

Half Measures to Total Commitment

For years I have sat in OA rooms letting the phrase “half measures availed us nothing” wash over me. I heard it but didn’t really internalize its meaning. I only recently realized that in my heart I didn’t actually believe the statement. The truth is that for years half measures seemed to avail me everything.

- I got top honours at school without doing the work or going to class
- I had a very good income and lots of material things in life even though I procrastinated at work and was focused on how much I could get out of my job not how much I could give
- I had a fantastic husband and children who loved me through years of binging, self-centredness and addiction

I have been an active member of OA for over 20 years. I have at least 6 one year medallions, and almost 18 years of abstinence strung out over twenty years with a multitude of 1 day slips along the way. I can’t even begin to mention all the positive changes in my life. There is not an area of my life that isn’t orders of magnitude better. I have lost 60 pounds and kept it off. My relationships with my family are better – I am convinced that my children would be in real trouble and I would likely be divorced if it wasn’t for program. My income is well over 10 times more than when I joined OA. I now have friends and participate in activities rather than sitting at home and eating. The promises are indeed coming true.

And yet, I wasn’t experiencing the peace and happiness I saw in other people. At my core when I got really honest with myself I still believed I was a failure and that it was only a matter of time before the world figured it out. I would be abandoned and lose everything. While my external life had leapfrogged forward, the internal transformation had only crept along.

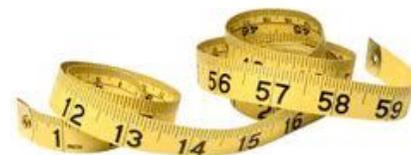
Half measures weren’t really working. It looked like I was doing the work. I was attending meetings, I was using the tools, I was working the steps – so what was wrong? In many ways it was all just busyness. I was focused more on going through the motions than on really doing the work. I put down obvious problem foods and “let myself get away with” keeping foods I knew were exciting, rationalizing that they wouldn’t cause me to gain weight. I read meditation books and

wrote in the morning – but it was superficial – not really digging deep into what was going on for me that day.

My step work was like a school book

exercise. I answered

the questions with what was obviously the right answer. I listed my resentments, and filled in the columns with answers that were truthful – but I was still partly focused on others. I didn’t do my work to see my side clearly enough so that the resentment melted away.



Shifting from half measures to total commitment has transformed my life overnight. I now approach work with an attitude of delivering the absolute best I can – looking to provide more value every day. I have given up numerous grey foods that were keeping me stuck in feeling like a failure. I am truly searching daily to understand what is really going on for me daily. I can’t even begin to describe how quickly the internal transformation has happened. My connection to my Higher Power is alive and tangible to me for perhaps the first time since coming into program. For the first time in my working history I don’t feel incompetent at work. I feel clean and confident in program. I no longer feel that it is a foregone conclusion that I will lose my abstinence over and over again. My fear of financial insecurity has left – we may be losing all our family income in a month and it seldom even crosses my mind.

This is not to say that my program is perfect or that I don’t break out into self-will often. Even as I write this I am struggling with willingness. Yet even in struggling my perspective has changed. More and more I am OK with who I am – even when I am not measuring up to what I would like to become. Reminding myself that it is important to take full measures instead of half helps motivate me -- especially when I can’t seem to find the willingness. I am more and more ready to acknowledge that struggle is part of the process, that my journey isn’t a straight line. More and more I am willing to just be who I am, and put out to my support group exactly what is going on. As I do that, the next steps appear and cracks of willingness emerge. As I leverage those tiny cracks of willingness, my willingness grows and before I know it I am feeling good and on the beam again. Try moving from half measures to whole hearted commitment for a week. Before you know it your whole life will have changed.

Anonymous

Any Length



An old timer once asked me if I was making lots of phone calls. "Not so much", I replied, "I don't like to bother people". He shook his head. "You must have that rare edition of the

Big Book that says: If you have decided that you want what we have and are willing to go to any length to get it (as long as you don't have to bother anybody). If you do, throw it out and get the correct version"...

*Anonymous
Toronto*

Upcoming OA Events

May 13 – 15, 2011. Western New York Spring Retreat in East Aurora, NY. More info at www.oawny.org or contact Paulette 716-465-3127.

June 25, 2011. 9:00 – 4:00. COI convention at North York Central Library. Yonge & Sheppard.

Literature

Literature pickup at intergroup 9:30 – 10:00 a.m. at 830 Bathurst Street, Toronto.

Literature costs as posted on OA World Website, are in U.S. dollars and do not take into account shipping, duty or taxes. If unsure of literature costs, consult order form or e-mail literature@oaontario.org

The Central Ontario Intergroup Literature Committee needs at least three members to join the committee to continue the service of keeping literature available to the groups in our region. If you are interested please contact Carolyn or Sandy at literature@oaontario.org

OA Podcasts

Hear the voices of OA members in recovery.
<http://www.oa.org/podcast/>

OA World Service News

PDF Books Now Available!

Three popular OA publications are now available electronically: The Twelve Steps and Twelve Traditions of Overeaters Anonymous, The Twelve-Step Workbook of Overeaters Anonymous, and The Fourth-Step Inventory Guide. Check them out by going to bookstore.oa.org and selecting the category "PDF Books."

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Monthly Intergroup Meeting

Central Ontario Intergroup meets on the second Saturday of each month at 830 Bathurst Street (main floor), Toronto 10:00 a.m.-12 noon. This is an important meeting where issues of OA as they pertain to Central Ontario Intergroup and the program as a whole are discussed. Each OA group is asked to send someone to represent their meeting in the discussions and to bring back information to the group. All OA members are welcome and invited to attend.

Download an updated meeting list at

<http://www.oaontario.org/meetings.php>

Barrie Sunday Night New Address!

Sundays at 7:30 p.m. St. Mary's Church
65 Amelia Street in Barrie