

THE NEWSLETTER  
FOR OVEREATERS  
ANONYMOUS  
SUBURBAN  
NORTH INTERGROUP  
(SNI) ILLINOIS  
REGION 5



SHARE WITH US

Interested in sharing your  
recovery, experience,  
strength, and hope?



How about stories,  
thoughts, or ideas  
about your program?



Would you like to be  
added to the newsletter  
distribution list?

As your Winging It editors,  
we want to hear from you!

Info requested by:  
Dec 1, 2018

Email your contributions to  
shinypenny906@gmail.com

# WINGING IT

FALL 2018

“WINGING IT” RETURNS!



## Spot Light On Speaker

Cathy G. has been in OA since 1990. After being in the rooms for 15 years she stopped coming. Although being free from bulimia since November of 1990, she continued to struggle with certain binge foods and behaviors. In spring of 2017, Cathy began listening to phone meetings. There she heard a different magnitude of recovery and has been abstinent since July of 2017. Cathy will be speaking at the October 6, 2018 SNI Recovery Event.

**Have you had experience with recovery as well as relapse during the holidays?**

- Cathy: I experienced many holidays in relapse so I totally understand that, but certainly, abstinence is much preferred.

**Do you have certain strategies that help you during the holidays:**

- Cathy: For me, the holidays are no different than any other day of abstinence. I go into them as I do any event

or celebration where there is lots of food and ask God: " how can I be of service at this event? How can I bring joy?" This summer at a pool party, I brought a bubble machine! I focused on the fun and not the food. Additionally my focus is so different now, after Thanksgiving last year, I realized I had no idea what anyone else had eaten - my focus was not on the food!! What a gift!

**What experience, strength and hope can you share with a struggling member regarding the holidays?**

- Cathy: The same advice I am going to give myself: to slow down! Be intentional about slowing down and inviting HP in. Ask HP what he would have the day look like. I need more quiet time during the holiday times because of the energy at those times. I need to be super mindful about simplifying and slowing down.

# Twelve Steps to a BETTER HOLIDAY SEASON

1. We admitted that the holiday season has a deeper meaning than devouring food.

2. We came to believe that a power greater than ourselves could help us see and celebrate the true meaning of the season.

3. We came to believe that our Higher Power could help us appreciate the joyfulness of the season as we understand it.

4. We made a searching and thorough examination of our relationship with food during the holidays and other things we enjoy about the season.

5. We admitted to our Higher Power the exact nature of our food habits during holiday season past.

6. We became entirely ready to allow our Higher Power to remove our attachment to food as a necessity of the holidays

7. We humbly asked him to remove our desire to partake of holiday treats.

8. We made a list of all persons whose presence makes the holiday season joyful for us and with whom we would like to share our joy.

9. We made plans to spend time with those people whenever possible, except when to do so would remove us from our primary purpose of abstinence.

10. We continue to enjoy the company of friends and family and other non-food aspects of the season.

11. We sought through prayer and meditation to improve our appreciation of the season, praying for knowledge of its meaning and the joy we feel at the time.

12. Having realized that sharing the joy of this season with others far outlasts the fleeting pleasure of food, we gave ourselves the gift of abstinence throughout the holidays and gave others the gift of our full attention and appreciation.

*Edited and reprinted from New Horizons newsletter, West 10th Street Big Book Meeting, November/December 1998.*

## SAVE THE DATES:

### OUR NEXT SUBURBAN NORTH INTERGROUP RECOVERY EVENT

Speaker(s), group sharing,  
fellowship, and more



Feb 2, 2019  
1 p.m.—4 p.m.



Vernon Township  
2900 N. Main Street  
Buffalo Grove, IL



[ddhope12@aol.com](mailto:ddhope12@aol.com)



### REGION 5 FALL ASSEMBLY



October 19-21 2018



Chesterton, IN



# ABSTINENCE THROUGH THE HOLIDAYS



Who among us has a crystal ball that can predict the future? None of us. The truth is, I cannot predict what will happen in the next five minutes, let alone what will happen in the next few months. However, what I DO have control over are the choices that I make. Just for today, I will make the choice to work the Steps of the OA program.

