



## **SERENDIPITY SPRING EDITION**

*The Recovery Group's Announcements ~ May 1, 2012  
TRG ~ Around the World ~ Around the Clock*

*Please feel free to forward to 12 Step Groups & Friends*

**BEGINS MONDAY, MAY 1st**

*OA NEWCOMERS ORIENTATION - 31 DAYS  
CINDI'S BLOG ~ ONE DAY AT A TIME - 31 DAYS  
(Details Below)*

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# Welcome

## TRUSTED SERVANT'S POSITIONS OPEN

*We have some very important opportunities waiting for some of you who would like to enhance your own recovery program by giving service to others. Our community relies on volunteers to exist and whether you have one hour a week or 40, there is a job for you that may turn out to be the most fulfilling of your life. Here are just a few:*

-  *Support Loop Coordinators*
-  *Meeting Leaders*
-  *Administrative Assistants*
-  *Editor Serendipity Monthly Newsletter*
-  *Editor Serendipity Announcements*
-  *Editor Meeting Schedule*

Contact: [TRGAdm@TheRecoveryGroup.org](mailto:TRGAdm@TheRecoveryGroup.org)

## RECOVERY POD CASTS ~ AUDIO

*Sharing our own experience, strength and hope with other compulsive eaters is why The Recovery Group exists. Listening to the experience, strength and hope of other compulsive eaters is a second reason. These two acts alone have been responsible for tens of thousands of men and women around the world to recover. Here is an audio of Don P. sharing his experience with you. His experience contains everything a good share contains ... the solution.*

*In addition, the following website is a treasure house of mp3 shares. The step shares are not in chronological order but it is best to listen to them in chronological order. and everything is free. WTS ~ Working the Steps and some of TRG's Online Meetings are on Step 4. The 2nd button will take you to The Lights Are On website and Step 4 by Mark, an XA Speaker.*



Click To Listen To Don P.'s Share



Click to Listen to Mark's Share on Step 4

## SPECIAL FOCUS MEETINGS

*The Recovery Group is fortunate to have more than 60 one hour 12 Step Meetings each week. Each day every three hours beginning at Noon Eastern Time, a dedicated meeting leader guides a group in sharing their experience, strength and hope with one another. Most of our meetings are general 12 Step Meetings with topics of interest set by the leader and members of the meeting. In addition to a large variety of topics, we also have Special Focus Meetings. Some of our Special Focus Meetings are OANewcomers, 100Pounder, HOW, Weight Loss Surgery, Gratitudes, WTS, Step 1, How it Works, Spirituality and The Big Book. You will find the complete schedule and doorway below. Contact to give service as a meeting leader or ask questions is: [MtgAdm@TheRecoveryGroup.org](mailto:MtgAdm@TheRecoveryGroup.org)*

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## SPECIAL SERIES ~ ONE DAY AT A TIME

*Cindi's Personal Journey*

*Beginning today and each day for the month of May, we are pleased to send all members of The Recovery Group a copy of Cindi's 12 Step recovery blog called TRG ODAT. Following this series and each day through 2012, subscriptions will be open to all.*



## CHARACTER DEFECTS

Once upon a time, in the land of Program, lived villagers called Good People. These villagers were under an evil spell called Obsession cast by Wicked Addiction, who was not one of the Good People. The villagers did not realize they were under an evil spell; they thought they were to blame for having Obsession in their lives.

The Good People, who really were good, had a hard shell, Character Defects, cast over their bodies. They were unable to break the shell themselves and even unable to realize that the shells were removable.

In the village lived the King, Higher Power, who was an excellent leader of his people. Unfortunately, the Good People would not allow Him to lead. The villagers thought their lives were better served by Self-Will, who thought He had all the answers but did not. HP was sad that the villagers would not allow Him to lead so He created Truth, a fire-eating dragon, who would deliver honesty to the Good People so they could see that Self-Will, Character Defects, and Obsession were ruining the villagers' lives.

Now, the Good People, being human, could not see Truth for what Truth really was, the key to breaking the shell of Character Defects and to reveal the goodness of the villagers. All Good People saw was the fire-eating dragon who scared them very much. Whenever Truth would appear in their lives, the villagers would run as fast as they could in the opposite direction.

Wicked Addiction loved seeing the Good People running from the Truth. WA knew, himself, what Truth really was about and did not want the villagers to know so He made the evil spell of Obsession even stronger in the Good People. Wicked Addiction loved his evil spell so much He made it incurable.

Some of the Good People were so miserable and sick under the influence of Obsession they became willing to seek out the King, Higher Power, just to see if HP could possibly do anything for them.

