

Working the

# STEPS

One Day at  
a Time

The Overeaters Anonymous Journal to Recovery – Spring 2003



## Re: Letter from the Chair.

Dear Elizabeth:

Thank you for your service and greetings from the chairman of Houston Metro Intergroup!

I am writing to say that OA is doing well but the meetings are getting fewer and smaller.

Everyone can help with Public Information and carrying the message. Remember our primary purpose! It is not just going to meetings and working the steps!

We are not the custodians of ideals, we must live them. Honor, courage and commitment are the heart and soul of recovery. Think long term; act one day at a time.

Abstaining and recovering from compulsive overeating is difficult. It requires working hard but not hard work. Perseverance is not one long race but a continuous series of short ones.

Be grateful for those who declare their opposition to you. They are not really your enemies. Listen to those who disagree with you. It takes courage to confront (and to make amends!).

Your knower knows. If I am feeling queasy about something, especially doing something, can I unequivocally ask God as I understand him to sign off on it?

Sometimes, we carry the message. Often, we are that message.

Remember who the sponsor is. If you give people your phone number, expect them to use it.

Do not expect gratitude. Service is its own reward.

As someone who has been abstinent a long time and picked up a desire chip last year, if you are bored with your food or what you are eating, count it as unappreciated abstinence and be grateful.

Breaking one's abstinence does not have to be dramatic. It can be done one fork or spoonful at a time.

I note the Camp Allen registration forms are out. Those that have not been to Camp Allen - it is nice and the food is good.

Very truly yours,

Richard T.

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# Overeaters Anonymous Internet Resources:

*An opportunity for service.  
I put my hand in yours and together we can do  
what we could never do alone*

Not all members have computer access. They also may not realize that many public libraries have free access. Sharing this information is a way to give service and to widen my knowledge of OA and of this cunning, baffling powerful disease.

[www.overeatersanonymous.org](http://www.overeatersanonymous.org)

This is our national fellowship.

*Is OA for You?*

*All about Meetings (Find a meeting)*

*What's New? (Ask-It Basket)*

*Lifeline Magazine*

*Literature Catalog*

*Member Support*

*World Service Events*

*Professionals/ Media*

*Help (FAQs)*

[www.oahouston.org](http://www.oahouston.org)

This is our local fellowship.

*OA Fact Sheet*

*OA Literature*

*OA Twelve Steps*

*OA Twelve Traditions*

*OA Twelve Concepts*

*Favorite Thoughts*

*More about OA*

*Program Resources*

*Houston Happenings*

*OA Houston Meeting List*

[www.google.com](http://www.google.com)

This is a search engine.

I type in a word (food), a phrase (food plan), or a question (Can you help me to find the OA Promises?). I am amazed with the “*God-incidences*” that point me directly to what I need

Olga T.  
Conroe

## Resentment

**If you have a resentment you want to be free of,  
if you will pray for the person or the thing that you resent,  
you will be free. If you will ask in prayer for everything  
you want for yourself to be given to them, you will be free.**

**Ask for their health, their prosperity, their happiness, and you will be free.**

**Even when you don't really want it for them,  
and your prayers are only words and you don't mean it,  
go ahead and do it anyway. Do it every day for two weeks  
and you will find you have come to mean it and to want it for them,  
and you will realize that where you used to feel bitterness and resentment  
and hatred, you now feel compassionate understanding and love.**

**from p. 552 of *Alcoholics Anonymous*, the Big Book of AA**

Resentment chips are being given out at some meetings.  
If you are carrying a resentment against someone you  
can take one and have the group pray at the end of the  
meeting for release of this resentment.

**STEP  
7**

### **Brenda's 7th Step Prayer**

**To my Creator**

**Thank you for the willingness, opportunity, and ability to be of service to others  
today.**

**Thank you for lovingly guiding me today  
to a gentle awareness of that which I don't need anymore.**

**Thank you for releasing me from that which keeps me from being the Self You have  
in Mind.**

**I am filled with your Love, Strength, and Comfort as  
I humbly and gratefully surrender to  
Your Divine Guidance.**

**Today I receive and share the abundance of blessings that  
You pour constantly into all areas of my life.**

**I am free!**

**Amen!**

**Peace.**

## Lifeline

# True to Myself



When I first joined OA I thought, “Thank God, I really do have a problem. I’m not stupid And weak-willed. I have a problem, and there is A name for it. There are people who understand me and who share the same experiences.” This was my first experience of feeling as if I belonged somewhere and the first time I felt there was a drop of hope in my life. As I moved on in the program, I heard the abstinence message, which seemed to be different depending on who was talking. It seemed that everyone was giving up some dietary item. What should I give up? I racked my brains and could not find one thing that gave me trouble. Eventually, I settled on chocolate, and I gave it up. It was no hardship. God was doing for me what I could not do for myself.

As the year progressed, however, I realized I didn’t have a problem with chocolate. I was a compulsive eater—end of story. I just wanted to fit in with the rest, lose weight and feel accepted. I was terrified of what would happen if I didn’t “appear” to have recovery by getting thin. I was as depressed as ever.

In the six and a half years since then, I have had no choice but to accept that my only option is to work the Twelve Steps fearlessly and thoroughly. I am powerless over food, in exactly the way Step One says, and I don’t like that idea, even today. I still think I should be able to control my body. It hurts when I hear about the latest “fad” in meetings. The current one seems to be the wheat-free diet. I see people following it, losing weight and being happy. I want that, too. I want to fit in with that crowd. I want to be admired for my weight loss and my body. My paranoia and low self-esteem say to me that everyone is talking about me because I don’t follow this trend, and I am still overweight. But I know that if I join in, I am kidding myself. I’ve done it all before; it didn’t

work then, and it won’t work now.

