



NEW BEGINNINGS

So Many Opportunities to Share Your Recovery!!

This fall there are many chances to join in retreats and workshops! Check out these many opportunities, and see if one or two might fit into your schedule!

SEPT 11 – 13

Iowa State Convention: Going to Any Lengths

<http://oaregion4.org/blog1/wp-content/uploads/2009IowaStateBrochure.pdf>

SEPT 19

Relapse is not contagious but Recovery IS, Beloit WI

<http://www.region5oa.org/illinois/rockford/Rock%20River%20IG%202009%20Sept%2019%20conference%20flier.pdf>

OCT 3

Fall Workshop: Concepts, Service, Traditions

Long Grove, IL

http://www.region5oa.org/events/SNI_October09Marathon.pdf

OCT 9 – 11

QCOA Retreat, Camp Milan, Fall into Recovery One Day at a Time

http://www.qcoa.org/FALL_INTO_RECOVERY_2009.pdf

OCT 16 - 18

Region 5 Convention: OakBrook Hills Marriott Resort

MAKE TIME FOR YOUR RECOVERY: It will be three days filled with fun, inspiring recovery stories and great fellowship.

http://www.region5oa.org/events/flyer_2009_convention.pdf

OCT 17 – 18

Northeast Iowa area Fall Retreat, Shalom Retreat Center, Dubuque Iowa,

Contact Megan: 515-291-2023

OCT 30 - NOV 1

The Promises Continue to unfold in our lives Frankfort, IL

http://www.region5oa.org/events/Frankfort_Fall_Retreat_10-09.pdf

<i>Easy Does It</i>	<i>First Things First</i>	<i>Live And let Live</i>
-----------------------------	-----------------------------------	----------------------------------

HIGHLIGHTS IN MY BOOK:

"When I focus on what's good today, I have a good day, and when I focus on what's bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases."

Submitted by: CA, Dixon, IL

Source: AA Big Book, 3rd edition, page 420

STEP NINE: LOVE

and the love of others.

I had no idea of the powerful love that awaited me.....



I fear people when I am in my disease, and isolation is my default setting. In my recovery, I am learning that I need many contact people to keep me out of the shell I hide in when I get into the food or into my character defects. The support network I build in OA helps me stay in touch with my feelings and helps me feel loved and worthy of love. My OA support network has felt weak lately. Because of my demanding schedule, I find it difficult to attend meetings during the week. When I finally arrive home in the evening, the last thing I want to do is make a phone call. Although I was faithfully using the tools of sponsorship, writing, literature, food plan, prayer and service, I was missing the face-to-face tools of telephone and meetings. I could feel the difference emotionally. I felt alone with my troubles, chronically different, hopeless and blind. Soon my food

began getting messy in the gray areas. The solution to this problem was so easy I almost missed it. I told my sponsor I needed to rebuild my support network, making it bigger and stronger. I know that getting the love and support I need helps me focus on my progress and keep recovering. I have gone to many meetings in the past three days, making sure to go to the ones I attended regularly before my life became so hectic. It felt great. Those who knew me the longest were still there, welcoming me with open arms. I got new phone numbers, reconnected with old friends and told people what had been going on with me. When I said it aloud, I realized that although my problems feel huge, they have a beginning and an end, as the OA "Twelve and Twelve" tells us. My OA fellows affirmed that all will be well and that my path of spiritual

transformation is only beginning. Three days later, I feel settled and peaceful again. Thank you, Higher Power!

This program is wonderful. Besides 12 wonderful Steps to a better life, I have found friends, a loving God and recovery on all three levels. I have learned to ask for help and graciously receive it. I have also learned to give the same support to my fellow s. When I came to OA five years and 75 pounds (34 kg) ago, I had no idea of the powerful love that awaited me—God's love and the love of others. As long as I continue to put myself in the midst of it, I will continue to experience it. It is healing and reassuring. I am grateful to have been transformed by the power of love.

— N.W., Fairfax, Virginia USA

STEP TEN: PERSEVERANCE

"Don't quit before the miracle happens"



Perseverance is the most important Step principle in my recovery because OA is not a quick fix or a short-term diet program. By making OA and working the Steps a way of life, I have a new opportunity every day—every hour if necessary—to start over and keep moving in a positive direction. Perseverance is important when I am emotionally, spiritually and physically on track, and even more important when I am struggling.

After significant losses in my personal life, I went through relapse. I am grateful and fortunate that the physical aspect of my relapse was mild. However, the emotional and spiritual relapses were challenging.

Now I am again abstinent and closely connected with my Higher Power. I firmly believe the principle of perseverance kept me linked to the OA program throughout my period of grief and relapse. My mantra, which I often shared in meetings, became, "Show up, tell the truth and keep trying." I came to meetings—no matter what—spoke honestly about how I was doing with my emotions and food, and continued to work each tool to the best of my ability.

Over six months later I emerged again from my obsession with food. I enjoy the serenity resulting from putting down both the food and obsessive thinking about food. OA works if we just stay connected, do our best

and draw upon the support of the Fellowship.

Perseverance means never quitting the program no matter how bumpy the path may be. It is best summed up with our slogan, "Don't quit before the miracle happens." Don't quit after the miracle happens either! Recovery is not a linear process; new challenges emerge to work through. I can withstand anything and come out stronger if I just persevere (in partnership with my Higher Power) in working the tools and Steps of the OA program.

— Anonymous, Massachusetts USA

Source: Lifeline, Sept/Oct. 2008, page 16,

REMEMBER: This is YOUR Newsletter! :)



This newsletter is for all of us to share our recovery news and miracles ~ it is truly Yours, Mine and Ours!! :)

Therefore, please be sure to join in with the sharing. If you have a favorite part in one of your recovery books, send it in! If you learn a new slogan, send it in! If you attend a retreat, send us the news of your experience. If you have an event or

new meeting to announce, please be sure to let us know!!

Please send all submissions to:

qcoacate@yahoo.com

We all look forward to hearing from you!!!



Enjoy this beauty-filled season!!!