moment of need. *Our Higher Power is the only source that is always available to us, always strong enough to lift us up and set our feet on the path of life.*" (p. 98) I believe that God so wants to be a part of our lives. We only need ask. Our Higher Power is one person who if we give an inch will take a mile. And what a great mile it will be!

---Jude, Albany

God and Spirituality

For years I yearned for something more...something that was intangible, missing. I felt that there was this empty place in my heart that nothing seemed to fill.

Oh yes, I tried many different substances over the years to fill this hole, most noticeably food. And I tried to find people as well, to do the same. However, nothing ever gave me lasting contentment or peace. I know now that what I was looking for was something greater than myself...a Higher Power...whom I have since come to know as God.

Reading Step 3 in our OA book, is always such an encouragement to me. It is like a road map towards spiritual health...especially on days when I perhaps feel stubborn and strong-willed. For it is those times when I think I can do things in my own power, that I am the closest to relapse and abandoning my program.

I have discovered that no matter what choices I make, God is always a prayer away. Each time I have finally surrendered to Him, God has lovingly drawn me back to OA, back to my food plan, back to sanity.

It always takes my breath away when I get a glimpse of understanding of just how much God loves me, and is on my side. And that's a wonderful thing to know.

---S., W. Sand La

Prayers From Our Fellows

It's all YOU, God!

Through You only will I accomplish my goals.
It was only through You that I had my successes.
It is only You who loves everything about me.
It is only You who can change me.
It is all in Your time and Your will.

Prayer for a Petitioner in a Hurry

If I am wrong, Lord, please let me know it quickly.

Prayer for the Stubborn Help my unbelief!

Prayer for Love
Help me to know that You loved me even before I was born; to believe that You love me today. to believe that there is nothing I am or have done or will do that would stop You from loving me.
For today I chose to believe.

Before Eating

HP, thank you for this food, and for the abundant earth which provided it, and all the people responsible for bringing it to my table. Please give me the ability and willingness to be abstinent today, to seek and do your will and to be of service to others.

**2007-2008
INTERGROUP
Trusted Servants**

Chair, Andrew

**Secretary &
Region Rep, Di**

Treasurer, Kathy T

Region Rep, Anne

Alternate Rep, Ingrid

**JUMP START YOUR
RECOVERY
WITH SERVICE**



**CELEBRATE YOUR
RECOVERY WITH
SERVICE!**

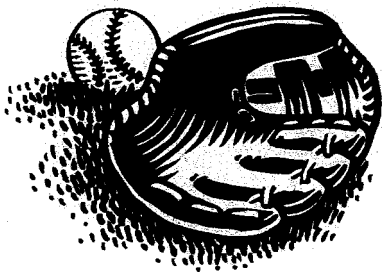
**Open positions:
Vice Chair
2nd Alternate Rep**

Other ways to serve:

- *lead a meeting*
- *be a sponsor*
- *write an article for the newsletter or Lifeline*
- *help keep meetings going by being a key-holder, treasurer, literature person or Lifeline rep.*
- *attend business mtgs*
- *speak with newcomers*

Take God to the Picnic!

So where's the Higher Power when I'm staring at a table full of food at the annual family reunion picnic in August? How do I react when relatives insist I try another portion of Cousin Janet's covered dish or Uncle Joe's famous dessert? Shrinking behind the brown-eyed Susans, I retreat to the far corner of the yard for a conversation with a niece who isn't quite as preoccupied as I am with food. Reminiscing our childhood days when playing seemed far more important than eating, before life took its twists and turns, I recall that I was not an obese child or adolescent and ate normal portions of food, without obsessing.



With a religious education of twelve years, I learned to pray daily and attended church services regularly. None of these Godly habits helped my eating problem after three pregnancies in my twenties took a toll on my body. Where was God then? Anxious and overwhelmed with the responsibilities of a husband, children, and my aging mother, I found comfort and serenity in food – all kinds. If one of this or that made me feel soooo good, then why not eat half a dozen? While the children napped, I spent a few hours snacking during soap operas. The pounds added up and I turned to weight loss programs, diet and exercise clubs which I cycled in and out of, feeling worse when the overeating and

pounds returned. Guilt and remorse fueled my food addiction. I felt sorry for myself.

