

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.

"But with the (compulsive overeater) whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave.

We found that it is fatal. for when harboring such feelings we shut ourselves off from the sunlight of the spirit."

D. B. - Muscatine, IA

Source: "The Big Book of Alcoholics Anonymous", 3rd. edition, page 66. Used by permission. Copyright 1976 by Alcoholics Anonymous.

Upcoming Events

- | | | |
|------------|---------------|---|
| Dec | 13
6-9 p.m | QC OA Intergroup Holiday Party
Ben Butterworth Center - Moline, IL
<i>More info. to follow, in the meantime contact your intergroup representative.</i> |
| Jan | 17 | Overeaters Anonymus Birthday
Bettendorf Public Library - Bettendorf, IA
<i>In 2009, OA will be 49 years old!</i>

<i>More info. to follow, in the meantime contact your intergroup representative.</i> |
| Feb | 21 | Unity Day
<i>This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity.</i>

<i>More info. to follow, in the meantime contact your intergroup representative.</i> |

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

Many of the holidays ornaments have the word "Joy" engraved and it kept me thinking how easy the Joy can dissipate. These holidays will not only bring a lot of dangerous food but also the risk of over committing.

Remember the three legs of the stool (physical, spiritual and emotional), we need to be attentive to not let the illness take our precious time too. We will need "space" to nourish all the three areas and be thankful.

We wish hope and success because if you keep coming back you're on the right track to be a better you!

I.D.E.A Day

The International Day for Experiencing Abstinence, is a worldwide celebration that Overeaters Anonymous observes on the third Saturday of each November.

This year, the Quad Cities Intergroup held IDEA Day at the Bettendorf library. Sixteen people attended the event which started with a workshop focused on "going to any lengths for abstinence."



There were two out-of-town speakers who presented spoke about their experience, strength and hope. A brown bag lunch and several door prize drawings and a raffle were held.

Don't wait until the next November, celebrate your abstinence one day at the time.

Acceptance is the Key

Reprinted from the Region One Newsletter

I am a compulsive overeater, I struggle with being Paula. I have to accept that.

My first thought about acceptance is the serenity prayer “accept what I can and cannot change”.

My second thought is that I do not have any control over the sun; it comes up and goes down. I also have no control over the weather; it changes no matter what I do.

I truly need to accept that I cannot do anything without my higher power. I can see the road signs more clearly especially when I am not in control and accepting things as they are.

Serenity, courage and wisdom help me hold onto the acceptance piece. Some days I wish the world had a program as good as the 12 steps; it has helped me to live on lives terms.

When I am in acceptance I can love myself first and then have things to give to others. I believe it is a selfless program but I have to think of myself in order to think of others.

We will love you until you can love yourself ... has really helped me with the acceptance piece especially when I first went to OA and could not love myself. The more I believe that I am an OK person the more I can be happy joyous and free.

I continue to read the OA literature on a daily basis which helps me to remember who I am and what I need to do on a daily basis. Days that I forget, get too busy or in hurry are days that I have placed myself before my God and things inevitable do not go as smoothly.

I have to accept that God is in control daily for me to be at piece with myself. I truly believe that Acceptance is the key to the simple, complex program.

Paula W., Billings, MT



Serene Holidays !

As a compulsive overeater, I find holidays difficult. being from the southern part of the United States,

I have ingrained notions concerning etiquette and hospitality. When I am at parties or picnics, surrounded by tempting food I know is not good for me, I find it difficult to resist.

My disease and I enter a battle over wheter I should take the first bite. This cunning and baffling disease presents a series of convincing arguments:

- I can't refuse this food because I'll offend the host.
- It'll be just this one item; after all it's a holiday.
- I'll look weird if I'm the only one not having any.

It is especially hard to turn down food when a party guest or host is insisting that I try some. At such a time, I use an idea from a fellow OA member.

I reminded myself that, for me, this particular item is not food - it is poison. Consuming it will not nourish my body; instead, the consequence will often be physical, emotional and spiritual pain.

When I say a quick prayer, I discover the relief and comfort I vainly seek in food. To me, The Lord's Prayer is particularly special during cravings: "Lead me not into temptation but delicer me ...".

Usually, an alternative to eating presents itself. That's when I feel most loved by Higher Power.

L.M., Boulder, Colorado (USA)

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