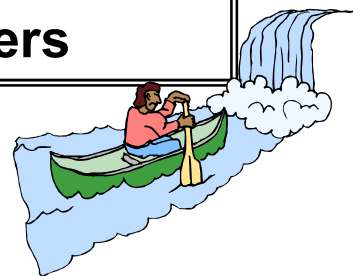
I often feel as if I stand alone in meetings, yet I know I am being as honest with myself as possible. I feel alone in a crowd anyway. This one thing seems to constantly challenge me to develop self-esteem and trust in myself.

I have found from experience that it is most important for me to be myself and above all to work the Steps, because that is where miracles happen. I must reach out to others in a similar position and not lock myself away with self-loathing.

Step Twelve begins, “Having had a spiritual awakening as the result of these Steps”; note “the result,” not “a result.” In other words, if I work the Steps fearlessly and thoroughly, I cannot fail to have a spiritual awakening and therefore recovery. If I truly believe that a power greater than myself can restore me to sanity, who am I to predetermine what physical, emotional and spiritual form sanity should take?

— M.B., Yorkshire, England

## Boat Rockers



### ATTITUDE

Let go of your attachment to being right, and suddenly your mind is more open. You're able to benefit from the unique viewpoints of others, without being crippled by your own judgment. -- Ralph Marston

*People wish to learn to swim and at the same time keep one foot on the ground.*  
Marcel Proust

It is when we try to make our will conform with God’s that we begin to use it rightly. Bill W.

Abstinence is as easy for me as temperance is difficult.  
Samuel Johnson

Let GO Let God



**Good Morning !!!**

Good Morning, this is God speaking. I will be handling all your problems today.

I will not need your help  
-so have a good day.

From the "Messenger" 4/2002

**HAPPY  
Birthday**

Happy Birthday to all those OAers who have celebrated abstinence birthdays this year.

You have accomplished a great deal!

You are an inspiration to all of us!

Keep coming back – it works!

**You are worth It!**



**Honest Answers**

Honesty is pivotal to abstinence. Honesty would have kept me from eating thousands of calories in an hour or two if I had asked myself these questions and answered honestly: Can my stomach hold this much food? No. Is bingeing the will of my Higher Power? No. How may I best serve thee? By eating sanely. Will bingeing make the situation better? No. Will I feel better after the binge? No. Will I feel guilt, shame, and remorse if I binge? Yes. My bingeing and subsequent starving and exercising were based on lies such as these:

- One more little binge won't hurt.
- This is my last binge.
- Poor me.
- I am a good person and have no other bad habits.
- I deserve to eat as much as I want.
- I cannot stand feeling what I am feeling.

The truth is that any of the binges could have resulted in my stomach rupturing and death. There was never a last binge, and bingeing today only increases the chances that I will binge tomorrow. I deserve to treat myself well, not punish myself. I can live through any feeling. Since being blessed with abstinence several years ago, no feeling has been as bad as the guilt and remorse that I felt after bingeing.

— Edited and reprinted from Intergroup Scoop newsletter, Oregon Intergroup, October 2001

# On Expectations

Expecting the world to treat you fairly because you are a good person and work a good program, is a little like expecting a bull not to attack you because you are a vegetarian.

Also an AA big book thumper recently gave me a list of daily essential pages: 66-63, 86-88(part of 86 at night), 84, 164, 449. Many probably already know this but reminders are good, I'm one of those quick forgetters.

Chris C.



**Ha Ha**

**AUGH ~~**

Its good for you.

~Enhances the immune system.

~Belly laughs massage the internal organs.

~Relaxes muscle tension.

~Releases endorphins, the body's pain killers.

~It's contagious & creates connections with others.

~Creates positive feelings, elevates mood.

~Allows stale air in the lungs to be released.

Laugh..... It's good for you.

Hee Hee  
Hee Hee

# OA Opportunities

## **Just For Men**

Wednesday night Men's meeting  
– please join us!

It's at 7:00 p.m. at the Live Oaks Friends  
(Quaker) Meeting House, 1318 W. 26th St. (two  
blocks south of Loop 610 between Ella and  
Shepherd).

**New**

**Bulimics Meeting**

10 AM Sunday

Oasis Club

**Spring Speakers' Day**  
**"Many Stories, One Solution"**  
**"How OA Saved My Life"**

Saturday

April 26, 2003

2-4 PM Oasis Club

## **HMI Spring Retreat 2003**

Camp Allen

May 23-25, 2003

### **Convention Planning Meeting**

Convention will be held on

October 31, November 1, 2, 2003.

Victorian Condos - Seawall Blvd, Galveston.

Theme: "Lifeboat of Recovery"

Next meeting: April 12, 2003, at "Up the Street  
Club" in Clear Lake.

Contact Helen at [hdelome@flash.net](mailto:hdelome@flash.net) if you  
would like to help.



## Editor's Corner

Thanks to all of you who contributed an article, gave me help, and also for your patience as I learn how to do this.

Next newsletter I invite your articles, poems, sayings, prayers, or anything appropriate to encouraging our continuing recovery in OA. It works and we are worth it!

Elizabeth F.



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