

Recovery Today

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

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www.seattleoa.org

New Sunday 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!

August 24-26, 2007

OA HOW Retreat: Peel the Layers

Camp Huston Conference Center in Gold Bar, WA. For more information, contact Jamila, 206.841.5899, halora76@yahoo.com, or Pauline, 206.525.6244, ereap@u.washington.edu. The registration info including pricing and registration deadlines –and maps! -are available online at www.seattleoa.org.

October 10-14, 2007

2007 Region One Convention: Free To Be Me

Held at Heathman Lodge in Vancouver, WA. A printable flier with all of the details about registration and the overall event are at www.seattleoa.org/events. Make a plan to attend!

November 17, 2007

IDEA DAY. International Day Experiencing Abstinence.

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 8th Ave. NE, Shoreline, WA 98155

Next Issue? The Topic is: Favorite Recovery Sayings/Expressions

Your voice, inspiration, experience, strength and hope are needed in these pages. Send shares to friendlywendy@yahoo.com by September 1, 2007, please. – And thank you!

Who a Higher Power Was, And Who a Higher Power Is

For a long time the idea of a **Loving** Higher Power, let alone an **Unconditionally Loving** Higher Power, was foreign to me. I was brought up in a home where work equaled worth. This was exacerbated by my church's teaching of the concept of Original Sin, which I interpreted to mean that I was "wrong with God" before I'd even taken my first breath.

My family was intolerant of any variation of this (theory) – in fact, the only screaming fight with my late mother occurred in my late 20's when I used the term "inherent worth." She thought the concept was heresy and would not allow it to be used in her home.

When I came into OA, I was ashamed to be a "glutton," and having had so many relapses along the way, I still feel ashamed at times. Yet, after coming to OA and being treated kindly by many, I have had times where I've actually liked myself. It isn't every day, and I can't pick which days they will be, but something...evidently something with a real loving nature...has kept me coming back, no matter what I do, say, or eat... THAT is my Unconditionally Loving Higher Power. ~S.

the ego seeks the destination: the soul seeks the journey.

You have something to share. Experience. Strength. Hope.

~Service~

Have you been waiting to receive an indication of how “you can be of service” to the compulsive overeater who still suffers? One possibility is to assist in returning calls to the people who have left messages on the Hotline Message Center.

May times, callers have a few questions about the OA program and may need to share an experience of their own. What a wonderful way to be in touch with someone who has gathered the courage, has come to the end of what they know, in order to reach out to the OA Fellowship.

This service position would be a once-per-week (preferably the same day each week, for a 3 month service run) from home or the road. Instructions on how to retrieve messages will be provided, then simply return the calls at your convenience on the day you retrieve the messages.

We’ve all been new to OA once. This is a service that will strengthen your own recovery as well. Together we can do what we could not do alone We need you. We need each other. Reach out.

Send Paula Jo an email at bravepj@yahoo.com.

The Unconditional Love of a Higher Power

I’ve been procrastinating writing this entry. Even though I suggested this theme, I didn’t know what to *share* about it. It occurs that the unconditional love of my Higher Power simply presents itself as a whisper of “It’s okay. Just the way it is.” Sometimes, “You are okay, just the way you are.”

The acceptance of the moment, the circumstance, the relationship as it exists. Not how I think it can exist, but how it really is...right now...until it’s time to change. My Higher Power’s plan is unfolding.

All of the answers will be revealed...when it’s time.

Right now, all is well, just as it is. I am well. Just as I am.

The next step or opportunity will come. According to HP’s plan. Just as it should.

Rumi wrote, “Rest in the arms of the Beloved.” Ahhhhh.

We are right where we need to be. And I’m so glad you are here with me. ~Wendy

The following service positions for the Greater Seattle Intergroup of Overeaters Anonymous are currently vacant. GSI needs your help and willingness to do service in order to carry the message to those who still suffer. If you are interested in any of these positions, please come and find out more. GSI meets the first Tuesday of every month at St. Paul's Church in Ballard in Room 2 from 7:00 – 8:30 pm.

Open Service Position(s)	Description
Intergroup Representative	A Intergroup rep comes to the GSI meeting and takes information and materials back to their OA meeting. This is a good way to find out what GSI is about. (No recovery requirements)
Public Information/Professional Outreach Committee	The purposes of the Public Information/ Professional Outreach Committee is to promote greater cooperation between OA and hospitals, institutions and professionals concerned with compulsive overeating and eating disorders and to assist meetings and GSI with ideas about carrying the message to the public via newspapers, radio and television media. Committee members decide on goals and conduct activities as they see fit. (No recovery requirements)
Ways & Means Committee	The purposes of the Ways and Means Committee is to help determine the financial needs of GSI and the means of meeting such needs. Committee members decide on goals and conduct activities as they see fit. (No recovery requirements)
Literature & Lifeline Committee	The purposes of the Literature Committee is to be a source of information regarding OA and AA literature and twelve step literature policies and to promote group and individual subscriptions to Lifeline. Committee members decide on goals and conduct activities as they see fit. (No recovery requirements)
Bylaws Committee	The purpose of this committee is to guide the administration and operation of GSI by evaluating GSI bylaws, policies & procedures and ensuring that governance follows the 12 traditions. Committee members decide on goals and conduct activities as they see fit. (No recovery requirements)
Delegates (3 regular, 3 alternates)	GSI funds delegates to attend the business assembly for Region One in October and the World Service Business Conference in May. Delegates attend conferences, write reports and present to GSI. (Must attend GSI regularly, have one year's abstinence and have given away a fourth step inventory)

THE WORST LONELINESS IS NOT TO BE COMFORTABLE WITH YOURSELF.

Mark Twain, 1835-1910
[Samuel Langhorne Clemens]