



# “TOGETHER WE CAN”



Queens Unity Intergroup of Overeaters Anonymous

Summer 2010 - Newsletter of Experience, Strength, and Hope

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*When a people are willing and eager, God joins in.*

From your editor Kathy- After two years as editor, this summer newsletter is my final edition. Putting your words of wisdom on these pages has been a great service and learning experience. Thank-you for this wonderful service. See you in the rooms! :)

## MORNING MOTOVATION

When I woke up this morning lying in bed, I was asking myself: What are some of the secrets of success in life? I found the answer right there,  
The Fan said.....Be cool, you can do it.  
The Roof said.....Aim high for He will help.  
The Window said.....See the world  
The Clock said.....Every minute is precious. Live it the OA way.  
The Mirror said.....Reflect before you act. Do not get discouraged.  
The Calendar said....Be- up-to- date. You only have to live “ONE DAY AT A TIME”  
The Door said.....Push hard for your goals and don't give up.  
And not to forget...The carpet said,  
Kneel down and pray. For the success you will find in a program called OA  
Carry a heart that Never Hates.  
Carry a smile that never fades  
Carry a touch that Never Hurts.  
HAVE A PURPOSEFUL DAY

OA's 50<sup>th</sup> Anniversary Celebration will be held August\_\_2010 in Los Angeles

Region 6 Convention October 22-24<sup>th</sup> 2010 in Burlington Vermont  
“Believe in the Miracle”

Looking for an OA meeting in Queens?  
See the back page for one near you.

## A WAY TO LIVE

In our group we often hear the slogan “ Easy Does It. ’ We who suffer our affliction always do everything to excess. We indulge our emotions. We worry too much. We have too much resentment. We tend to be addictive. We tend to hurt ourselves physically, mentally, and spiritually by too much of everything. When we come into this program, we have to learn to take it easy. None of us knows how much longer we have to live. It's probable that some of us wouldn't have lived much longer if we had continued the way we were going. By stopping that kind of insanity, we have increased our chances of living for a good while longer. In the time I've been a member, have I learned to practice “Easy Does It”? Tony

## THE KNOTS PRAYER

Dear God:

Please untie the knots that are in my mind, my heart and in my life. Remove the have not's, the can not's and the do not's that I have in my mind. Erase the will not's and the may not's, and might not's that might find a home in my heart. Release me from the could not's, would not's and should not's that obstruct my life. And most of all, Dear God, I ask that you remove from my mind, my heart and my life all of the “am not's” that I have allowed to hold me back, especially the thought that I am not good enough. Amen

## THE 12 STEPS OF AN OVEREATERS PAST

- Step 1. I stated that I could use food and was master of my own life.
- Step 2. Believed I was sane and rational in every respect.
- Step 3. Decided to run my own life and be successful in all my undertakings.
- Step 4. Made a thorough and searching inventory of my fellow man and found him lacking.
- Step 5. Admitted to no one, including God and myself, that there was anything wrong with me.
- Step 6. Sought through Hostess Twinkles to remove all my responsibilities and to escape from reality.
- Step 7. Got thigh on sugar to remove all these shortcomings.
- Step 8. Made a list of people who had harmed me, whether real of imaginary, and solemnly swore I'd get 'em someday.
- Step 9. Played "get-beck" whenever possible, except when the odds were slacked against me.
- Step 10. Continued to find fault with the world and the people in it, and when I was right I make a big scene of it.
- Step 11. Sought through lying, cheating and stealing to improve myself materially, at the expense of my fellow man, doing so only for the means to pay my food bill.
- Step 12. After having a complete moral, physical and financial breakdown as a result of this kind of living, I tried to drag those who were dear to me down to my level and I practiced these principles in all my affairs.

Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
To all the people you can,  
As long as you every can.

-John Wesley

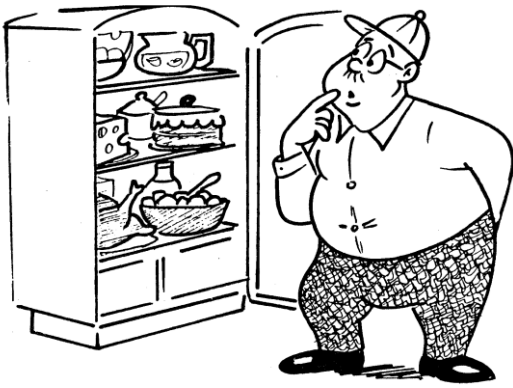
Peace and Love Roberta D.

