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**SERENDIPITY ~ JUNE 2010**

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## *Serendipity - June 2010*

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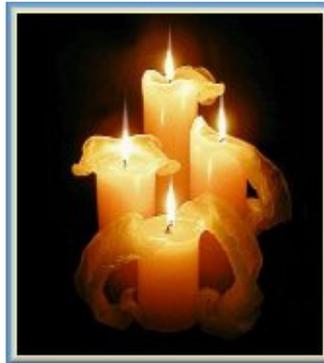
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## FROM THE EDITOR

Summer is here, the kids are out of school, loop members are planning vacations and what a wonderful time of year this is! Unfortunately, the disease of compulsive eating doesn't take a vacation from us and, despite the freedom summertime brings, we still have challenges with the disease that we are all affected by. This issue of Serendipity will have some articles and stories about those who are morbidly obese and the resources TRG offers them. There are two recipes in this issue - interesting when you compare the calories in the servings of each recipe. Serendipity reviews how we carry the message to the compulsive eater who still suffers and how technology using Search Engines is helping us do that. (See article below) Poems, cartoons and audio have found their way into this newsletter and certainly one of the highlights will be OA's Founder, Rozanne, talking to us for 45 minutes. We hope you enjoy your June issue of Serendipity and we thank all of those who contributed to it.



## FINDING THE LIGHT

*It is better to light a candle,  
than to curse the darkness.*  
. . . . Chinese proverb

Paraphrased . . .  
*Don't curse the darkness (of the disease)  
Light a candle to guide your path of recovery.*

Our disease of COE buries us within ourselves. We are sightless. We cannot see what is real around us. We are trapped in our illusions and fantasies. We are blind to the miracles that are all around us.

When you light the candle (begin working the steps) you can see dimly about you. The light of a candle (Steps of the Program) usually does not cast too much light. For some it is a blazing torch and they are transformed, but for most of us – we must still be careful as we walk along uneven ground.

Our eyes must become accustomed to the light. We may stumble, but there are people in the fellowship to help us regain our balance if we reach out a hand. At times they simply steady our stride. At other times they help us back to our feet.

At times the flickering candle makes it hard to see the next step. For some of us a wind may extinguish the light totally. But we can wait for the flickering to steady or light the candle once again to follow the path.

The light we carry brings hope to others that they too maybe able to light a candle of their own. In the glow of the light we can see the joy in the eyes of those around us.

The hope and excitement in the new comer. The sacred awe in the long time member who sees the miracle of recovery unfolding in others and themselves. We see in the newcomer a mirror to our own soul, as we show them how they can light their own candle.

As more and more people light their candles the path becomes even easier to see.

We can see that there are really many paths that have been followed. We have many ways we can go. Each will lead us to the same door. A door that when opened allows us to venture into the Sunlight. The Spiritual Awakening that lets us be in recovery one day at a time.

Yours in fellowship,

*Bill*

One Bite and 12 Steps away from finding the 100+ pounds I lost



## FROM THE MEETINGS



**Click To Enter**

Hello, fellow Overeaters Anonymous. My name is Sylvain and I, too, am a grateful, recovering, compulsive overeater. .

Starting in early December 2009 until the beginning of February 2010, I was faced with a wound on the back of my right leg that got infected. The infection resisted 3 rounds of wide-spectrum antibiotics. The whole thing could have ended with an amputation if the problem was not settled soon. I am a 55-year-old, 6-foot man weighing 423 lbs, with high blood pressure and out of control diabetes. The prognosis was only grim, it was very likely. I was desperate for a solution. A dear friend from another Fellowship pointed me in OA's direction. I shall forever be thankful for that piece of advice.

My first contact with OA was through their expansive web site ([www.oa.org](http://www.oa.org)). From there, I located the schedules and locations of face to face meetings all around me in South Florida. I was also astonished to learn that 6,500 meetings of all kinds are held in 75 countries around the world throughout the year. At my disposal were a whole series of face to face, telephone, Internet meetings and mail exchanges. All were available to me and operating 7 days a week.

I consider myself tremendously lucky to have so many face to face meetings within a few miles of where I live. Not everyone enjoys that privilege. Depending on various situational factors, many people have difficulties attending a face to face meeting. Some have to travel long distances, some are traveling, hospitalized, under house arrest, in halfway houses, or disabled. Many must arrange for sitters while they attend a face to face meeting. Others can't reconcile their own schedule with the face to face meetings in their area. That's when online or telephone meetings are so advantageous. The online meetings can be accessed [here](#). A list of telephone meetings can be found [here](#).

Due to the urgency of my own medical situation, I wanted to get cracking on this as fast as possible. The next face to face meeting was scheduled for 3 days later, in a neighboring town. The distance (12 miles) didn't bother me but the time frame did. I did not want to waste 3 days for a face to face to be held. Another option remained: online meetings. I soon found out that Overeaters Anonymous, through their home on the net, The Recovery Group ([www.therecoverygroup.org](http://www.therecoverygroup.org)) holds 56 online meetings in English every week. That's one meeting every 3 hours: midnight, 3AM, 6AM, 9AM, noon, 3PM, 6PM and 9PM (all times E.S.T.), 7 days a week. All of these meetings are registered by Overeaters Anonymous and listed on the OA site. In addition to these meetings, TRG also has meetings in Spanish and Italian. We also have Special Focus meetings: The Traditions, Christian, The Big Book and 100 Pounder meetings are scheduled often during the week.

As luck would have it, the 9PM meeting was scheduled less than 10 minutes later. I logged in, not knowing what to expect. I came away enchanted by the experience. The 9PM meeting has become my online home meeting, my daily ME time. I am there every night at 9PM, 7 days a week. I also attend a face to face meeting on Saturday mornings and a men's OA meeting on Wednesday evenings.

Those online meetings are genuine life lines for so many people. Their format and protocol are the same as face to face meetings. Each in turn, interested participants share their Experience, Strength and Hope with other recovering overeaters, under the guidance of a leader who keeps things flowing smoothly. Before becoming a leader, one must undergo training in the computer software used, learn how to deal with troublemakers, familiarize him/herself with bringing people to share their experiences with the group. A leader will even share his own ESH in an attempt to initiate sharing from the group. I currently lead the Sunday 9PM and the Friday 9PM meetings. I also substitute whenever the need arises and my schedule allows it.

Leaders must also ensure that the online meeting room is a safe place for all participants. On rare occasions, people sicker than we are have disrupted a chat room. Meeting leaders do have powerful tools to handle disruptions, but we always privilege speaking softly, while

carrying a big stick. I am truly without mercy when someone jeopardizes the integrity of a meeting under my watch. Leaders are also trained to answer just about any question about OA that people throw their way. The best question yet was someone who, during question period, asked me to name the Capital of Madagascar. I knew the answer right off the cuff: Antananarivo. That settled that. Everyone had a good laugh. No harm was done. That's the spirit of meetings, be they face to face, telephone or online: we cry together. We laugh together. We support the Fellowship when we can. We lean on the Fellowship when things don't go the way we wish they did.

