



VALLEY VOICE

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We publish Valley Voice for your information and enjoyment. Any mistakes you may find are there for a purpose. We publish something for everyone and some people are always looking for mistakes.

FREEDOM

MBG—NEW HORIZON

When I was asked to do an article on serenity, after hemming and hawing, I agreed to write one. I thought sure, no problem, I'm feeling pretty serene right now. The problem is, today, I'm not feeling very serene. My husband and I took a risk and bought another house (luxury "problem"). The day after the seller accepted our offer, I woke up in a panic saying "Holy crap, what did we just do?" We already have a house--in fact, we have two, what do we need another one for? Then came the onslaught of all kinds of feelings--panic, fear of financial insecurity, excitement, giddiness--but no, no serenity is in the mix.....yet. I guess what I have learned over the years of being abstinent is that no feeling is worth eating over. Eating cannot fix me or my

feelings. It will only make things worse. It's not that I haven't had any of those thoughts, but they are fleeting. When I think it through, compulsive eating will bring back the guilt, powerlessness, and worst of all, the obsession. I can then

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ask myself, "is taking that first bite worth it? Do I want all that misery back?" When I get the compulsion to eat, (notice I said WHEN, because even after 11 years of abstinence I still do get them), I

know what to do if just thinking it through isn't cutting it. The next step is to pray (this is usually done in the bathroom, it is a holy place). Usually, this is sufficient to remove the obsessive thoughts. However, the next thing to do is to call my sponsor, another OA member, or if that's not available, read some OA literature. I have

never had a compulsive thought NOT be lifted IF I picked up the simple tools laid at my feet. The great thing about learning these tools is that they can be used for any situation--big or small. In fact, I can use them on my "situation" now. I guess one of the blessed things about having some time being abstinent is I know "this too shall pass". I used to hate it when my sponsor said that, but it's true. I used to think if I had a feeling--it was going to last forever, and there was nothing I could do about it, so I may as well eat. I've learned that EVERYTHING passes--good or bad. Somehow, I am less afraid knowing this. I have been taught to face my feelings and I have been given the tools to deal with them through OA--if I choose to use them. Even though I'm not feeling really serene right this second, I know it will come. I will sit still, breathe, pray and call my sponsor.. . . . I'm feeling more serene already.

CALL FOR PARTICIPATION**BOARD AND COMMITTEE POSITIONS NEED TO BE FILLED.**

Many thanks to the outgoing Board and Committee members of Sacramento Valley Intergroup of Overeaters Anonymous. It was a good and productive year. Lots of help and no whiners. (At least I didn't hear any.) Several people are remaining this year, some in new positions. Important too, is the addition of new board and committee members. We welcome, and thank you for your willingness to honor the First Tradition. A few more positions are still available, please contact Chair Rusty if you are interested. Do attend the Tuesday night Board Meetings. (Location and time are listed on page 3.) It will help you to understand how important the Board is to OA unity. We can't do it alone.

Here are the available positions:

Treasurer Answerphone Events Group Growth
Literature Newsletter 12th Step Within Young People

All of these positions are important. They are interesting, and, yes, even fun. Descriptions for each of the positions can be found on the Sacramento Valley Intergroup website.

- Editor

WSO News

The suggested meeting format available on the website has been updated. It is available in PDF format at the following link:

<http://www.oa.org/pdfs/suggested-meeting-format09.pdf>

It reflects the change in definition of abstinence:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

Datebook, which was previously in Lifeline has been moved to the web; www.oa.org. It is an important resource for OA activities and will now be accessible to more people. Submitting announcements will be easy with an online submittal form.

STEP 1

We admitted we were powerless over food — that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal recovery depends upon OA unity.

NOW

Today, this moment is delicate —

the finest bone china

through which light glows softly.

I want to hold this day in my hands —

hold it gently, breathless

at the wonder of now —

how fleeting it is — how soon

it becomes the past.

Like a small bird cupped in my hands,

I want to feel the beat of this day's heart —

count the pulse of seconds

and let each be rich with life.

At day's end, I will release the light,

let it take flight into nocturnal dreams.

There, I will be the small bird held — my

heart a quiver with now.

By: Pamela F. - The Swan

Editorial Policy

The deadline for copy is the fifteenth of the month for the following month. Payment cannot be made for material. All articles must be signed and when published will appear with first name and last initial unless otherwise requested. Names will be withheld upon request. The Valley voice reserves the right to edit submissions for length and clarity. Send submissions to: oanewsletter@sacvalley.org.

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