



OA Newsletter

Maui, Hawaii

www.oamaui.org

April 2006

Rules From God

- 1. Wake up!** (Decide to have a good day).
- 2. Dress up!** (The best way to dress up is to put on a smile.) A smile is an inexpensive way to improve your looks.
- 3. Shut Up!** (Say nice things and learn to listen.) God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking.
- 4. Stand Up!** (For what you believe in.) Stand up for something or you will fall for anything.
- 5. Reach Up!** (for something higher.) *"Trust in God with all your heart, and lean not unto your own understanding. In all your ways, acknowledge Him, and He will direct your path."*
- 6. Lift Up!** (Your Prayers.) "Do not worry about anything; instead, PRAY ABOUT EVERYTHING!"

One Choice

Compulsive Overeaters have one choice in life. Either to **DO** what they want... or to **GET** what they want.

But they cannot have both.

God's Plans

When I started asking God to help me with **HIS** plans instead of asking His help with **MY** plans, I started to recover.



It's Not About The Food

OA is really NOT about the food or the weight... but we have to love ourselves enough to decide we're worth just one day without overeating.

Fellowship

Faith

Empathy

Learning

Love

Openness

Wisdom

Self-worth

Hope

Identification

People

Growing Spiritually

Spirituality is an awakening
It's freedom - if you consider fear slavery.

It's peace of mind
in the face of adversity.

It's confidence – in the belief that a higher power will see you through any storm

Growing old is inevitable,
growing up is optional.

Growing spiritually
is up to you.

The Dawn Kee Diet

Dawn, is a nurse who has spoken about the Atkins Diet, Jenny Craig, Weight Watchers, and the latest of course, The South Beach Diet.

Since she is a nurse, she has done a lot of study and research on dieting. I TRULY think she has found the real answer to weight loss. "

The Dawn Kee Diet



Resentments Are Like Stray Cats...



if you don't feed them, they'll go away.

Sanity Was What I Wanted All Along

I reached a point in my life where I couldn't take it anymore. People had told me about OA. I didn't like everything I heard, but there was no other place for me to go. Now I know that it doesn't matter whether I liked what I heard, because I have learned that the Program is right. If you want to be crazy and use this Program like a diet, I hope that will work for you. I don't want to work the Program at that level. I want something else. I want more out of life than to spend the rest of it being crazy. I cannot believe that if there is a God he wants me to be unhappy or to be a practicing compulsive eater.

After years in this Program, I know it's still the same world out there. I still get ripped off. I still lose things. I still have problems. But somehow I just glide through them now. I feel better than ever about my life. Of course, I still have down days and up days. I get depressed and I harbor resentments. I get angry sometimes, but it doesn't last long and seldom do I act on it.

Now I call my sponsor to say, "Hey, I had a terrific day today. I dented my car. I lost my wallet. But I still came through it." It used to be that if things didn't go my way, it was time to get angry. That was just a good excuse. I knew how to justify everything I did. How to blame everybody and everything for my feelings. I never ate a thing that somebody else hadn't made me eat. I kept saying "If you hadn't done that, I wouldn't have to eat! If you hadn't done that, I wouldn't be angry! I wouldn't be depressed if it weren't for you!" Now I know that we can't afford to have that kind of self-righteous anger. We can't afford to have resentments. And we don't have to have them.

I'm a compulsive eater. I have this terrible disease. I choose to go to meetings and to work the Program because I find it is of assistance to me.

To me, sanity is being able to live my life and enjoy it without having to worry about food, people or situations. Without worrying about things or the desire for things or letting things out there control me. Sanity means eating in a normal way, not through discipline, but through accepting myself as I am. Sanity means having relationships with people even though I'm afraid. Sanity means being willing to risk. Sanity means living my own life, not somebody else's life, and it means living in the present rather than in the past. Sanity means being the cause of life rather than the effect of other people's lives. Sanity was what I wanted all along... but I never knew it.

-Bill B.

OA Sayings

It's not old behavior if I'm still doing it.

A treatment center is where you go and pay \$5,000 to find out that OA meetings are free.

This is a 'One Day at a Time' program. If you are abstinent today, you are tied for first place in OA.

When I was new, I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about.

If you want to quit overeating, you are going to have to quit overeating.

Newcomer:

How do I know how many meetings I should attend?

Old-timer:

Gradually cut back until you start compulsive

I Got What I needed

I asked for Strength...
And God gave me Difficulties to make me strong.

I asked for Wisdom...
And God gave me Problems to solve.

I asked for Prosperity...
And God gave me Grain and Brawn to work.

I asked for Courage...
And God gave me danger to overcome.

I asked for Love
And God gave me Troubled people to help.

I asked for Favors...
And God gave me Opportunities.

I received nothing I wanted...
I received everything I needed!

OA Meetings

MONDAYS – KIHEI

7:30 – 8:30 p.m.
Keolahou Church
177 S. Kihei Road
Gerri: 879-3711

TUESDAYS – PUKALANI

6:00—7:00 p.m.
Hannibal Tavares Community Center
91 Pukalani St., Pukalani
Michelle: 280-1747

SATURDAYS – WAILUKU

12:00 noon – 1:00 p.m.
Good Shepherd Church
Courtyard Meeting Room
2140 Main Street
Kate: 344-1286/579-8640