Finally, defeated from years of self-loathing and feeling like a victim, I turned to the God of my understanding. He was there. He had been there all along trying to get my attention. I listened and learned. When my daughter invited me to an OA meeting in 2000, I went with her. Ever so slowly, I surrendered my food addiction to my Higher Power whom I chose to call God and began to work the steps of the program. No longer obsessed with food morning, noon and night, my mind cleared. I had energy to do things I couldn't do before OA so I returned to school to get my bachelor's degree. But I stopped going to OA. Overwhelmed with class work and deadlines, I reverted to my old ways of thinking and eating. Fortunately, my Higher Power redirected me back to OA.

Gradually healing from the victim role, I ask God in the morning to help me not overeat throughout the day and thank Him at night. It works. I talk to OA members after meetings and by telephone who share their experience, strength and hope. Hope – the missing link between obsessive, compulsive overeating and serenity. If you are new or struggling with the disease, please know that you are not alone. Come to the meetings and you too will find hope and love in the fellowship of Overeaters Anonymous.

--Eileen R



I WANT YOU

**IG WANTS YOU
FOR JUST ONE HOUR
in 2008!**

Ok, here's the deal.....
Our fellowship would be stronger if a broader group of fellows had periodic input into Intergroup decisions.

We know you are busy...
so why not make a promise to yourself to get to ONE Intergroup meeting a year? If even 50% of us would do that, it would be a huge help to our trusted IG servants.

So pick a date and maybe ask a buddy to make a morning of it with you?

Albany:
July 12, Sept 13, Nov 8

Saratoga: June 14, Aug 9, Oct 11, Dec 3

Ahem, Saratoga. Yes, gas is \$4 a gallon, so maybe carpool and have some fun after the meeting on Broadway!

---Kathryn A, Menands

Editorial Policy

Together We Can (TWC) is the quarterly newsletter of the NYSCD IG of Overeaters Anonymous. We seek to publish in August, November, February and May. Materials cannot be returned nor can payment be made. Submissions will appear with the first name and last initial of the author unless otherwise requested. TWC reserves the right to edit submissions for length and clarity. Other OA Groups may reprint without permission unless material is presented as copyrighted. We ask that reprinters cite the writer and TWC as the source. The opinions expressed are those of the individual writer and not those of NYSCD IG or OA as a whole. Please address all submissions and suggestion Kathryn A at 463-5938 kathryna@nycap.rr.com. Thanks to Kathy T for her great assistance with the newsletter!

Intergroup Meetings!!!

Always the Second Saturday of the month...
ALL ARE WELCOME!

Remember:

Albany is ODD! (months)
(Jan, March, May, July, Sept, Nov)
10:15am West End Presbyterian

Saratoga is EVEN months
(Feb, Apr, June, Aug, Oct, Dec)

10:45@ New England
Presbyterian Church, 24
Circular Street, Saratoga

24/7 Support!

www.OA.ORG

More Prayers from your Fellows

I am but one, but I am one. I can't do everything, but I can do something. What I can do, with God helping me, I will do.

Thank you, God, for all you have given me. Thank you for all you have taken from me. But, most of all, thank you for what you've left me: recovery... along with peace of mind, faith, hope and love.

God, I turn my will and my life over to you this day for keeping. Your will, not mine. I ask for guidance and direction. I will walk humbly with you and my fellows. You are giving me a grateful heart for my many blessings. You are removing the defects of character that stand in my way. You are giving me freedom from self will.

Help me be open, loving and compassionate. I release to you those who have mistreated me. I truly desire your abundance of truth, love, harmony and peace. As I go out to your bidding, let me help anyone I can who is less fortunate. Help me remember that nothing is going to happen to me today that you and I together can't handle.

.....
The second verse of the Serenity Prayer:

Grant me patience with the changes that take time,
Appreciation of all that I have,
Tolerance of those with different struggles,
And the strength to get up and try again,
One day at a time.

.....
For Today, May 14th:

God, grant me the willingness to make healthy choices not only in the food I eat, but also in my relationships, in my loving, and in my caring for others who are still suffering.

.....
Heavenly Father,
I know in my heart that only you can restore me to sanity.

I humbly ask you to remove all twisted thoughts and addicted behavior from me this day.

Heal my spirit and restore me to a clear mind.

Next Newsletter Topic:
Recovery from Relapse: Getting Out and Staying Out