

SERENITY SHARING

Sept 2017

“FALL”-O US TO RECOVERY IT'S A WE PROGRAM

NEWSLETTER OF THE CENTRAL IOWA INTERGROUP OF
OVEREATERS ANONYMOUS

Welcome to the Serenity Sharing Newsletter of CII. Contact us:
cii_newsletter@yahoo.com; P.O. Box # 30058 Des Moines, Iowa
50310-9402; or ***** new addresses oadsm.org or OA-
DSM.org *****

Note: Our editorial policy is that material submitted cannot be returned nor payment made. We reserve the right to edit. Articles may not be reprinted by other anonymous groups without permission, but with credit to writer and this newsletter. Opinions expressed in this newsletter reflect those of the writer and not OA or CII as whole.

CII NEWS and SERVICE OPPORTUNITIES

There is a new meeting in Carroll, Iowa on Monday nights at 6:30pm. For the details on this meeting and all our Central Iowa Intergroup meetings click here.

We are looking for panel members to visit Powell Center every 6 weeks. Please contact Julie F. (515-661-2771) or Rob (515-491-4934) to be a part of the panel. Upcoming dates are Sept 20, Nov 1 and Dec 13 2017.

Julie F. (515-661-2771) is also attending an outreach meeting the last Thursday of each month at Grounds for Celebration on Beaver Avenue at 6:30pm. Everyone is welcome to participate!

SAVE THE DATE

IDEA Day [Nov, 18, 2017](#) 10:30 AM-1:30 PM. Games and fellowship @ Central Presbyterian Church 39th & Grand Ave. Des Moines, IA. Fireside Room.

IOWA STATE CONVENTION Sept 15 - 17, 2017 Clive Iowa Country Inn and Suites. [Link](#)

Members thoughts of Iowa State Convention:

FANTASTIC
INSPIRING
RECOVERY
LOVE
ABSTINENCE
FRIENDSHIPS
SERENITY

WSO NEWS :
(Click on the links below)

[For downloads, podcasts, etc.](#)

Lifeline Sampler has only 300 copies left: [Lifeline Sampler](#)

Deadline! **November 1, 2017**: Delegate Support Fund applications due to the World Service Office for 2018 WSO business meeting

[Delegate Support Fund Application](#)

REGION 4 NEWS

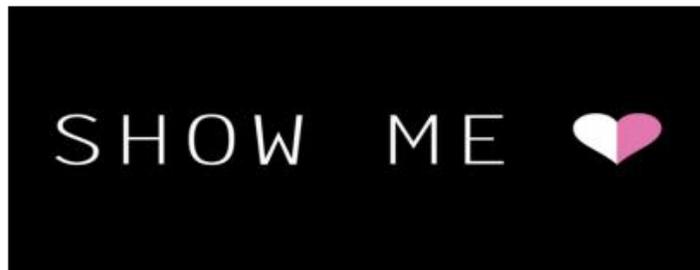
[Region 4 newsletter](#)



Region 4 Convention

Save the Date

June 22-24, 2018



TOGETHER WE GET BETTER!

[CLICK HERE for Save the Date flyer](#)

CII is the registration committee for the Region 4 convention June 22 - 24, 2018. Please contact Jo s. (515) 943 4138 to join the committee. You do not need to attend convention to help registration committee.

SINSINAWA MOUND RETREAT

STEP ONE EXPERIENCE

Saturday, October 14, and Sunday, October 15, 2017

Sinsinawa Center, County Road Z, Sinsinawa, Wisconsin

Saturday 8:30 Check in: Sinsinawa Mound Center, Sinsinawa WI

Saturday 9:00 Retreat begins (Lunch and dinner will be served)

Sunday 11:00 Retreat ends. (Breakfast is included. Not lunch)

COST: \$80 for 2 days. One night's stay (Saturday night) and 3 meals

\$40 for Saturday sessions and 2 meals

\$10 for Sunday morning with breakfast

BRING BIG BOOK

Please contact Sinsinawa for Friday night accommodations at: 1 608 748 4411

Limited number of scholarships are available: contact Bev C at 1 608 943 6016

or Marilyn at 1 608 314 4209

Registration: checks must be received on Oct 5th.