To become a meeting leader, one only needs to have a genuine interest in serving the Fellowship. I became a meeting leader 6 weeks after joining OA. A meeting leader opening became available. I manifested an interest right away. Service is very rewarding. Leaders do not operate without support. A very efficient safety net guarantees we do not crash to the ground. We are backed by the rest of the meeting leaders, a coordinator, etc. The whole network is in constant contact via email. Individuals Interested becoming meeting leaders should contact the Meeting Administrator by email at: [MtgAdm@TheRecoveryGroup.org](mailto:MtgAdm@TheRecoveryGroup.org).

I could go on and on. Let's conclude, if you don't mind. I joined OA on February 3rd, 2010. I have remained abstinent ever since. In just about 4 months, through the use of my Plan Of Eating, my Higher Power and the various meetings I attend and lead, I have managed to regularize my blood sugar levels. My leg has healed. I have lost weight, brought down my blood pressure significantly and my life is no longer unmanageable. That is why I am never reluctant to serve the Fellowship that is just plainly and simply saving my life.

May abstinence be ours, just for today.

*Sylvain*, a C.O.E



Dear TRG Friends,

You are that, you know ... friends. We even have two loops named for friends ... OA Friends and Big Book Friends. I know some of you better than others ... but because we're all compulsive eaters, I even feel I "know" those I've barely met. So just imagine how it is after having been with some of you for a decade or more. I feel connected to you ... humble that you include me in your lives ... and grateful that I know you.

*We cannot control the evil tongues of others;  
but a good life enables us to disregard them.  
Cato the Elder ~ Roman Orator (234 BC - 149 BC)*

There is something going on in my life I haven't talked about much but it has to do with damage done to many by gossip mongers and the feelings that are resulting from it. I found myself going to the Big Book again this morning and something jumped right off the page to

me. There's a white page in the front of my BB with just the two words, Alcoholics Anonymous ... and lots of dates, page numbers and scribbles penciled in over the years. I need to buy a new AABB but those scribbles are meaningful to me and so I keep taping it and it's okay. The scribble that drew my attention was the name of one of my sponsors, "page 66" and the date, "2002." I found myself in the chapter, "How It Works."

*"If we were to live, we had to be free of anger. The grouch and the brainstorm were not for us. They may be the dubious luxury of normal men, but for alcoholics (aka food addicts) these things are poison."*

It went on to say that we need to realize that some people who have wronged us could be spiritually sick and that we should avoid retaliation or argument. As I read, I thought back to the circumstances of the original frustration I had discussed so many times with my sponsor and I was amazed that there had only been one thing to change in the 2002 circumstances in those eight years. Me! She asked more than once how I could live in serenity knowing that I was impotent to penetrate closed minds and that I found myself year after year seeing others hurt by the action of gossip which continues to exist to this very second. I tend to be a tenacious woman and the BB and The Serenity Prayer have gotten me through many things ... but this week I realized I had gotten that prayer out of order. I knew that I had serenity about this issue but I honestly felt that with a little courage, a little tenacity, a little luck, a lot more dialogue that sooner or later I would be able to change things. I was wrong.

On page 66, as I type this with a needlepoint of The Serenity Prayer done by one of our loyal and compassionate Trusted Servants by my keyboard, five words jumped into my mind and my heart and eight years later I see clearly that it's time for me to have the "wisdom to know the difference." There is a relief that no longer do I have to \*do\* anything other than feel sorry for those innocent victims who vicariously are affected by actions of the spiritually sick. Willingness to do an inventory countless times, probing into the psyche of those who betray so many while wearing blinders and having the understanding now of dispassionately looking at the circumstances have given me the wisdom to know that even those who quote the Traditions don't necessarily live by them.

Love in recovery,

Mari 



## **LETTERS TO THE EDITOR** *(Observations of TRG, OA, etc.)*

### **Letter 1 ~ Thank You From A Retiring Trusted Servant**

Hi All,

I am sorry to say it is time for me to move on. I came to OA 3 1/2 years ago during the lowest point in my life. I was injured, in constant pain, on horrendous amounts of pain killers, couldn't walk, and had put on 70 pounds. Out of the suffering came amazing bounty in my life in the way of OA. I found a process for living, and a life worth living for, all thanks to these rooms. Now, 5 years after I first hurt myself I am finally walking again and off all meds. You know what? I am grateful it happened because I never would have found this life I have now. I would

still be isolating, bingeing and hurting myself, even though I was physically better.

I am indebted to TRG because for a long time I was unable to go to face to face meetings and you guys saved my life. With sadness I need to leave this commitment (that I feel I have satisfied at 13 months), but with happiness I move on to service commitments that I am physically able to do. Thanks so much for letting me a part of this wonderful network.

Love  
*Kate*

## Letter 2 ~ A Birthday Party And You're Invited



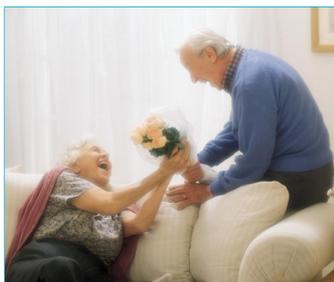
If you want a trip to remember and one of the best birthday celebrations ever, plan on being in Los Angeles, California, USA in August. The occasion is the 50th birthday of Overeaters Anonymous and this will no doubt be one of the highlights of the decade. You may want to make your reservations now and can get all of the information at [www.aa.org](http://www.aa.org). Elsewhere in this issue of Serendipity, you will find an audio by Rozanne, the Co-Founder of OA, who tells the OA story with such charm. The Recovery Group hopes to have a room set up for a meeting of all our virtual members who will be attending the L.A. party. More details about as the summer progresses.

## Letter 3 ~ Special Focus Meetings

We are always being asked about our "special focus" loops and meetings. Most of TRG's loops and meetings are general OA protocol support group; however, our members have expressed a need for additional resources. We have so many now that there would not be room to list them all. For our loops, you can go to this [website](#) and find dozens of them. For the meetings, you will find Italian, Spanish, Newcomer, and 100 Pounder meetings as well as those focusing on The Big Book and the Traditions. All of these meetings are registered by Overeaters Anonymous and are reflected on the [meetings website](#) and in regular schedule/newsletter mailings. The only requirement to attend any of our meetings or join any of our support loops is to have the desire to quit eating compulsively.



