



SOAR8 “Virtual” Fall Assembly

October 23-25, 2020

With a “Virtual” Assembly ALL Intergroups have an opportunity to be represented.

Each Intergroup automatically has one representative with an additional representative for each ten registered meetings.

For questions about the NEW “Virtual” registration process, please email vicechair@oaregion8.org.

For payment questions, please email treasurer@oaregion8.org.



Zoom meeting code will be posted on the website and in the Assembly packet. The **password** will be distributed to the folks who are registered to attend by email.

Check out this link for [zoom](https://zoom.us) instructions:
<https://oaregion8.org/documents/SOAR8-Zoom-Instructions.pdf>

Tech/Web Committee



Is 2020 over yet? I am assuming everyone has a new appreciation for the amount of energy that goes into virtual meetings! If we get nothing else out of this

pandemic in 2020, let it be that we see the utility and necessity of having on-line communications for our meetings. Seeing each other on screen is the next best thing to being there; virtual hugs—emojis 🤗—emoticons :☺)—are acceptable ways of expressing our feelings. See, you CAN teach old dogs new tricks.

The true test of how well we are adapting to technology is the fall Business Assembly as it will be 100% virtual. We will use ZOOM. Please go to <https://zoom.us/join> and download the app before the assembly so that you can join the meeting instantly (session ID and passcodes will be sent to each registrant). We will be following the schedule as provided, and there will be some guidelines. You are probably already following most of these. Voting on motions will be done in the Zoom polling app. Each member of the Tech Web Committee has been practicing their role in making this assembly a success.

Tech Web has also put together some media presentations (completed and in progress) concerning the assemblies. You can find them on the Region 8 homepage: <https://oaregion8.org/r8-media/r8-assembly-videos>. These are PowerPoint



slides with voice-over, and discuss the following topics so far:

- The Difference between a Recovery Convention and a Business Assembly
- Green Dot (First -time attendees to the Business Assembly)
- Parliamentary Procedures Overview
- How to Prepare a Motion (in progress)
- Committee Orientation (in progress)
- How to Be a Virtual Attendee (in progress)
- Virtual Attendee Etiquette (in progress)

We have more of these planned, and can assist your Committee with their preparation if this something you would like to develop.

Please contact Tech Web Committee if you have questions.



Barbara C. techwebchair@oaregion8.org

Sarah C. techwebchair2@oaregion8.org

**God will either Shield
you from Suffering,
or give you Unfailing
Strength to bear it.**

Relapse Prevention in a Pandemic

The year is 2020 and the situation seems grim. A pandemic. Fear of getting ill, spreading the disease to someone else, maybe dying. Wearing a mask. Social distancing. Physical isolation. Emotional isolation. No face-to-face OA meetings. Working from home in my jammies. Missing weddings, new babies, and funerals. No travel or limited travel. Stuck at home 24/7 with the same person/people. No exercise or yoga class. Home schooling. Shopping from home (they deliver to the door). Virtual technology. Mindlessly searching the internet for cute animal memes. Playing video games and sitting on my butt...for hours.

Do some of these conditions resonate with you? Do you also share the additional fear that you will relapse and lose your abstinence? It doesn't have to be like that. Relapse can be prevented, if we learn to recognize and manage our personal warning signs and work the OA program of recovery.

Relapse is a process, not an event. Over time, we may change how we work our program in subtle ways, doing less of the things that help us stay abstinent; allowing slack in our action plan. This may be okay for a while, but eventually, we may find ourselves in relapse. **When a compulsive overeater has a relapse, food is typically the last thing to go.** Fortunately, there are **predictable warning signs** that precede relapse.

What are the steps we can take to prevent relapse? First, we learn how to recognize the warning signs as they occur. We identify our **personal** relapse warning signs, especially any *current* warning signs. Second, we make Action Plan to manage our warning signs. We ask ourselves, "What parts of the OA 12 step program am I letting slip and

slide?" and then we determine how to strengthen our program. Third, we ask for OA Support to implement our Action Plan. We incorporate accountability and support and are specific on what we need: who, what, when, where, how often. Finally, we share this inventory with another person or a group, and possibly, solicit feedback from them. (Feedback is optional.)

