

# Highlights in my book

Fellows share some of the words that make so much sense for them that were highlighted! Let's take a peek in their notes.

"...When I came to OA I heard, "Don't compare your inside with someone else's outside" and "God does not make junk."

Each time I am aware of the tendency to put myself down, I affirm and follow through on my belief that I deserve the same credit I give to others ..."

P. S. - Moline, IL

Source: "For Today", 1st. edition, page 24. Used by permission. Copyright 1982 by Overeaters Anonymous.

## Upcoming Events

- Feb 28** **Unity Day Celebration**  
Bettendorf Public Library - Bettendorf, IA  
at 11:30 a.m. *This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 1:30 p.m. (Iowa time), OA members pause to reaffirm the strength inherent in OA's unity. I put my hand in yours ...*  
*After Saturday meeting, please bring a brown bag lunch, Unity Day meeting to begin after lunch.*  
Event chaired by KC. For more information contact her by email at [KCBOA@aol.com](mailto:KCBOA@aol.com)
- Mar 20-22** **Spring Assembly - Three Fold Recovery**  
St. Louis Bi-State Area Annual Convention 2009  
Earth City, MO  
More info. at:  
[http://www.oaregion4.org/events/Registration\\_flyer\\_09.pdf](http://www.oaregion4.org/events/Registration_flyer_09.pdf) OR call Jennifer at (314) 607-8232 cell
- Apr 18** **Region IV Spring Assembly - Super Saturday**  
St. Louis, MO  
For more info. contact your group representative.

God Grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

# New Beginnings

Quad Cities OA Newsletter  
[www.qcoa.org](http://www.qcoa.org)

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## Thoughts in 99 words

February is here, as our mirror & moment of truth ... so many good intentions and New Year's resolutions ... Did we follow through? February reminds us how we did.

But whatever the outcome is, we are not here to hear the old song of failure. We are here, in this OA ship ... together, to master progress not perfection. If you are still on track, keep the momentum.

If you failed in your strict parameters ... just pick yourself up, review the lessons learned, talk to your HP ... and keep living every day making better choices than yesterday!

## OA Birthday

Forty nine years ago in Southern California ... a lady called Rozanne S. (5' 2" and at 161 pounds) inspired by a Gamblers Anonymous (GA) meeting she attended and probably worried by her weight and behaviors (as we are) had the courage to meet with neighbors Jo S and Bernice S., modeling the first OA meeting after the AA's ones.

OA groups from the Quad Cities area, got together in the Bettendorf Library to celebrate Rozanne's first steps. The celebration - organized by Pam S. - had two speakers (Susan M. & John), and we played several games that made this, a fun and creative gathering.



Let's have this as an example of how we don't need food to celebrate ! ...

**We just need joy and good friends!**

## HOW LONG DOES IT TAKE?

Reprinted from September's 2008  
SW Iowa Intergroup Newsletter

*I am beginning to think that OA doesn't really work ... I have worked the twelve steps. ... as a matter of fact I worked all the 12 steps the second night I was there! :*



- 1) I admitted I had a problem with food
- 2) I believed there is a God
- 3) I turned my life over and I waited a full twenty minutes before I decided he was too busy, cause I didn't feel any different!
- 4) I liked this step: I wrote down every little thing my family and friends did to me.
- 5) Then I told my neighbor all of it. She agreed it wasn't any of my fault.
- 6) That was easy ... I don't have any character defects.
- 7) This was another easy one, since I don't have any.
- 8) I made a list of everybody that ever did me wrong and I am planning to get even, with each and every one of them.
- 9) I made amends. I told my sister that she is ugly as sin and I told my brother I was sorry I punched him in the nose when we were kids, but if he hadn't teased me I wouldn't have had to hit him.
- 10) When I see something wrong, I promptly tell that person she is wrong.
- 11) I said this one - but to be quite honest - I don't think God listens when I pray. Why just last week I prayed for a new car and I haven't got one yet!?!?!?
- 12) I do carry the message. I tell every overweight person I see that they are fat and need to come to a meeting.

**But after all this work, I am not seeing any weight loss. I mean ... gee ... how long does it take? This is my 3rd meeting !!!!!**



## Clear Intention

“My husband and I are both abstinent compulsive eaters. To celebrate our tenth wedding anniversary and my fiftieth birthday, we saved for five years to take our dream vacation of a cross-country motorcycle trip.

With clear intentions of staying abstinent, we packed the bike with little clothing; our scale, cups and measuring spoons; and enough abstinent canned food for each of us to have two complete abstinent meals.

Our abstinence took precedence over experiencing the Grand Canyon, the Redwood Forest, Mt. Rushmore, Monument Valley and everything else that we had waited a lifetime to see.

Having our food with us allowed us the freedom to stop wherever we wanted at an appropriate time. We picnicked at some of the country's most spectacular spots, enjoying the serenity of being alone.

Restocking our canned food at the next town, we never forgot that without the abstinence and our Higher Power, this trip would not have been possible.

Thanking our Higher Power, we made it home after 8,500 miles and five weeks on the road, abstinent and grateful.

P.E., Oaklyn, New Jersey, USA

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***If you are new to the program: the article “How long does it take?” it's intend to be funny, so please don't try it as narrated expecting results! ;0) ... If you have been with us for a while & see yourself in many of the statements, please talk to your sponsor :0)***