## GROWING OLD IN RECOVERY ~ AN INVITATION



Hi, I am Cindi, a compulsive overeater in recovery as well as the coordinator of The Silver Recovery Loop. What is Silver Recovery? We are a group of members over the age of fifty who share our Experience, our Strength and our Hope with each other as well as the trial and tribulations of aging. Opening our hearts

and our minds in a place of safety, many of us are able to share with a sense of security. We know what it is like to be the older generation, young at heart but with vast knowledge and experience that spans a lifetime. Won't you join our loop and find comfort in recovery with those of us who know what it means to be silver? To join our loop, just follow this link: [www.therecoverygroup.org/odat/silver/index.html](http://www.therecoverygroup.org/odat/silver/index.html)



## Step Eight

**Made a list of all persons we had harmed, and became willing to make amends to them all.**

### *Steps to RECONCILIATION*

*Remember God's Word about forgiveness*

*Enter God's presence, in prayer*

*Confess everything to Him*

*Open your heart, to receive God's love and forgiveness*

*Necessitate a meeting with the one with whom you need to reconcile*

*Come clean, with your feelings & your part in the situation or hurt*

*Involve the Holy Spirit, to help, comfort, & heal*

*Lay aside the hurt & wrong, as a conscious choice*

*Inquire, asking the other person to forgive you or release the hurt*

*Accept the outcome, even if the other person chooses not to forgive you or reconcile*

*Treat the person how you'd want to be treated, if the situation was reversed*

*Invoke God's blessing on the other person*

*Obtain the peace that comes from choosing to forgive or seeking forgiveness*

*Never bring up the past again.*

*... Lou Anne*



## STORIES FROM OUR MEMBERS

### JO ~ OA 100 POUNDER ~ MY STORY

My name is Jo and I am a compulsive overeater and have been in recovery for many years. I was a volume eater for lots of those years. My job was to eat everything until it was all gone. Then I could get on with my life until the food caught up with. My compulsive eating continued. My first big weight loss was with a "weigh and pay" and then I became an employee for 10

years. I knew all the jokes, all the recipes and all the tricks of eating to lose weight. I worked very hard to keep the weight off. I quit the job and the pounds crept back on until I was over 2/3 up the scale. At a ladies meeting, not OA, I heard about Overeaters Anonymous from someone who was thin and said OA was free. I liked what she said. I found The Recovery Group on line and lost some weight right away but then it stopped coming off. Between TRG and OA I stayed at the same weight. Then one day as I was complaining someone said maybe I should work the Steps. My reply was I did not have the time. Again it was suggested I work the Steps. I used the tools daily. So why work the Steps? I had been in OA for 15 years and never worked the Steps. I was a "do-it-yourselfer." Well, finally, I came to TRG and worked the Steps. After the third week I had not binged in three weeks. By the end of the twelve week WTS Study, I had not binged for 12 weeks. That was in October 2001 and I have not binged since. I am 100 lbs. less than my highest weight. I am thankful to OA and TRG and to my God who daily gives me abstinence.

*Jc*

## **KATH ~ OA 100 POUNDER ~ MY STORY**

My name is Kath and I am a compulsive overeater. I am abstinent by the Grace of God for 14 months.

In April of 2009, I reached a point where my life was unmanageable. I was miserable and finally ready to reach in any and every direction for help.

I began the WTS Step Study on April 1, I found an e-mail sponsor and began working the steps. I did much research and after much prayer and soul-searching, I decided to have a Realize Band placed inside of me.

I know with every fiber of my being that my success this past year has come about due to my willingness to work a program of abstinence. The surgery that I had does not address my eating disorder. The foods that I used to consume are not impeded by the Band (as a matter of fact, my surgeon originally suggested a different type of surgery because my trigger foods 'slide' right past a Band).

I worked with my sponsor to identify my trigger foods --- I made lists and I prayed and prayed that my Higher Power would stand between me and the foods that will kill me if I let them. I have no doubt that I would have and could have eaten myself into severe co-morbidities. I would have and could have eaten myself to an early grave.

I am so grateful for this program of recovery. I am grateful for the email loops and the support of the community.

I have lost 101 pounds and have taken up running and hiking. I am living a life larger than I ever imagined.

*Kath*

## **ROBERT ~ OA 100 POUNDER ~ MY STORY**

My name is Robert and I am a COE. I have been fighting with COE since I was a child. There have been periods when I have been at a healthy weight and periods when I have not. Over nine years ago, I joined a national weight loss group. It took almost two years to lose 115 pounds.

In the fall of 2008, I had problems with a coworker. This led me to eat compulsively and gain about 17 pounds. I felt the need to tackle my deeper issues and hoped OA and TRG could help me. I was scared of returning to my former self. I was tired of my eating being out of control. I wanted a healthy mind. The results: communication between myself and my HP became stronger. As long as I work the steps to the best of my abilities and I am honest with myself, I feel HP will help me along. I know my HP will not give me more than I can handle. There are still bad days and days filled with obstacles, but I do not have to face these alone. I have my HP and the loving members of TRG to support me in my journey.

Recently, my Doctor confessed something to me. In 2000, he thought I wouldn't make it another ten years. I was obese, suffering from hypertension and arthritis, my cholesterol was 220 total, and, unknown at the time, I had a bleeding ulcer. I was in bad shape. At my last physical, earlier this year, my BP was in the normal range, my arthritis under control, my cholesterol was 144 total, with high HDL's and low LDL's and triglycerides. A great profile! My weight was in the normal range. I had fought my way back to being healthy!

*Robert*



## **CINDY ~ OA 100 POUNDER ~ MY STORY**

When I first walked into this program and stayed I weighed 479 pounds. I had attended one meeting when I was 12 years old but was too young and immature to even comprehend it ... but the seed had been planted. I came back when I was 34 and ready. I was over 400 pounds when I was 14 and at the time that weight was all I knew and I could not imagine living life in a smaller body. Now, looking back, I can not imagine living life in that body. But I know that is what's waiting for me "out there" and I do not want it back for anything. I had periods of recovery in this program but the time came when the food looked so inviting and I was not maintaining my spiritual connection so I ate again (like it says brief periods of recovery followed always by worse relapses.)

I don't know what happened to change everything but on April 19th, 2007 I was brought to my knees by some horrific chest pains and I thought I was dying. I probably was. I sobbed out to God for help and I got it. I have been imperfectly abstinent and in recovery since April 20th, 2007. That was my spiritual awakening. One of many since coming into the rooms of this beautiful program. OA has changed my life in more ways than I can even imagine. I was angry and wounded and didn't know how to be in a relationship, take care of my daughter or even my little girl inside of me. I didn't know how to be a good employee or hold down a job. I was in a very emotionally abusive relationship and we each abused the other verbally. I didn't know any other way. I have been in homeless shelters. My life was unmanageable. It takes a lot of pain to eat yourself up to 479 pounds and who knows where I would have gone if I had not found this program. I am convinced I would be dead today. Even while being in this program I could not put down the food for long. I tried so hard, I tried to work the steps, I went to meetings and I usually had a sponsor. But the food was all consuming. Then one day (thank you God) I woke up and mustered up the willingness I have never had before. I just celebrated three years of recovery and I will be grateful until my dying day. I am amazed at how miraculous this program is and can be and how no food in the world can even compare to the love, warmth, fellowship

and understanding that we find in these rooms.