Most of this work was done by the Northern Virginia IG and presented in a workshop at the OA Virtual Region Convention in June 2020. You can find the original handout in the additional resources listed below. Once a month, my sponsee and I share our inventory that identifies our personal predictable warning signs that may precede relapse. We modified the original worksheet (refer to **bold website** below) so that we can track program slips; physical, emotional and spiritual warning signs; and other triggers (pandemic, weddings, holidays) that may set us up for relapse. By identifying the signs early, and indicating how we will take better care of our recovery program and ourselves, we can continue our abstinence.

Honesty is the key to noticing changes. For example, I am prone to depression (boy, howdy in a pandemic) and when I am depressed, my daily schedule starts to go haywire (warning signs in column 2). I turn off my alarm clock and sleep in later, I nap during the day, I watch more TV

and play on my IPAD. I know I am getting really bad when self-care starts to slide—"I swam, so I don't need a shower." "No one ever sees me, so I don't need to shave my legs." I haven't been to the hairdresser in six months, but that is no reason to stop combing my hair. Have I started overeating yet? NO. But it may not be long. I lump most of these warning signs into the "physical" or "life events and triggers" categories. My immediate action (column 3) is to make goals for myself: make sure I take my medication, set the alarm and use it to get up on time, schedule set hours for gaming and TV watching, shower daily, shave legs weekly (too much information, I know). Continue reading my OA literature and writing. Maybe add these to my Step 10 daily inventory. Finally, I need to share and reach out to my sponsor or another person (column 4).

It helps. It really does. I see when I am starting to slide into despair, self-pity or fearfulness. I know what actions I can take to prevent a slide into relapse and strengthen my program of recovery. One last thought: this pandemic is not all bad. It seems my Higher Power realized I needed to slow down and stop running all over town like my hair was on fire. I have been able to that—slow down, evaluate who and what are most important my life, take stock of my blessings, and see the miracles all around us.

Barbara C. Newberry, FL

Additional resources to help prevent relapse:

OA Webpage:

<https://oa.org/working-the-program/relapse-prevention/>

<https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>

https://oa.org/app/uploads/2020/01/recovery_from_relapse_meeting_format.pdf

OA Virtual Region: The July 2020 convention held a workshop on Relapse Prevention and posted the handout on their site: <https://oavirtualregion.org/wp-content/uploads/2020/06/VRConventionRelapsePreventionWorkshop.pdf>

Northern Virginia Intergroup of OA: <http://oanova.org/resources/recovery-materials/>

OA Silicon Valley: <https://www.oasv.org/member-support/relapse>

Thriving During the Pandemic

This has been a challenging time for so many of us. I've tried to look for the silver linings in this situation. For me, having moved to NC a couple of years ago to be closer to my son, living near him has most certainly been a silver lining. The first few months, we didn't see each other at all but shared groceries! We picked up things for one another and left them on the front porch. Because he lives so close, we started walking by his house once a week and began our socially distant visits. That made me so happy! Then we decided to create a social bubble of the four of us. My son and his husband now come to dinner every week and we often watch movies together.

I've been a Zoom user for many months and as the Intergroup chair, I suggested the Intergroup purchase a pro Zoom account to hold meetings. We started with three meetings on Zoom and they are all going strong. What's wonderful is that we have a larger attendance than we had when we met in person and several newcomers have joined us. We figured out the best way at each meeting to facilitate reading and discussion.

We had a Big Book Study on Thursday nights that had disbanded due to lack of attendance. I wanted to try to start another with a different format. An OA fellow and I decided on Thursdays at 11:00 am and that we would start at the very beginning and read all through the first 164 pages and the appendices. Once a month, we read a story from the back and we started at the very first story and will read one each month until we get to the end and then start over. We also decided this would be and remain a virtual meeting so we registered it with the Virtual Intergroup. I'm happy to say we have people from all different parts of the country and even Europe! It's a wonderful meeting.

