

OA in Action Information for Newcomers

A 12 Step program of recovery for those with abnormal behaviors around food.

Welcome, we are a group of fellows that are powerless over abnormal behaviors around food, be it compulsive eating, chronic dieting, bulimia or anorexia.

What is OA in Action?:

The OA in Action program format was designed so that we may grow on all three levels, physically, mentally and spiritually. Our abstinence is clearly defined for those of us who have crossed the line and need help in refraining from abnormal behaviors around food.

Many of us have tried to define our own food plans with little success, we have tried doctors, counselors and religious leaders to no avail. While these experts can guide us in many areas, there is no guidance better than that given from one who has been in the bondage of food addiction and found recovery.

The 12 steps are used as a guide for daily living and we find that reading the OA approved literature provides us with proof that recovery is possible and helps us find the strength to abstain from our compulsive behaviors around food and give hope to those who still suffer.

Our hope is that you will take our hand and walk the recovery path with us. If you join us, you too will be able to find the experience, strength and hope for a life beyond your wildest dreams.

How is OA in Action abstinence defined?

1. We follow a food plan from OA Dignity of Choice, a health-care professional or nutritionist.
2. Commit our food daily to our sponsor and report any food changes to our sponsor by the following day. We weigh and measure our food at home for the first 90 days, then work with our sponsor to determine if we continue weighing and measuring. We do not have to weigh and measure when eating out.
3. Refrain from sugar* in food and beverages unless it is listed 5th in the ingredient list or if listed earlier than 5th in the list of ingredients, then 2 grams of sugar or less in the nutrition facts label is acceptable. We do not drink alcohol.
4. Read and write daily and share our writing with our sponsor.
5. Build a support system by contacting at least one other program fellow daily to share your thoughts or concerns, so that when a problem arises you have a circle of support to trust with these issues.

** Added sugar is listed in many ways. You may find sugar listed as agave, cane juice and cane syrup, corn sweeteners and high fructose corn syrup (HFCS), fruit juice concentrate and nectars, honey, malt syrup, barley malt, molasses, sugar and brown sugar, sugars ending with "ose" (e.g. fructose, glucose, maltose, sucrose, dextrose).*

OA in Action recommends practicing all of the OA tools of recovery as follows:

A Plan of Eating

A plan of eating helps us abstain from compulsive eating. This tool helps us deal with the physical aspects of our disease and achieve physical recovery.

In OA in Action we use a food plan from the OA Dignity of Choice or a health care professional. A food plan specifies the amounts of protein, starch, vegetables, fruit and fat that our body needs every day. It does not include sugar, alcohol and our binge or trigger foods. We do this to ensure that we are eating the amounts of food in our food plan and using food as fuel, not to medicate our feelings.

Sponsorship

Sponsorship is one of our keys to success. Sponsors are OA members committed to abstinence and to living the OA Twelve Steps and Twelve Traditions to the best of their ability. Sponsors share their program up to the level of their experience and strengthen their recovery through this service to others. To find a sponsor, look for someone who has what you want, and ask how he or she is achieving it.

An OA in Action member may work with more than one sponsor at a time and change sponsors at will. OA in Action sponsors have at least 30 days of OA in Action abstinence and has worked the first three steps.

A sponsor does the following:

- reads the OA in Action sponsor guidelines,
- teaches them OA in Action abstinence guidelines,
- receives their sponsee's food plan and daily committed food
- gives and receives OA in Action daily writing assignments.

Sponsors should not share the names of those they sponsor or details of their conversations that might break their sponsee's anonymity.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution through the twelve steps and share the gifts we receive through this program. In addition to face-to-face meetings, OA offers telephone and online meetings.

OA in Action members participate in at least one meeting a week. When that is not possible, we join a phone or online meeting.

Telephone

Many members call, text or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

In addition to connecting with our sponsor daily, OA in Action members contact at least one other member in recovery to build a circle of support. We suggest you reach out to a variety of program fellows and make more than one phone call, text or email a day to reduce your isolation. Remember to call those we have missed at our meeting, Together, we are all stronger.

