



NOTES OF HOPE



OVEREATERS ANONYMOUS NEWSLETTER FOR REGION 8 'MOVING TO THE NEXT STEP'

Moving To The Next Step

-Brian G.

I think of "First Things First" when I hear this; one of our other time-honored slogans. In the AA 12&12 in Step 3 Bill W. writes a whole chapter about the quality of willingness--the key that opens all locked spiritual doors. Moving to the next step means that I can't always know what's behind the door, but must acquire the faith and trust in my H.P. to go through it. It's kind of like when Darth Vader had just cut off Luke's hand in The Empire Strikes Back. Darth enticed him with outstretched hand to "join me on the dark side." After a moment of thought a decision against it, Luke just let go...he fell over backward into the unknown of the giant tube beneath him, unaware of where it might lead. Ultimately he was rescued, redeeming both himself and his father.

Recovery is like that....Step 3 is "letting go and letting God", without full knowledge of the outcome. That takes faith, and for me, faith has taken time...lots of it. However, we do have The Promises; a life of sane and happy usefulness in the world. We are invited to a world that is "infinitely more wonderful as time passes." (BB pg. 8). It's a matter of letting go for the hope of something better. Willingness gets me there. Faith becomes operative, instinctive, and begins to lead the way as it strengthens.

For me, the hardest thing about going to a meeting is getting out of the house, to the car, and out of the driveway. It seems pretty easy after that. But that action takes willingness. Faith that I will get something useful out of the meeting or be given the opportunity to be useful is no big surprise anymore. But when the next meeting time comes around, don't you know I still need that willingness to leave the house, even though I have faith in the

meeting. My self-will and my disease are stubborn, but I'm getting better.

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Step Calisthenics

-Nila J.

I have enough discernment to say that intuition never told me when to move to the next step in this program. But I don't think I am disqualified from speaking on the topic, stay with me. In the past, I usually moved to the next step in my recovery when the alternative of not moving was more painful. I've told the story in meetings before of how I pleaded with God for a way out of the misery I felt when I was in the worst of this disease. I cried, "God if You will help me, I'll do anything." I meant that. I still do. Except today is not yesterday, and what keeps me on track is not pain. If recovery is a track then peace is its guard rails keeping me on course. As I work the steps, I see that peace rests upon understanding. And understanding is a mixture of prayer and activity that result in harmony. Now, I work the steps for the same reason I stay on my current food plan: tranquility and a sound mind. Both stillness and sanity come from knowing a deeper relationship with my Higher Power. As I write this I am in Memphis, Tennessee, about to complete my first successful trip visiting my family since... ever. Why? I cannot pinpoint it but I have some clues. I prayed this trip would be different from the Christmas fiasco. Then I planned. I brought the food I usually eat with me. I made plans to see my friends and carried them out. I made time for my family but I also spent time with my higher power each morning and evening. I spent time doing my step work. I prayed for peace before I left Nashville. While I was planning, I put a back up plan in the works just in case Plan A failed to protect my emotional well being. But what

does any of this have to do with moving to the next of any OA Steps? I have nothing left to do on the step I am currently working. The OA 12 and 12 book is correct, I don't need a burning bush to urge me to move but I when I am in prayer and I got nothing to say... hint. When I am journaling and I look at the paper for 5 minutes... clue. Maybe, it's time to move on. In the movie, 'Something's Gotta Give,' Jack Nicholson said it best, "...When you start looking over your life, things begin to add up quick." His character was right, they do. I'm fortunate to have the big book to tell me what do with that information → get rid of it, at least the baggage.

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Ask It Basket Archive



ABSTINENCE—

What does "going to any lengths in keeping my abstinence" mean?

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It means doing whatever you need to do to not eat compulsively. This may mean staying away from dangerous places if you are not in a fit spiritual condition. It may mean accepting the conviction that there are no excuses for not keeping your abstinence. In other words, no matter what the situation may be, there is no possible reason to overeat. Most members have found that it means using OA's Twelve Steps and the tools of the program instead of taking that first compulsive bite. Making more phone calls, sponsoring and being sponsored, going to more meetings or doing more service are some things members do to remain abstinent and in recovery. Going to any lengths also means making abstinence a priority. It is up to you to decide how far you need to go to maintain your abstinence.

— April 2003

http://www.oa.org/pdfs/ask-it_archive.pdf

ANNOUNCEMENTS

BUSINESS & RECOVERY



WSBC LOGO 2010

SPECIAL MEETINGS

August 1 Abstinence Meeting at 10:15 AM
August 16 Business Meeting at 6:30 PM

NEXT MONTH'S TOPIC

Boundaries
and
Addiction

SERVICE OPPORTUNITY

Webmaster position is available. Contact Angie B at angieboo401@yahoo.com.

