

## Physical, Emotional and Spiritual Recovery

Members often describe their recovery as a three-legged stool balanced on physical, emotional and spiritual health. We need all three legs to be steady to be truly recovered. And a recovered life is a beautiful one. We asked our members to share the impact of the three-legged stool of recovery on their lives.

### Be Good to Yourself

Looking back over my life in OA I am truly grateful for my three-fold recovery – physical, spiritual and emotional. At my first OA meeting I heard about compulsive overeating, and bingeing, and I recognized that I did both of those. I heard about abstinence and a food plan, and I grabbed onto both, the way a drowning man would grasp a life preserver. I'm so glad that many OA members welcomed and supported me then, and still do. I used the tools of meetings, telephone, food plan, service, and literature a lot – and still do. I also got a sponsor for my food plan and a sponsor for my step work.

I've kept coming back for a long time. I have many new issues that have come, but I still have three-fold recovery as I work the program. I have times when I struggle, and sometimes get discouraged, but I have found a power greater than myself that comes to my aid. When I remember to slow down and to check inside, I find more peace and serenity than if I ran and hid in the food or restricting. This is easier said than done, believe me! But I'm not perfect and I try not to judge myself.

I feel very thankful that my current sponsor listens carefully and consistently, day after day to my life's drama, hopes and fears. What a tremendous gift to have such a kind and supportive sponsor. My sponsor and I talk about a lot of non-OA things, too, and that enriches our relationship.

Thanks to all of you, I am still coming back, and my hope for you is Recovery: Keep coming back! Meeting makers make it. And, as a good old friend of my likes to remind me: "Be good to yourself."

--Anonymous

### The Gift of Contentment

After much reflection, I think that of the many gifts that this program has given me, I want to reflect on how grateful I am for the gift of contentment. Before I came to OA, I was never satisfied. Period. There was not enough food to satisfy my cravings. (Craving is never satisfied!) There was never enough

approval to satisfy my need to please. Holidays and special events were never quite perfect enough to live up to what I had built in my mind. I never had enough! Now, I find I am quite contented with my life. I have enough, and I'm even beginning to believe that I AM enough. And that is a very good reason for gratitude.

--Anonymous



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*Personal stories express the experience of the individual member and not necessarily of OA as a whole. Other OA groups are welcome to reprint without permission; please credit Greater Pittsburgh Intergroup.*

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### **My 3-Legged Stool of Gratitude**

**Physical** – I am grateful for my physical recovery for many reasons. It makes me feel better about myself. However, I am most grateful for my ability to be more active. I can do more with my grandson than when I carried more weight.



**Emotional** – I am grateful for learning that there are three kinds of business, My business, God's business, and none of my business. This has helped me to restore relationships and keep them healthy. I have learned that just because I think it, does not mean I should say it. This has also reduced the amends that I need to make. I do hate making amends!

**Spiritual** – I am grateful that by working the OA program I have grown to trust God again. At the end of my written 10<sup>th</sup> Step I list the things that I used to think were my responsibility to control. I now know that these worries are best left to

God's business including the none-of-my-business concerns. I am grateful to be free of the fear and anxiety I experienced trying to control these situations which often brought me to tears.

I am grateful that most of the time I live happy, joyous, and free because of program.

–Dee C.

### **Peace and Clarity**

Since coming to Overeaters Anonymous, the peace and clarity that has come into my life is beyond measure.

By using the tools and dedicating time to myself, I have a greater sense of my life, of who I am and who I want to be. I can humorously compare this to packing a suitcase, a child (me) heading to summer camp throws a few weeks' worth of clothing and necessities every which way, wrinkled, rolled into a ball, shoved into any nook or cranny, it fits into. That was my life, my thoughts and my life!

When the parent (my program) sees the havoc of the state of the suitcase, they help organize the situation to make it more useable. Piece by piece, one item at a time, until the suitcase has been unpacked and sorted, organized and placed back into the suitcase in a thoughtful and loving manner.

I cherish my suitcase! It holds all of me, the good, bad, happy and sad. Without question, it will take a lot of time and work to keep my suitcase in manner that will

allow me to live and function in a grateful and thankful state of mind. I know that if I continue to show and do all the work that needs to be done – all the time, I will continue to thrive, grow and learn with a deep appreciation, full of love, to my program and all the goodness it has given me. --Leanne P.

### **An Attitude of Gratitude**

I'm Donna, a grateful recovering compulsive overeater. I came to OA a little over two years ago, a depressed soul, feeling hopeless after decades of trying to control my weight and eating. Using the tools of this program, my thinking and behavior has undergone a dramatic change. I wake up now with an attitude of gratitude each morning, instead of dread and remorse. My spiritual life has changed dramatically too, as I make a morning commitment to turn each day over to my HP, stepping aside from the old way of trying to control everything in my life.

This new way of living has brought me contentment, serenity, hope, optimism, and freedom from food obsession and compulsion, one day at a time. This freedom has allowed me to experience the fullness of life and increased my gratitude for both the big and little things. I'm grateful for meetings, my home group, my sponsor, and all the friends I've made. And yes, I am grateful for my disease that has brought me to this new life, a miracle for certain. This is truly a better way to live.

--Donna T.