As our book is passed around, please take newcomer names to call during the week and, if you are a newcomer, please take a phone list and sign our book so that we can call you.

Service

Any form of service that helps reach a fellow sufferer adds to the quality of our own recovery. Members can give service by getting to meetings, putting away chairs, putting out literature and talking to newcomers. Beyond the group level, a member can serve as intergroup representative, committee chair, region representative or Conference delegate. As OA's responsibility pledge states, "Always to extend the hand and heart of OA to all who share my compulsion for this, I am responsible."

OA in Action members serve our fellows when we maintain our abstinence, practice recovery, go to meetings, contact our fellows and welcome newcomers by offering our support as we travel this road together.

Literature

We read OA-approved books, pamphlets and *Lifeline* magazine. Reading literature daily reinforces how to live the Twelve Steps and Twelve Traditions.

OA in Action members start their recovery with the OA in Action questions from the OA Brown Book and The Twelve Steps and Twelve Traditions of Overeaters Anonymous. We continue to read other OA-approved literature as suggested by the sponsor.

Writing

Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them.

OA in Action members initially use the OA in Action writing assignments from the OA Brown Book and OA 12 Steps and 12 Traditions. After completing the questions, we continue writing on OA-approved literature as suggested by our sponsor.

Examples of writing include: journaling, good-bye letters, letters to our Higher Power, amend letters, action plans, 4th Step Inventory, and the Just for Today workbook.

Action Plan

An action plan is the process of identifying and implementing attainable actions that are necessary to support our individual abstinence. Just like our plan of eating, it may vary widely among members and may need to be adjusted to bring structure, balance and manageability into our lives.

OA in Action examples include:

- creating an exercise plan,
- addressing physical and mental health issues,
- balancing work and home life,
- interacting with others and
- caring for self.

We are ever mindful of cross addicting to other behaviors such as codependency, excessive exercise, shopping, gambling, working at our jobs in excess or other behaviors that keep us from spiritual and emotional recovery.

Anonymity

Anonymity guarantees we will place principles before personalities and assures us that only we have the right to make our membership known within our community. Anonymity at the level of press, radio, films, television and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members.

Within the fellowship anonymity means that whatever we share with another OA member will be held in respect and confidence. What we hear at meetings should remain there.

When and where are OA in Action meetings held?

Tuesday - 7:00pm

Wayzata Community Church

125 Wayzata Blvd E, Wayzata, MN 55391

(park and enter on the east side of the building)

meeting contacts: Carolyn S 612-558-1556 - Kay R 763-225-7393 -Roger P 612-849-0784

We have been meeting via Zoom since April 2020 contact Carolyn S. for information on how to participate.

Note!

You do not have to go to or call in to the OA in Action meeting to work the OA in Action program of recovery. You can go to any OA meeting and request that someone sponsor you with the OA in Action guidelines. To get started all OA in Action program material is online at OAinAction.wordpress.com or available by calling Carolyn S. 612-558-1556.

Is there a phone meeting? Not currently – see Zoom info above)

Yes you can call in and listen to the meeting. Dial into the meeting by calling 1-515-603-3114, when prompted dial in code 938659#. After you are connected please silence your phone. These is not a fancy system, so please be patient.

If you wish to follow along with the format go to OAinAction.wordpress.com or contact Carolyn S at 612-558-1556. Of course the energy of the meeting in person is most effective.

OA's Promise

“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.”

Rozanne S, founder of Overeaters Anonymous

OAiA Abstinence Food Guidelines and Helpful Suggestions

1. We follow a food plan from OA Dignity of Choice, a health-care professional or nutritionist.
2. Commit our food daily to our sponsor and report any food changes to our sponsor by the following day. We weigh and measure our food at home for the first 90 days, then work with our sponsor to determine if we continue weighing and measuring. We do not have to weigh and measure when eating out.
3. Refrain from sugar in food and beverages unless it is listed 5th in the ingredient list or if listed earlier than 5th in the list of ingredients, then 2 grams of sugar or less in the nutrition facts label is acceptable. We do not eat our trigger foods even they are listed on the grocery list as a safe food for most people. If a food becomes a problem we eliminate it. We do not drink alcohol.

