

# Carrying the Message

*Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.*

Overeaters Anonymous Tradition Five

## Calendar

- Dec 10 12th Step Within Day Workshop
- Dec 12 12th Step Within Day
- Dec 13 Intergroup
- Dec 25 Holiday Open House
- Dec 31 Speakers Meeting
- Jan 1 Holiday Open House

For more information visit our website [www.oregon-oa.org](http://www.oregon-oa.org) and click events or contact Beverly: 503-579-1919 [beverly.m@frontier.com](mailto:beverly.m@frontier.com)

## Mailing Address

PO Box 2429  
Portland, OR 97208

## Intergroup Web Page

[www.oregon-oa.org](http://www.oregon-oa.org)

## Intergroup chair email:

[gr8fulinpx@yahoo.com](mailto:gr8fulinpx@yahoo.com)

## For meeting information

call: 503-254-5658

## Abstaining Through the Holidays

I am allergic to evergreen. Bear with me here, because I do have a point. If I am in an enclosed space with evergreen, my eyes water, I sneeze, and I get a sinus headache. I am told this is an abnormal reaction, an allergy, to evergreen. I don't give this a second thought. I happily put up my artificial tree and the holiday is much more enjoyable without all the sneezing. I don't tell myself that, since it is Christmas, I can handle the tree in the house. I do not give in to comments that I am depriving my children of the "whole experience" of going out to the woods to select and chop down the tree to bring home. I prefer not to be sick. Now, I am also allergic—meaning I have an abnormal reaction—to certain foods, especially sugary items. When I eat them, I can't stop eating them. In fact, I have eaten so much of them that my poor knees and feet hurt

just from normal, day to day activities. Doctors have told me that my excess weight will eventually kill me. The stomachaches from the excess food are at least as bad as the headaches and sneezing from exposure to evergreen. Not to mention the shame and guilt I feel when I eat these foods. It should be simpler for me to avoid holiday treats than it is to not bring an evergreen tree into my house. Unfortunately, **my real problem with food is in my mind.** I have an obsession that I will one day be able to eat like a normal eater. The obsession tells me that it's the holidays, I can handle "just one." Or, I'm depriving my kids if I don't bake cookies with them or surround myself with holiday goodies. Whatever the lie, I believe it. Why? Because on my own power, I am without defense against the first bite. **I MUST rely on my higher power if I am to avoid that first**

**compulsive bite.** What does this mean for the holidays? It means that, even though I am busy, I need to ramp up my program. I need to go to more meetings, not less. I need to use the tools of writing and the telephone. My disease isn't going to take a holiday and will, in fact, use the holidays as a means to get me to feed it. How I wish compulsive overeating were as easy to treat as my allergy to evergreen. It isn't. But, thank God, recovery is possible through the twelve steps and I have all of you to support me. Together WE can do what We could never do alone!

Lisa S.



---

## Step Twelve

*Having had a  
spiritual awakening  
as the result of these steps,  
We tried to carry this  
message to compulsive  
overeaters and to practice  
these principles  
in all our affairs.*

### The Action Words of Step Twelve:

...we tried to *carry* this message...  
...and to *practice*...these principles...  
...to *continue* the journey...  
...moving *forward* in recovery...  
...principle of *service*...guide our actions  
...have *embarked* on a lifelong journey...

### The Promises of Step Twelve:

...have had a spiritual awakening...  
...experienced the miracle of physical, emotional, and spiritual healing...  
...we have learned a whole new set of skills for living...  
...we know we don't have to fear anything that comes to us.  
...we know we have a way of facing each situation squarely and sanely.  
We have new ways of coping with our problems...  
...new practices which make living a positive, joyful experience...  
...we know we will find relief in the steps...  
...the greatest joy of recovery comes to us when we share our OA program...  
Simple actions...have turned out to have profound effects on us and on others.  
As we've worked the first eleven steps, the principles...have begun to replace our  
old way of life...  
We are moving in a new direction of spiritual growth.  
...we learn to accept others as they are...  
Perseverance brings us the reward of continuing, permanent recovery.  
...we receive an abundance of joy and strength.  
...we are the message.  
Each day that we live well, we are well...