HP gave them directions, called Twelve Steps, to help break the evil spell cast by Wicked Addiction. These Good People did not much like the directions but they were so unhappy they became willing to follow Twelve Steps just in case TS worked. The King, HP, insisted that the Good People face Truth, the fire-eating dragon, for HP knew what would happen when they did. The villagers decided the best way to face Truth would be together, hand in hand. So, the Good People formed a circle of love and acceptance of each other which allowed them to face Truth.

Truth, the fire-eating dragon, blew his hot flames onto the Good People who were so scared they were shaking. Instead of being reduced to cinders, the villagers' hard shells, Character Defects, cracked and fell right off! The Good People were astonished to see their CDs fall at their feet. In place of the hard shell was soft, warm skin that felt so good to their touch.

Now that the Truth had been revealed to the Good People, Evil Addiction was banished to a foreign land called Relapse waiting for the day when the villagers might, once again, fall under his evil spell of Obsession.

The Good People were joyous in their freedom from Obsession! They loved their King, HP, and his wonderful guidance. The Good People knew that this freedom was dependent upon their facing Truth each and every day. In return for doing so, HP bestowed upon them character traits of Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Self-Discipline, Love, Perservance, Spiritual Awareness and Service.

The Good People then realized they really and truthfully were good people and so they lived happily ever after in the land of Program.

With all my love and my Higher Power's,  
*Cindi*

\*Editor's Note - If you would like to share back with Cindi, her address is [TRGODAT@yahoo.com](mailto:TRGODAT@yahoo.com)



### **MEDITATIONS BOOK ON SALE**



Amazon



Kindle



On Sale

Recovery Meditations ~ One Day at a Time is available in many bookstores, Amazon and Create Space. This lovely 375 page of original meditations written by Recovery Group members would make a wonderful Mother's Day gift. You must click the On Sale Copy and use the following code for the discount: **7ZUUDNEJ**

**THE RECOVERY GROUP**  
**12 STEP MEETINGS SCHEDULE**

All Meetings are 12 Step Meetings and in Eastern Time  
Special Focus Topics Noted ~ All Other Topics Vary From Week to Week

*The only requirement to attend is to have the desire to quit eating compulsively*

Day/time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
12:01AM	Joan	Harold Gratitudes	Tina	Lorie	Susan	JoanP 100Pounders*	Sub
3:00 AM	Sharon	Helena	Olga BigBook*	Helena	TJ	Olga Big Book*	Mexie
6:00 AM	Maggie WTS*	Debra WTS*	Maggie WTS*	Maggie WTS*	LindaE HowItWorks*	Linda E Spirituality*	Linda E Step 1*
9:00 AM	Penelope	GregoryK WTS*	KK	Penelope	KK	Lisa Jean WTS*	Aila WTS*
Noon	Bettymae WTS*	Stefani	Suanne	Barbara	Annette	Lissy	Barbara Newcomers*
3:00 AM	Ellen BigBook*	Ken	David	Zion	Zion	Barbara Newcomers*	KK
6:00 AM	LindaK WTS*	Vicki/Yello WTS*	DavidK WTS*	Luanne WTS*	Katherine WTS*	Yellow 100Pounders*	Meter WTS*
9:00 AM	Pete	Sylvain	Suanne Newcomers*	Pete	Maria	Sylvain	James



How Meetings ~ Wednesdays, 7:30 PM

The HOW Meetings are sponsored by TRG's [HOW Support Loop](#). Click to join.



WLS Meetings

The WLS Meetings are sponsored by [TRG's Weight Loss Surgery Support Loop](#). Click to join.

*Doorway to All Meetings*



*Click Doorway to Enter Meeting Room*



## **OA NEWCOMER'S ORIENTATION BEGINS MAY 1ST**

On May 31, a large class of newcomers will graduate from TRG's 4-Part Newcomer's Program, receive their tokens and move to their home loop to continue their 12 Step recovery. On May 1st, a new class will begin the four week orientation program. If you are a newcomer or a retread, Robert, Mary Lou and the Newcomer's team will welcome you with open arms. 12 Topic Speakers will share with you during this month-long experience. To join OA Newcomer's Orientation send a blank email to: [OANewcomers-subscribe-request@lists.therecoverygroup.org](mailto:OANewcomers-subscribe-request@lists.therecoverygroup.org) or click the button below.



THE FOLLOWING FOUR TRG SUPPORT GROUPS HAVE BEEN NOMINATED FOR A MONTHLY MAILY AWARD. YOU MAY VOTE ONCE EVERY DAY.

