

## Recovery Today

Together We Can Do What We Could Never Do Alone  
*Newsletter of Greater Seattle Intergroup of Overeaters Anonymous*

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### **New Wednesday Night Meeting in Capital Hill!**

*Wednesdays, 6pm Capital Hill Alano Club*

### **New Meeting in West Seattle!**

*Sundays, 7-8pm, Seaview Methodist Church.*

4620 SW Graham St., Seattle, WA 98136. This brand spankin' new meeting is a Big Book Study (first one was June 24.). Childcare is not available at this time. Thanks to all who started this meeting! Come support this new meeting! See you there!

### **October 27, 2007**

*Together We Can OA HOW Sponsorship Mini-Marathon*  
10am-3pm at Covington Multi-Care.

### **November 17, 2007**

*IDEA DAY. International Day Experiencing Abstinence.*  
10am-3pm. Seaview Methodist Church.

### **November 21, 2007**

*Attitude of Gratitude*  
6-9 p.m. Bethel Lutheran Church.

### **Something to boost your program!**

Big Book Study – 9 CDs covering the first 164 pages of the Big Book, recorded at the GSI Retreat 2004. Send checks – made out to GSI for \$23.00 – or call, order and pick up the disks at a GSI meeting for \$20.00 and save on postage. Contact Judith: 206.362.8897, or 15109 8<sup>th</sup> Ave. NE, Shoreline, WA 98155

## Next Issue? The Topic is: Step One. Beginnings.

Your voice, inspiration, experience, strength and hope are needed in these pages. Send shares to [friendlywendy@yahoo.com](mailto:friendlywendy@yahoo.com) by January 10, 2008, please. – And thank you.

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- ❖ Anger is a dish best served cold.
- ❖ When you go dancing with the gorilla, you don't get to stop until the gorilla stops.
- ❖ Action is an antidote to fear.
- ❖ Repetition is the ONLY form of permanence that nature can achieve.
- ❖ How can I be in the solution?
- ❖ How can I be of service?
- ❖ When I'm stuck, it's because I'm attached to the outcome.
- ❖ Holding on to resentment is like taking poison and expecting the other person to die.
- ❖ Definition of Craving: that which cannot be satisfied.
- ❖ Prayer: Help me to be willing to focus on my primary purpose.
- ❖ Help me to walk a path of dignity and right mindedness.
- ❖ I can accept it or be angry and resentful...PICK ONE!
- ❖ FEAR: False Evidence Appearing Real.

❖ The monkey may be off my back, but the circus is still in town.

❖ Nothing tastes as good as abstinence feels.

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### Notes from the 2007 GSI Region One Assembly

Thank you for allowing me to represent GSI at the 2007 Region One Assembly. Here are some of the highlights, which I hope will serve until Mac and I can deliver our full reports.

27 voting members attended the Assembly, which is the highest total in several years. At an Intergroup forum, representatives from each group attending shared reports on their intergroups, on what was working for them and what was not. Some of the ideas suggested for strengthening intergroups were as follows:

1. Taking “field trips” to other meetings, especially in outlying areas and to struggling groups,
2. Teleconferencing IG meetings,
3. Creating a packet to give to professionals (GSI already does this).
4. Paying for bus route ads.
5. Using the old AA approach of 2 members taking a newcomer to a meeting.
6. Having temporary officers in unfilled positions and encouraging members to try a position on a temporary basis to see if they can/will do it on a more permanent one.
7. Stamping program literature with a purchased intergroup stamp to give away at health fairs.
8. Alternating IG meetings between two locations when the intergroup covers a wide area.
9. Have a professional answering service.

I personally attended the meeting of the Public Information/Public Outreach committee and have committed to work on it.

### **On the business end:**

Louise A. and Holly B. (from GSI) were reelected Chair and Treasurer, respectively, of the Region. The Region nominated Ev C. - A. for the position of Region One Trustee to World Service, to be voted on at the 2008 World Service Business Conference. The regions elected Beth K., Cynthia T., and Kathy K. as the 2008 WSBC delegates for the region.

The region adopted a motion to align the dates of mailings to the intergroups to conserve time and postage. All of the bylaws amendment motions were ruled out of order due to insufficient notice to the regional representatives. Thanks for letting me serve!

OA love,  
Kevin Connelly

### **First Things First**

I just came back from a trip for a funeral, death in the family. I took my HP with me. Navigating it all meant that I had to put First Things First—which meant opening my mouth and asking for what I needed. I packed some food so I'd be sure to have snacks that would work for me. When we got in and the first place we stayed had no food, I asked on the way back from going out to dinner for us to stop at the store so I could pick up nutritious food for breakfast.

"First things first" meant putting aside any concern about inconveniencing others, and asking for what I needed. When we were staying with family and the breakfast laid out was sweet stuff that I knew wouldn't hold me, I had to say Do you mind if I make myself some eggs? Of course no one cared. But I had to step up and do what I knew would work for me, in spite of the fact that it was different from what others were doing.

And when they all planned to skip dinner and graze on junky food all night, for a split second the thought went through my head Could I do that?

Immediately I knew: no. I needed to make myself a real dinner and eat it. So I did. First Things First meant taking care of myself so that I could be present, feel my feelings and be of service to those around me.

### **The Bigger Picture.**

Stepping back, into the biggest possible picture – God's plan is always right on time....no matter what my opinion of timing is at any given moment. Whatever and whoever shows up in my path, in my day, in my mind, is right on time.

Who am I to judge whether or not something should or should not happen? What is good or what is bad? My Higher Power places me and other people and experiences together in His way...and I choose my perception, my action....in recovery, I pray to align my will with my Creator's – as I understand it – in effort to see what the next step is....what my Creator would have me BE.

There is nothing wrong – all in recovery and in God's plan is right on time.

- thank you – thank you – thank you – thank you – thank you -