

# Food for Thought



## Central Oregon OA Meetings

Saturday @ 9am - Bend

Monday @ Noon - Bend

Wednesday @ 4pm - Redmond

Thursday @ Noon - Bend

Thursday @ 7pm - Bend

**Bend noon & Saturday meetings are located in** The Community Room at First United Methodist Church (use the Kansas St. entrance)

680 NW Bond St.

Bend, OR 97701

**Bend Thursday night meeting is located in**

The Board Room at the Elk's Club at 63120 Boyd Acres Rd.

Bend, OR 97701

**The Redmond meeting is located at**

The Redmond Senior Center

325 NW Dogwood Ave.

Redmond, OR 97756

## URGENT NEED!

Our upcoming May 2020 Retreat at Suttle Lake needs a Chairperson to head the project. Please consider this service as it is vital and you will not work alone! Contact Joan at email:

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

**Note from the Editor:** Self-Discipline? Ugh, this term brings to mind endless diets of grapefruit, eggs, carrot and celery sticks. No wonder I learned to despise this idea! In the Big Book on page 88 it reads "We alcoholics (compulsive overeaters) are undisciplined. So we let God discipline us in the simple way we have just outlined." They are referring to the 12 Steps. But this doesn't make me feel all warm and fuzzy either! Who are they to say I am undisciplined? I work really hard, support myself, volunteer my time, run my own household and have a circle of friends that I spend time with.

But I realized the self-discipline/God discipline they are talking about it has to do with gracefully existing in my world from a heart filled with peace, love and compassion. This is why it takes God to accomplish it through me and for me. I, Terri certainly don't have the emotional sobriety present to live my life as I aspire to. I, Terri gallop through my life as a human DOING running over the top of people, places and situations I don't agree with. Instead, through the 12 Steps – I humbly seek God's guidance most of the time I am agitated or doubtful. And the answers that come are truly beautiful and healing when I am willing to pay attention and then take the next right action.

Now, I am beginning to understand what the real meaning of self-discipline means. And onward it goes.....Terri OR

## Men of OA- You're not alone!

If you want to connect with other men in OA, there are many meetings, by phone with a Special Focus for Men, as well as several other ways you can connect with men in the program.

<http://OAMen.org> is a website to find resources for men in OA.

**When** I heard the topic for this month's newsletter was Self Discipline, I had to laugh and say: Isn't that what brought me into OA...a lack of self-discipline? Although I had self-discipline in many other areas of my life, with food it had only lasted as long as my most recent diet and even that in the end had failed me.

So after 3 years of attending, participating in and living the OA program, what have I learned about self-discipline?

#1) I don't have to do this alone! Paradoxically in OA we surrender to win.

This runs in direct contrast to the "Pull yourself up by your bootstraps" mentality of the world we live in. In OA I've learned that with the help of God and my friends in the program I can battle this disease of compulsive overeating one day at a time, one healthy decision at a time, and one bite at a time.

#2) Embracing and incorporating every boundary, tool, or a habit that will help me to be abstinent one day at a time. For me, this includes starting my day with prayer, readings, and journaling. It also means that I plan my meals for the week and write down what I'm eating daily. For me this is crucial because otherwise I have a tendency to be dishonest with myself about what I'm eating. Another part of my honesty about food is that there are certain things I cannot eat (i.e. desserts) because I don't have an "off switch" when it comes to them.

#3) Embracing the idea that having boundaries with my eating (and in life!) is a very loving thing that I do for myself. It doesn't mean that I'm rigid or can't have any fun. It just means I've found new ways to celebrate life that no longer involves my old enemy Self Sabotage.

Tambry S.  
Redmond Oregon

Before program, I thought self-discipline was about reining in my food and forcing myself to exercise. I could do them for brief periods, but I could not sustain either.

Now, for me, self-discipline is about lovingly and respectfully setting boundaries with myself and for myself, gently and firmly.

These boundaries include what I will eat and what I will not eat.

These food limits are not set to punish me for my past eating excesses. They are also not to make up for them. These food limits are part of my amends to my body for the damage caused by my abuse of it in the past.

I used to exercise like I was going to whip myself into shape in a single hour. If I just went hard enough, I could undo the damage done by my excess weight and my sedentary lifestyle, all in one day. It was like I was at war with my body.

Now movement is fun. It includes dancing, swimming in mountain lakes, backpacking, hiking and cross country skiing. I am profoundly humbled by what my body can do.

I also get to respect what my body cannot due because I damaged it with excess weight for so many years. I lovingly accept those limitations, again as part of my amends to my body.

Self-discipline gets me to meetings. It helps me call my sponsor regularly. It means I plan and prepare my food, ensuring that I have delicious, health options available to me all the time. Self-discipline means my life is manageable now. Thank You Spirit!!

Anonymous

## **OA e-workshop on Hybrid Meetings**

### **September 8th, 2019- Brief synopsis**

OA is getting the word out about an option available for members to attend Hybrid Meetings and the tools are available online. The software being used is called Zoom, and it's a standard video conferencing tool used by businesses, etc. A very good suggestion was made for people with a phone in the middle of a meeting table with multiple people listening: put it in a Tupperware bowl and it amplifies the noise so people can hear better.

Three people then shared for about 10 minutes each on the subject of hybrid meetings. They were from New York, Texas and Colorado. The meeting was then open for questions for those participating using the full video conference tool capabilities. There is much more information available in the report by Dan L that was submitted to Central Oregon Intergroup.

#### **UPDATES from Region One OA Convention:**

**IS Synergy Group: What could our group do to support the Snake River, Greater Columbia, and Eagle Cat IG meetings? A suggestion of having a Meeting of the month and carpool to a small out of town meeting was made.**

**Virtual Sponsors: Virtual sponsors are needed in rural areas. There has been great success with Virtual Sponsors. It was suggested we all call into rural areas and be part of their meetings. Encourage the use of the CD's available and Podcasts available.**

**Pens with OA sayings have been purchased by Region One with the website and are available for \$1 each. It is suggested they are to be "left around town."**

**It has been recommended we share in meeting when we get relief from certain foods in our abstinence.**

**The First 12 Days pamphlet has been written. Help is needed for Newcomers using 12 Days pamphlet. They need temporary sponsors.**

Listen to recordings of **VIRTUAL WORKSHOPS** on a variety of topics: Sponsorship Success, Service & My Recovery, Take a Walk Down the Traditions, The Importance of Working All 12 Steps, OA Literature, and much more! Members share their experience, strength, and hope to bring the Twelve-Step program of Overeaters Anonymous to life. <https://oa.org/podcasts/>