I still have a ways to go physically but I am working on that now with my sponsor. I am now down to 291 pounds and I don't have chest pains, high blood pressure or diabetes any more. I can run and play with my daughter and truly enjoy my life. I have a good, stable job that I have had for almost 4 years, a beautiful and loving relationship with someone who is also in these rooms and a place to call home. I work the Steps and use the Tools as though my life depends on it because I know in my heart that it does. Today I can not imagine living in a 479 pound body. When I got abstinent 3 years ago I was 410 pounds. I had managed to not go all the way back to 479 just because I kept coming back. This is the first time in my life that I have ever maintained any amount of significant weight loss for a great period of time. I know that body is right there waiting for me if I stop working this program for one second and revert back to my old ways of living. And just for today, I do not want that life back for anything. This disease will kill me not only physically, but emotionally and spiritually as well. OA has given me many gifts, especially the gift of a joy for living which I never had and never even knew I was missing. Thank you for letting me share and for being here all these years. Your love, compassion and understanding has given me what I looked for in the food all those years but could never find.

<3 *Cindy W.*



## 🌹 **CAIT ~ OA 100 POUNDER ~ MY STORY**

I am a lifelong compulsive overeater, binge eater, grateful for the 12 step program which has led me to recovery over the past 2 years. I lost over 100 lbs about 6 years ago, but found my COE was still with me, and increasing in strength. Desperate for help and approaching my sixtieth birthday (60 = five 12's), my Higher Power led me to do a "google search" about my eating disorder and to meditate on the number "12" and I was led to TRG and OA and the 12 steps. The results are nothing short of miraculous. Instead of obsessing over food constantly, I am able to enjoy life, and enjoy my healthy, balanced, abstinent, flavorful meals. Instead of obsessing over my weight and body image I have a feeling of peace and reassurance that my weight is normalizing as I focus on my OA "footwork" one day at a time.

I see my Higher Power working in me. My Higher Power is removing a lot of the difficulty with temptation re food, eating habits, danger zones, etc., and I am so grateful. It's not that there is no temptation, but it seems the force for good, for health, for not taking myself into danger zones, for not taking that first compulsive bite, that force is increasing, and the urges are decreasing in power. There are these wonderful intuitive thoughts that come and guide me, instead of the food noise dominating in my mind.

Yesterday I had to go into a store where I have had issues, and as I got out of the car, I was prompted to stop for a few seconds and reiterate what I was going in to purchase. I then shopped in peace. Awesome!

The past few days I've been thinking about how much easier it is for me to say "No" than to say "Stop." That's the essence of why OA says not to take that first compulsive bite. I could never figure out when/where/what that bite was before. But it's becoming clearer to me as I keep doing the footwork. This is the issue of momentum, for me. I'm learning to use momentum for health instead of for compulsive overeating. This is not happening because of me making a bunch of rules and trying to beat myself into submission to them. This is being taught to me as I keep doing my footwork, as I become willing to accept the lessons, and I am

grateful.

I find that the more I read and share, the more steady is my abstinence and peace. I am also finding that the longer I persevere with my OA "footwork," the more I learn and grow in understanding of my COE, my patterns, and the more consistent is this feeling of peace with food, eating and my life. My footwork includes daily prayer & meditation, taking the 12 steps, using the OA tools and other tools, and not overeating, all to the best of my ability, one day at a time. When I post to the loop or respond privately to others' shares, I carry the message I am being taught. I find when I write I see more clearly what I am experiencing and my understanding is deepened. When I read others' shares I see the similarities and differences among us, and it reassures me that I am not alone, I am not so strange, I am acceptable and accepted. I can recover.

Best wishes,

*Cait*



## **CINDI ~ OA 100 POUNDER ~ MY STORY**

Hi, I am Cindi, a compulsive overeater. My recovery began on June 1, 2004 at the age of 52 and the weight of 299 pounds.

Before the OA program, I had been unable to lose any significant weight for twenty years. In my twenties and thirties I was able to diet and lose weight time after time. But somewhere in my mid-thirties, my mind began to refuse to accept any kind of diet. I gave up dieting and committed myself to a life of obesity. The shame, the guilt, the embarrassment and the anger overwhelmed me and made my life extremely difficult. I had such low self-esteem and much self-hatred.

Thankfully, at a low point in my life when I turned fifty, I rejoined OA for the third time. Online support groups and meetings made it easier for me to reach out to others and to ask for the help I needed. Slowly my awareness grew of what excess food was doing to me. On June 1, 2004, I accepted the fact that I was a food addict and made my surrender of my disease and my life over to the care of my Higher Power. For the first time in my entire adult life, I was free of the obsession of food.

My focus was on working program to the utmost of my ability. The weight and my plan of eating was my HP's responsibility, not mine. Working through the Twelve Steps and using ALL of the Eight Tools of OA on a DAILY basis helped to keep my focus where it belonged, on recovery. I lost fifty pounds the first six months without even trying. I never weigh myself, only at the doctor's. I am as powerless over my weight as I am the food.

Since June 1, 2004 I have lost a total of 121 pounds and kept it off. I wear a Misses size 12 jeans which to me is completely unbelievable! I used to wear a women's plus size 26-28. I never thought I could live my life without the sugar, the white flour products and certainly without the excess food. Yet, here I am, six years into recovery and still going strong. There is life after excess food!

I am Cindi, a food addict, in recovery just for today.

Love in recovery,

*Cindi*



### **JUDY ~ OA 100 POUNDER ~ MY STORY**

My name is Judy and I am a compulsive overeater. I came to OA through the back door of my son's alcohol and meth addiction. That was four years ago on April 1st. Little did I realize that his fears of my dying were to catapult me into my own recovery. I drove 100 miles every Saturday to attend OA. After one year of doing that I started a group here in my community. If you want recovery bad enough you will go to any lengths to get it. I remember sitting alone in our little meeting room for months just meeting alone with God and asking Him to send whoever needs to be there besides me. I stuck it out and they came...not in great numbers, but they came. Three years and we're still there every Thursday night. I lost 100 lbs in 3 1/2 years. I briefly relapsed and put 10 back on. I'm happy to report that I'm only 5 lbs away from the 100 lb mark again. I know that there is hope. I have experienced it.

Oh, and you may like to know that my precious son is 4 years clean and sober. The Twelve Step Recovery works if you work it. Keep coming back and find the hope you seek.

*Judy B.*



### **LISA ~ OA 100 POUNDER ~ MY STORY**

My name is Lisa and I'm a compulsive overeater in recovery, one day at a time, through OA.

Food and eating has been a constant comfort to me throughout my life. It has been my friend, my punisher, my master and my emotional support whether I was happy or sad, having fun or depressed, in or out of love, bored, lonely, tired, stressed - you name it. Mostly I used food to stuff down my feelings. I was unable to cope with my emotions like 'normal' people do.

I haven't yet uncovered the event that triggered my disease. Maybe I will and maybe I won't. I do know that it was something that happened when I was quite young because, when I look back at my relationship with food, I have always eaten far more than I needed, and I have always turned to food for comfort. From the age of about four I have been overweight, and by the time I was a teenager, my weight and eating were out of control. This sad state of affairs was to continue into my adulthood and although I tried different diets, fads, and exercise regimes, nothing worked for long and if I did lose weight, I couldn't sustain the diet or exercise for long, which would cause me to fall into depression, and I would end up overeating again. I'd put all the weight back on - and then some.

