

PACE

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

April/May 2009

FROM THE CHAIR:

Public Information Activities:

**On February 18th Margo from LaGrange, and Roberta from New Rochelle, and myself went to St Francis Hospital to make a presentation to a post-op biatric support group about OA. The thrust of the presentation was to encourage these patients to come to meetings in order to maintain what had been accomplished by their surgeries. Hilda gave an overview of the program and distributed meeting lists, while Margo and Roberta made personal pitches, sharing their stories as to how the program had changed their lives. It was a team effort that seemed to grab everyone’s attention in a positive way. Nancy Case, the out-patient dietician who had invited us, sent a thank-you note and gave us the name of a contact at the hospital to arrange for a location in the hospital for the possible start of a meeting there. To begin such an undertaking, it is my understanding that there would need to be a six-month commitment from at least six sponsors to support the meeting. If anyone has access to contacts with professionals in the medical and/or educational fields who might like services from OA, please refer them to me.
Hilda**

UPCOMNG EVENTS:

Region6 Assembly	April 18 th
Spring minithon	April 26 th

DONATIONS:

Stone Ridge	\$60.00
Beacon	50.00
Wappingers Falls	50.00
Cornwall Tues/Sat	180.00
Woodstock	64.52

We appreciate group donations to Intergroup. They are the main income we have to pay for the hotline, website fee and other expenses. We also use them to send our representative to World Service Business Conference.

We are in need of a personal DVD player to take to Health Fairs. If anyone has one they would like to donate, please contact the Chair.

New groups: You can receive a Starter Kit of literature free from Mid-Hudson Intergroup. Just contact the Chairperson.

Contact information:

Website: www.midhudsonoa.org
Hotline: 845-657-6603
Meeting changes: 845-783-5715
Chair (Hilda) – 845- 226-4769

A MEMBER SHARES

I am insane when it comes to my food addiction. I had abstinence for 12 years and maintained a 50 lb weight loss for that time. Recently I lost that sacred abstinence and it has taken me 6 years to find it with the guidance of my HP, sponsor, meetings and all the tools.

Not long ago, I gratefully noted that I let God do for me what I have not been able to do for myself. My self will is in line with God's will for me today and my abstinence is strong. ... one day at a time.

However, my insanity is just as strong when it came to the scale. Weighing myself once a month was my goal. Compulsive behaviors emerge when I use the scale. I keep on getting on and off in a period of minutes just to make sure what I am reading is correct.

So one morning after a short period of abstinence I decided to get on the scale to see how my weight was doing. I was not happy. I lost weight, but in my insane mind it was not enough.

Why do I do that before the month is up?

If I get on the scale and I have lost a lot of weight, I can give myself a treat and eat a little more. Is this my HP will for me? What will that do for my abstinence and my compulsive eating?

If I get on the scale and I have not lost any weight or just a smidgen, my insane mind says what is the use... this is not working so I can eat what I want. Is this my HP 's will for me?

Bottom line for me is to be careful, listen and question my thoughts and watch the insanity of my disease. The insanity is my stinking thinking and just for today I will not get on the scale and I will ask my HP for the knowledge of his will for me... only one day at a time.

Anonymous