

**SWFL OA**  
Region 8  
**Intergroup Board**  
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Audio Library:	Sandra D. Debbie J.
Webmaster:	Jill B.
Meeting List Coordinator	Ellen B.

*Please consider becoming a SWFL OA Intergroup member if you have met the service requirements.*

*Your help is needed!!*

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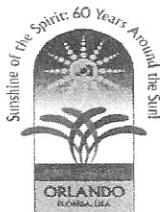


**OA WORLD SERVICE  
2020 CONVENTION IS IN  
ORLANDO!!!**

*Sunshine of the Spirit:  
60 Years Around the Sun!*

**Save the Date:  
August 20-22, 2020**

Renaissance Orlando  
at Sea World®  
6677 Sea Harbor Drive  
Orlando, FL 32821 USA  
Phone: 407-351-5555  
(Hotel Reservations  
will open January 2020.)



# WINGS

HONESTY, HOPE, FAITH

Volume 2020, Quarterly Issue 1

Steps 1, 2 and 3

## Paths of Recovery

### ***My Food Plan Is Not A Theory...***

By Gil, Sanibel

***"Your commitment to abstinence from compulsive overeating is the most important thing in your life, without exception!"***

*(--"Before You Take That First Compulsive Bite, Remember" pamphlet as quoted in "Voices of Recovery", p.208).*

Only two kinds of food exist in my world... ***My Food and Not My Food.***

My food = healthy proteins, vegetables and carbs on my food plan.  
Not My Food = suicide on the installment plan.

It's that simple. Not easy in the beginning, but simple once I let go and committed my plan of eating to care of my Higher Power (HP). When I surrendered my food plan to my HP, I resigned from the debating society, Now I eat *only* what I've committed to my HP and my sponsor.

I am well aware that this formula doesn't work for everyone and I am truly saddened for those still in the throes of our disease. I am indescribably grateful to my Higher Power that I have been granted this grace from the struggle, and I guard this abstinence from compulsive eating/overeating faithfully by following my plan without fail.

#### **Here's how:**

I have yet to go into a restaurant or dinner party where the chef/cook is unwilling to remove sauces, dressings, wheat products and sugar from salads and entrees--as long as I plan ahead by calling in advance to make sure I can get the foods I need. I also have printed up "Dietary Restrictions" cards listing the food groups I don't eat and I hand one to the waiter or cook upon arrival.

If I know my food choices won't be available --like on a road trip or while hiking—I prepare my own meals and take them with me. If other people think its "weird" that I break out my food storage containers, that's their issue, not mine. I know I have a disease that wants me dead, so I don't concern myself with what others think.

I could go on, but I'll close by saying I know I'm addicted to certain alcoholic foods, to quantities and to "grazing", so I thank my Higher Power daily for the willingness and ability to avoid such behaviors around what does and does not go in my mouth.

This plan has been refined over more than three decades in program, but I never once have had to go back to the despair of stuffing myself senseless after everyone else goes to sleep, or bingeing all day long.

Each morning, I commit to my Higher Power and myself to eat three meals (okay sometimes just two) and nothing in between for that day, which is all I have. I let tomorrow take care of itself, because it'll be today before I know it.

- Gil

**SWFL OA  
CALENDAR OF EVENTS**

**SPONSORSHIP  
WORKSHOP**  
Jan 25, 2020

**UNITY DAY**  
Feb 29, 2020

**RETREAT 2020**  
Feb 28-Mar 1, 2020



**Who Belongs in OA?**

“No matter what your problem with food – compulsive overeating, undereating, food addiction, bulimia, binge eating, or over-exercising – we have a solution.”

**OA RESPONSIBILITY PLEDGE:**  
*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*

*Principles of Steps 1, 2 and 3*

**HONESTY  
HOPE  
FAITH**

*Principles of Traditions 1, 2, and 3*

**UNITY  
TRUST  
IDENTITY**

**RECOVERY TIPS – The Abstinence Program, Abstinence Checklist, and Other Info**




**“THE SIMPLICITY PROJECT** is a simple idea to help YOU stay abstinent!  
Got program? Got an index card and a pen? Write the essentials of your program on the front and back of an index card, then carry that card with you wherever you go. Take the card out and read it anytime you need to reaffirm your program.”  
Taken from: <https://oa.org/members/working-the-program/abstinence-resources/>

**“STRONG ABSTINENCE CHECKLIST”**

**“Use this valuable tool every day to support you in keeping your abstinence strong and intact.”**

**CHECKLIST**

1. Have I been abstinent today?
2. Did I pray and meditate today?
3. Am I maintaining or working toward a healthy body weight?
4. Did I rely on my Higher Power to get or stay abstinent today?
5. Is what I am currently doing working for me to remain abstinent?
6. If I am having problems, have I asked someone else what they are doing?
7. Have I made an OA call today?
8. Did I have an attitude of gratitude today?
9. Did I plan my food today?
10. Have I helped someone else today?
11. Did I have an action plan in place to stay abstinent today?
12. Do I have a sponsor and am I working the Steps with that person?



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**FREE DOWNLOADS FROM OA.ORG**

- Abstinence PowerPoint presentation
- Strong Abstinence Checklist
- Abstinence and A Plan of Eating Workshop

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**DEFINITIONS**


**ABTENENCE:** the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

**RECOVERY:** Removal of the need to engage in compulsive eating behaviors.

**Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program.”**

—The 2019 World Service Business Conference

**OA - INSTAGRAM**  
[https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/)



**EACH OA MEMBER WILL IDENTIFY HER OR HIS OWN PLAN OF EATING. OA OFFERS US THE DIGNITY OF CHOICE**