

Thanks to the wonderful folks from the Arroyo Grande Monday 10:30 AM meeting
St. John's Lutheran Church, 959 Valley Road , Arroyo Grande, CA 93420

Remember . . . IF IT ISN'T
SIGNED, IT'S FROM OUR
GOOD FRIEND
"ANONYMOUS."

JULY

Happy Independence Day!

May this day also be a celebration of your freedom from the effects
of food obsession and food addiction!



ACTING "AS IF" AND NEW FREEDOM

Today I still have trouble from time to time accepting the fact that I have any limitation to the speed at which I can get my activities of daily living accomplished, even if they are more numerous and more complex than ever. When I was younger, and had fewer limitations, I could breeze through them. Not so fast now. Yet my head keeps telling me that I can go faster, and do more if I am just smarter about doing it. I don't want to believe that I have limitations.

In the beginning, I had no clue as to what I was to act "as if". I used to ask. One day the answer became clear to me. I am to act "as if" I believe it's OK for me to have limitations and accept them. Act "as if" I believe that God's plan for me is doable, acceptable, and results in my good. I need to be willing to accept life on life's terms and thus be able to move on to enjoy the results of acting "as if". Today I do believe and know from my own past experience that when I cease struggling and act "as if", the healing process leads to a new freedom, filled with deep joy and serenity. I do eventually come to believe.



I think I will act "as if". I can do that with God's help — just for today.

BE OF SERVICE!! SEND YOUR STORIES, INSPIRATIONS, THOUGHTS TO:
cheri.frosting@gmail.com

OLDIE, BUT GOODIE

My old Big Book was falling apart, sections coming loose from the binding, and my husband kindly offered to glue it for me.

“How long have you had this book?” he asked. I thought for a moment and responded, “Almost 20 years.” Later I realized that it has been closer to 30 years. I went to my first OA meeting in 1988 and I’m sure I bought my Big Book soon after that.



That book has been through a lot with me: many sponsors, many meetings, many trips through the steps, abstinence, relapse, job changes, the deaths of my parents, my marriage, buying a house, my hospitalization for depression, getting my brother into rehab, and a cross-country move. The Big Book represents the program and my Higher Power who have been with me through all of life’s ups and downs. No matter what happens, they are always there for me. The Big Book holds so much wisdom and inspiration and best of all, it holds the solution to my living problem. It is one of my most priceless possessions!

Thank you Bill W. and Dr. Bob!

“Keep Coming Back . . .”

Yes, I am committed to this program for all of my life. I plan to keep coming back no matter what, because I am so grateful that I did keep coming back and coming back until the miracle happened. Thank you God! The people who I might contact to ask questions of any kind — profound or not — are my sponsors, my family, the spiritual counselors at the church of my choice, my meeting friends, and people God has placed in my life as guides.

The key to making progress for me has not been in asking “Why” but in asking “How did you do this?” H O W = Honesty, Open-Mindedness, and Willingness. Finding the answers from others as to how this is done and then doing the actions which were mentioned has led me to a new freedom that I never ever experienced before. A sense of integration and a feeling of serenity, joy and a deep peace within. Asking others the “How” question has given me the freedom to explore and enjoy a life that I never dreamed was possible to have.

