



Food for Thought

Central Oregon OAMeetings

Saturday @ 9am - Bend

Monday @ noon - Bend

Wednesday @ 4pm - Redmond

Thursday @ noon - Bend

All Bend meetings are located in

The Community Room at
First United Methodist Church
(use the Kansas St. entrance)
680 NW Bond St.
Bend, OR 97701

The Redmond meeting is located at

The Redmond Senior Center
325 NW Dogwood Ave.
Redmond, OR 97756

✽A Note from the Editor ✽

With so many wonderful members of Central Oregon OA writing on Honesty this month, I can't think of anything to add! **The topic for February is HOPE; deadline for submissions February 2, 2019.** Thank you. Remember, together we get BETTER! ~Terri OR

When I came into AA two and a half years ago I had been living behind a facade for so many decades I couldn't tell the truth from a lie. Getting honest in Step 1 about my drug and alcohol addictions was the beginning of my journey back to wholeness. Sobering up from them was very tough but getting honest about and confronting my food/sugar addiction has brought me to my knees unlike anything else. Once drugs and alcohol were removed from my life and I no longer had anything to suppress my sugar addiction, it reared its poisonous head! This addiction has caused me to have to dig deep, into myself and my program. My defects of character are many, they didn't suddenly disappear because I walked into an OA meeting. They are all still there but now I have a program for living that helps me to become aware of them and continuously work on them. My amends were many when I got here, most I've made, some are living amends. This journey I'm on is a continuous process for me, more is always being revealed. I can't yet honestly say I'm grateful for this disease but I do know for certain that without it I wouldn't have the close, loving relationship with God that I have today. Because I am so powerless over it, my only defense must come from a higher power whom I call God. That is the honest truth for me. I thank God for Overeaters Anonymous. ~Lorraine N.

This
month's
topic:

HONESTY

*Living the Principle of
Step 1.*

SAVE the DATE!

May 17-19, 2019

Central Oregon Intergroup Annual
Sunlight of the Spirit Retreat
Wesley Meadow Lodge at Suttle Lake

*Speaker with many years of abstinent
recovery will be focusing on the Big Book.*

Don't miss it!

At first when I came into OA, honesty was simply admitting I was powerless over sugar once I took that first bite. As I've continued coming to mtgs and working the 12 steps, my level of honesty regarding food and feelings has increased. I believe this has happened not only because honesty is a crucial part of recovery, but because OA has been a safe place to get honest with myself and others. As I listened to others speak about their struggles I was able to recognize my own. This combined with the unconditional love and acceptance has been the key and the fertile soil in which my recovery could grow. ~Tambry S.

Honesty. I have something to say about honesty. In a recent meeting the group was sharing about their holiday experiences and I decided to say something. But as it turned out, it wasn't true what I shared. It was actually a misrepresentation, a slight coloring of the facts, a lie. I'm embarrassed about it but need to come forth and make it right. And here's the thing, it probably will not affect another person but boy did it affect me! I stated that over the holidays I did not eat compulsively but rather ate food that I don't usually eat. I could feel a squirming inside of me and did not ask myself what was going on. I just lied. I had been eating compulsively and I didn't want anyone to know. A little secret that could be swept under the rug, right? Wrong! God pointed the spotlight on that lie and I felt convicted and ashamed of myself. Who was I trying to fool? You, me? And for heaven's sake why?? Not one of us have achieved anything like perfection, right? Right! Our strength comes from our weakness. Being honest about our weaknesses, failings and shortcomings makes room for our healing. I am powerless over food and my program tells me that honesty is the best policy! Dishonesty promotes shame and honesty promotes hope. Something tells me I'm in good company 😊 ~Terri S.

Honesty... "free of deceit and untruthfulness, sincere." Honesty plays a huge significant role in my OA recovery. I must be honest with myself about this food addiction. When my negative and dishonest food thoughts occur I must meet them with honesty. For example: if my thoughts are telling me that I can eat ice cream in a sane and normal way, I am not being honest with myself. Because I know that ice cream haunts my thoughts until it is gone! Honesty means I know that ice cream does not last more than one day in my freezer. This happens with other food items, such as Doritos, diet pop and most processed foods. When I can be truly honest with myself and not be in denial about my food plan, my abstinence is very peaceful. My OA recovery has taught me many truths about my eating. The love and support in these OA meetings are miraculous and I will never tell myself again that I can leave OA. ~Anonymous

Honesty: I grew up in a family of liars. The big lie was that 'everything was fine,' when in fact everything was a mess. My father was an alcoholic, my mother was severely depressed, my brother was a sadist, I was a budding professional victim, and feelings were not allowed. We had all the trappings of a 'fine' life, and we were all miserable. No wonder that I learned early in life to stuff all my feelings with food. Anger, grief, fear, shame? I never felt them. I never really felt joy or love either. When I first came to recovery rooms in my late 30's, and heard people talking about their painful feelings, I felt sorry for them, and relieved that I never had to deal with such feelings. I was so emotionally shut down that I didn't even know I was shut down. And food was one of my favorite ways of staying that way.

To have a real life - I had to get honest with myself. This was a long and painful process, as the denial gradually gave way to self-knowledge, and the long-buried feelings came to the surface. My life had to get worse before it could get better, as I had to learn to recognize, acknowledge, feel, and live with those pesky feelings. Even today, I catch myself wanting to eat compulsively when I'm having anxiety or frustration, loneliness, resentment or regret... any number of uncomfortable feelings. I can easily "forget" that food is not the solution to these problems. But today, I can actually feel the feelings. I can get honest with myself and remember that I use food addictively. And I usually remember that I have better ways to deal with the feelings: the tools of recovery, the 12 steps, fellowship of my program friends and the love of my Higher Power. ~Carol F.