For today, I will put my trust in my Higher Power, cherishing that relationship above all others. And because I value it so highly, I will say my morning prayers and I will meditate. I will say my evening prayers, acknowledging any wrong I may have done someone, including myself, and be grateful for another day to live this life. As things come up in my day, I will ask for guidance from my Higher Power on what I should do; what direction I should take. If the Divine answer doesn't come in a way I understand, I trust to my instincts and have faith.

If I commit to working the Steps and using the Tools of OA, I am establishing good habits, which, if done faithfully, will be my protection during the holidays. Doing the next right thing, checking in regularly with my Higher Power to see if I'm on the right track (and not going off the rails), making outreach calls, writing, having a sponsor, and a plan of eating, all contribute to strengthening my immunity during end of the year celebrations. It is wonderful to wake up without a food hangover and with a clear head. It enhances my joy and my celebration.

And what happens if I have a slip? I forgive myself with love, acknowledging but not enabling my disease, and climb back onto the Good Ship OA and sail on.

I'm Pat and I'm a compulsive overeater.  
Service

## • • SERVICE IN MANY DIFFERENT FORMS: • •

Call people you haven't seen at a meeting for a while, offer them encouragement and ask how they are doing. At a meeting, share how you are using the program to come through relapse and return to recovery. Offer to drive someone to a meeting. Let others know about holiday marathon meetings that may take place in your area. Ask a member to help you with service opportunities.

*- Edited and reprinted from Lifeline, August 2013; Used by permission; originally published from Serenity Press newsletter, Serenity in the Desert Intergroup, December 2010*



# FIRST STEPPING THROUGH THE HOLIDAYS



*"The first step is the only step you have to work perfectly every day,"* was the wise counsel of a former sponsor. I am powerless over food. Each and everyday I need to be aware that I am a compulsive eater. There are no special days or holidays for me. My disease will not take a day off for the holidays so neither can I. My daily reprieve from compulsive food behaviors comes from working a twelve-step program each and every day. Engaging in what has been described as "recreational" food behaviors at the holidays or any day is not for me.

If I sound emphatic about working the first step during the holidays, it is because I have learned from experience that I have to be. The last time I ate compulsively was at a holiday hosted at my house. For years a salad, vegetables and cut up fruit have been my food offerings at family holiday gatherings. My family knows that I will eat a simple starch and meat they prepare and will give wide berth to any snacks they set out. Yet when planning the menu for Easter at my home in 2017, I included two tempting starch dishes and an irresistible salty snack food. Supposedly these choices were treats for my family, but actually these were foods I would like to eat. I was setting myself up for a fall. My slip was inevitable. After eating only a half portion of each of the two tempting starches, I lulled myself into believing I obviously was in control and could eat just a bit of the salty snack. But I am powerless

over food--my brakes are broke. Having started on the snack food, I could not stop myself. The misery I felt as I compulsively ate that salty snack food was acute. I was so full of self-loathing that I didn't even want to be in the same room as myself. That day could not be over fast enough so I could start a new day with a clean slate of abstinence again. This is not an experience I ever want to repeat.

Now I truly recognize how much the first step needs to part of my plans for every holiday gathering. **I AM POWERLESS OVER FOOD.** When I go to someone's home, I will continue to bring a salad, vegetables and fruit to share. When people come to my home, I will prepare a menu that include a safe starch for me and does not include the salty treat I now recognize as a big trigger food. If others bring tempting foods to a holiday gathering, those foods will safely remain off limits to me because I will have provided myself with smarter options. My disease is cunning, baffling and powerful. It is patient too. It is always waiting for me to give it an opening opportunity to pounce. My job is to remember the first step when making holiday food plans.