I used to think that everyone around me was insane. My parents were always separating and then getting back together (they did get divorced at one point and then got back together again). No one in my family maintained healthy or long relationships. I was bullied a lot at school and had few real friends. People never seemed to want the same things I did, and I

couldn't understand that. After all, I knew I was right and that my ideas were great, and they would be so much happier if only they would do as I suggested.

I was artistic, egocentric, a perfectionist, and often full of big grandiose plans, and I always felt victimised because I'd work hard to achieve something important to me and it seemed that someone or something would always get in the way and destroy my dreams. My motto as a young adult was "Help me or get out of my way!" Such massive self-centeredness takes my breath away now, but back then it was the way I felt. My denial that any of my problems were my fault or caused by addiction, was complete and absolute.

My disease was in full flight. I was ill and I didn't even know it. I'm not just talking about the physical effects of the overeating. The effect on my emotional and spiritual health is what really stands out to me now.

As an adult, I functioned quite well on the outside, and to the outsider looking in. I always appeared very busy with work commitments or with family and gave the general impression that I was a professional business woman, and usually I was. But like any other addict, my life was mostly out of control and completely unmanageable. The people closest to me saw my pain and frustration, but didn't know how to 'fix' me. To them, I was just a hopeless dreamer who would never get where I wanted to go. I was a victim again.

This is basically how my life was right up until November 2007 when I was guided by a friend to an OA meeting. My friend told me he is a compulsive overeater and had been very overweight when he came to OA, but the program had worked for him and it could work for me. Today he is trim and healthy and has enjoyed abstinent recovery for many years.

I had never even heard of OA so it was a revelation to me. And I was ready for a change. Soul ready. I knew that I had to do something about my messed up life and my weight problem, which had by then blown out at 132kgs (around 270lbs). Although nothing had ever worked for me before, I knew that I trusted my friend implicitly, so I decided to give OA a try.

I have an amazing sponsor who guides me daily, the precious friend who introduced me to OA is a wonderful mentor for me, and of course the 12 step program, the tools, and the beautiful OA family, are all helping me in my recovery from this devastating disease.

I have been abstinent since 26th December 2007 and I have released around 46kgs (just over 100 lbs) in that time. I am grateful that OA exists and although I will always suffer with the disease of compulsive overeating, there is a treatment, a solution, to my eating disorder. Not only am I losing weight and gaining my physical health back for the first time since I was a child, I have discovered an emotional freedom and spiritual connection that I didn't even believe was possible.

Success as a human being, a mother, friend, writer and business woman is now a very real and sustainable part of my life, as daily I allow myself to be guided by my Higher Power in all my affairs, and the promises of the 12 steps and 12 traditions of OA lead me toward a life of unlimited potential, joy, serenity and love.

Love in recovery,

*Lisa*



🌹 **YANARA ~ OA 100 POUNDER ~ MY STORY**

I am so happy now! I wasn't going to write about my story because I thought I did not fit into this category already since my country uses the kilogram system and I thought that 100 pounds had to be at least 50kg. And I "had only lost about 47kg".

100 pounds = 45.359237 kilograms

Well I've been in OA since July 2001. Got physical recovery then lost it all (while dealing with other abstinences). On July 5th 2006 I was blessed with a Welcome Back (the pamphlet) study. I read it daily until I finally got back on track (I was lucky never to leave OA even in my deepest and darkest relapse moments). And since this first reading I began a new abstinence new Step Study and a new approach of every tool OA has to offer. At first I had 3 Sponsors (one for Food Plans another for Steps Traditions and Concepts Studies and the third one for Spiritual matters like whenever I felt like eating "because I had other dependencies").

It has been a long road that OA keeps on carrying me around. Having these few abstinent years already gives me clearance and dignity to choose (at the moment I've been following the HOW approach for about 6 months and enjoying it).

But I've been abstinent in so many ways... On 2 Nutritionists diet plan (one of them couldn't accept my OE problem and the other could accept it but was certain it could be cured by medicine only) following any of the Dignity of Choice's suggestions (even one plan each day or even each meal!) weighing and measuring every meal only weighing only measuring avoiding certain substances avoiding certain amounts avoiding both or even simply praying sharing and being moderate in every meal... Always shared with my sponsor at the time.

Wherever there was a method I was there trying it. I tried many food plans and guidance inside and outside the fellowship. And one day one of these 3 Sponsors told me "well have you noticed that you are losing weight? That you are abstinent again?". And I cried feeling so glad. Mainly because I had someone in my life who could be by my side while this whole miracle was beginning again. And so we went on eventually I had some other sponsors and never looked back except not to forget where I was coming from. And the weight kept on leaving me.

Most and above all I can say that what makes me lose weight in OA has been enthusiasm. Being "in thus" or "in God". I go wherever my HP points at... Sometimes it is a new meeting or a new sponsor a new food plan health care professional. And as I listen to my HPI thank her and obey and walk all these paths that are shown to me.

I get it wrong sometimes but these paths never fail. And I always ended up at least with one lesson from each mistake. Like this plain math/culture mistake that almost made me not to tell you my story today.

Thanks for the abstinence this day presented me with and for each of you that makes me glad for being alive healthier and so much lighter today.

Best regards

*Y....*



## **ROZ ~ OA 100 POUNDER ~ MY STORY**

My name is Roz and I just celebrating my 23rd OA birthday ... It is May 26, 1987.

I came into Program with six months to live. My heart attack was at 42. Then cancer and I lived through that ... Diabetes and it was 7 00 and Insulin shots. Liver disease and I was sick ... so ill. My heart was so bad and yet I could not stop eating no matter what. I tried to kill myself two times ... Angina and I was in and out of hospitals so much of my life. I was 51 years old. I got into OA then and now it has been 23 years. What a miracle my life is today! I am on my third pacemaker and I consider that a miracle of God's. This disease is a killer and I have never lived until I got here and worked this program and I work so hard every minute of every day. I have done service since I got here ... I do whatever I have been told and I listen to my sponsors. I have lost so many people in this program who have died. They could not do the work and then they gained all the weight back and died of heart disease and everything else that goes along with this unbelievable disease that wants to kill all of us.

I lived in the black hole of hell.

God has opened the gates of Heaven for me. I can walk the path with all of my loving friends and be there for all the great loving people I sponsor. What a gift! I pray to never have to give that gift back. I don't have to ever give it back as long as I work the steps, read the Big Book. take directions from my sponsor and friends who walked the path before me and sponsor and do service. I pray, meditate and read. There are so many things in my life that are not fun and very hard. I grieve a lot, feel my feelings and then keep walking the path. I cannot go back to the food. God keeps giving me the courage, willingness, and his love to stay here, one minute at a time, one hour and whatever it takes to stay in recovery.

All of you out there can have this. We are given this and the promises come true. Life is hard but I am alive. I have three granddaughters who never would have known their grandma ... who love me so much. I have been so blessed to have these girls in my life. I have been taking care of them since the day they were born ... I would have been dead and would never have seen them. God gave me OA. We all can do this. Please stay here.

