

# PACE

“Positive Action Changes Everything”

The Mid-Hudson Intergroup Newsletter

October/November 2009



## A Note From the Treasurer:

It was a special pleasure for me to send checks from Mid-Hudson donations to Region6 for \$450 and World Service Office of \$150. I'm also pleased to note that our treasury is solvent (hence the contributions). My role is to move the money around – to the bank, Verizon, etc. Every member contributes by adding what they can to the 7<sup>th</sup> Tradition collections.

## 7<sup>th</sup> Tradition Donations:

(August - Sept)

Hopewell Junction	- \$50
Harris	- \$180
Saugerties	- \$10
Cornwall	-\$100
StoneRidge	- \$90

Your donations are greatly appreciated.  
Thank you.



## Upcoming Events:

- Oct. 3 – Region6 Assembly
- Oct. 24 – Region6 convention, Stanford Ct
- Nov. 21 – IDEA Day
- May 21 – OA 12 step retreat, Beacon, NY

## REMINDERS:

Group contacts or Secretaries, please contact the corresponding secretary with any changes for your group. Also, contact World Service. People visiting, or new to, our area rely on the information on our website or World Service and it needs to be as accurate as possible.



## Contact information:

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

## Spring Retreat

Mid-Hudson Intergroup is hosting a 12 step Study retreat at St Lawrence Friary in Beacon, NY, There are limited number of openings, so send in your deposit soon. The flyer and registration form can be downloaded from our website: [www.midhudsonoa.org](http://www.midhudsonoa.org)



## August Minithon

August 15<sup>th</sup> was a beautiful, not-too-warm, sunny day and the opportunity to spend it getting a program-lift, as I think of our minithons. I picked up a program friend, and we traveled to Jeffersonville. I expected a spiritually-stimulating experience, judging from the previous minithons this group had hosted for our Intergroup. I was not disappointed.

The day began with the Serenity Prayer and then a guided meditation, which brought all 18 of us onto the same wavelength, paving the way for a day of sharing from the heart and open searching for our own true feelings. There followed a series of short exercises, mostly writing, after each of which there was time for individual sharing. The exercises that I found most inspiring was the Letter to God, with the Letter back from God. This has been a part of my daily practice since last year's minithon, and I usually get a boost from it. But hearing what others in the fellowship had to say to God and from God was truly inspiring. It also brought tears to most of us. Another special aspect of this day was the practice of "Mindful Eating". We all broke for a brief quiet meditation. After this, we began eating but with silence for the first few minutes. This is a luxury I never think to give myself alone, and it was most powerful. It reminded me of how fortunate I am to live in such abundance.



### Abstinence Definition Amended

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

From "A Step Ahead", September 2009

## ***IDEA DAY***

### **"Surviving the Holidays Abstinely"**

November 21, 2009

10am – 3 pm

Zion Episcopal Church

12 Satterlee Place

Wappingers Falls, NY

Suggested Donation - \$6

(If you can't pay, don't stay away)

Contact: MaryEllen 845-562-1342



Q: How would you respond to a fellow OA member who told you what and how to eat, and who said you weren't abstinent if you didn't follow a particular plan of eating?

A: Tradition Two states: "For our group purpose there is but one ultimate authority—a loving God . . ."

The OA pamphlet Person To Person states, "Carrying the message to others simply means to unselfishly share our experience, our strength and our hope with them" (p. 1). In the pamphlet To the Newcomer we read, "OA takes no position on what constitutes proper food planning, either for weight loss or weight maintenance" (p. 6).

Since OA takes no position on these issues, it would make sense that we as individual members take no position, except to share our experience, strength and hope arising from working and living the Twelve-Step recovery program. The OA program suggests working it in its entirety (half-measures availed us nothing). Enforced measures are not mentioned.

What works for one may not work for another, especially with plans of eating. Members who do otherwise may be harmed.

As the OA pamphlet A Guide For Sponsors states, "It is important to know that a sponsor's role is not one of therapist, doctor, lawyer or other professional" (p. 1). Further, the role of a sponsor is not one of making demands. This is not in keeping with OA guidelines and the spirit of OA.

In our zest to be of service as a sponsor, we may overstep established guidelines and customary practices. Reading OA's literature helps us to avoid such overstepping. For example, The Tools of Recovery pamphlet states on page 4, "Find a sponsor who has what you want, and ask that person how he or she is achieving it."

From "A Step Ahead", September 2009