



OA Newsletter

Maui, Hawaii

www.oamaui.org

March 2006

I Ate Because I Was Awake

I ate because I was depressed.
I ate because I was happy.
But mostly, I ate
BECAUSE I WAS AWAKE!

Making A Down Payment on Abstinence

If I'm truly grateful for today's abstinence, I'm making a down payment on tomorrow's.

Dear God,

*So far today, I've done all right.
I haven't binged.
I haven't lied or cheated.
I haven't gossiped.*

*I haven't been greedy, nasty, grumpy or selfish.
I AM VERY GRATEFUL FOR THAT.*

*But in a few minutes, God,
I'm going to get out of bed,
and from then on,*

I'M PROBABLY GOING TO NEED YOUR HELP!

Magic Happens

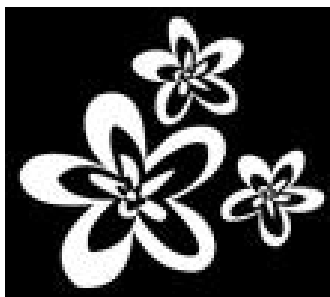
The MIRACLE happens when we get abstinent.

The MAGIC happens when we apply the principles to all our affairs.

Surrender

Defeat means to GIVE UP HOPE.

Surrender means to GIVE UP FIGHTING !



Complaining About The Problem

After you complain about the same problem 3 times, you better be part of the solution.

If you have to talk to more than 3 people about the same problem, you don't want help, YOU WANT ATTENTION!

Food Never Made Me Happy

Food never really made me happy —

But it made me think I was going to **BE** happy in about 15 minutes.

Switching Compulsions

Switching from one compulsion to another is like switching seats on the Titanic.

Failure cannot cope with PERSISTENCE

On My Way To Recovery

When I started asking God to help me with His plans, instead of asking His help with my plans, I WAS ON MY WAY TO RECOVERY!



To Be Abstinent is About *WILLINGNESS*, Not Struggle!

If you are *WILLING* to be abstinent, this is a state of great humility.

If you are *TRYING* to be abstinent, this is a state of great confusion.

A willingness to be abstinent implies you do not know how to do it, but are willing to learn. Trying to be abstinent implies you should be able to do it, but are struggling with it.

If you are *TRYING* to be abstinent, you are closed to guidance. If you have been trying to give up the old ways and have condemned yourself for failure to do so, you just need to be willing to learn how the old ways may be replaced with ways of peace.

If you are *TRYING* to be abstinent, you will fear not being able to be abstinent. You will judge yourself a failure. If you are *WILLING* to be abstinent, no setback becomes a problem, for you know you will be shown. Trying to be abstinent places the responsibility on you. Being willing to be abstinent places the responsibility on God.

Willingness to be abstinent is, in a sense, a *PRAYER*.

Trying to be abstinent is an act of separation from your Higher Power.

When you try, there is resistance. When you are willing, there is acceptance. If you are trying to be abstinent, everything is an interference. If you are willing to be abstinent, everything is of assistance. The freely made choice to be abstinent is the most important decision you make each day, because it speaks of your *WILLINGNESS* to be abstinent each day.

Outside the will of God, there is no such thing as success.
Inside the will of God, there cannot be any failure.

In fellowship and love. God Bless. Phyllis S., Seattle, WA

True Humility



True humility is saying grace before you eat crow.

The Wrong 12 Steps

1. Insisted I was powerful over food and that my life would be manageable if I tried hard enough.
2. Believed that I, alone, could restore myself, and those around me, to sanity.
3. Turned my will and my life over to the pursuit of my favorite foods, wherever I could find them.
4. Made a searching and fearful inventory of all foods available.
5. Admitted to myself and to my friends that I had gained a few pounds.
6. Was occasionally ready to diet to remove the effects of overeating.
7. Desperately begged God to make me thin.
8. Made a list of all persons I resented, and ate an extra meal for each one of them.
9. Avoided such people, except when to do so would keep me away from what I wanted to eat.
10. Continued to avoid uncomfortable situations, and when I could not avoid one, consoled myself with extra food.
11. Sought through every means available a continuous supply of binge foods, praying only for more and for it to taste good.
12. Having had a headache and a stomachache as a result of these "STEPS", I carried the phone to bed, and called in sick to work.



If you **DON'T** want to recover, try these **STEPS**.



OA has taught me to **PUSH**.

Pray Until **S**omething **H**appens

Thought To Ponder

Look back
and be grateful.

Look ahead
and be hopeful.

Look around
and be **HELPFUL!**



Overheard At OA Meetings

“Food kills the pain... and the mind... and the body.. and the spirit.... and the joy... and finally, YOU !”

*“Change on the inside
and your outsides will follow.”*

*“When you are a food addict, being in a relationship is like putting **MIRACLE GRO** on your character defects!”*

*If you are not working the 12 STEPS,
you are on a diet!*

*“If I have a problem and I eat over it,
then I have **TWO** problems.!”*

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