Before the pandemic, I was going to one or two meetings a week. We don't have that many meetings where I live. Because they are being held virtually, I'm able to attend my home group from San Rafael, CA on Saturdays and Serenity Sunday from the LA Intergroup on Sundays. I get to see old friends, some of whom I haven't seen in years. Most weeks I'm attending six meetings a week! It's so easy when I don't have to leave my house.

While it's been difficult to be "stuck" at home, it's so great to use Zoom to see people and connect. I'm using it with old friends and family as well as OA meetings. I think we've done a great job making lemonade out of lemons.

Susan B., Bylaws Chair

Well, I'm very happy to say that all in all, the COVID19 pandemic has not really affected my home meeting, and thank you HP for that!!! There are a number of reasons for our success:

Since we have a fairly good size room and small meeting attendance (5-7), most Monday evenings we have 3 in-person attendees with plenty of room to socially distance the required 6 ft. We only attend if there are no COVID19 symptoms! We wear masks, use hand sanitizer and each person mostly brings their own literature. Before and after the meeting, someone wipes down the table and chairs, light switch, door handles, etc.

We immediately went to a phone conference call availability for anyone required or desiring to not attend face-to-face. The conference call opens 5 minutes prior to the meeting start, with some short notes on muting except when reading/sharing, etc.

7TH Tradition is collected at the meeting as usual, and those phoning in have the option to mail donations to the Treasurer, send them to either Intergroup or WSO or tally their usual amount and hang on to it until they can attend in person. Since we have relatively few outgoing responsibilities, this has worked well so far. We have

been able to make our rent, WSO as well as Intergroup donations. Group Conscience discussed that if the monies are getting close to Prudent Reserve limits, we'll request the mail in to Treasurer mode.

Communication has been maintained with an email loop for getting new information out, and of course phone calls and texts help everyone stay connected as well. Other local meetings are on ZOOM and that helps give me an almost-as-good face to face experience.

As for me personally, I just close my eyes and it's almost as good as each person being there...I treasure our meetings and am so grateful for the experience, strength and hope I hear in our OA meeting, and especially the great job Region 8 and the WSO are doing under the circumstances.

Keep coming/phoning/ZOOMing back!!!

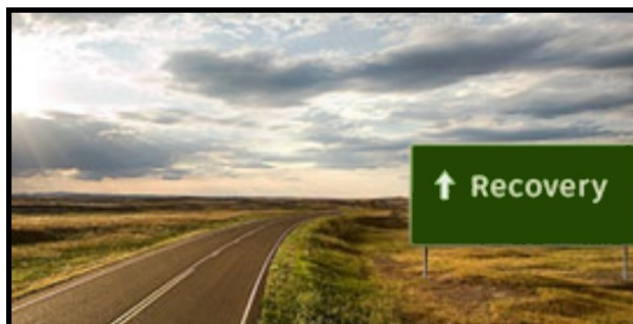
From Chris J

Dealing With COVID-19 & Meetings

STEP 12 *Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.*

We are told that we ourselves will be so filled up with the Sunlight of the Spirit as the result of taking these Steps that we will be eager to spill over with love and service, giving of ourselves to those who still suffer. There will be a major internal shift away from self-centeredness to wanting to help others. We will do this by sharing our time, our experience, our strength, and our hope. Thus we will give back as others gave so generously to us and helped us to be living in a state of freedom and happiness. It will not only be a pleasure to share the message of recovery through the 12 Steps, but it will also be vital for our own continued recovery. And to think that for such a long time I resisted sharing the message! I was hesitant to speak to newcomers after meetings—won't they think I'm pushy? What do I have to say that might be welcomed? So I only talked to friends afterwards, too shy to approach a newcomer and perhaps say the wrong thing. What an opportunity wasted—for them and for me.