*Roz*



## **CHRISTEN ~ OA 100 POUNDER ~ MY STORY**

Hello my fellows -- I'm Christen, compulsive eater and 100 pounder. I am 5' 6", 145 lbs, a size 8 -- maintaining my weight loss with the help of my HP and OA for 1 yr, 22 months; my abstinence date is 4/4/08; I came to OA and The Recovery Group in August of 2008. I struggled alone for a few months, having a hard time trusting a sponsor. Now I know I can trust sponsors in OA!

Finally in November of 08, I surrendered. I got a sponsor, worked the Steps and did 90 meetings in 90 days, thanks largely in part to The Recovery Group, but also going to a face to face meeting once a week. As my youngest daughter was three at the time of my 90/90, I

would wake up, go to the 6am meeting, have an abstinent day and go to the 9pm meeting before bed so I could sleep. I probably ended up with 140 meetings in 90 days altogether, but that's what I needed to make it through the day abstinent. I could put together a few weeks at a time, then it was thirty days of abstinence for a while, and I remember clearly being so happy to make it to day 31! Do not get discouraged if you can't get abstinent yet -- if you work the steps, you will! My sponsor reminded me that I practiced my disease for 15 years -- did I really expect it to vanish in 30 days?

I worked the steps and my abstinence date coincides with completing the 5th step. I started sponsoring at that point, increasing the number of face to face meetings and attending my local Intergroup meetings. Today I spend about 1.5 to 2 hours on program a day, volunteer with my daughter's PTO, give service to OA, completing an undergraduate degree and applying to graduate schools. If I put program first, I have a full and beautiful life!

Our literature states that getting to the perfect weight does not give us a perfect life. I heartily agree with that. There are days when I cry, call my OA buddies on the phone, and argue with my husband or children. Using the tools and revisiting the first three steps helps me dispel those difficult times, and I do find, much to my amazement, that 'this too shall pass.' I'm happy that I rarely, maybe twice a year, think about picking up food. I notice that thought and let it go, choosing to focus on my recovery work rather than picking up.

A word about service. Service is a tool, and I use it almost every day. Before OA I rarely considered how I might have been of use to others. I found to my surprise, that service feels good! I have had the privilege of attending Region Assemblies and the World Service Business Conference, and there is a lot of hope there: members who have been in OA for 10 years, 20 years. It is not uncommon to meet folks with 25 years of abstinence at these meetings! I hope that I too, one day at a time, may be able to say that one day.

Christen



## **MONA ~ OA 100 POUNDER ~ MY STORY**

When I was in the hospital having my knee replaced I weighed 352 lbs. I had Type II Diabetes which was controlled by diet and oral medication, and was on three medications for high blood pressure. After my surgery I required injections of insulin. This was something I disliked intensely. Although I have no fear or dislike of needles, I hated the fact that I was receiving insulin for a condition I did not need to suffer from.

I was discharged from the hospital and went into the nursing home from Hades. They failed to give me the medication I needed to control my blood pressure problem and it became dangerously elevated. This caused me to have insomnia. Lying there through the hours of darkness, listening to the sounds of human suffering, I thought about how I'd gotten myself to that point in my life.

This was my bottom. I decided then and there it was past time to do something about my compulsive overeating issues and I began abstinence then as best I could. Unfortunately since this institution was unable to provide me with a low-salt diet, the concept of a low fat food plan was beyond them. Within five days I found feces in my sink so I left 9 days early and finished my convalescence at home.

Unable to get around, I found OA online meetings. I became abstinent immediately and went to three meetings each day. Unfortunately I was unable to find a sponsor, but I didn't let that slow me down. I sent in a food plan each and every day via email. I used the address God@universe.net. You may say it isn't a real address...technically that's true, but this stratagem worked for me. I lost my first 60 lbs while I was recovering from surgery.

It was more than two months before I was able to drive and attend meetings again. I remember how wonderful it was when I was able to get out and about again! I called around and found that some meetings had been canceled and that some had been moved. Nevertheless there were still OA meetings, so off I went for the fellowship I desperately craved.

Continuing to work the program, I became a bit discouraged because I couldn't find a sponsor. I was also looking at my weight and seeing how far I had to go made me feel discouraged as well. One day my HP spoke to me and reminded me 'You gained the pounds one at a time. That's how they'll come off. Be patient and stop looking at how far you have to go. Look at how far you've come.' That was such a blessing. I believe I was headed for a relapse that day. Instead a feeling of peace, serenity and happiness came over me.

As of this month, May 2010 I'm three years and 110 lbs into recovery. I've been through knee replacement surgery, ovarian cancer, chemotherapy, two types of skin cancer and more than 40 lesions, a bad car accident and constant medical treatment, all while in recovery. All these things would have happened to me whether or not I was a recovering COE. Occasionally I wonder what size I would be had I not found recovery and I shake my head. There was no upper limit on my size. By now I could have been 50 or 100 lbs heavier. Doubtless I'd be more miserable than I was then, if I was alive. (My doctor tells me I've added 12 years to my life.) By the grace of God and this program, I have a life of sane and happy usefulness rather than the nightmare I once referred to as my life, as in 'my life is a nightmare'. I'm awake now and walking in the sunshine.

Thanks for reading.

*Mona*, in program 19 years with 3 years of physical recovery.



## **MARY ~ OA 100 POUNDER ~ MY STORY**

I came into OA 11 years ago on June 5, 1999 at my top weight of 311 lbs. I was miserable, having trouble walking up hills and trying to just get around. I also had trouble looking for work since who would want to hire me. I also had chronic back aches-which was later diagnosed with degenerative disk disease-and ended up on disability. I also had high blood pressure and arthritis in my neck, knees and thumbs. I came into OA as a last resort. I knew I had to do something to get better. My friend had joined and she had what I wanted. I was working in a law office as a temp and was reading the OA brown book that I borrowed from her. I got abstinent and then got involved with a man who was looking for someone with money. He lived with me as a roommate and took me for some money. He eventually moved out. He was doing drugs and denying it. My landlord knew I didn't do drugs and stopped the police from raiding our apartment. I could have gone to prison for something I wasn't doing. I made amends to my friend and my landlord. They could see him for what he was but I couldn't.

I lost my abstinence and kept going to meetings. I have been in weight loss groups where I would lose then gain the weight back. I was made not to feel welcome. I talked about losing my

abstinence in the meetings and got the love and support I needed. It also stopped someone else from leaving the meetings.

Today, I have given away 150 lbs. and wear a size 14 which is down from a size 26. I am active in doing service as Intergroup Chair, group secretary and I have just finished my term as an alternate for Region 6. I plan on, hopefully, being a rep for Region 6 at the fall assembly. I volunteer two days a week at the VA hospital. I get there around 11:30, get a voucher for lunch of \$5.50 and sit at the info desk in the lobby for three hours. I also volunteer at Capital Rep as an ambassador, which is just answering questions for the patrons, and sometimes as an usher. I have a life today, thanks to this program. I have 9 1/2 months of abstinence and have a food sponsor. I e-mail her my food plan the night before and I have a step sponsor. Still have to do Step 5 but I am getting there.