Send Registration form and check payable to "DUBUQUE RETREAT" to:

Marilyn Grandeffo

8411 Adams Lane

Cassville, WI 53806

Name: _____

Address: _____

City: _____ State _____ zip _____

Phone: _____ Amount enclosed: _____

OA STORIES

NOTHING CHANGES THEN NOTHING CHANGES

Reconstruction of my life is the prime goal in my recovery as I avoid taking that first compulsive bite one day at a time.

Procrastination was my middle name. Fear kept me locked up in my own self-contained prison. Plans to make improvements in my OA program and all areas of my life were stalled. I just couldn't step forward and get things done. I was a perfectionist and afraid of failure. I wanted to be in control. I blamed everyone and my circumstances for my obesity and problems. Food was the Taj Mahal! Somethings got done because I turned to excess food and because someone else cracked a whip over my head.

Faith was needed. I turned to my Higher Power for strength in making decisions and to carry out plans.

FEAR today means Face Everything And Recover. Honesty was needed. Letting go of my pride and asking for help with my program was imperative. This included food, working the steps, doing service and anything dependent on technology. These things challenged me but I persevered.

Thanks to my Higher Power & OA I have a New Design for Living.

I look back on my past; and, I see clearly that the illusion was greater than the reality. I have a new pair of glasses.

A Region 4 speaker came to the IDEA DAY Event on November 21, 2015. She said, "I am 100% responsible for my abstinence." I became abstinent on November 22, 2015 and have lost 30 pounds. I have a ways to go to reach my goal weight. An action plan to exercise has begun. I am getting out and going places while staying abstinent!

F.R.O.G. (Fully Rely On God) & Keep Coming Back! Come to the 2017 State of Iowa OA Convention September 15-17! OA FEVER-CATCH IT!!!

-Jane A.

Hello fellow recovery folks....I have been asked to write a bit regarding Fall.....I am writing on my iPhone, so forgive me for grammar, etc, errors

This got me thinking about the TRANSITION from summer to

fall; warm to cool; lighter clothes to heavier clothes;
etc

In recovery; at times this transition and other
transitions have been bumpy....in particular, for me;
going into fall; if I have been struggling with any
aspect of recovery (emotional, spiritual or physical) in
summer; then fall would prove often to be difficult as
well.....all those holidays;
Halloween, [Thanksgiving](#),[Christmas](#), I was vulnerable to
difficulties, I did not have the momentum I needed...

What is true these days and has been true for some time
is the following:

When I stay focused on being food sober (emotional,
spiritual, physical) one day at a time ; whatever
transition I am making is all the easier

When I get a sponsor , use a sponsor, and/ or change
sponsors (if that is spiritually the right thing to do)
then I navigate transitions better

When I daily pray & meditate (humanly), I practice
cooperating with my spiritual universe and that always
works

I like to talk about my many stumbles in the program, as
that has defined, created the outline, of the strength of
recovery I am offered [today](#)if my stumbles are
useful to one other person, all is well....

Also, it is part of my amends to myself (to increase my
self compassion- which increases the strength of my
recovery).....

Many summers I have had the willingness and opportunity
to be physically active

Some summers, for a variety of reasons (relapse, weight
gain, grief, life tragedy, etc), I have not been
physically active I have walked regularly for 30
years; I am well aware of how much harder every step to
walk or whatever is when I have suffered with extra
weight (physical & emotional effects)

How this relates to fall & transitions in recovery , is that, if my summer was not food sober; I was very vulnerable going into cooler seasons; not having the momentum of consistent physical activity & well beingthese experiences led me to many truths;

I can only be food sober one day at a time....
I do better working with a sponsor I trust
I have not become an angel- I recover as a human being
....

The steps & traditions (humanly worked) guide my life & relationships..

I cannot recover alone...

No matter what the season; the program can and does work when I can cooperate with my spiritual universe...

My children, my partner, my family, everyone in my breathing space; including myself; reap grand benefits because the desire to practically work the steps in my life is alive & well in me

Thank you for this opportunity to serve

SERENITY PRAYER God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

LETTER FROM THE EDITOR

If you would like to submit your ideas, suggestions or stories please reach out to me at cii_newsletter@yahoo.com. I would love to hear from you and so would your fellow O.A. members. We are better together!

Yours in service,

Jean J.