Likewise I put off being a sponsor for years. What if I mess them up? Won't I feel responsible if they don't march swiftly to enjoy all the physical, emotional, and spiritual blessings of recovery? I am learning that I just carry the message to the best of my ability, sowing the seeds. Some may fall on rocky terrain; others on fertile soil. Like making an amends, I do it with all sincerity to the best of my ability and then let God guide the outcome. Whether they are receptive or not, is none of my concern. I move on to the next person and the next, with the goal of maximum helpfulness. I serve with as much humility, compassion, honesty and encouraging firmness so they are enabled to move forward through the Steps, which are the path to



recovery and spiritual awakening. What a joy to be the catalyst for someone enlivening their relationship with God! Just by directing them and redirecting them to the Steps. How much I now learn from speaking to newcomers and by spending time with sponsees. My own program of recovery is clarified and reinforced. My own appreciation is

deepened for the essential importance of continuing to actively work the 12 Steps. I am gratefully recovered, neutral around food and living in Steps 10, 11, and 12, but by working with others my gratitude is enlivened that I am where I am and to my Higher Power for the miracle of guiding me there and keeping me there, providing I continue to work my program with a full heart. This is the path to keep unblocked the channel to my Higher Power. And I am so grateful for this concluding Step because it directs me to carry the message to others and by doing so, I find that in return I remember where I came from and what I need to do to stay away from that state of unhappiness in self-absorbed food oblivion. The spiritual principles associated with Step 12 and Tradition 12 are service and spirituality. And they go hand in hand. Service nourishes my spiritual growth. Bringing the key, participating in healthy Zoom meetings, writing for the newsletter, being the treasurer or literature coordinator, sponsoring and being sponsored, making outreach calls, attending workshops, representing the group at the level of Intergroup and Region all benefit.

from Clare TSW



TODAY I SHALL CONTINUE...

Today I shall continue...
To lean into program,
To exercise even when I don't feel like it,
To relax into abstinence and not fight it,
To pause and experience life instead of rushing thru it,
To focus my attention on gratitudes and positive thoughts even if it seems naive,
To be mature when maturity is called for and to be childlike when childlike wonder and play is called for,
To reach out for Power & Strength when needed instead of trying to go it alone,
To be in balance with what I have to do and what I want to do and to leave * space * for the unexpected,
To live!

Michelle D, Region8 Treasurer



RECOVERY DURING COVID

Whether in or out of a recovery program, people are struggling to deal with the present trifecta: the virus, the election and the violence played out on national television. What a perfect recipe to escape reality!

I am a single woman senior citizen who lives alone with a 4 year old miniature schnauzer, my best friend. Thank goodness for the dog, my loyal companion in otherwise lonely times.

My only issue with COVID specifically is boredom. COVID keeps me isolated and it is hard to find worthwhile, constructive ways to use the hours. Just this week, I started delivering dinners for Meals on Wheels twice a week. But that and my three recovery meetings are not enough to fill the hours. I have a 1,000 piece puzzle on the dining room table. Reading and walking the dog are not enough to occupy the hours. And forget the TV—it is so depressing.

Having said that, I have written several pieces that I have sent to the Sheriff, Chief of Police and District Attorney to make my voice heard.

My first OA meeting was 45 years ago, but most of those years were essentially in AA. I have been active in OA for perhaps 4-5 years. Drinking is the furthest thing from my mind, but food is always a temptation. There are many food items that never cross my threshold: ice cream, peanut butter and nuts to name just a few.

This is my life saving motto: "I do not have a normal relationship with food or body image."

Several months ago, I started a specific plan to cook in batches that could be frozen to minimize travel. I

have never been one to eat processed food, so stew and squash soup in the freezer have been wonderful regular meals. I just stocked up on fresh veggies so I am set for several more days.

My regular OA meeting, Wednesday noon, is now on ZOOM. We are a small, tight group and the 7-10 of us meet regularly. It is no substitute for hugs, but we are holding strong. Many of the women share phone calls daily. I have never been one to pick up the phone. My preference has always been to meet friends over coffee, but that has become difficult because many coffee houses are curbside only.

Needing face to face time, I have been attending an AA meeting Monday, Wednesday and Friday. We are 15-20 strong and meet outside, 6' apart. That has really helped me stay connected.

The uncertain pall that hangs over all of us right now is really difficult because it has taken me away from the little families I have established here in Wilmington. What do I mean? I am a regular at the library where I flirt with the sheriff and chat with all the girls whom I see at least once a week. My apartment complex has cancelled all community events. Likewise, few dates over coffee. These are some of the places I normally hang out and I miss them dearly.

