

Baton Rouge Intergroup Newsletter

A publication of the Baton Rouge OA Intergroup

January 2017

Happy New Year!!!

The OA Newsletter is back quarterly! Anyone can submit articles or help out by contacting through the OABatonRouge.org website or to Anne B at LadyE316@aol.com. Here are some submissions to get us started for the New Year:

SHARING IN THE SUNLIGHT OF THE SPIRIT

Even though I am a long timer in OA I still find it difficult to place into words the feelings, experiences, or relationships that I feel might help others. I don't always understand what I have now, or how I got to this place in my recovery, as a strength that can help others.

In February 2015, Baton Rouge Intergroup sponsored a retreat at a center in Grand Couteau, LA. The retreat leaders had cumulative over 81 years of recovery in Overeaters Anonymous. As each told her "story" it was evident her Higher Power had helped her down a path unlike any other...away from pain and suffering/isolation and fear/self-hatred and self-pity...towards health and wellbeing/confidence/healthy love for self/no longer chained to fear and doubt/ and learning each day from newly found abilities to take care of herself, her relationships...the art of "LIVING". That Higher Power is now at the core of all that is life and life-giving to them.

I am immensely grateful to these three OA friends from Southwest Louisiana Intergroup for putting into words all the positive as well as negative items of their lives. Though their stories are not my story, they helped me to understand that my small place in this 12 Step body-of-recovery can be a blessing to someone, both in and out of the Fellowship. I must speak in words of Love. I must not let anyone die of this disease just because I don't feel I'm eloquent

Events

Spring Retreat
April 21-23
Jesuit Spirituality Center,
Grand Couteau, LA

CONTACT US

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info@oabatonrouge.org

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OA WORLD SERVICE OFFICE

www.oa.org

Help Wanted

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If you are looking for ways to give service, intergroup offers many opportunities. For starters

- Intergroup needs a secretary
- Newsletter
- Literature
- Public information/
Professional outreach
- Help with the Spring Retreat

in words. I must be honest with myself and accept that my Higher Power shows me, even after all these years, new and ever real possibilities for my own recovery. Even if some of my OA friends are agnostic or atheist I know that I need to share what MY Higher Power is doing for me. I must not let feelings of doubt and fear creep in, such as keeping me from attending meetings, not returning phone calls, not doing service, nor stop me from taking the 12 steps in all parts of my life because I just don't do them perfectly.

It has taken me a long time to write this. I'm thankful for this tool of writing and opportunity to share. I do feel that I am walking, sharing and living in the Sunshine of the Spirit a little bit more each day.

Anonymous, Baton Rouge

UNTITLED

Went for a walk in a Labyrinth today. I'm not so good at clearing my mind and meditating. I spent a lot of my time trying to figure out the pattern of the darn thing, where I was going, where I had been and how I was going to get to the end! It was hard for me to just let go. Once I HAD reached the end, or rather the center, I was contemplating whether or not I really wanted to walk it back out! I totally could have just walked straight out and gone on. But I didn't. I stayed in the center for a little while, closed my eyes and thought about that moss covered brick I had just passed. One of the things that used to give me joy is taking pictures. So instead, I decided to take some while I walked out. I slowed down. I paid attention to the ground as I walked. I looked at the plants along the path. On the way in, I was thinking about how I wanted to pull all of the weeds. On the way out I noticed the beautiful mosses, ferns and tiny flowers along the way. That experience was so much like my life. Before program I was just moving forward, doing what I was supposed to do to get to the next destination, but I was not paying attention. I was not experiencing my life. I focused on the negative – the weeds. As I am working my program I am learning to slow down. I am remembering what I love to do. I am noticing the beauty along my path and I am actually experiencing my life again.

Sandy B., Baton Rouge

UNTITLED

feeling restless
the job that i love so much
is boring me now
i don't know if it's just the change of season
if it's dissatisfaction with life
the cravings i held at bay
are eating me alive right now
a taste for something sweet
a taste for something salty
a taste for something starchy
a thirst and a craving for something different
taboo to me because of addiction
i can't have the different so
i go for everything else ~~Anne B

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

The New Year is a great time for renewal, renewing one's faith or commitment to a certain goal. In 2017 I pledge to renew my commitment to Overeaters Anonymous by using the tools and continuing conscious contact with H.P. However, if you know me, I have to add some humor in the mix to shake things up. So for the first newsletter I've added the following:

You know you're a compulsive overeater if:

You bake two items, one for you and the other to share with others

You eat most of the Halloween candy before you pass it out

You buy cookie dough all the time and it never reaches the oven

You eat food that is too hot too cold etc

You eat food off the floor!

You eat food out of the garage!

You eat food off your students' plates!

You nibble all day long.

From *Carrying the Message* available at oa.org

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.

Do:

- I am open to talking about my recovery.
- I am positive and happy when talking about OA
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I carry the message as part of my action plan.
- I mention OA to my doctor and other health care professionals.

Don't:

- I don't tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don't judge other people, and I don't label them as compulsive overeaters.
- I don't talk about another's shape or weight, only my own.

BATON ROUGE

Monday Noon – Jefferson United Methodist Church, 10328 Jefferson Hwy, Classroom C. Contact Jan @ 225-389-1398 for info.

Tuesday Noon – East Baton Rouge Parish Library, Main Branch, 7711 Goodwood Blvd. Contact Dotty @ 225-754-7175 or Beth @ 225-752-2378 for info.

Tuesday 7:00 pm – University United Methodist Church, 3350 Dalrymple Dr. (Trice Building in parking lot, second floor), Contact Sandy @ 225-603-6617 for info.

Wednesday Noon – Broadmoor United Methodist Church, Mollylea Dr. at Sharp Rd. (Rm 107AB of the Adult Education Building). Contact Margaret @ 225-664-4393 for info.

Wednesday 7pm – St Patrick's Catholic Church, 12424 Brogdon Ln., in library adjacent to the courtyard. Contact Kirsten @ 225-954-6481 for info.

Thursday 7pm – Our Savior Lutheran Church, 3555 Jones Creek Rd. Contact Bobby @ 225-754-1041 for info.

Saturday 10:30am – Jefferson United Methodist Church, 10328 Jefferson Hwy. Contact Adelaide @ 225-202-7600 for info.

LAFAYETTE

Tuesday 6:00 pm – University Medical Center, 2390 W. Congress, Classroom 2 – Focus: Big Book. Contact Susan @ 337-315-0471

Wednesday 5:30 pm – St. Peter Church, 102 N. Church St. Carencro, LA (Red brick building with white roof – use side door – upstairs). Contact Kathy @ 337-896-5370

Saturday 10:00 am – University Medical Center, 2390 W. Congress, Classroom 2 – Focus: OA Steps & Traditions. Contact Lou @ 337-684-5094

Sunday 4:30 pm – University Medical Center, 2930 W. Congress, Auditorium. Focus: Big Book. Contact Susan @ 337-315-0471