

# Notes of Hope

January/February 2008

*a bi-monthly newsletter for Middle Tennessee Intergroup*



*Happy New Year!!*

## Keep Coming Back



**The Roving Reporter Asks...**

### **Why do you keep coming back?**

I keep coming back because I need to remember why I came in the first place. I came because I have a progressive disease. I came because my life was crazy and I was about to lose my job. I came because I was utterly miserable in my body.

Today, I am free of all those things above, except that I have a progressive disease. It has been easy lately to get busy with the holidays, with work, with school, and with my family. It has been easy to let the things that I enjoy get in the way of recovery when the pain is not there like it was when I first came.

The pain will come if I don't keep coming back. I will lose what I love if I don't keep coming back. And as a dear friend of mine in program says, whatever I put in front of my recovery today, I will eventually lose.

I needed to write these things to remind myself why, during this busy time and in my busy life, I need and want to keep coming back.

Melissa H.

*As our literature says, "You are not cured. What you really have is a daily reprieve contingent on the maintenance of your spiritual condition." A big part of my maintenance tools are meetings, but what this statement ultimately means to me is 'keep coming back to the PROCESS'--Living the Steps and Traditions daily, seeking my H.P's guidance, and practicing the principles in all my affairs. That's a pattern for living the program, not just making it a side-bar in my otherwise unmanageable life.*

*Brian G.*

The Roving Reporter "roves" via e-mail. If you would like to receive the question of the month and have opportunity to respond, e-mail [b.brown8@comcast.net](mailto:b.brown8@comcast.net).

Note: I recently received the following list and thought you might enjoy having a copy---editor

SUGGESTIONS TO GET ABSTINENT  
and  
SUGGESTIONS TO STAY ABSTINENT

- COMPLETELY SURRENDER.
- GO TO ANY LENGTHS.
- BE ACCOUNTABLE.
- E-MAIL FOOD TO YOUR SPONSOR EVERY DAY.
- WEIGH & MEASURE.
- COMMIT TO BLACK AND WHITE ABSTINENCE. (ONE EITHER DRINKS OR DOESN'T. ONE IS EITHER ABSTINENT WITH FOOD OR ISN'T.)
- MAKE A GRATITUDE LIST (100 THINGS YOU'RE GRATEFUL FOR.)
- CONTACT YOUR HIGHER POWER AND ASK HP FOR HELP. YOUR HP WILL GIVE YOU GUIDANCE AND DIRECTION.
- BE BRUTALLY HONEST AND REPORT TO YOUR SPONSOR.
- FOCUS ON STEP 1.
- SAY THE 3<sup>RD</sup> STEP PRAYER AND PRACTICE THE 3<sup>RD</sup> STEP.
- WAIT 20 MINUTES BEFORE EATING COMPULSIVELY AND DISTRACT YOURSELF. THIS TOO SHALL PASS.
- ACCEPTANCE OF YOUR DISEASE AND POWERLESSNESS OVER FOOD.
- HAVE A HEALTHY FEAR OF DEATH.
- CONTACT OA FRIENDS. THEY UNDERSTAND.
- PRAY IN THE MORNING.
- PRAY 20 TIMES A DAY FOR WILLINGNESS TO BE ABSTINENT.
- ACCEPT YOURSELF.
- REMEMBER WHAT LIFE WAS LIKE BEFORE ABSTINENCE.
- QUIT "BARGAINING" AND LYING TO YOURSELF.
- QUIT "PLAYING OA" AND GIVE UP THE FOOD.
- DON'T BE A VICTIM.
- WORK THE STEPS.
- BE FREE OF OBSESSION THROUGH ABSTINENCE.
- LIVE IN THE MOMENT.
- DON'T TRY TO CONTROL EVERYTHING.
- ASK FOR HELP FROM SPONSOR AND OA FRIENDS.
- WORK STEP 10 NIGHTLY.
- BE ABLE TO SEE & ENJOY THE MANY SMALL GIFTS WE ARE GIVEN.
- SEE THE NATURAL BEAUTY IN THE WORLD.
- GIVE UP YOUR HOSTILITY.
- LOVE YOURSELF AND OTHERS. FEEL THE LOVE OF OTHERS.
- IMPROVE YOUR HELP THROUGH ABSTINENCE.
- SAY THREE THINGS YOU ARE GRATEFUL FOR DAILY.
- GIVE THE GLORY AND HONOR TO GOD.
- BE OF SERVICE BY BEING ABSTINENT AND SHARING AT MEETINGS.

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**CD-R donations are needed for the OA Media Library. You may drop them off on the CD table at the Intergroup Office.**

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**Notes of Hope** is a bi-monthly newsletter for the Middle Tennessee Intergroup. Contact Pam B. at [b.brown8@comcast.net](mailto:b.brown8@comcast.net) to submit an article or announcement. Deadline for the March/April issue is March 15, 2008.

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