I do not work a perfect program, but I am working a program that works for me.

Thank God for this incredible program and way of living that teaches me how to be mature and responsible.

From a member of Wilmington NC meetings

FROM THE PIPO COMMITTEE

(PUBLIC INFO/PROFESSIONAL OUTREACH)

IS YOUR EATING OVERWHELMING YOU?

You're not alone.
We stopped eating compulsively and so can you.

OVEREATERS ANONYMOUS
oa.org
For Local Meeting Information:

No fees * No diets * No weigh-ins
Together we get better

Suncoast Intergroup of Tampa Bay
oasuncoast.org
813-254-4190
Text SERENITY to 77948

Hello Region 8! It's hard to believe it was almost a year ago now that I was sitting around a table in Memphis discussing PIPO projects with our group. So much has happened between then and now. I won't overstate the obvious, but I do want to let you know some of the wonderful things our PIPO committee has been up to during that time! First of all, we decided to make public outreach banners for each hosting intergroup. When the idea was brought up, my first thought was "I've never done this before; I don't know how to accomplish that." Thanks to program however, my second thought was "I know how to find out!" So I typed "retractable banner" into an internet search engine and all of a sudden 4 or 5 options popped out. A few more clicks, and I realized that I could design a banner from scratch using the platform.

But I've also never designed a retractable banner before! Program has taught me curiosity and innovation. With a couple more clicks, I was on the OA World Service Office webpage (www.oa.org), and there in the PIPO documents, I found a treasure trove of files for designing attractive, professional outreach materials. Before I knew it, I was able to easily design an eye-catching banner with the information of each intergroup on the bottom. Here's a picture of the finished product (pictured to the left).

The total cost of this banner including shipping was about \$110. The banners seem to be sturdy and of very good quality (though we've not yet had an opportunity to officially premiere ours yet since all our health fairs were cancelled this year!) Your Region 8 PIPO committee would be thrilled to assist you in preparing a banner with your contact information, if your group would like help to do this.

Overall, this banner project was simple and relatively inexpensive. Thank you for allowing me to be of service to Region 8!

With virtual hugs and kisses,

Tara L, Region 8 PIPO committee member



I Am A Grateful Pandemic

I am a grateful 8-year member of Overeaters Anonymous. I'm also grateful today for this COVID-19 pandemic. Why? I have started a list, but first let me give you some background.

I remember compulsively overeating by the age of 8, and I struggled with food through my school years and adult life, dieting and bingeing my 5'2" frame up to 190 lbs. Each day I would swear it would be my last and

SAFE, SANE & SERENE

Blessings to ALL from my home in South Tampa. I know a lot has happened in all of our lives since the last newsletter was published. I want to share with you how I am using my OA program of recovery to stay safe, sane, and serene in the midst of the rapidly- changing turmoil and chaos that is our world today.

When it comes to recovery actions, I've doubled down (perhaps tripled or quadrupled!). I am actively working the Steps (just finished 4 & 5). For the first time in my life, I'm actually using almost every tool, every single day. I try to get to a virtual meeting each day, or at least listen to a recovery podcast. I'm so grateful for my sponsees that call me each day (telephone) and keep me locked into the center of program.

I read in my daily readers every day (literature) and write on the reading or whichever step I'm working on that day. I have a food plan with boundaries that keeps my body nourished and a flexible, loosely built action plan that helps keep me on track for whatever things I need to get done that day, both for recovery and "real life."

I try to be of service daily, through sponsorship, getting to meetings and reading or sharing, or some action to support the groups or intergroup. My favorite tool, anonymity, reminds me that I am no more or less than any other compulsive eater, so I can place principles before personalities in every situation in my life and thrive with grace, compassion and humility.

I'm so blessed to live in a community with strong recovery that I can both draw from and contribute to on a daily basis. Thank you OA Region 8! You continually inspire me!