- ANOREXIA AND BULIMIA
- RECOVERY MEDITATIONS
- THE BIG BOOK
- WTS - WORKING THE STEPS

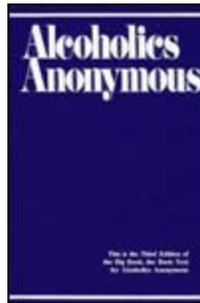


## **WSBC INFORMATION**

### **2012 World Service Business Conference**

WSBC for 2012 is in session this week. WSBC is the business arm of Overeaters Anonymous and since most members of The Recovery Group are here because of the OA program, the following 444 page document may interest some of you who would like to know more about WSBC, what the delegates will be voting on this year, plans OA has for the coming year, the budget, literature, WSO, the Trustees and so much more. The Recovery Group is made up of dozens of 12 Step Groups and almost 100 support loops. OA does not recognize "loops" because they do not meet in "real time"; however, because we are members of OA and give service to it, this document may be of interest to you.

[2012 WORLD SERVICE BUSINESS CONFERENCE EVENTS](#)



 **BIG BOOK SHARING**  
*Charles A.*

*"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism."*

*An illness of this sort - and we have come to believe it an illness - involves those about us in a way no other human sickness can. If a person has cancer all are sorry for him and no one is angry or hurt. But not so with the [compulsive eating] illness, for with it there goes annihilation of all the things worthwhile in life. It engulfs all whose lives touch the sufferer's. It brings misunderstanding, fierce resentment, financial insecurity, disgusted friends and employers, warped lives of blameless children, sad wives and parents - anyone can increase the list." (AA Big Book, pg 17-18)*

In the OA For Today book for February 29th we find the following: "A single arrow is easily broken, but not ten in a bundle." (Japanese proverb) That leap year meditation reading resonates with today's reading assignment in the Big Book for me. We have found a "common solution" that binds us together in recovery like the bundle of 10 arrows. Tradition 1 tells us of the importance of OA unity. We are all in this together.

Later in the BB, in "Working With Others," talking about approaching an alcoholic, "...ask him if he wants to quit for good and if he would go to any extreme to do so. If he says yes, then his attention should be drawn to you as a person who has recovered. You should be described to him as one of a fellowship who, as part of their own recovery, try to help others and who will be glad to talk to him if he cares to see you." (Big Book, p.90)

This passage tells me, once again, how important it is to my own recovery to pass on what I've been given. Thank you for all being part of my network of OA recovery.

**QUESTIONS:**

- a. Have you accepted that compulsive eating is an illness?
- b. Can you add to the list of problems your compulsive eating generated?

*Charles* in Atlanta

Recovered, but not cured, abstinent compulsive eater, thanks to OA and my HP

To join The Big Book Study please send a blank email to:  
[TheBigBook-subscribe-request@lists.therecoverygroup.org](mailto:TheBigBook-subscribe-request@lists.therecoverygroup.org)

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## **TRG'S SEVENTH TRADITION**

Donations Gratefully Accepted by Credit Card, Pay Pal or Mail.  
Click Button For Full Details



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## **OA SLOGANS**

-  "Expectations are premeditated resentments."
-  "HALT (Don't get too Hungry, Angry, Lonely, or Tired)."
-  "Sponsors carry the message ~ not the person."
-  "Take what you like and leave the rest."
-  "The 12 Steps ~ Trust God, clean house, help others, pray."
-  "The elevator is broken. Use the Steps."
-  "If you do what you have always done, you will get what you've always gotten."

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## **TRG ANONYMOUS POLL RESULTS**

***Poll Question: What age group are you in?***

*This poll will conclude this week and an new poll put up. Visit our [website](#) to participate anonymously.*

Answers	Percent
1 I am under 15.	0%
2 I am in the 15-20 age group.	2%
3 I am in the 20-30 age group.	10%
4 I am in the 30-40 age group.	14%
5 I am in the 40-50 age group.	29%
6 I am in the 50-60 age group.	27%
7 I am in the 60-70 age group.	13%
8 I am in the 70-80 age group.	2%
9 I am in the 80-90 age group.	1%
10 I am Age 90 or above.	1%

 **IMPORTANT LINKS**

[TRG's Home Page](#)  
[Coordinator of Loops](#)  
[Coordinator of Meetings](#)  
[Coordinator of Trusted Servants](#)  
[Coordinator of Newcomer Program](#)  
[Coordinator of Sponsors](#)  
[Coordinator of Outreach Angels](#)  
[Coordinator of Message Boards](#)  
[TRG Administrator](#)  
[TRG Telephone Responder](#)  
[TRG Webmaster](#)  
[Recovery Tech](#)  
[The Starchat Network](#)  
[Overeaters Anonymous](#)  
[The Recovery Group Guidelines](#)  
[TRG's Seventh Tradition](#)  
[TRG's Publications](#)  
[TRG Founder](#)

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*"In the deepest part of a compulsive eater's soul  
is the realization that recovery begins when we find one another."*



THE RECOVERY GROUP  
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