



NOTES OF HOPE



OVEREATERS ANONYMOUS NEWSLETTER

Roommates

Since I moved to Nashville in 2006, I've said that I live alone. I have not had a roommate (excluding family) since college- after which, I decided not to repeat the joy of a roommate experience- if I could help it. I know those years might have been better had I been abstinent. More than that, I was not aware of my Higher Power, myself, or my environment. I did not see how I fit into life. Confusion about direction and purpose is probably normal during college but I was bleak and out of control with food. I don't remember feeling much in those years. I may have had a roommate but I lived alone.

After college graduation, I moved back home and started attending OA meetings regularly. What was shared in those meetings sounded like gibberish- it was Greek to me. Some people cut out certain foods- white flour, bread, pasta, or even sugar all together. I just sat there, the stuff they said went in one ear and out the other. I did not see any correlation between Wonder Bread and peace of mind, no matter how hard I tried. I went to the meetings. Afterwards, I went to McDonald's. I enjoyed my supersized

value meals... at the time. But I kept coming back. And over time, unusual thoughts crept into my mind—"the food is not *that* good,' 'you can eat a salad at McDonald's tonight, they're good too.' Still without choosing to work the steps and *consistently following through* on the new thoughts from my Higher Power, the ability to progress in OA was elusive. Alas, I shared a house with family but I lived alone.

More time passed, and I understood what was meant when whoever thought of it said, 'if nothing changes, *nothing changes.*' Something had to be done. I kept coming back to OA meetings. Started thinking about what we say at the end of every gathering, 'Keep coming back...' I did that but I left off the very end: *It works if you work it.* Fast forward 4 years, I am in my Nashville apartment. I am abstinent. The TV, radio, and phone are off. I made it through a huge chunk of Step 4 the second time. After a week of near silence, I think to myself: 'That wasn't so bad. I'm still here. What happened, what's happening is my responsibility to respond to but only as it affects my life now.' The Big Book says that Step 4 brings self awareness to mind but that self

awareness in and of itself does not cure what ails us; it does not yield recovery. God does, if we go to Him and ask. But I see now that Step 4 can also pave the way for self acceptance if done with an attitude of humility. My God approves of me and He's teaching me how to do the same. This in mind, redoing Step 4 with minimal distractions introduces me to myself. My God is here to wrestle off the judge within so I'm free to invite an authentic version of me to move in. Strange, I lived with me for years and I've so much to learn about myself. From what I can tell, I'm quite a neat person! I think, while abstinent, I will be fun to live with.

- Nila J.

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ANNOUNCEMENTS

HIGHLIGHTED MEETING LIST

Friday Social

The 1st Friday of each month some OA members meet at the Ruby Tuesday's in Green Hills for an evening to fraternize and celebrate abstinence. This month, the group will convene at 7:30 PM on October 2, 2009. Anyone interested in joining the get-together can contact Sarah for more information at 615-383-7860.

Getting Abstinent

At 10:15 AM October 3, 2009, a designated speaker will share their knowledge with food plans and maintaining abstinence with any inquiring minds. Here, details of meal plans will be revealed (as opinions only) and the speaker is available for questions pertaining to maintenance of his or her plan of eating. This meeting occurs the 1st Saturday of each month at the Middle Tennessee Intergroup Office.

Step 9 Workshop:

Step 9 Workshop October 24th – 1:30 – 3:00 PM at the Middle Tennessee Intergroup Office. A step study

workshop will be held the 4th Saturday of each month.

Step 9:

Made direct amends to such people whenever possible, except when to do so would injure them or others.

Intergroup Meeting

The next meeting to discuss and vote on OA business will be held Monday, October 19, 2009 at 6:30 PM. If anybody wants to be added to the Middle Tennessee Intergroup e-mail list please sign up at the Intergroup office or let Angie B. know at angieboo401@yahoo.com.

1. Maintains checking account and pays all Intergroup bills.
2. Provides a financial report at each monthly Intergroup business meeting. At the moment, this report consists of 4 parts and is set up in Excel.
3. Chairs the Budget Committee which mainly presents an annual budget to Intergroup to approve.

ARTICLES/ QUOTES



SERVICE OPPROTUNITY

New Chair Position

Available:



Treasurer

I. REQUIREMENTS

1. Must have been working the 12 steps of the recovery program as an active member of a group for a minimum of one year.
2. Must have been abstinent for at least 6 months.

II. RESPONSIBILITIES

Do you have creative juices flowing? Would you like to share on topics of appreciation or faith and works for the November Notes of Hope edition? Drop off written material in the Notes of Hope Folder next to the front door of the Middle Tennessee Intergroup Office by 10/15/09. Also, you can e-mail Nila J. at nilabritt@gmail.com with submissions.