

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.

"... Recovery teaches me that my gratitude and serenity snowball, just like my negative attitudes did ..."

S . H. - Sterling, IL

Source: "Voices of recovery", 3rd. edition, page 345. Used by permission. Copyright 2002 by Overeaters Anonymous.

Upcoming Events

Apr 18 **Region IV Spring Assembly - Super Saturday**
St. Louis, MO

For more info. contact your group representative.

Apr 25 **Breaking Fresh Ground - Super Saturday**
West Des Moines, IA

*For more info. contact your group representative or visit:
http://oaregion4.org/blog/1/wp-content/uploads/OA%20super%20saturday_iowa_April2009.pdf*

May 2 & 3 **Be Still - Retreat Hosted by Northeast Iowa Intergroup**
Cedar Falls, IA

For more info. contact your group representative or call Megan at (515) 291-2023

May 2 **Together We Can - Sterling Super Saturday**
9:00 am to 3:00 pm

Community General Hospital - Auditorium
100 E. LeFevre Road. Sterling, IL 61081

*For more info. contact:
Ronna (815) 379-2293 or Vicki (815) 978-8296*

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

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Thoughts in 99 words

Our addiction reminds me of a marooned sailor who asked God to rescue him. A ship passes by and offers to save him but he says no thanks - God will help me.

Next, a rescue team in a helicopter passes overhead and offers to save him, and he refuses help again.

No one else comes and the sailor dies; in heaven he asks God why He didn't save him after asking Him to do so. God says ... I did! I sent you a ship and a helicopter!

We can ask for help, but we need to cooperate!

Unity Day

Every year, on the last Saturday in February, at 1:30 p.m. (Iowa time), OA worldwide celebrates the Unity Day.

This day recognizes the strength of the Fellowship worldwide. OA members pause to reaffirm the strength inherent in OA's unity.

KC (the organizer of the local event) for this year share with us the following ...

"Unity Day was GREAT ... People from all over the World ... okay across the River and the other River came We had great shares and good coffee.

We had 5 speakers 3 from program and 2 outside from the Y and the Betts Fitness Center ... Both left us with programs and day passes for all that wanted...

Other members shared their strength ,experience, and program ..It was a grand and colorful day."

Give Up the Food Now



It is the easier, softer way to live. The first time I was in OA, I fought the program for more than three years. I never attempted or thought to give up my binge foods.

Limiting binge and trigger foods was my abstinence. If I could eat only a small portion of xyz, I'd be free! I would tell myself, I'll only have xyz once a _____." The problem was and is that I am an addict.

Whether I like it or not, I have an abnormal physical, mental and emotional reaction to

refined or processed foods, sugar, wheat, flour and cow's milk. The disease does not need my permission to exist.

Fortunately I have an easier, softer way of living now. I abstain from foods that trigger physical cravings and subsequent mental obsession. I am much happier, stable and serene when I remove these substances from my life.

I have more than a year of abstinence, and food no longer calls my name. Abstaining from my binge foods is much better than playing a deadly cat-and-mouse game with food. Now I am free! Free to explore the world, my relationships and myself.

Before recovery my world was small - food, television and me. today I have self-respect, confidence, friends, family and hobbies. I have trips to take and people to meet. My body is a dignified size, and I no longer fear everybody and everything. I know I can deal with whatever life sends my way because I am not alone.

My Higher Power, OA friends and program are always with me. Thank you OA! Thank you Higher Power!

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Signs of Spiritual Awakening

- A tendency to think and act spontaneously rather than on fears based on past experiences
- A loss of interest in judging one's self and others
- Loss of interest in interpreting the actions of others
- Loss of interest in conflict
- Loss of ability to worry
- Frequent overwhelming episodes of appreciation contented feelings of connectedness with others and nature
- Frequent attacks of smiling
- Increased tendency to let things happen rather than make them happen
- Increased susceptibility to the love extended by others
- Uncontrollable urge to extend love

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Helpful OA sayings ...

Don't place a question mark where God has placed a period.

Anger may identify a problem, but it will never solve one.

One is too many, thousand is not enough.

Easy does it ... but Do it!