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## In Case You Missed the July Abstinence Workshop

In late July, over thirty fellows attended a workshop offered by the 12<sup>th</sup> Step Within Committee around the topic of OA's three-legged stool of physical, emotional and spiritual recovery. The two-hour workshop featured discussion about abstinence and the three-legged stool; a panel of OA fellows sharing their experience, strength and hope as they work strong programs; and a writing exercise after which attendees shared their thoughts. If you didn't make it (or if you did and would like a refresher), here are some of the highlights.

Panelist Jessica talked about the differences between dieting and abstinence basing her discussion on a *Lifeline* article from 1966.

- **Diets** are something you start on Monday and go off by Thursday. **Abstinence** is an on-going daily reprieve from the disease of compulsive overeating.
  - **Dieting** is going through the day obsessed with eating as little as possible. **Abstinence** is eating nourishing meals, with life in between.
  - **Dieting** is having a goal weight, a goal day, clenched fists and gritted teeth. **Abstinence** is accepting powerlessness over food, relaxing and giving up the fight.
  - **Dieting** is starving myself so that I look good at my high school reunion. **Abstinence** is accepting and liking myself as I am today, realizing that my self-worth does not hinge on the size of my body.
  - **Dieting** is life-threatening. **Abstinence** is life-giving.
  - **Dieting** is placing all the emphasis on the food, which must be controlled in order to solve the problem, which is believed to be fat. **Abstinence** is knowing that fat is not the problem, but only a symptom of an illness called compulsive overeating.
  - **Dieting** is being obsessed with calories, carbohydrates, and charts, always jumping on the scale to monitor my weight. **Abstinence** is letting go and letting God, and following a simple food plan, trusting the results to a Higher Power.
- **Dieting** is believing that thin is well and that once I lose the weight, all my problems will go away. **Abstinence** is living in the here and now, realizing that recovery must be on all three levels – spiritual, emotional and physical – if I am to obtain true serenity.

Panelist Monica shared that she prays on her knees for God to replace the obsession with willingness every morning as she reads pages 84-88 in *Alcoholics Anonymous*, and she thanks HP at night for the abstinence she's been given.



Panelist Jeanne said her favorite Step is Step 2 whose principle is hope because with hope, anything is possible.

Panelist Tricia uses 3 A's and 4 G's as she practices her program:

- Awareness
- Acceptance of the problem
- Action
- (What was) Good
- Glitches
- Gratitudes
- Goals

Host Linda expanded on possible glitches with FDRs:

- Fears
- Dishonesty
- Resentments
- Self-focusing

Finally, the writing exercise was based on the questions that can be found at <https://media.oa.org/app/uploads/2021/08/22222212/strong-abstinence-checklist-and-writing-exercise.pdf>

## Our Speakers Bureau: An Excellent Resource for Recovery

Did you know that over 30 members of our fellowship are willing and able to be a speaker for your face-to-face and zoom meetings as well as opportunities to present to groups in our community? Coordinated by our Speakers Bureau chair, you can have someone from the Bureau speak at your meeting. For OA meetings, it's refreshing to meet new members and, perhaps, hear a perspective on recovery that you haven't before. For meetings in the community, it's an excellent way to work our 12<sup>th</sup> Step. To get a list of possible speakers, email [speakers@gpioa.org](mailto:speakers@gpioa.org).

If you are interested in being a part of the Speakers Bureau and have been abstinent for at least six months, we would love to hear from you. Being part of the Speakers Bureau is an excellent opportunity to give service, meet new people and practice the 12<sup>th</sup> Step.

## A New Day & Location for the Butler Meeting

The Butler meeting has moved to Tuesday from 7 to 8 PM. The meeting is located at the Hill United Presbyterian Church, 501 Second Street, Butler PA 16001.

Call Contact Person Karen at 412-716-0892 for more information. We look forward to seeing you there.

## Help Us with The Next VOR

"The variety of religious, non-religious, and irreligious backgrounds in OA is truly impressive. We don't have to agree to disagree. What we all agree on is a reliance on a power which can relieve us, one day at a time, of this horrible disease."

*Voices of Recovery*, p. 237

We would like to hear from you about your experience distinguishing spirituality from religion in OA. How has OA helped you to develop your spirituality? How is that spirituality distinct from any religious practices you may have?

Send your submission to [vor\\_editor@gpioa.org](mailto:vor_editor@gpioa.org) by November 30. You can submit anonymously on request.



## Attention All Group Secretaries

As our groups adapted during and after the pandemic, it is possible that group information on the OA and GPIOA websites is not correct.

Please check your group's information and report any needed updates to our webmaster Jessica F. at [webmaster@gpioa.org](mailto:webmaster@gpioa.org).

### Dates to Note

November 12, 2 p.m.  
Intergroup Meeting

November 18 & 19  
IDEA Weekend

December 3, 2 p.m.  
Intergroup Meeting

December 12  
12<sup>th</sup> Step Within Day

January 7, 2 p.m.  
Intergroup Meeting

Check [gpioa.org](http://gpioa.org) for the latest information on the events above and any other events in our region.

### Greater Pittsburgh Intergroup Roster

#### Executive Board

Chair  
Vice Chair  
Treasurer  
Secretary

#### Standing Committee Chairs

12<sup>th</sup> Step Within  
Outreach  
Speakers Bureau  
VOR Editor  
Special Events

#### Other Trusted Servants

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World Service Delegate  
GPI Special Worker/Webmaster

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