## 12th Step Within Corner

. The Twelfth-Step-Within Committee was created to reach out to those in the Fellowship who still suffer and to address the relapse and recovery of our members. The committee's purpose is to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship. Those who give Twelfth Step-Within service encourage existing OA members to become or remain abstinent, to work the Twelve Steps and to give service to the best of their ability. Doing this service increases the quantity and quality of recovery in our Fellowship, thereby assisting our own spiritual journey. No special qualifications are necessary; only willingness is needed. We can all help carry the message of recovery through abstinence and working the Steps by (1) being well ourselves; (2) giving service, sponsorship and friendship; (3) encouraging membership retention; and (4) attending meetings and OA events. Any and all ideas would be greatly appreciated.

*WE are 12th Step Within*



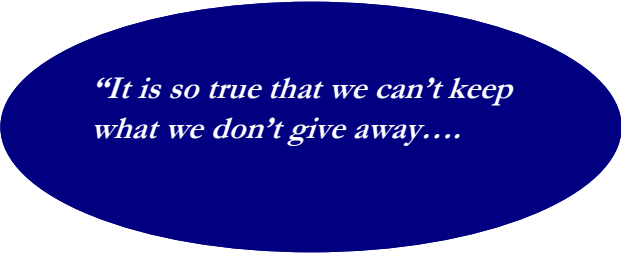
---

## What is Service?

What is service, really? Effort, aid, help, usefulness, etc. What would be service in OA? *Anything that helps a still suffering compulsive overeater.* Something as simple and basic as a smile is a great start.

Service gets me out of myself and my head at least for a little while. It inspires me and adds to the quality of my day. Besides being fun, I learn, I grow and I make wonderful new friends. Friends that understand and care for me and help me through my rough spots. When choosing service I make sure it is something I can enjoy and embrace with enthusiasm; if it turns out to be something I am uncomfortable with I most likely will make a change.

Marie W.



*"It is so true that we can't keep what we don't give away...."*

### How Service Serves Me

I so enjoy doing service that it is a joy not a chore. At the same time it strengthens my program. What a bonus!

I started doing service because it is one of the nine tools (there were only eight back then). I had a sponsor that really encouraged me to do service. I prayed about what type of service I needed to be doing. I started out putting literature away at one of the larger meetings. As I still felt shy, this also kept me busy after the meeting. Then my sponsor asked if I would take over doing the phone list and I did. Both of these were small and easy ways to get started in doing service.

Then I felt lead to be a key person and secretary for another meeting. These were great because they assured I would get to that meeting every week. At the same time, I passed on my first service jobs and became Intergroup rep for that first meeting. So then I was doing service at two meetings and at Intergroup. These service positions helped me to get out of myself and to feel more useful and productive.

During this time, and up to the present, I was also sponsoring. It is so true that we can't keep what we have if we don't give it away. I also learn from my sponsees, and they tell me they are learning from my experience too. I also have a sponsor. We all help each other.

When I met the requirements I was elected to serve as

a delegate. Then I had the incredible experience serving at WSBC (World Service Business Conference). Wow! Meeting and serving with people from around the world. Meeting our Board of Trustees and learning they are simply other compulsive overeaters (even if they do sit on a dais during the business meetings). Seeing some people with twenty, thirty, or forty years of abstinence also gave me a great deal of hope that it is also possible for me.

As a delegate I also get to serve at the Regional Assembly. That is much smaller and somewhat laid back. There I am able to meet with people from all over our Region. By my second Assembly I really got to know quite a few people well and made some friends. Another bonus of service.

At Oregon Intergroup I've also served as Co-Chair and that was a great learning experience. Currently I have the privilege of serving as Chair as well as a delegate. Doing this service has taught me new skills and strengthened ones I already have. It also helps me to not take myself so seriously; that I can roll with looking foolish at times. I've made friends there too and learned that I am not shy.

So, that is how service serves me. Oh, there is one more secret about service. It is FUN!

Love and hugs,

Candace

---