*Mary S.*

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## **GROUP SPOTLIGHTS**

### ***200PLUS/HOTJ/100POUNDER MTGS***



*But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life.*  
*The Big Book, Page 132, Chapter 9*

The words of the Big Book are so true. The Recovery Group is filled with men and women around the world in all shapes and sizes and religions, cultures, ages and stages of the the disease and health. Happiness is a by-product of working the 12 Step Program and the minute one "gets it" and the footwork begins, the joy of knowing hope again is something to behold. Our members don't have a "goal weight." They have long since learned that it is not the destination that counts ... it is the journey. And the journey is fun and rewarding because, even though there are bumps in the road, the promises are available to each and every one of us. Whether someone has had physical recovery of 5 pounds or 500 pounds, the glumness is replaced by hope. And when the emotional and spiritual join the physical, serenity embraces us.

Overeaters Anonymous has Special Focus meetings. So does The Recovery Group. In fact, TRG had Special Focus groups from the very beginning and in this issue of Serendipity we have presented you with the stories of a few of our members in two of those. These special loops at TRG are the 200Plus and HOTJ Loops. These loops also sponsor a meeting each week with the very same mission. All compulsive eaters come to OA and TRG for a reason. That reason is spelled out clearly in one of our 12 Traditions ~ and is our only requirement for joining:

*"The only requirement for OA membership is a desire to stop eating compulsively." Tradition 3.*

We hope you will visit our website for 200Plus and HOTJ where you will learn more about these two groups. You will see how they are like our other support groups and their differences, the main one being that these groups focus on those who are challenged in the disease by a great deal of overweight. Please watch for an announcement of our 100 Pounder Meetings, which will be launched soon. To join or receive more information, please click the links below.

**COME FIND HOPE ~ COME JOIN US!**

**HOTJ**

**100 PLUS**

**100 POUNDER MEETINGS**



**POEM OF THE MONTH**  
**Ode To Being Fat**



Life isn't easy,  
For a woman of girth.  
People don't realize,  
Their words can hurt.

From a cute little girl  
with chubby hands  
To silver haired grandma  
With double chins.

They think I have no feelings.  
They think I have no heart.  
They think I'm lazy, deaf and dumb,  
Instead I'm very smart.

So they tease me and taunt me,

Point fingers and laugh.  
And all this is simply  
Because I am fat.

I won't show my sorrow.  
I won't show my pain.  
I won't show my tears.  
I refuse to feel shame.

Let them laugh and I'll smile  
They'll see pride in my eyes.  
Let them snicker and tease  
I am proud to be me.

*Anonymous*



## THE TWELVE STEPS

<http://www.therecoverygroup.org/12steps.html>



## OA'S LIFELINE

*OA'ers, Larry & Leona*



Read a sample issue of OA's Lifeline and  
subscribe today by clicking the cartoon above.  
[www.oa.org](http://www.oa.org)



## QUESTIONS FROM OUR MEMBERS

Q. Can one be addicted to food?

A. Yes. People who are addicted to food tend to display many of the characteristics of addicts and alcoholics. Food addicts develop a physical, mental, emotional craving and chemical addiction to food).

**Q. I don't understand this "100 Pound" thing. When I see email like this it does weird things to my psyche ... it seems weird to glorify it by only asking for stories from people who have lost more than 100 lbs.**

A. We thrive and are inspired by stories of our members no matter what stage of their recovery they're in. We are not "glorifying" anyone or giving them celebrity for losing 100 or more pounds. We are all bozos on the same bus and our stories are surprisingly similar. Whether one is an anorexic, someone who has a few pounds to lose, obese or super obese, the stories are remarkably similar.

**Q. What does walk the talk mean?**

A. It means that you back up what you say with your actions.



## HOW TRG CARRIES THE MESSAGE

### Step 12 ~ Tradition 5 Equals Search Engines OR

### "How 28 Seconds Can Make a Difference in a Life"

**Step 12:** *Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters . . . .*

**Tradition 5:** *Each group has but one primary purpose - to carry its message to the compulsive overeater who still stuffs.*

It's 3:00 in the morning. You've tossed and turned and remember this afternoon when you were downtown shopping and looked at your reflection in the store window and thought ... "could that be me?" The reality is that it was you and you headed for the nearest McDonalds and there began a binge that would last the rest of the day. Still you can't sleep ... and still you knew that you couldn't live like this much longer. A new diet will begin in the morning ... even though for the last 15 years none of them did. Your doctor said you had high blood pressure and that you can't have the surgery he is advising because your weight puts you at high risk. Your best friend since childhood who lives far away has asked you to be her Maid of Honor this summer and you're embarrassed to let her see you. You're disgusted with yourself and so you lie awake thinking and wondering what is going to happen to you.

Finally you get up and decide to check your computer mail but there's nothing there and then you decide to start surfing. Your mind, however, keeps thinking of food and you head for the kitchen. One bowl of ice cream, three cookies and a Pepsi and you're back at the computer and it's two hours before the alarm goes off. You go to Google. You type F A T. You don't see much there other than "Belly Fat Linked to Dementia." You type OBESE. You go to pieces just looking at the photos. You start typing every word you can think of: 12 step, group, oa, recovery

AND THERE IS YOUR ANSWER!!!!

About 26,800,000 results (**0.28 seconds**)

## Search Results

## Overeaters Anonymous - Welcome to Overeaters Anonymous

1.  **Members/Groups**; »Program Inspiration · **Recovery** Story ... OA Program of **Recovery**. Overeaters Anonymous offers a program of **recovery** from compulsive eating using the ... OA is not just about **weight** loss, gain or maintenance; or obesity or diets. ... The **Twelve Steps** and Twelve Traditions of Overeaters Anonymous (p. ... [www.aa.org/](http://www.aa.org/) - [Cached](#) - [Similar](#)

2. **The Recovery Group ~ A 12 Step Community** 

 4-Part Intensive 8 Week Orientation To OA and **12 Step Recovery** ... We treat the food and **weight** problem not as a lack of willpower or a moral defect, ... [www.therecoverygroup.org/newcomers/index.html](http://www.therecoverygroup.org/newcomers/index.html) - [Cached](#) - [Similar](#)

3. **The Recovery Group ~ A 12 Step Community** 

 **12-Step** community for compulsive overeaters. ... That they might be compulsive overeaters, but you just have a **weight** problem, which you can take care of ... [www.therecoverygroup.org/welcomehome.html](http://www.therecoverygroup.org/welcomehome.html) - [Cached](#) - [Similar](#)  
[Show more results from www.therecoverygroup.org](http://www.therecoverygroup.org)

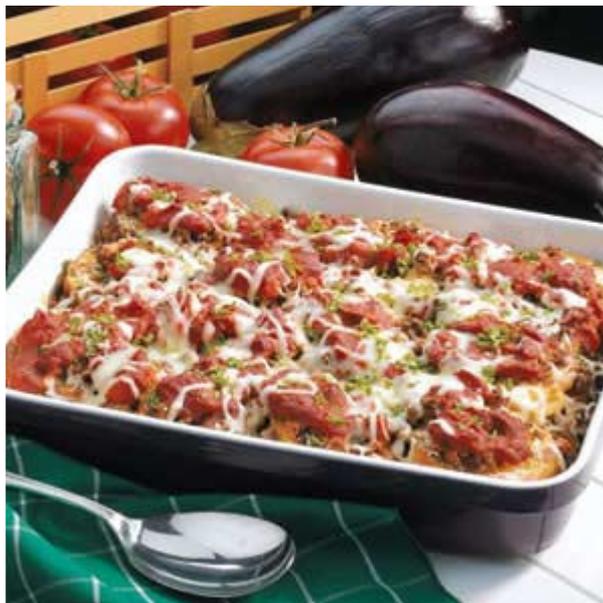
If you would like to put your favorite web page, loop or meeting on a search engine of your choice, click the banner below for help.



