

# SERENITY SHARING

March 2016

## NEWSLETTER OF THE CENTRAL IOWA INTERGROUP OF OVEREATERS ANONYMOUS

Welcome to the Serenity Sharing Newsletter of CII. Contact us:

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[www.cii.oaregion4.org](http://www.cii.oaregion4.org)

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### CII NEWS



**Save the date for the Spring one day retreat, Hope and Serenity,  
on April 22<sup>nd</sup> 2017!**

Click [here](#) for details.





ALL NEW  
DIGITAL MAGAZINE  
JOIN TODAY!!!

Announcing [oalifeline.org](http://oalifeline.org)!



## “SPONSORSHIP SUCCESS” MARATHON

Sunday March 12<sup>th</sup> 2-5:30 PM EST

(6-9:30 PM GMT)

Please join us for a worldwide

### “Sponsorship Success” phone marathon

- Nine experienced OA’s from various regions will share their experience, strength, and hope about Sponsorship
- Topics will include: what is a sponsor, why should I get a sponsor, why have a sponsor, why be a sponsor, sponsor “job description,” different sponsoring styles, working the steps/traditions, and more
  - There will be some time for open sharing after each speaker

**Call in:** Sunday March 12<sup>th</sup> 2:00-5:30 PM EST

**Phone bridge – 641-715-3818 Caller Pin 925619#**

(If you live in Canada and the above number does not work try:

Phone Bridge – 641-715-0890 Caller Pin: 925619#)

*As part of OA's 2016 strategic plan for carrying the message, the subcommittee on "Sponsorship Training" is holding this marathon to provide information about sponsorship in OA.*

**The Speakers will be recorded for later OA podcasts if you're unable to "attend" the live event by phone.**

## OA STORIES

### As Is

I thought I was living the dream – smack-dab in the middle of OA Paradise! I was abstinent, I'd lost weight, I attended meetings, and I was working my program. All was good. I remember hearing about the "honeymoon" abstinence, that one day I would take a step backward before I would be able to move forward again. I felt it simply could not happen to me.

I worked in retail and was always on my feet. Meeting quotas was stressful, and there was pressure to perform. I had difficulty manipulating someone into buying something they did not want. I found myself thinking about food to help me get through the stress, but I didn't lose my abstinence.

I dreamed of working in an office again, where I was familiar with phones, computers, alphabetizing, and sitting a lot, and my dream came true. My food was good, three meals a day with no sugar or white flour. My meetings had to change to accommodate my new work schedule, and I missed the love and support of members from my old meetings. Once, I felt sorry for myself, but I still didn't lose my abstinence.

I continued to work my program, but because I went from walking around for six hours a day to sitting for six hours without changing my food, I began to gain weight. Before I knew it, I had gained 15 pounds (7 kg). I was mortified!

My husband said he would take over cooking if I would clean, and I jumped at his offer. But his cooking was not as light, and after a few months the pounds had grown to 35 (16 kg). I still wasn't eating sugar, but I was eating differently and exercising less.

I realized my new job came with its own set of stressors, and I soon began to think that food would ease the stress. Another 15 pounds (7 kg) returned – I ate no sugar, but portions and meal times had grown. I began to panic. My head began to play the old tapes: “I'm a failure; I'm not good enough!”

I shared all this at my meeting, and I was immediately surrounded with love and support. It brought me to a place where I could accept myself “as is.” I found the courage to change my daily action plan and tweak my food plan. By the grace of God, I now walk for thirty minutes each day and have cut back on portions. The pounds are coming off, but more important, I feel happy again. I now have the hope and faith I need to continue to grow in whatever direction God has planned for me. – *Liz B., Chicago, Illinois USA.*  
*Lifeline Magazine*

## Only Through OA

After learning about humility, I became able to share more of my personal self with a group. This was a very different experience for me. Growing up, I'd been taught that outward appearances were the most important thing, and any problems I had should stay at home. Through recovery, I learned about sharing with others at a more intimate level, and only then could I develop closer bonds with them.

At the beginning of my meetings, the leader will ask, “Are there any other compulsive overeaters here besides myself?” Seeing so many hands go up helps me realize I am not alone. We are in this disease together, working one day at a time to stay in recovery. I choose to go to meetings and use the Tools of the program to treat my disease, just as I was willing to go to chemotherapy when I had cancer.

At first I was shocked to find so many people with the same self-destructive eating behaviors I had. I heard someone share that they ate out of the garbage. I had thought only I ever had that experience. Never would I have admitted it to another individual.

OA unity also makes this a safe place to open up. No one is judging me. If I feel something is too personal to share in a meeting, I can talk afterward with just one person, or share it with my sponsor. I used to be afraid to tell people who I am; I thought if I was open, they wouldn't like me. Instead, relating with OA members at a heart-and-soul level helps me deal with many of my own obstacles to recovery.

Unity also means I do not have to agree with everything another person shares, but only allow them the right to express themselves. Unity puts the focus on the group, so one person cannot take down the whole meeting. I listen closely to what every group member says and try to take something positive out of it for myself.

In the past two years, I have also started to attend phone meetings. People around the world are linked by our addiction and desire to recover. Whether we are in the United States or Australia or another country, we all have the same disease, so I feel a kinship with people I have never met. The OA Promise puts the First Tradition in perspective when it says, “Together we can do what we could never do alone.” Only through this program and the people in it am I able to maintain my abstinence. If I am struggling, I help another addict. Doing service is my way of expressing gratitude for how far I've come.

– *Anonymous, Lifeline Magazine*

## 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](mailto: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,

Monica L.