

C.I.I Newsletter

April 2015

Please visit our CII website: www.cii.oaregion4.org

and see the calendar to know what events are on our schedule!

Please visit WSO headquarters website: www.oa.org

for wonderful resources, brochures, and lots of information about OA

Topic: Abstinence

Abstinence is the opposite of indulgence. People who practice *abstinence* deny themselves something, often something they really want. Regardless of whether people are abstaining from food, alcohol, or sex, they have to practice self-control. In fact, the word is derived from the Latin term for "to hold back."

Welcome to Intergroup's first 2015 newsletter! I am grateful to all of the newsletter contributors who will be keeping OA members in Central Iowa up to date with OA news and opportunities for strengthening our program.

The theme for our April 2015 addition of the newsletter is "Abstinence." That's what brings me to OA--our shared goal of refraining from compulsive eating and behaviors that contribute to compulsive eating. All OA groups are open to anyone seeking daily recovery whether you have "made it" or are still working toward abstinence. Even when abstinent I know that my reprieve is just one day long and that I am just one bite away from the hell that compulsive eating causes me. I have had those days where all I could do was just keep coming to meetings. If that's where you are, we still want you!

I need the rest of you, regardless of your level of recovery, to help me on my journey to physical, mental and spiritual well-being. I garner wisdom from what is shared at meetings; via the telephone, email or text; at special events; in our newsletters. You don't know when what you say or write will be helpful to me or someone else. So don't hold back from contributing because you aren't wise or abstinent. From your first meeting you have had a role in helping others recover. Keep that connection going because it helps each of us move toward our shared goal of abstinence and recovery. Let's do it together!

In service, Ann M. CII Chair

Articles submitted from fellow OA members

In OA we know that Abstinence is a key piece of our program, as we define for ourselves what our food plan is: which types and/or volumes of food is our individual abstinence. May you find serenity from working the steps, reaching out to your fellow OA members, using your tools daily; lean on your higher power as abstinence becomes your consistent daily achievement! (anonymous)

Abstinence is the ability to stop eating compulsively as well as eating healthy food choices, in appropriate amounts for my body. OA teaches me why I do the things I do concerning food, and many life choices. I am learning to distinguish enough versus excess in my behaviors, including my food choices. Working with a sponsor, applying the steps of the program, these avenues support me during this time of transformation.

I am unable to discipline myself of food. Being a food addict I need to rely upon a power greater than myself. The one I choose to call is God. My abstinence; be it physical, spiritual, and mental can only be obtained by maintaining conscious contact with my higher power.

By including all aspects of the OA program my life is being returned to me. The old ways are melting. I am learning to distinguish surfeit in food as well as in other behaviors of my life. "All is change, all yields its place, and goes," Euripides, Greek poet. (anonymous)

I was nervous about facing my first Thanksgiving dinner with my family after becoming abstinent. My sponsor made some suggestions that have helped me at all the holiday meals I have since faced. She said to take strength from all my fellow OA members who wanted to be abstinent who were facing the same temptation at the same time I was. She said I could choose to make the celebration about the people I was with rather than the food. My changed attitude has helped me stay abstinent and appreciate my family and friends on holidays to this day. (anonymous)

Poem by Anonymous OA member upon receiving 30-day abstinent chip

Beaten and battered, I was from this disease;
To the end of my rope, driven to my knees,
And while in despair, as desperate as I've ever been;
I received a new strength – to start over again.
My God, as I understand Him made me very aware,
Get to a meeting – your answer is there.
So, the very next day to a meeting I came,
The Fellowship with its love and understanding.
Just like previously – was the same.
Each one of you extend the acceptance to me.
That I needed to grasp – for me to accept me.
As we journey together on this recovery road,
May we join hands in love and lighten each other's load;
Because you see – alone I cannot do this stuff,
I need you beside me – without you it's too tough.
So – receiving this token, I do not take the credit,
It's not mine. It's OURS. We ALL earned it.
We earned it by sharing the steps of OA,
and how its principles keep us from going astray.
We earned it by using the tools, especially the phone,
Getting a call between meetings help to not feel so alone.
We earned it by joining our hands in love,
And saying the OA promise, receiving also strength from above.
So, Congratulations to us ALL, and let's try not to forget,
How our victories are won – God's not failed us yet!

Newsletter of the Central Iowa Intergroup of Overeaters Anonymous

- Region 4 website: www.oaregion4.org
- Newsletter e-mail: cii_newsletter@yahoo.com
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Next Newsletter: July 2015, topic will be surrounding newcomers and being new to OA, please submit any articles (due June 13) via email to cii_newsletter@yahoo.com.

If you have questions or ideas regarding this newsletter please let us know!

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