

RED RIVER VALLEY INTERGROUP NEWSLETTER

PO Box 9155
Fargo, ND 58106

Summer 2014



THE RED ROBIN

Which Term is Correct...Compulsive Eating or Compulsive Overeating? Compulsive Eater or Compulsive Overeater?

- A. Compulsive eater
- B. Compulsive overeater
- C. Compulsive eating
- D. Compulsive overeating
- E. All of the above.
- F. None of the above
- G. Some of the above

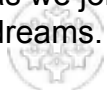
Correct answer: E!

At the 1991 World Service Business Conference, the delegates adopted the following policy for OA literature: "The terms 'compulsive overeater, compulsive eater,' and 'compulsive eating, compulsive overeating' be used interchangeably in OA literature, as determined to be appropriate by the Literature Committee during the regular literature writing, editing and approval process."

This literature policy reflects OA's desire to reach out to sufferers who may be anorexic or bulimic, or who have compulsive food behaviors other than overeating. Recently the policy became evident when the 2013 WSBC amended the OA Preamble: "Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting. Our primary purpose is to abstain from compulsive eating and to carry the message of recovery through the Twelve Steps of OA to those who still suffer." As our literature changes, if you read "compulsive eating" and "compulsive overeating" in a piece of literature, remember that both phrases are correct.

I Put My Hand in Yours

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness; no longer must we each depend on our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours and, as we join hands, we find love and understanding beyond our wildest dreams. ~ Rozanne S.



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Upcoming Events

RRVIG Annual Retreat

October 17 - 19, 2014
Maryvale Provincial Center
Valley City, ND
Details coming soon.

Region 4 Fall Assembly October 3 - 4, 2014

Theme: *Coming to Believe*
Creighton University Retreat
Center, Griswold, IA
For more information, contact
Anne K. at info@omahaoa.org.

41st MN State Convention November 7 - 9, 2014

Theme: *How FREE Do You Want to Be?*

Minneapolis Blvd Hotel
Brooklyn Center, MN
Online registration at
www.overeaters.org

2014 OA Convention October 3 - 5, 2014

Holiday Inn Resort on the Beach,
Galveston, TX
Online registration at
www.oahouston.org

RRVI Officers

Chair Catherine C.W.
701-261-7704
cchiltonwerner@hotmail.com

Vice Chair Heather W
701-238-0675
heather1_wor@msn.com

Secretary Suzanne S
701-845-2864
suzanne.stahl@smps.org

Treasurer Lois S
701-238-2248
lois_ste@msn.com

RRVI Committee Chairs

12 Step & PR Alice O
701-239-0062
No e-mail

Special Events Suzanne S
701-845-2864
suzanne.stahl@smps.org

Historian Patty L
218-287-5323
pleonard@gomoorhead.com

Newsletter Ann R
701-388-8176
ann.rathke@gmail.com

Literature Jenny G
701-730-2966
jennygrasto@ndsu.edu

Mailing List Lois S
701-238-2248
lois_ste@msn.com

RRVIG Reps

Marilyn F 7015094807
msf_minot_nd@gmail.com

Teri R. 7012694628
toowindynd@aol.com

Region IV Rep

Meg M 763-244-6098
megregion4@gmail.com

Editorial Policy

Material submitted cannot be returned nor payment made. We reserve the right to edit. Articles may be reprinted by other OA groups without permission, but credit given to writer and this newsletter. Opinions expressed in the Red River Valley Intergroup newsletter (Red Robin) reflect those of the writer and not that of Red River Valley Intergroup or OA as a whole.