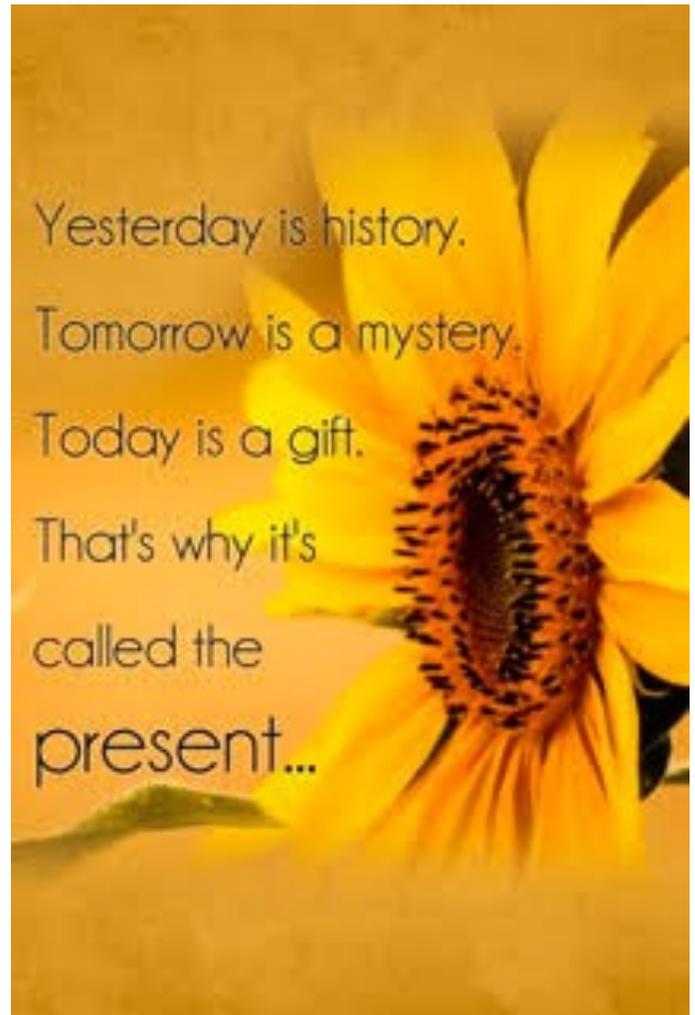


ACCEPTANCE/SERENITY

I say the Serenity Prayer a lot and I've found a section of the Big Book on acceptance to be a great companion prayer.

In the chapter "Doctor, Alcoholic, Addict" (p. 449, 3rd edition), it says: "When I am disturbed, it is because I find some person, place, thing or situation — some fact of my life — unacceptable to me and I can find no serenity until I accept that person, place, thing or situation as being exactly as it is supposed to be at this moment."

God, grant me the serenity to accept the things I cannot change (almost everything), the courage to change the things I can (myself and my attitudes), and the wisdom to know the difference (do what I can and let go of the rest — turn it over, relax and trust).



After years in the program, I'm finally fully accepting things I can't change and not wasting my time, energy and serenity on trying to do the impossible. Much of my struggle and pain over the years have been caused by my inability to accept that I had no control over most things in life. I may not always like reality, but until I accept it, I can not be at peace and recover.

I can't change the fact that I am a compulsive eater any more than I can change the fact that I can't walk through a brick wall. I don't spend time worrying about why I can't walk through a wall. It's just a fact — not good or bad — just what it is.



I know that if I tried to do it I would get hurt. I can look at my disease the same way. If I try to fight it, I get hurt. It's just another fact of my life that I can't change no matter what I do. I have blue eyes, I'm 5'3" tall and I'm a food addict. Once I accept that and stop trying to eat like a "normal" eater I get better. I find peace of mind and contentment when I let go of trying to

change things I cannot change. Acceptance allows me to life happy, joyous and free with sanity, service and serenity.

A few thoughts from a grateful OA member . . .

- (1) My Higher Power will supply all my needs.
- (2) I understand that discomfort and disappointment are as much a part of daily life as pleasure and joy.
- (3) From January 2015 Lifeline: “If I have experienced recovery on all three levels: spiritual, emotional, and physical – why must I continue to work OA’s Twelve Steps? Very early in my life, food and compulsive eating became my only real coping mechanism for dealing with life’s problems. Today, using food for any reason other than nourishing my body is not an option, so I need a new way to deal with life. Working the 12 Steps has proven to be my solution to all of my problems, real or imagined. I no longer want or need to eat compulsively because I have a better way of dealing with life.”

THE JOURNEY, by Mary Oliver

One day, you finally knew what you had to do, and so you began – though the voices around you kept shouting their bad advice, though the whole house began to tremble and you felt the old tug at your ankles.

“Mend my life!” each voice cried. But you didn’t stop. You knew what you had to do.

Though the wind pried with its stiff fingers at the very foundations, even though their melancholy was terrible – it was already late enough, and a wild night, and the road was full of fallen branches and stones.

But little by little, as you left their voices behind, the stars began to burn through the sheets of clouds, and there was a new voice which you slowly recognized as your own.

The voice kept you company as you strode deeper and deeper into the world, determined to do the only thing you could do – determined to save the only life you could save.

