

The Truth of My Addiction vs. the Truth of My Recovery

I recently heard a great explanation of the dilemma my food-addiction poses in my life. If I can't eat like a normal person, can't quit eating abnormally – and can't change either one of those facts – I have a problem!

CAN'T EAT: I tell myself I'm only going to eat a little (of anything – sweet, salty, healthy, junk food), and then finish the whole thing. I believe I can just add one dessert tonight, and then get right back on my diet tomorrow – but I immediately fall into the trap of more-more-more. I eat until I'm stuffed and feel almost-ill, then decide to have just a little more of the really good stuff. I just CAN'T EAT like a normal person. I have an abnormal reaction when I eat certain foods (especially those with sugar, flour, or alcohol) or when I eat in certain ways (i.e., too much)... I crave more! If this physical reaction were my only problem, I could just abstain from those foods – and I'd be okay. But, there's another "can't" that gets in the way...

CAN'T QUIT: I tell myself "I'm not going to eat it... I'm not going to eat it... I'm not going to eat it..." even as my hand brings the food from the package and puts it in my mouth. I swear that the diet starts first thing in the morning, only to fall off the wagon before lunch time the next day. I think that I've been 'off' sugar long enough that surely I can eat just one now, but of course I can't. I feel so good about sticking to my diet that I decide to celebrate – with food. I just CAN'T QUIT this abnormal eating. It's a mental obsession that sometimes tricks me into eating, sometimes dares me to eat – whatever the case, I just can't seem to stop picking up every time I 'quit'! The most frightening thing about this equation is a third can't...

CAN'T CHANGE: No matter how hard I try, I just CAN'T CHANGE! The so-called 'will power' and intelligence I sometimes have at work or in any other kind of challenge just does not show up when it comes to the foods and eating behaviors that trigger me. If I just had the physical symptoms of my disease (the CAN'T EAT part), the right diet would do the trick! If it were just the mental component of my addiction (the CAN'T QUIT), a good therapist or support group could probably cure me. It's this spiritual dilemma – no matter how much I wanted to, I couldn't stop starting again (just couldn't change) – that brought me to the doors of OA.

I found great hope when I came through those doors. There were people who were just like me at my first meetings; they hadn't been able eat like normal people or stop their harmful eating, nor could they change on their own. Yet, they had changed! The hopelessness of the three can'ts confronted with the hope I found in OA, made me willing to come to meetings, get a sponsor and try the tools first, then the steps. I ultimately came to believe that the three can'ts are the truth of my addiction, and found a program of action that has lead to the truth of my recovery – I can't; OA can!

-Kimberly C

OA Glossary Term of the Month

Pitch: A brief talk in which members may qualify and describe what they were like before OA and what they are like now. Pitches may also address a specific topic chosen by a group's leader



Step of the Month:

Step 9:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition of the Month:

Tradition 9:

OA, as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

POSITION AVAILABLE:

RECOVERY NEWSLETTER EDITOR

Brandywine Intergroup (BIG) is currently looking for someone to take over the position of **Recovery** Newsletter Editor.

The qualifications are:

- Able to attend the monthly BIG meeting
- Basic knowledge of MS Word or other publishing software
- Desktop publishing background a plus - but not mandatory. The current editor is more than willing to "tutor" the replacement!
- A willingness to do a great service!
😊

If it sounds like this is a good match for you, please contact:

kcockshaw@yahoo.com.

Thank you!

Recovery Submissions

We are looking for original articles, poems and writings to help share our experience, strength, hope and continuing recovery from compulsive overeating. Recovery is published on a monthly basis, and we need your input! Please send your contributions to:

Recovery Editor
P.O. Box 605
Bryn Mawr, PA 19010
Or email: newsletter@oa-brandywine.org

We look forward to hearing from you!

Editorial Policy

The opinions expressed in *Recovery* reflect those of the writers and not the Brandywine Intergroup or OA as a whole. We reserve the right to edit for space and grammar, and it is understood that all copy may be reprinted by other OA groups without permission.

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This is the speaker list that is currently being maintained by Brandywine Intergroup. The goal is to have a list of people willing to perform this vital service (if available) to call on if the need for speakers arises. This can be useful to assist new or smaller meetings, marathons or retreats. Anyone who is willing to have their name added to the list please contact the newsletter editor at newsletter@oa-brandywine.org.