**ABSTINENCE IS HAPPINESS AFTER ALL!**

Linda A.  
Mt. Prospect

SNI THANKS YOU FOR YOUR GROUP'S CONTRIBUTIONS:  
 Your \$ goes towards SNI recovery events, the newsletter, outreach/service  
 and expenses for conference delegates and assembly representatives.

## SEVENTH TRADITION

OA groups are encouraged to send 7th Tradition contributions to:

### SNI

(60% of total contribution)

### World Service

(30% of total contribution)

### Region 5

(10% of total contribution)

Contributions can be sent to the below mailing addresses. Thank you.

SUBURBAN NORTH  
 Intergroup  
 P.O. Box 5934 Buffalo  
 Grove, IL  
 60089

WORLD SERVICE OFFICE  
 PO Box 44727  
 Rio Rancho, NM 87174

REGION 5  
 P.O. Box 1087 Lom-  
 bard, IL 60148-2375

Date	Meeting	Donation	Group #
1/31/18	St. Benedict's Abbey, Benet Lake, WI (Antioch Area), Fri 10:00am	\$79.98	06854
1/31/18	St. Giles Episcopal Church, Northbrook, Sat 11:00am	\$248.55	07207
1/31/18	Niles Community Church, Niles, Mon 7:00pm	\$258.90	15457
1/31/18	St. Lawrence Episcopal Church, Libertyville, Sat 8:00am	\$65.40	33402
2/26/18	St. Marcelline, Schaumburg, Wed 9:30am	\$139.00	07972
2/26/18	Holy Trinity Lutheran Church, Elgin, Fri 9:00am	\$216.00	51151
2/26/18	St. Martha School, Morton Grove, Wed 7:00pm	\$82.20	52377
4/4/18	St.Simon's Episcopal Church, Arlington Heights, Mon 7:30pm	\$68.01	04179
4/4/18	Northwest Community Hospital, Arlington Heights, Sat 2:30pm	\$114.88	13044
4/4/18	Lieberman Center, Skokie, Thursday 7:30pm	\$34.30	50457
4/4/18	ARC (Antioch Recovery Center), Antioch, Mon 10:30am	\$35.00	54404
4/30/18	St. Marcelline, Schaumburg, Wed 9:30am	\$46.00	07972
4/30/18	First United Methodist Church, Crystal Lake, Sat 10:00am	\$360.00	19803
4/30/18	St. Lawrence Episcopal Church, Libertyville, Sat 8:00am	\$65.09	33402
5/31/18	Congregation Beth Shalom, Northbrook, Mon 10:00am	\$117.52	54010
5/31/18	Congregation Beth Shalom, Northbrook, Mon 10:00am	\$124.80	54010
6/30/18	Holy Trinity Lutheran Church, Elgin, Fri 9:00am	\$120.00	51151
6/30/18	First Presbyterian Church - Deerpath Rm, Lake Forest, Wed 1:00pm	\$90.00	52063
6/30/18	Office Suites - Suite #102, Northbrook, Thur 7:00pm	\$180.00	56057
8/26/18	St.Simon's Episcopal Church, Arlington Heights, Mon 7:30pm	\$102.46	04179
8/26/18	St. Benedict's Abbey, Benet Lake, WI (Antioch Area), Fri 10:00am	\$35.04	06854
8/26/18	St. Giles Episcopal Church, Northbrook, Sat 11:00am	\$108.52	07207
8/26/18	St. Marcelline, Schaumburg, Wed 9:30am	\$120.00	07972
8/26/18	St. Lawrence Episcopal Church, Libertyville, Sat 8:00am	\$120.00	07972
8/26/18	St. Mathew's Church, Evanston, Sat 9:00am	\$163.80	34562
8/26/18	Holy Trinity Lutheran Church, Elgin, Fri 9:00am	\$120.00	51151
8/26/18	St. Martha School, Morton Grove, Wed 7:00pm	\$132.00	52377

Note to all groups: Thank you kindly for your donations. This is a year-to-date listing and the dates listed for each donation are the dates the funds were deposited.

In Service, Neal M., SNI Treasurer