## QUANTY or QUALITY;

"About this slip business....I would not be to discouraged. I think you are suffering a great deal from needless guilt. For some reason or other, the Lord has laid out tougher paths for some of us, and I guess you are treading one of them. God is not asking us to be successful. He is only asking us to try to be. That, you surely doing, and have been doing. So I would not stay away from O.A. through any feeling of discouragement or shame. It's just the place you should be Why don't you try just as a member. You don't have to carry the whole program on your back, you know!  
It is not always the quantity of good things that you do, it is also the quality that counts.  
"Above all, take it one day at a time". Bill W.

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Once my life was all hustle and bustle,  
I was always seeking peace of mind.  
For many, many years  
It was hard for me to find.  
That terrible yearning all my life  
To be normal and be thin.  
Caught in the clutches of a deadly disease  
How was I to win?  
My crazy thinking and actions  
Kept throwing me for a loss.  
Now I can admit it  
food had become my boss.  
My clothes were tight, my body big  
I was eating more and more.  
The aches and pains from extra weight  
My bones were oh—so sore.  
Into the rooms I wandered  
One fearful, lonely night.  
I learned that I was powerless  
But to never give up the fight.  
I wondered who is the power  
that is greater than me?  
I thought I heard a voice say  
Be patient, you will see.  
A power greater than myself  
Was hard to understand.  
Until I heard the Serenity prayer  
While others held my hand.  
the voice was right  
Soon the food was down.  
Abstinence and serenity  
Has replaced my frown.  
Now I surrender to Him daily  
Having found the faith and trust.  
Without Higher Power and program  
My life would-be a bust.  
I never found this program till I was fifty-eight  
There are no coincidences God must have  
planned this date.  
Reprinted from Came to Believe 1993



**THERE ARE NO HUGS IN HERE!**

Looking back I realize that I can best describe eating problems by using the words — driving, highway, and accidents. My recovery in OA has been like a long drive on a dangerous highway where accidents can and do happen.

Today in the OA Program I consider myself a steady driver, and I do so with care. I am no longer in a rush to arrive early. Today I have patience. After all, it is in HIS time not mine. I just keep driving down the middle of the OA road to recovery.

Occasionally I see one of our members leave the safety and security of the OA highway. They detour off the main road looking for a short cut. We all know there are none. Soon they begin to travel at breakneck speed (slips). Their driving shows a lack of control (binging). Reckless thinking and reckless driving is just an accident waiting to happen.

We have all witnessed someone who has had an “accident” (relapse). They sit there at the side of the road depressed, fearful, and sick from the damage they have inflicted on themselves.

I have asked myself over and over why do we continue to harm ourselves? I am sorry to say that I don't have the answer. I know at times we can be our own worse enemy. So if it is recovery you are looking for I have a great suggestion. You may find what you are looking for at our next **Region 6 Convention in Burlington Vermont October 22-24 2010 The theme is “Believe in the Miracle”**

I hope you will take advantage of this invitation, There are some surprise changes awaiting your visit. I look forward to seeing you there. And while you are at it why not bring a friend along?

Until then.... **please drive carefully**  
Queens Unity Intergroup

## TT *Tapestry:*

On the page for Jan 8<sup>th</sup> in Voices of Recovery, the author talks about chapter thirteen in the book, Beyond Our Wildest Dreams This chapter, “Weaving the Fabric of our Lives” tells us that a tapestry needs to be cared for so that it does not unravel and fade away. Our OA programs must also be taken care of by using the tools of recovery.

**Phone:** We all call the doctor for an appointment when we are not feeling well. Why not call another OA member? **Meetings:** We go to our club meetings, and our job related staff meetings. Why not try to get to another OA meeting..

**Literature:** When we are waiting on the line in the supermarket reading the magazine on OA meeting? the rack, try lifting Lifeline Magazine or For Today out of your handbag or pocket and read a few pages

**Writing:** While writing out your checks, Christmas cards and birthday cards why not write a **Dear God** letter or a gratitude list?

**Plan of Eating:** Let your family and friends know that you cannot have certain foods. If they question you, tell them about your food plan and inform them that you are trying to better your life.

**Sponsorship:** When you go to a meeting and a newcomer needs a sponsor, offer to be a temporary sponsor. Do you remember how you felt when you first walked into an OA room? Some new members might be afraid to speak up and share how they feel. **Anonymity:** We need to communicate the importance of anonymity. Family members may not know that you attend OA meetings. If you happen to see a fellow OA member outside the rooms, just give a smile or a nod of your head. .

**Service:** Do whatever you can at meetings: putting out chairs, being the greeter, cleaning up etc. You can also give someone a ride to and from the meeting. In that way you both benefit from the meeting. t is spring! Let all of us awake to a brand new person! ☺Lorraine D...