RRVI Meetings

Minnesota

Detroit Lakes Tue: 12:00PM First Lutheran Church, 912 Lake Avenue, 2nd Fl Library

Contact: Dorene 218-846-0019

Fergus Falls Mon: 6:15PM First Lutheran Church, 402 S. Court St, Kairos Rm

Contact: Jen 218-770-1035

Moorhead Tue:6:30PM Our Redeemer Lutheran, 1000 14th St S, 2nd Fl, Rm 203

Contact: Lois 701-238-2248

Thief River Falls Mon:6:30PM

United Methodist Church, 116 North Horace Ave

Contact: Tracy 218-686-2126

Thief River Falls Tue:6:30PM

Twin Rivers 52898 Roxanne 2186869259 **No longer meeting
614 Davis Avenue N

North Dakota

Bismarck Mon:6:00PM First Presbyterian Church, 214 East Thayer Ave

Contact: Tanya 509-218-1205

Fargo Fri:11:00AM Pontoppidan Lutheran, 309 4th St N

Contact: Eileen 701-293-8643

Fargo Sat:11:00AM Pontoppidan Lutheran, 309 4th St N

Contact: Patty 218-287-5323

Grand Forks Mon:5:00PM Sharon Lutheran Church, 1720 20th St S.

Contact: Lynn 651-210-3356

Grand Forks Thur:5:00PM Sharon Lutheran Church, 1720 20th St S.

Contact: Lynn 651-210-3356

Grand Forks Sat:10:30AM
1720 20th St S.

Contact: Lynn 651-210-3356

Jamestown Mon:12:05PM Call for Location

OA Contact 701-253-3052

Jamestown Thur:5:30PM Alano Building, 518 10th Ave SE

OA Contact 701-253-3052

Minot Tue:6:00PM First Presbyterian Church, 1000 3rd St N.E.

Contact: Marilyn 701-509-4807

New Rockford Sun:7:00PM New Rockford Public Library, 811 1st Ave N.

Contact: Dianne 701-947-5631

New Town Tue:6:00PM United Church of Christ Marilyn
7014218910 **no longer meeting
202 3rd St N

Words of Wisdom from OA members around the world

“In order to refrain from compulsive overeating, you need to refrain from compulsive overeating. Don’t take the first bite.”

“Service is gratitude put into action.”

“My best thinking may not be leading me to the solution.”

“When I suffer from an unforgiving spirit, I will ponder an issue, which leads to resentment; growing the feeling of anger, re-living the injury as if it had just happened; that will fester until it becomes bitterness.”

“If I just talk the talk then I keep the wall up, and people can’t get past.”

“Sharp tools make strong steps.”

“I want my carry-on baggage to be of the spiritual type, I don’t want to leave it unattended.”

“I do not need to manage everything, God is the director.”

“Un-forgiveness is the poison we prepare for another but we drink ourselves...”

“I was supposed to do it with you...not alone.”

“You have to experience abstinence to believe it.”

“If I put the program first I’ll get a first get a first-class program.”

“It takes a village to flourish in recovery; my life depends on that village.”

Strong Meeting Checklist

The Strong Meeting Checklist is part of OA's 2008–2013 Strategic Plan. It is not enough to make the public aware that OA exists and can be a solution to compulsive eating; meetings have to be strong and must function effectively for people to "stay for the miracle" and for OA to continue to grow and be there for those who need it in the future. Consider doing an inventory of your OA meeting using the checklist.

1. Does the meeting start and end on time?
2. Are all attending, including newcomers, greeted and made to feel welcome and accepted?
3. Does the meeting focus on OA recovery through the Twelve Steps and Twelve Traditions?
4. Do we offer our own experience, strength and hope, sharing the solution we have found?
5. Is the group contributing financially to all levels of OA service as per our Seventh Tradition?
6. Are sponsors available and identified at the meeting?
7. Does the group practice anonymity by reminding members not to repeat who is seen or what personal sharing is heard at a meeting?
8. Does the group follow a meeting format?
9. Is only OA-approved literature on display and for sale?
10. Are group conscience meetings held regularly?
11. Are all service positions filled, and is rotation of service practiced?
12. Is the meeting information readily available and the WSO informed of all meeting details and changes so that newcomers and visitors can find our meeting?

RECOVERY



Been Slipping and Sliding?

A Reading and Writing Tool

The following 30 questions are for use in daily writing and/or discussion with a sponsor by members who want to stop “slipping and sliding.” The questions are also recommended for those in relapse who want to recommit to their OA program.

