

Juliette Here!

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

**Serve and represent the groups.
June, 2016**

Dear CCI,

We have been discussing how we carry the message of recovery in our individual meetings and how we bring Step 1 to the new person. We are doing well. We are doing this important work.

And this is on my mind.....

The lack of physical recovery in OA. It feels like an elephant in the living room. It feels like a secret.

I have gained and carried extra weight in the rooms. No one ever said a word to me. I had a sponsor and there were reasons but I find it amazing that no one ever called me on it. Should you have? What if I had been in relapse? What about my weight when the new person walks in?

I see many of us in this situation. Many of us. Why?

What is happening to working towards or maintaining a healthy body weight? It is the definition of abstinence. What does this mean? If that is not happening we are not abstinent.

I am deeply aware of the newcomer coming in and not seeing physical recovery. Are you?

I am deeply aware of the long time member still overweight or gaining weight sitting next to me. Are you?

I am deeply aware of shrinking meetings with little or no abstinence & recovery in the rooms. Are you?

Where is the evidence that this works? How do we trust each other if there isn't the physical evidence?

I deeply respect the individual spiritual journey and the dignity of choice. I gained weight when I married and quit smoking at the same time. Intimacy is a serious issue in my history. Smoking revved up my metabolism. This leg of my journey was painful and crazy. I lived it out loud and it changed.

Still, the disease is so insidious. I learned at my first meeting that I was in the "clutches of a dangerous illness" so I can't help thinking someone should have said something. We are afraid. Why?

How do I talk about this? How do you? How do we?

If we don't it talk about it, get real about it, call it out, then isn't it a secret? Like the elephant in the living room. And that is classic, textbook disease. And then disease triumphs.

Let's talk on Sunday.

In love and service,
Juliette
CCI Chair

Abstinence: is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.