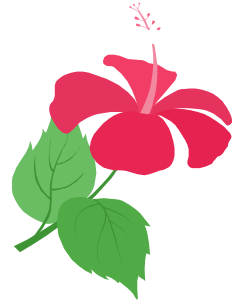


“TOGETHER WE CAN”

A Newsletter of Experience, Strength, and Hope
Summer issue 2011 Fred A. Editor P. O. Box 650187, Fresh Meadows, NY 11365
Website www.queensoa.org Phone Help: Anne C. 718-962-2755 or Helene D. 516-487-3395

Keep coming Back, It Works If You Work It and Its worth It.



Almost thirty six years ago she walked into an OA room,
She was heavy and tormented; she was a picture of gloom.
Was this her last chance: would she have the guts to stay?
Only God knew that, because she is still here today.
In program, she sought something that would turn her life around,
More than she bargained for is what she found.
Her family history is a mixed bag of happiness and strife,
Add that to compulsive overeating, it makes for less than a normal life.
Giving up her apron, she was dedicated and trust worthy in her new career,
All this is because; God offered her a new way of life without fear.
The steps became a big part of her life each day,
Now she is Happy, Joyous and Free with her Higher Power and OA.
She believes in the Traditions to the letter of the law,
After all she exclaims, “That’s what they are there for”.
When it comes to giving service, she is second to none,
Because Anne gives so much of herself, she is always on the run.
I am proud of this quality lady, as you read this praise,
I have found a very good friend for the remainder of my days.
Reprinted from Together We Can

FROM THE EDITORS DESK:

HUMILITY AND ACCEPTING MYSELF FOR WHO I AM:

God is my friend and I welcomed Him into my life after I joined OA. It took a while, until I finally surrendered and embraced Him with open arms and mind. But at times I become hostile, and revert back to my old ways. There are times “I want what I want when I want it.” That last sentence is a direct route to a disaster. Who the hell do I think I am? I double cross my Higher Power and take my will back. All the knowledge I have gained in this program seems to take a back seat when I do so. Luckily, these disasters have been short lived. Nevertheless, they leave a scar of a few pounds on the body that I have to give back and even more uncertainty in my mind. This has happened more times than I like to admit

You would think after 21 years in program I would know better. This insidious disease has rocked my boat time and time again. So now that I’ve had a ‘belly full’ of fooling around and a need to return to the norm (program), do I expect Him to take me back into the fold just like that? No way Jose, that’s wanting a lot. I understand the need to first demonstrate that I am worthy of his guidance again. That I’m willing to turn my will and my life back over to Him once more. So, I’m back on the prayer circuit. I work hard at getting abstinent. I’m back giving service in the program. I’m being honest with my sponsor and others. I’m back on the phone. But on the phone I am saddened to find so many OA’rs who are in trouble with the food. All I can do is be there for them and keep them in my prayers. I also pray for His forgiveness and seek His will again. I know without God’s will in my life I am nothing. As I write this note I’m happy to say that I am experiencing an abstinent life again and I enjoy all the good things that God wants for me. Any success I have in program comes from the fact that I keep in touch with my Higher Power and “**I KEEP COMING BACK**”

Fred A. Editor

QUEENS UNITY INTERGROUP NEWS

REGION SIX—WWW.OAREGION6.ORG

Our 2 representatives attended the Region 6 Assembly April 9, 2011 in Albany NY. Ann B. serves on the Bylaws Committee and Lorraine serves on the Newsletter Committee. The Region 6 convention will be Oct. 21-23, 2011. They will be attending the next Assembly Sept. 24, 2011.

WORLDS SERVICE BUSINESS CONFERENCE—WWW.OA.ORG

Our Delegate attended the WSBC in Albuquerque, NM April 25-30, 2011. Ann B serves on the By Laws committee. Among the many motions brought up, debated and voted which were adopted by the Conference were the expanded definition of Abstinence and the new tool, Action Plan.

QUEENS UNITY IG ELECTIONS—The Executive Board was elected 4/2/11 for year 8/1/11 to 7/31/12.