Read the suggested material(s), then reflect and write on the accompanying idea or question:

- (1) Read the story “Abstinence, not Perfection” in OAll and pages 19-22 in Step Three in the OA 12&12. What does “abstinence” mean to me physically, emotionally and spiritually?
- (2) Read Step Two in the OA 12&12, especially pages 9-11. How did I know that my eating was out of control?
- (3) Do I have a devastating disease that leads me to return to food for comfort? If so, how much pain does this cause me? How could my disease kill me? Some readings in our OA literature that might help on this question are:
 - (a) In the OA 12&12, pages 10-11, especially the paragraph starting at the bottom of page 10 with “Those of us who were overweight . . .” and ending on page 11 with “Some of us tried it.”
 - (b) In OAll, in the story “Abstinence, Not Perfection,” starting near the bottom of page 44 with “Then one day my wife called me at work . . .” through the next paragraph ending on p. 45 with “. . . a lesson in purity through exercise and starvation.”
 - (c) In OAll, in the story “It Gets Better, I Promise,” especially from “I was certainly unhappy . . .” near the bottom of page 79 through “I knew I was dying” on page 80.
 - (d) The story, “Sink the Lollipop!” found in OAll.
- (4) Read “He Never Let a Hot Doughnut Get Cold” in OAll, with special attention to the paragraph at the top of page 33. What made the difference that brought the author to renewed abstinence? How would I describe my willingness to accept that this program may be more difficult once my previous abstinence has eluded me?
- (5) The paragraph starting on the bottom of page 58 of the story “It’s Elementary” in OAll describes one person’s original plan of eating (“My first plan of eating was three binges a day.”). The OA pamphlets A Plan of Eating and Dignity of Choice are possible resources for considering an appropriate food plan for continuing in Overeaters Anonymous. Both eating behaviors and specific quantities of each food group are worth considering. What was my food plan in earlier efforts to work the program? What is it now? What changes do I need to make?
- (6) Read all three appendices A, B and C of OAll. Discuss the idea that “my main problem as a compulsive eater is in my mind rather than in my body.”
- (7) The May 26th entry in For Today refers to “distorted ideas.” Researching the “before” thinking in OAll stories might help me identify some of my own distorted ideas. What were my thoughts before I indulged in that first compulsive bite?

(8) Read pages 23-27 of Step Three in the OA 12&12; also read the January 12th entry in For Today for one illustration of thinking that can lead to compulsive eating. In what ways is my thinking irrational when I believe that I can take just one bite?

(9) The April 18th entry in For Today starts with the problem of denial, described in different words. The May 22nd entry gets very pointed on the subject of denial. The January 21st selection gives the OA perspective that works in place of denial. How did denial play a part in my relapse?

(10) Read "Our Invitation to You" in OAll. Is this an unconditional or conditional guarantee? How does the Overeaters Anonymous statement that there is a proven, workable method by which we can arrest our illness affect my willingness to depend on the Twelve Steps?

(11) Read two paragraphs in Step 10 of the OA 12&12, pages 84-85, starting with "In Step Four, for instance, we . . ." through the paragraph ending ". . . through our practice of Step Ten." Which of the following signs of relapse have I noticed in myself? As I read stories in OAll, let me make notes of which stories apply to the items I have checked in this list.

- Argumentative
- Forgetting gratitude
- Cockiness
- Frustration
- Complacency
- Grief
- Defiance
- Impatience
- Denial
- "It can't happen to me"
- Depression
- Letting up on discipline
- Dishonesty
- Self-pity
- Eating my binge foods
- Use of mood-altering chemicals
- Exhaustion
- Wanting too much
- Expecting too much of others

(12) How much willingness do I have to stop living in my problem(s) and start living in the solution(s)? Am I willing to memorize and to remind myself daily of the OA Promise? This promise is as follows: "I Put My Hand in Yours, and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams." (Found on page 207 of the OA book Beyond Our Wildest Dreams.)

(13) The words, "But all this self-knowledge could not stop me from eating compulsively" are at the top of page 67 in OAll. Also read pages 23-27 of Step Three in the OA 12&12. I will write about the truth of this statement in my own life: "Self-knowledge and knowing the consequences were not enough to prevent my compulsive eating behavior."