Be sure to read labels...it helps you keep sugar-free and obtain the right amount of fat for your plan. Sugar is listed as many names depending upon the source of the sugar. Here are some as listed by the Mayo Clinic to look for on food labels and avoid:

- agave
- cane juice and cane syrup
- corn sweeteners and high fructose corn syrup (HFCS)
- fruit juice concentrate and nectars
- honey
- malt syrup, barley malt
- molasses
- sugar and brown sugar
- sugars ending with "ose" (e.g. fructose, glucose, maltose, sucrose, dextrose)

Any sugar-free, alcohol-free spice or sauces are allowed, including but not limited to mustard, tamari, salsa, lemon juice may be used in moderation. One cup of fat-free broth can be used in recipes to make soup or cook vegetables or grain.

Types of food that does not spoil easily to carry with you or to have stocked at work.

Starches:	rice crackers or rice cakes whole grain cracker, such as Triscuit or sesame oatmeal and other whole grain dry cereal ready to eat pouches of rice or quinoa
Meats:	canned or foil packaged tuna, salmon, chicken turkey peperoni (bagged does not need refrigeration) nuts and nut butter
Dairy:	powdered milk cheese sticks sugar-free hot chocolate mix
Fruits:	single serve applesauce unsweetened fruit leather dried or dehydrated fruit 100% fruit juice
Vegetables:	V8 or tomato juice dried vegetables from the Wedge, Whole Foods and camping stores such as REI
Fats:	cheese sticks, these do not last as long in the car nuts/nut butter olive oil and dressing in small containers

GROCERY LIST

PROTEINS & DAIRY	FRUITS & FATS	VEGETABLES	STARCHES
<u>PROTEIN</u> Beans Beef Cheese Deli Meats Eggs Fish Game Lamb Liver Peanut Butter, Sugar Free Pork Poultry Shellfish Tempeth Soy Tofu Turkey Veal <u>DAIRY</u> Milk Cottage Cheese Yogurt Buttermilk Goat Milk Dry Milk Goats Milk Almond, Soy, or Low-fat Coconut milk,unsweetened Yogurt, Plain, unsweetened	<u>FRUIT</u> Apples Applesauce, Sugar- Free Apricots Banana Blueberries Berries Cantaloupes Cranberries Grapefruit Honeydew Kiwi Lemons or Limes Mango Nectarines Orange Papaya Peaches Pears Pineapple Plums Rhubarb Tangerines Watermelon <u>FATS (9-12 grams)</u> Avacado Canned Coconut Milk Cream Cheese Half & Half Margarine Mayonnaise Nuts Oil Salad Dressing Sour Cream Sunflower Nuts	Artichokes Asparagus Bamboo Shoots Beans Beets Bok Choy Broccoli Brussel Sprouts Cabbage Carrots Cauliflower Celery Chard Chicory Coleslaw Cucumber/Pickles Eggplant Endive Escarole Radishes Rutabaga Lettuce Mushrooms Onions Parsley Peppers Pimento Romaine Sauerkraut Snow Peas Spinach Sprouts Squash, yellow Summer squash Tomato Turnips Zucchini	Amaranth Barley, Rolled Beans Brown Rice Buckwheat Chickpea Corn Corn Tortilla Cream Of Brown Rice Cream Of Rye Jicama Millet Oat Bran Oat Groats Oatmeal Peas Potato Pumpkin Quinoa Quinoa Flakes, Rolled Rice Cakes (brown, unsweetened) Rice Milk Rye Sweet Potato Water Chestnuts Winter Squash Whole Grain Bread Yam