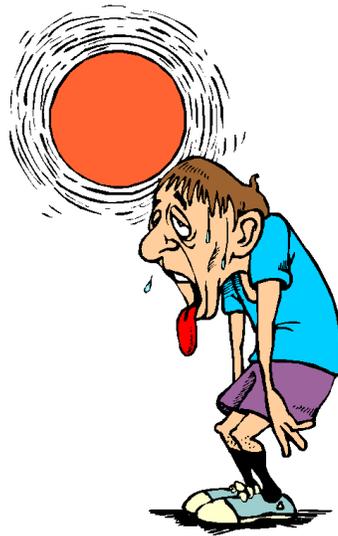


**The meeting sponsor for the September newsletter did not contribute anything. The submissions herein are from others within our program. Thanks.**

As I type this, the thermometer on my back porch is reading 106. I think the official high in SLO was 103 today!! YIKES! It's that time of year again. Seems we have lots of H O T weather in September and October. Guess it's time for some quality beaching. Hope you guys are staying cool.



**If it isn't signed, it's Anonymous . . .**

## **ANNOUNCEMENT!!!**

I've been doing the Newsletter for a long time . . . 3 years or maybe 4. . . time to retire and let somebody else benefit from this great service opportunity. The last newsletter I will do will be the December issue, so if you want a Newsletter, think about becoming the Editor. Please make sure everybody in your group/groups knows about this great opportunity to benefit from a service commitment!!

Thanks for your support,  
Cheri

## KITTEN ON THE KEYS!!

One day I was writing an email to my sponsor. It was almost lunch-time, I was hungry and I wanted to send the email before lunch. I was laboriously composing, typing away, trying to sort out my feelings about something that was troubling me. I'd been at it awhile and was almost finished when my very energetic foster kitten who'd been flitting



around the room, jumped on my keyboard and my email disappeared! UGH! I was so frustrated and felt impatient with the kitten for a moment, but then I thought: I need to pay attention to and enjoy this darling creature for the short time she'll be here with me. I can email later.

So I loved on the kitten, had my lunch, then emailed my sponsor. As it turned out, I realized the kitten was an ace editor! My first email was just a first draft. By the time I wrote the second email, I came to a better understanding of my thoughts and feelings and was able to say what I needed to say much more clearly and in the process of writing the two emails, I worked through the issue and felt better. Thanks, Kitty!

## HUMILITY

- (1) Dictionary definition: courteous respect
- (2) Being teachable, open-minded, willing to change
- (3) Freedom from the character defects that cause me pain and block my usefulness
- (4) "A nourishing ingredient that brings serenity" (Step 7, AA 12&12)
- (5) "An awareness of who we really are today and a willingness to be all that we can be" (Step 7, OA 12&12)
- (6) "Places us exactly where we belong, on an equal footing with our fellow beings and in harmony with our Higher Power" (Step 7, OA 12&12)
- (7) Allows me to let go of shame and acknowledge my inherent worth
- (8) Means that I don't have to be perfect
- (9) Allows me to love and accept myself just as I am as my Higher Power loves and accepts me unconditionally
- (10) "Humility is not thinking less of yourself, it's thinking of yourself less." C.S. Lewis

## **“The Convention” . . . did you make it?**

I know, I know . . . the convention was for AA and Al-Anon, right? OAer’s couldn’t possibly have benefitted from any of the speakers or the meetings . . .well that is one opinion, it doesn’t happen to be mine. All of us study the Big Book of Alcoholics Anonymous, right?

Anyway, the speaker at the Saturday Night 8PM meeting, Father Tom, has been at our convention several times and I overheard a lot of people saying “we are tired of him, what more does he have to say?” Well, I heard a lot and I have personally listened to him speak two other times. The story that really spoke to me “this time” was his Gorilla Story. Yes, I’ve heard it before, but I was a different person then, just like I’ll be a different person tomorrow. So as often happens with me, I will hear something read from one of our books or the Big Book and I will “hear” it in a totally different way than the last time I heard or read it.

So anyway, here’s my rendition of the Gorilla Story. At the zoo, there is a gorilla, a very beautiful and peaceful looking male gorilla. An OAer liked to visit this gorilla and one day she noticed that the lock had not been placed securely on the cage. She decided that she would just slip in and visit, maybe pet the gorilla – just this once and only for a moment, that couldn’t hurt right? Well the outcome wasn’t pretty and the woman barely got out of the cage with her life. As Father Tom told it “If you decide to dance with a gorilla, the dance isn’t over until the gorilla says it’s over.”

I think of my eating disorder as “my gorilla”. It is there, in a cage, but sometimes the lock isn’t securely placed on the cage and it would be easy for me to slip in – but I CANNOT VISIT THE GORILLA. I can’t just slip in and maybe visit for a moment, tidy up the cage, share some quality time. The Gorilla is dangerous and can turn on me at any time. I am NOT IN CONTROL OF THE GORILLA, therefore, I cannot visit or spend time with the Gorilla unless I stay at a healthy distance. As Father Tom said, “Stay out of the cage.”

He reiterated that our addiction is always there, it is perhaps controlled FOR TODAY – as long as we stay in fit spiritual condition. However, it is a day-to-day gift that we must honor and cherish. We have to continue our vigilance, working our program to the best of our ability and maintaining ourselves in fit spiritual condition.



Cheri H.