(14) Read the entry for January 13th in For Today. How do I understand the term “relapse”? How do I understand the term “slip”? How do I think they are different from each other?

(15) Read the story “Alive and Well and Living in the Real World,” OAll, pp. 64-71. Note this passage: “No amount of willpower was sufficient to stop me from eating when the craving arose.”(p. 67). What does my last eating binge tell me about my powerlessness against that first compulsive bite?

(16) In addition to reading Step One in the OA 12&12, also read the entries for March 17th, March 24th and April 5th in For Today. How willing am I to admit that I am powerless over food and that my life is unmanageable?

(17) Read the OA pamphlet The Tools of Recovery. How do I use each of the OA tools of recovery? How frequently do I use them?

(18) Read the February 21st and July 6th selections in For Today. What will I do to stop thinking and speaking negatively about myself? How will I replace such self-defeating thinking?

(19) Read the May 16th entry in For Today. Read the story “Journey through Deception” in OAll. How will I give up reasons and excuses for eating compulsively and for not embracing the solution offered in Overeaters Anonymous?

(20) In OAll read the story, “Abstinence, Not Perfection,” starting on page 47 with “Things are now immensely better with my family” . . . through “Things steadily changed,” on page 48. In what ways am I willing to believe that I must change or I will not recover?

(21) Read the story, “The Atheist Who Made a Zif,” in OAll, then read Step Two in For Today. Willingness to pray is open-mindedness to the experiment of praying, rather than a conviction that prayer will “work.” How do I gain the needed willingness to pray for the willingness to work the OA program? When I have trouble being willing to pray, how can I not worry about whether I “really mean it” and have patience with myself and my practice of the program?

(22) Read Step Two in the OA 12&12, paying special attention to the paragraph that starts near the bottom of page 14 and continues to the top of page 15, ending with “which could restore us to sanity.” Am I willing to believe in a Higher Power that would give me the comfort and security I am seeking when I turn to food? How do I cultivate an effective relationship with such a Higher Power?

(23) Read pages 60-61 of the story “It’s Elementary” in OAll. How can I recognize when my intuition and my Higher Power are giving me messages? In what ways can I “listen” to those messages by writing about them and applying them in my new way of life?

(24) Read Step Three in the OA 12&12. What are my Higher Power’s intentions for me regarding food and the other aspects of my life? How can I bring my will into line with my Higher Power’s will?

(25) Read “Saying Yes to Life,” which starts on page 101 of OAll, and January 31st in For Today. How will I commit myself to the life that my Higher Power is giving me and to practice the tools and work the Steps of Overeaters Anonymous?

(26) Read the July 22nd entry in For Today and read the first three paragraphs of Step Ten in the OA 12&12. How do I feel about the idea that freedom from food obsession is contingent upon the daily practice (repetition, repetition, repetition without exception) of surrender to “whatever it takes”?

(27) Do I agree that spiritual dependence is the only means of escaping from the destruction of compulsive eating? What is called for in this question is moving into Step Three. Read the story “Alive and Well and Living in the Real World” in OAll, and then read the first two paragraphs of Step Three in the OA 12&12. Am I ready to agree? Let me write down where I am, honestly, with Steps One, Two and Three.

(28) Consider the June 23rd entry in For Today. Additionally, read in the story, “She Found Herself,” in OAll the paragraph on page 40 that starts, “My sponsor reminded me that a decision is not a decision unless . . .” through “. . . and filled a large spiral notebook.” What about my willingness to commit to using the tools and working the Steps on a daily basis? What specific actions(s) will I take between now and this time tomorrow?

(29) Read “The Miracle of the Twentieth Century,” in OAll, starting on page 50. Even early founders experienced relapse (see the first and second stories in OAll). What actions can I take to ensure that relapse is not inevitable?

(30) Read the December 25th entry in For Today. They say that the longest journey begins with but a single step. The April 7th entry in For Today suggests such a first step. Going to a meeting with even a single day of abstinence to share is a service. With what services have I been served? What service has been a part of my program up until now? To what length am I now willing to go for my recovery by giving back to OA? Am I ready to apply the OA Responsibility Pledge: “Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.”

