

News and Noteworthy

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INTERGROUP MEETING HAS A SPEAKER!!

Did you know that the Intergroup has a recovery speaker at the beginning of every meeting? Please join us for some Saturday afternoon recovery and stay for a bit of the Intergroup meeting.

Everyone is welcome!

Saturday, May 8

12:30–2:30 pm

on [Zoom](#)

ID 810 4426 4132 / PW 12345

RECOVERY FROM RELAPSE MEETING

Thursday evenings

at 6:00 pm CT

Zoom ID: 871 0023 6034

Passcode: 93D9ie

Or

Call 312-626-6799, Same ID,

Passcode: 546650

Contact Annette for info:

aprlovesoa@gmail.com

Editor's Note:

The column to the right was originally written for the April newsletter. Unfortunately, it was not included in by mistake, so now there will be two

Regarding Relapse columns in this month's issue.

Regarding Relapse ...

Welcome to 'Regarding Relapse' – a monthly column on the topic of relapse. We will be sharing tools, thoughts on relapse, personal stories on recovery from relapse – and more! This month we will focus on a piece of OA literature as we introduce *Spotlight On...*

Spotlight On [From-Slip-or-Relapse-to-Recovery.pdf](#)
([oa.org](#))

“Slips, relapses and struggles do not have to occur in the journey of recovery. But for some of us this does happen. The goal of this process is not to shame or beat ourselves up. It is to learn from it and move forward with a renewed commitment to ourselves, abstinence, the OA program, and our Higher Power. This inventory and the actions we take are the most loving things we can do right now for ourselves, our abstinence, and our recovery.”

The process mentioned above is a 3-part process. In Part One, we are asked to do an inventory of what happened that caused us to be where we are right now. By doing so, we can more easily see what didn't work. In Part Two we develop a plan to move out of our slip or relapse and into recovery. It answers the question: 'what can I do now about this?' Part Three creates an Action Plan for commitment to Recovery going forward. In other words, 'what do I need to do to keep my commitment to abstinence?'

Sponsors and sponsees: May I suggest that you complete this worksheet together? As usual, you will both benefit from the exercise.

AnonymoUS

Step 5—Rearranging the Living Room

When I completed Step 5, I realized I had spent much of my life in that space in my head where my diseased thinking was. It was my “living” room. Until the 5th Step that “living” room was dark. I couldn’t see what was in there or how things were arranged. I bumped into things, tripped over things, ran into things and was, more often than not, bruised, battered, distressed and confused. Sometimes I would just howl and lash out at others.

Completing Step 5 turned on an overhead light. I could suddenly see the big mess in my head - the furniture that had gotten in my way and caused me to hurt others. These character defects had blocked me from God, others, and my true self. Suddenly instead of despair there were possibilities and choices. Step 5 wasn’t so much about judgment and shame. It was about the chance to redecorate! I could rearrange the furniture up there. I could toss things out that didn’t work. I could even get new furniture. What would be beautiful on the walls? It wasn’t always easy. There was that old mahogany hutch that belonged to my grandmother. Would I dare give that up? Even if I had no place for it and it didn’t work anymore? I needed help.

Fortunately, in OA I had access to world class home decorators—free of charge. My sponsor and OA friends had all kinds of experience and ideas about redecorating the living room in my brain, and they were on call 24/7. I could create a new and lovely space in my head. I could welcome people in, invite people over. For the first time I wasn’t alone hiding in the dark. My new space was so lovely that I could even spend time with myself and not be “irritable, restless, and discontented.”

But most of all, I found God had been living in me all along, just obscured by my self-centered fear. My dread of Step 5 gave way to the joy that I could begin to build a lovely new life as I journeyed through the rest of the Steps surrounded by support and encouragement and guided by God.

Kay P

Just for Today

Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Overeaters Anonymous

Regarding Relapse ...

Welcome to 'Regarding Relapse' – a monthly column on the topic of relapse. We will be sharing tools, thoughts on relapse, personal stories on recovery from relapse – and more! This month we will read things that have helped others recovery from relapse as we introduce *Recovering from Relapse ESP (Experience, Strength and Hope.)*

Relapse ESP: For those that don't know, a few of us started a 'Recovery from Relapse' OA meeting Sundays at 6pm – meeting info below.

We asked some of our speakers to name one or two things that helped you to recover from relapse. We got a nice variety of responses.

* What helped me the most to recover from relapse was having a sponsor who believed in

me, shared her own uneven road to recovery, and told me that she would pray for me.

At the same time, it got to the point where I knew I was just making excuses for not putting in the work to become abstinent, which requires honesty and willingness to change my attitude from "I can't," to "God can!" And then getting out of my own way.

* My three (I know you only asked for 1 or 2, but I think these are all important) - take what you like and leave the rest) things would be:

1. Keeping coming back
2. Get a sponsor and work the steps (I didn't get my current abstinence until I was well into my first set of 9th Step amends)
3. Do service.

Everyone I know with long term abstinence does the above things.

* I wanted to live to see my grandkids grow up and be there for my daughters.

Finally

realizing I had a disease helped by not just feel like a failure.

* Two things that helped me recover from relapse:

- 1 Asking my Higher Power-God for His guidance and direction.
2. Trusting in Him and letting Him fill me with His love

* After going in and out of relapse for about seven years, I was brought short by the shyest woman in the room, who confronted me with the obvious fact that I was talking the talk but gaining weight and clearly not walking the walk. I became more open to new ideas and began to work the Steps again.

* This time I was open to an idea which I had rejected for seven years. I had wanted to believe what all my diets and experts had told me, and what my sponsor told me as well -- that once I lost my weight, I could eat anything I wanted to -- in moderation, that there my body was as normal as anyone else's, so the Steps were merely there to help me eat moderately. Therefore, every time in those seven years that I lost my weight, I would take back some comfort foods -- in moderation at first, of course; but gradually the scoop of ice cream became the tub of ice cream, the five French fries became a huge bag of French fries, etc.

* So, this idea is one that was first found in the Big Book, and which our Fellowship has adopted in the OA 12 & 12 and in Dignity of Choice -- that our bodies are abnormal, and that we have to abstain from the foods, ingredients, and/or eating behaviors which we ourselves know cause us abnormal uncontrollable cravings, that only abstaining from those things will save us from returning to compulsive eating. Once we abstain and work the Steps, our minds are no longer insane, and we are not tempted to return to that which we have abstained from.

* I also learned one other important lesson -- that Step Ten is not simply apologizing when I do something wrong. I learned that Step Ten meant that I had to continue to do the kind of inventory I did when I worked Steps Four through Nine. These two changes in my attitude to the program have kept me abstinent for almost 28 years!

AnonymoUS

Recovery from Relapse meeting information:

Thursdays 6pm Central – Join Zoom Meeting:

<https://us02web.zoom.us/j/87100236034?pwd=d3ZsYThSTDViYm1JWlk0RWWhLWE9Kdz09>

Meeting ID: 871 0023 6034 Passcode: 93D9ie

Or call 312-626-6799 Same ID Passcode: 546650

For more info contact Annette 763-447-5688 aprlovesoa@gmail.com