## RECIPES OF THE MONTH

### EGGPLANT PARMIGIANA

*A favorite in our household*

**STATISTICS:**

Preparation time: 2 hours

Cooking time: 35-40 minutes

Difficulty: easy

Cost: inexpensive

Servings: 6

Leftovers: 3 days in refrigerator, or up to 2 months in freezer

**NUTRITION FACTS/SERVING:**

Fat: 10g

Carb: 19g

Calories: 310

Calories from fat: 97

Fiber: 5

**INGREDIENTS:**

1 large eggplant (fruit should be smooth, shiny and heavy for its size)

kosher salt or coarse salt

1 large onion, diced

1 pound lean ground beef (90% lean or better)

1 tbsp canola oil

1 tablespoon dried Italian spices

1 bottle (24 ounces) Prego Ricotta Parmesan Italian sauce

1/2 cup grated Parmesan cheese

1 cup grated non-fat Mozzarella cheese

salt and pepper to taste

**PREPARATION:**

a) EGGPLANT.

Using a sharp knife, slice the eggplant into 1/8 inch slices.

Arrange the slices in a collander, forming a single layer at the bottom and up the sides.

Sprinkle evenly with salt.

Form another layer eggplant slices on top of the first one and sprinkle with salt.

Continue filling the collander and salting the eggplant until all eggplant is added.

Set aside and let stand at least 2 hours in the sink.

b) SAUCE. (30 minutes before the eggplant is finished salting)

Thoroughly cook the lean ground beef with the vegetable oil, onion, salt and pepper to taste and Italian spices.

Push the ingredients to one side of the pan. Tilt the pan and allow the grease to pool on the lower side.

Remove any excess fat. Be thorough

Using a potato masher, break down the lumps.

Add the bottled sauce.

Mix well.

Cover, simmer about 20 minutes, stirring once in a while.

c) BACK TO THE EGGPLANT

Thoroughly rinse the eggplant slices under running water.

Taking 4 or 5 slices between your hands, literally squeeze out as much liquid as possible.

Repeat until all eggplant is done.

d) PUTTING IT ALL TOGETHER:

Preheat oven to 350F.

In an ovenproof rectangular dish lined with parchment paper, spread a layer of eggplant slices.

Add a thin layer of sauce.

Sprinkle with a bit of parmesan cheese

Keep repeating the layering process, ending with the sauce.

Add the leftover parmesan cheese on top.

Garnish with the mozzarella cheese

Cook 35-40 minutes.

Let sit at room temperature 5 minutes.

Serve with a green salad.

*Sylvain F.*

## TROPICAL CHICKEN SALAD



4 cups baby spinach leaves

4 cups bite-size pieces romaine lettuce

1 cup fresh pineapple chunks (\*packed in water not syrup)

2 cups chopped deli rotisserie chicken breast (from 2- to 2 1/2-lb chicken)

1 medium red bell pepper, chopped (1 cup)

3 medium green onions, chopped (3 tablespoons)

1/3 cup Italian dressing (\*low-fat)  
3 tablespoons orange marmalade (\*no sugar)  
1/4 cup salted cashews (\*salt free or sub almonds)

1. On large serving platter or in large bowl, toss spinach and romaine. Top with pineapple, chicken, bell pepper and green onions.
2. In small bowl, stir dressing and orange marmalade. Drizzle dressing over salad. Sprinkle with cashews.

### **Nutrition Information:**

Important note: To save many calories and even more fat, use pineapple chunks in water, Italian low-fat salad dressing, orange marmalade with no sugar and sprinkle just a few salt-free cashews or almonds on top. Be generous with the red bell pepper. Spread out over a platter than in a bowl produces a beautiful and colorful summer dish.

1 Serving: Calories 350 (200 as described above) (Calories from Fat 160); Total Fat 18g (Saturated Fat 3g, Trans Fat 0g); Cholesterol 65mg; Sodium 610mg; Total Carbohydrate 25g (Dietary Fiber 4g, Sugars 17g); Protein 24g Percent Daily Value\*: Vitamin A 130%; Vitamin C 170%; Calcium 10%; Iron 20% Exchanges: 1 1/2 Other Carbohydrate; 1 Vegetable; 3 Lean Meat; 1 1/2 Fat Carbohydrate Choices: 1 1/2

\*Percent Daily Values are based on a 2,000 calorie diet



## **OVEREATERS ANONYMOUS ~ 50th ANNIVERSARY**



**REGISTER FOR THE CONVENTION ONLINE!**

## **OA World Service Convention Lodging Now Open!**

Hilton Los Angeles Airport Hotel  
5711 W. Century Blvd.  
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Group Code: WSC

To reserve your room online, please [click here](#).

Reservations must be made by August 1, 2010. Please reserve your refrigerator (one-time fee of 40 USD) at the time you place your reservation. Rates are available from August 19 – September 1, 2010.

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## TRG OA MEETINGS GATEWAY



## PODCASTS

### MEET ROZANNE COFOUNDER OF OVEREATERS ANONYMOUS

OA was founded by Rozanne S. and two other women in January, 1960. The organization's headquarters, or World Service Office, are located in Rio Rancho, New Mexico. Overeaters Anonymous estimates its membership at 54,000 people in 6,500 groups meeting in over 75 countries. OA has developed its own literature specifically for those who eat compulsively but also uses the Alcoholics Anonymous books Alcoholics Anonymous and Twelve Steps and Twelve Traditions. The First Step of OA begins with the admission of powerlessness over food, the next eleven steps are intended to bring members "physical, emotional, and spiritual healing."



### **45 Minutes Podcast of Rozanne Courtesy of Los Angeles Intergroup of Overeaters Anonymous**

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## TRG TRUSTED SERVANTS

If you would like to give service to our support groups or meetings, please send our traditions and guidelines and send an e-mail to: [TrustedServantsPool-subscribe-request@lists.therecoverygroup.org](mailto:TrustedServantsPool-subscribe-request@lists.therecoverygroup.org)  
You will be contacted by an Administrator.

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*God, grant me the serenity to accept the things I cannot change;  
Courage to change the things I can ...  
And the wisdom to know the difference.*

**The Recovery Group  
Around the World ~ Around the Clock  
OA Meetings Every Three Hours Beginning Noon Daily**



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