

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.

From Step Five

"....Working all the steps and using all the tools doesn't mean a life without food problems, but not working the program will guarantee them."

M.H. - Andalusia, IL

Source: "Abstinence: Members of Overeaters Anonymous Share Their Experience, Strength, and Hope" book, 5th ed, page 28. Used by permission. Copyright 1994 by Overeaters Anonymous.

Upcoming Events

Sep 11-13 **Going to Any Lengths**

State of Iowa OA 2009 Convention
Johnston, Iowa

Registration Deadline Aug 26
Convention fee - \$15 (\$20 at the door)
One day only - \$12 // Banquet - \$23

Accommodations with special rate at Stoney Creek Inn and Convention Center in Johnston, IA

For more information contact your intergroup representative

**QC area groups will be greeters & huggers in this Convention.
Please plan to attend!**

**Keep your eyes open for an upcoming Fall 2009 Event
sponsored by QC intergroup!**

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

Spring seems a good time to sync with nature & outgrow that childish attitude of feeling entitled to always have everything our way.

From the program, accepting that we need to surrender, control seems to be one of the most difficult parts. If we are good with food we might want our way in other areas of life.

If you are good in everything else, then we feel entitled to get the food we want.

The good news is that when we learn to "surf" our dealt life, it brings peace ...And that is our foodless "banquet" of life.

Great Super Saturday in Sterling!

The Monday Sterling group hosted a Super Saturday on May 2 featuring speakers Carol and Edythe. We shared OA fellowship with 25 recovering OA members as we received the recovery stories of both speakers. It was a wonderful experience to receive their experience, strength and hope!

Carol also shared with us the importance of working ALL 12 STEPS!!! And Edythe shared her method for working step 4 according to the AA Big Book! She reminded us to KEEP IT SIMPLE and FOLLOW THE DIRECTIONS as laid out so clearly in the AABB.

We even heard a couple of great slogans: **Abstinent With God & Awareness-Acceptance-Action**. Finally, we had some fabulous door prizes and lots of spirited fun as the winners were drawn!! :) It was a great day, and we are thankful for all of the people who contributed to a wonderful gathering of recovery shared!!

Hard Day's Work



While yesterday was not the worst day in my career, it certainly ranked in the bottom three. As my father used to say, "I snatched defeat from the jaws of victory."

My company was on the verge of a big sale, which would take business away from our biggest competitor. All we had to do was demonstrate that our product could do everything we said it could do. "Piece of cake." - I'd done it before once or twice.

That's when things started to unravel. Part of the demo required knowledge I did not have, so I asked the experts to explain it to me. When they tried to explain, I couldn't grasp it. But instead of asking someone to fly out and help me, I nodded and pretended I understood.

The demo didn't go well. Four people from corporate had to bail me out at the last minute. Relationships it had taken me three years to build came down in a crashing heap. My boss didn't speak to me for more than a day. probably the worst part was that I had let everyone down, including myself.

What did I do about it? First, I abstained from compulsive overeating. That didn't make me feel better emotionally, but I least had only one problem to deal with rather than two. I talked about it with an OA friend who had a similar experience. She gave me the insight that I had to go through a mourning process and feel the feelings, painful as they might be.

Second, I knew of a similar story in the Big Book, so I read it a few times. I took refuge in the fact that the author went through a worse situation with serenity and grace. If he could do it, so could I! The story helped me accept responsibility for what I have done.

Third, I went through the Steps, replacing my "work situation" for "food". Steps six and seven were the worst. I had to face my arrogance,

self-centered fear and people-pleasing. I did step Nine by sending out gift baskets to everyone who had helped me. This idea came to me as I was talking with another OA member on a different matter. The hardest thing to accept with step Nine was coming to realize that it's going to take a long time to regain people's trust and that it will occur (or not occur) in God's time, not mine.

I don't know whether we still got the sale or even if I still have a job. All that is up to God. But at least I have my Higher power, the Twelve Steps and the Fellowship. I could not have dealt with this if I hadn't first put down the fork. Thanks goodness for this program.

-- R.Z., Los Angeles, California

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How glorious it is to live with the philosophy that what other people think of me is none of my business. That is not to say that I'm never at the mercy of other people's opinions of me. But you can be assured that those are days when the Eleventh Step is not my priority. At those times, I have taken back my control, which doesn't work.

I use the tenth step to see what is getting in my way, and then I can walk hand-in-hand with my Higher Power again. That is the one thing I know: God will be always there for me. This has not come easily for me. Control used to dominate my life. Now I know that the only control I have is over the choice to work the program.

-- T.C., Little Rock, Arkansas

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4 CDs set with the recordings of the speaker (Denise H.) at the Fall 2008 QC Retreat are available upon request for \$4/set. Send your request to pat4pat@yahoo.com