With a big virtual hug,

Tara L

that "Today" was the day...ok, maybe Monday, or definitely New Year's Day. I was so frustrated and angry at myself because "I" couldn't stop, and couldn't sustain any weight loss I managed to have.

At age 60, in counseling to complain about my husband and my life, I happened to mention one day that I was unhappy with my weight, and it was suggested I try OA. My intention was to sit in the back of the room, leave early, and please my counselor by telling her I

tried it. Much to my chagrin, there was no "back" to the u-shaped room arrangement, and people were asking my name and welcoming me—UGH! But then they shared their stories...how they also used to start bingeing and couldn't stop, ate food out of the garbage, stole their kid's Halloween candy...OH MY GOSH, EVERYTHING I was doing or had done. How did they know my story? And I also heard stories of recovery—how they would soon take their spring clothes out of storage, and they knew they would fit! Ok, I was hooked—I didn't know how this worked, but I wanted what they had. I was willing, I was desperate, I surrendered!

For 8 years I have lived the program of OA—I follow a reasonable food plan each day with the help of my Higher Power (something that OA helped rekindle in me), I go to six 12-step meetings a week (I'm grateful I am retired and can do that), I sponsor others and write a daily gratitude list.

And yes, I am grateful for this COVID-19 pandemic: I save time and money by safely attending Zoom meetings (and can be part of meetings in my former town); I have become more aware and appreciative of all I have (comfortable home, enough of what I need, health and safety of family); I am closer to my Higher Power and accept He has a plan for me and this world; I have met wonderful neighbors who have slowed down and walk my neighborhood at night; I have gotten some personal affairs in order and organized closets. I thank God each day that we are not at war with bombs dropping around us, and grateful that this pandemic, too, shall pass.

I am wishing you all calm acceptance of where you are today.



Pat H., Cape Coral, FL



And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me. I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes. *From the Big Book of AA page 449.*

As we all enter the ninth month of the Covid-19 virus I find myself saying this prayer more each day. This virus has gone on much longer than I thought it would and the impact on my life has been more than I could have ever imagined. Who ever thought we would be wearing face coverings when we leave our homes?

That our children would be attending school via the internet. That flying on an airplane would have to be so debated and the risk weighted each time. Most of our face to face OA meetings would be on the computer, many of us not even knowing what ZOOM meant let alone how to use it.

Yes this acceptance prayer has become my saving grace. When I am disturbed, it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me. I have had days when I can’t do things I want to do, go where I want to go or see who I want to see. I can have a temper tantrum, or I can find acceptance.

Nothing, absolutely nothing, happens in God’s world by mistake. I have come to accept that this in the plan of a power greater than me and I have no power over the virus. There is a reason for this virus. I admit that I have come to enjoy the Zoom meetings—I meet far more people than the face to face meetings. I get to more meetings than before the virus and my relationship with my higher power has improved.

Unless I accept life completely on life’s terms, I cannot be happy. I must accept my world as it is today if I want to keep my sanity and be happy. I am grateful I have an internet connection so I can stay in contact with my OA program, my OA friends, and my family.

I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes. This is the answer to all my problems today. When I ask for help accepting the situations I have no control over, I find peace and serenity in my daily life. I find ways to deal with the challenge’s life has presented to me. I’m reminded to use my tools and stick to the principles of my program, and I find peace.

Shirley Q.



Save the date for Florida State!

The 31st annual Florida State Convention of Overeaters Anonymous will be held **January 15-17, 2021** at the Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Avenue, Cocoa Beach, FL. 32931.

The theme for next year is **“CELEBRATE RECOVERY... 61 YEARS.”**

The registration flyer is not yet available. Room rates will be \$164 plus taxes & fees for up to four people per room.

Commemorative T-shirt
2020 World Service Convention
the event that never happened!!

Celebrating 60 years of Recovery

Available in sizes Small-5X

*Cost - \$ 20.00 each with free shipping
(no extra cost for larger sizes)*



*Wear it to
your next Zoom meeting!*

Order by clicking the button below

Click to order
<https://forms.gle/fMHDm8raS1oERiT86>

Two options to pay

*** PayPal**

During checkout, please add note that the money is for T-shirts. Visit OARegion8.org homepage

or

*** Send check to**

SOAR8 Treasurer
PO Box 242522
Little Rock, AR 72223

Please put on the memo line of your check that the money is for T-shirts, including size & quantity.