Chair—Marina C.	Vice-Chair—Alex G.
Treasurer—JoAnn S.	Recording Secretary—Molly R.
Newsletter Editor—Fred A.	Corresponding Secretary—Kathy W.
Website Manager—Helene D.	World Service Delegate—Ann B.
Region 6 Representatives—Ann B. and Lorraine D.	

Intergroup Items of Note

- Meeting group Treasurers**—Please send your 7th Tradition Funds to the OA Service Bodies (Intergroup, World Service, and Region 6). If you need info on how and where to send your donations email heledo@optonline.net or call 516-487-3395 to receive the instructions.
- The Region 6 Convention**—Oct.21-23 at the Crowne Plaza Hotel in White Plains, NY. Go to <http://oanyc.org/iheartrecovery/> for complete information and to view registration options including printing a paper registration brochure.
- Service opportunity to start a new Newcomer/Beginner Meeting** to carry the message of recovery to the Eastern Queens area (Bayside, Littleneck, Whitestone, Queens Village, Hollis Hills, Douglaston, and Glen Oaks). Thursday Evenings at the Chapel of the Redeemer Lutheran Church in Queens Village on Union Turnpike. Contact Helene at 516-487-3395 or email heledo@optonline.net.
- Share your recovery** with fellow members. Submit articles for the Queens IG semi-annual Newsletter to fnialbert2@aol.com.
- Check out the IG website** at <http://www.queensoa.org> for the meeting list, upcoming events and announcements etc.
- Join us at our IG meetings**, the 1st Sat. each month at 11:30 at Holliswood Hospital (no meeting in July). No requirements to attend—all members are welcome.
- Coming this summer**—join our email newsletter to receive updates and reminders of OA news and events. To subscribe submit your first name and last initial along with your email address to heledo@optonline.net with QUIG News in the subject box. Anonymity will be protected and the opportunity to unsubscribe will always be available.

Editorial;

Queens Unity intergroup needs your support physically (send a representative) and to also support us by sending your 7th tradition donations. Some meetings have little or no funds, while other meetings have a surplus of funds. It's the other meetings we appeal to.

Thank you for your cooperation in this matter. The Editor

There was once an OAer back into the food,
Which negatively affected her attitude?
She went to a meeting,
Quit compulsively eating.
Now her mood once again is gratitude.
Constance, Washington State

(Please make note of the following new text, printed in italics, for "The Tools of Recovery Pamphlet".)

Amended Abstinence Definition

In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program."

THE New Tool 'Action Plan'

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. While the plan is tailored to our own recovery process, most of us find it important to work with a sponsor, fellow OA member and/or appropriate professional to help us create it. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on the planning for shopping and preparing food. Some members may need a regular fitness routine to improve strength and health, while others may need to set exercise limits in order to attain more balance. Some of us may need an action plan that includes time for meditation and relaxation or provides strategies for balancing work, personal interactions with family and friends, and our program. Others may need help to organize their homes; deal with their finances; and address medical, dental or mental health issues.

Along with working the Steps on a daily basis, an action plan may incorporate use of the other OA tools to bring structure, balance and manageability into our lives. As we use this tool, we find that we develop a feeling of serenity and continue to grow emotionally and spiritually while we make measurable progress one day at a time.

"Overeaters Anonymous" 1st Edition P.161

I identified with the author when she felt that she had become aware of something inside of her that wanted desperately to live and be free.

When I make healthy choices for myself-whether it's doing what I should be doing. If a laundry load needs to be put away and I have the time do it, I don't walk past it and leave it for later.

Or during the day stop and take a self-reading. Am I tired? Do I need to meditate in a quiet area to rest my mind? Did I eat on time? Did I take my medication & my supplements? Did I quiet myself and talk to G-d about today's agenda and ask Him for His help in accomplishing what are my absolute tasks? Did I read something in a meditation book to put a positive spin on my thinking? Did I tell myself-I love you and I'll always be here for you, so take it slowly?

Most important, did I take an hour today to recharge my life by going to a meeting where we collectively take time out of the world to heal ourselves, to nurture ourselves, to share with each other, to support each other, to collectively look for hope and goodness in our world? We bond with our smiles, our kindness, our respect for one another, our encouraging words, and our relating stories. We come together to leave behind the isolation that plagues us all. Those of us that are here say no to the disease, to unhappiness, to isolation. We come together to create the strength we need to see the light.

If I have done these things, I will live freely and happily- no extra money, no cleaner house, no prince charming, no bigger house. To live free and be happy is to be free from negative thoughts and to know I'm okay.

Aliza I., Monday AM Queens Village, Writing Meeting

"IF YOU DON'T BUY IT, YOU CAN'T EAT IT"

QUEENS UNITY INTERGROUP - OA MEETING LIST

SUNDAY

11:00 AM~ Long Island Consultation Center 97-29 64th Rd.-1st Fl.Rm.8, Rego Park Newcomer

MONDAY

10:30 AM Chapel of Redeemer Lutheran Church 220-16 Union Tnpk., Queens Village Literature Writing++
 6:00 PM~ I Can Club 110-54 Farmers Blvd., St Albans Newcomer/Step^c
 7:00 PM~ Holliswood Hospital 87-37 Palermo St., Holliswood Step Study

TUESDAY

7:30 PM St. John's Lutheran Church 86-20 114th St.-2nd Fl., Richmond Hill Newcomer/BB/Step^a
 8:00 PM Young Israel of Kew Gardens Hills 150-05 70th Rd., Kew Gardens Hills Newcomer/Varies+

WEDNESDAY

10:30 AM Chapel of Redeemer Lutheran Church 220-16 Union Tnpk., Queens Village Big Book++
 8:00 PM~ Holliswood Hospital 87-37 Palermo St., Holliswood Literature Study

THURSDAY

10:30 AM~ Rego Park Library 91-41 63rd Drive, Rego Park Newcomer+++

FRIDAY

11:00 AM Howard Beach Library 92-06 156th Ave., Howard Beach Newcomer/Step^c
 6:30 PM Unity Center of Flushing 42-11 155th St., Flushing Newcomer/Writing^d

SATURDAY

9:30 AM~ Holliswood Hospital 87-37 Palermo St., Holliswood Topic
 10:00 AM~ Hollis Presbyterian Church 100-50 196th St. & 104th Ave., Hollis Newcomer/Step^b
 11:30 AM~ Holliswood Hospital 87-37 Palermo St., Holliswood Intergroup Business
 All Are Welcome!
 Meeting-Usually 1st Sat. of month (Not in July)

^a 1st & 3rd Tues.-Newcomer; 2nd Tues.-Step; 4th Tues.-Big Book

^b Last Sat.-Step & Tradition

^c 2nd Mon.-Step

^d 2nd & 4th Fri. of Month -Writing

^e First Friday of Month-Step

+ Please do not use parking lot.

++Ring Bell on right side of right hand door.

+++Ring Bell (Please come on time.)

~ Handicap accessible

QUEENS UNITY INTERGROUP CONTACT NUMBERS: Helene D. (516) 487-3395 or Anne C. (718) 962-2755

FIND MEETINGS ON OA WEBSITES

EBONY OA	http://www.ebonyoa.org	Meetings
MANHATTAN	http://www.oanyc.org	Meeting List
NASSAU	http://www.nassauoa.org	Meeting List Nassau County
QUEENS	http://www.queensoa.org	Queens Meetings
REGION 6	http://www.oaregion6.org	Find an OA Meeting
SUFFOLK	http://www.suffolkua.org	Meetings
WESTCHESTER	http://www.oawestchester-ny.org	Local Meetings
WORLD SERVICE	http://www.oa.org	Find a Meeting

PHONE MEETINGS

http://www.oa.org/pdfs/phone_mtgs.pdf

ONLINE MEETINGS

<http://www.oa.org/pdfs/onlinemeetingslist.pdf>

LA INTERGROUP VIRTUAL SPEAKERS

<http://www.oalaig.org/speakers>

METRO WEST INTERGROUP AUDIO FILES – EVENTS AND SPEAKERS

<http://www.metrowestoa.org/audio.html>

OA PODCASTS—iTunes or MP3 FILES

<http://www.oa.org/podcast/>