For questions contact:

Email: waysandmeanschair@oaregion8.org

Phone: Melissa H 615-202-5242 (text or call)

“Dealing” with the World Pandemic...

How do we conduct ourselves as an OA group amidst a crisis of health, social unrest, government chaos, financial uncertainty, environmental fires & storms while individuals demand to play god attempting to solve it all only to make things worse? We come together, unified in our admission of powerlessness, work the 12 steps/traditions, and share our experience, strength and hope.

I tried to eat my way through problems and emotions. Then I tried every imaginable means to solve that problem...to no avail.

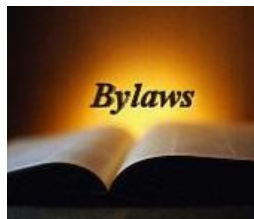
I didn't really care anymore about world issues, I was beat down by food and depression with only a mustard seed-sized belief that God would even help me. Turns out, that's all that was necessary to make a beginning.

I learned about my disease in OA. I am a real compulsive overeater. I knew from years of experience that I could not eat my binge foods without igniting an allergic, physical reaction: a compulsion to eat more and more way beyond pain, taste or reason. And when I was able to stop and my body cleared of the substance, I could not control the urge to stay stopped because of an obsession of the mind. My life as a compulsive overeater was as chaotic, uncertain, and “cancelled” as 2020. The solution? A Power greater than myself.

I came back into program in May of this year (yes, 2020). Upon admitting my powerlessness and surrendering my binge foods, I was asked to write about God. Who did I need God to be?/What did I need from God for recovery?

GREETINGS FROM THE BYLAWS COMMITTEE

Things have been pretty quiet as we are almost finished with reviewing the P&P. There have only been two of us but I'm happy to say we now have a Parliamentarian to help us get back on track.



We will be resubmitting motions from the Spring Assembly along with a new one for the PIPO committee. We are waiting for the other committees to review their sections of the P&P and we will make changes as needed and submit motions when their input is received.

Susan B, Bylaws Chair

I wrote:

“Dear God,

I pray that You will inspire me even now because I really don't know...wisdom—regarding my food, food plan, working the steps, handling relationships, & knowing my truth; faith—in that wisdom & freedom from self doubt/questioning what I believe; courage—to live out my truth, detached from the fear of the opinions of others.

Love—that comforts me in the form of assurance, acceptance; delight even. That You are celebrating my true self living out loud in freedom!

Trust—that You will send who I need, what I need, when & how I need for as long as I need

Power—to live recovery every day

Grace—to love myself & others well

Evidence—of Your presence everywhere

Comfort—in this process of dying to self & becoming humble, content, one of many

Truth—& revelation of it to guide me

Protection—from the enemy's tactics of discomfort, doubt, resentment, condemnation, selfishness, dishonesty & fear

Memories—of Your faithfulness, grace, provision

You to be Real—Known, connected, to never let me go or cut me loose

You to be my Shepherd—make me lie in green pastures (of provision, safety, comfort), lead me to still waters of peace & satisfy my thirst/true needs while restoring my soul with healing

You to Work—all things together for my good

Be—God to my husband & family

Soothe—all my hurt & fear

More—in and through my life

Power/Purpose—Strengthen me and pour Your love into me to tear down walls, break chains and open my life as a full-access channel to send Your love and glory out into the world.”

Crushed by a self-imposed crisis that I had none of the above, yet I needed all of it; I had to fearlessly face the proposition that either God is Everything on that list or else He is Nothing...my recovery required a choice to believe, or not...continuing to trust my finite self/others.

I surrendered my will and my life over to this God and I am a recovered compulsive overeater (not cured) having worked the steps, experiencing the promises in my life and living in 10, 11, & 12 daily.

This God is Alive and at work. Miracles do happen with faith and action—even in 2020!

Kathy S., Cumming, GA

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