

# DISCOVER OA

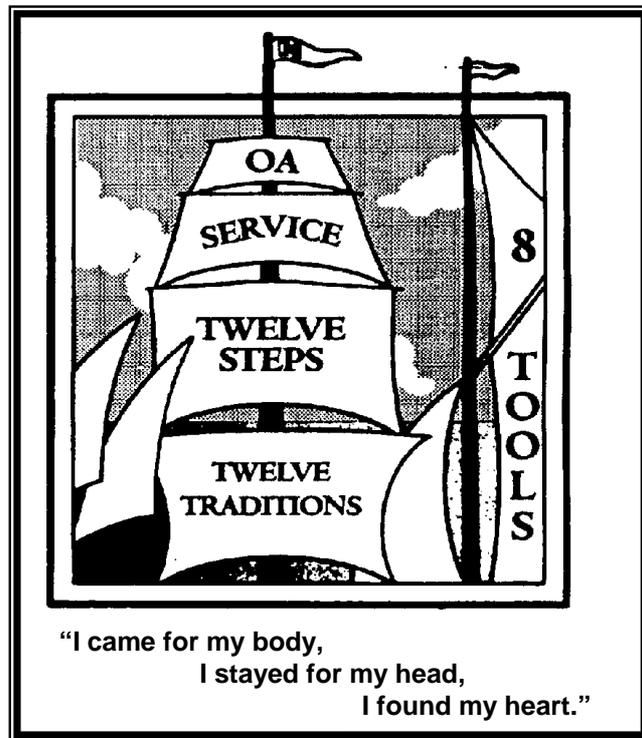
WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS

Vol. 1, No. 23

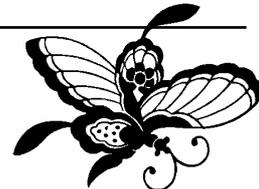
Winter, 2006

Our primary purpose is to abstain from  
compulsive overeating and carry this  
message

of recovery to those who still suffer.  
**HOTLINE (973) 335-1717**



## THOUGHTS ON SPONSORSHIP



GET ONE. HAVE ONE. KEEP ONE.

When I came to OA, Sponsorship was probably the last tool I embraced. The thought of sharing with another every morsel of food I intended to consume and (if different) the items I actually did put in my mouth was distasteful, at best. I could not fathom my achieving this objective. I absolutely wanted no part of it. In retrospect, I must admit, my recovery began the day I was paired with another when I did not even have the courage to ask them myself.

ESTABLISH FREQUENT CONTACT.

OA recommends a daily phone call to a sponsor, which I do make. My sponsor and I seem to have comparably busy schedules, so often times we are like ships passing in the night. When life makes it unmanageable for us to connect, I choose a surrogate sponsor and/or send an e-mail so I don't ever have to feel alone. No longer do I have the misconception of a sponsor being a food police officer. What I have discovered instead is that having a sponsor has strengthened my program. My chances of sustained recovery improve with every phone call I make. My sponsor has helped me build an awareness of myself. I am now assured that calling my sponsor anchors my program.

ALWAYS BE HONEST.

The real truth about why I initially avoided sponsorship had everything to do with honesty. To simply project what my intentions were would have surely told the secret... "I am an overeater". This program has taught me that "it is weakness, not strength that binds us together". Honesty is the key that frees me from that prison of illness. I want to continue to be free. The rigorous honesty affectionately shared by my sponsor has made it incredibly easy for me to reciprocate it.

ASK FOR WHAT I WANT.

At the onset, I was only willing to call my sponsor to give my daily food plan. Quickly, I found myself reaching out for program related questions. No question rendered was treated as petty. In time, I found just dealing with life kept creeping into our topics. As I learn to ask my sponsor for what I need, this valuable gift transcends other aspects of my life. Much of the explosivity is being diffused before being ignited. I have offered my hand and my heart to another OA'er by becoming a Sponsor, and now the circle is complete.

*Anonymous*

WINTER, 2006

# "Jo's" Story - A Message From An 85 Year Old Woman

I've been dieting most of my life. In my teens and a good many years after that. Of course I gained and lost weight and shed many, many tears.

Diet pills - speed - and injections  
Weight Watchers - so many times  
Weight Trimmers - Nutri-System  
Ears stapled - all Doctor's crimes!



Then my daughter heard of an OA Meeting that was held in St. Claire's In Boonton. All I did was show her the way and I found a great solution.

I was always able to shed some pounds, was a "yo-yo" with stress and strife. Then I walked into a room that was destined to change my life.

Everyone who spoke was compelling. They were so young and so very smart - I felt the very way they all did and everyone stole my heart.

They spoke of God and of abstinence and then I was really dismayed... "What did sex have to do with abstinence?" And for sex did they all have to pray!

I couldn't wait till the next meeting. It was then I understood - Abstinence had nothing to do with sex! It was 3 meals a day and nothing in between. I would try this - I had nothing to fear.

Then I had a revelation. It all became perfectly clear. God was to grant me serenity. God had all the control. God was always the guide. I listened to all these nice people - this group of people world-wide.

Today I've accomplished abstinence. It will be over 3 years of success! Couldn't do it without meetings and the Tools with which we're blessed.

Couldn't do it without OA people. In need of each other in a group. Telephone calls and literature. I was blessed with a cozy troupe.

Overeating is a disease which I can choose to do something about. So give OA consideration. It really showed me the way with a my sponsor by my side.

OA is the spiritual answer. It's a wonderful organization. This disease will surely worsen, so no more procrastination.

Submitted by Josephine

**TAKE**

Take time to think; it is the source of power.  
Take time to read; it is the foundation of wisdom.  
Take time to play; it is the secret of staying young.  
Take time to be quiet; it is the opportunity to seek God.  
Take time to love and be loved; it is God's greatest gift.  
Take time to laugh; it is the music of the soul.  
Take time to be friendly; it is the road to happiness.  
Take time to dream; it is what the future is made of.  
Take time to pray; it is the greatest power on earth.

**TIME**

## LETTING GO

Giving up is merely quitting  
Letting go is sweet release  
Giving up is cries of anguish  
Letting go is perfect peace  
Giving up is hard & heavy  
Letting go is loose & light  
Giving up is simply failure  
Letting go, success in sight  
Giving up is very human  
Letting go is most divine  
Letting go I trade my blueprint  
For a perfect, pure design  
Giving up is death at sundown  
Letting go, the rising sun  
Giving up is "There, it's over."  
Letting go, "I've just begun!"

*Suzanne Marshall-Lucas*

## "SHOW ME"

I'd rather see a sermon, than hear one any day;  
I'd rather you would walk with me,  
than merely show the way;  
The eye's a better pupil,  
and more willing than the ear,  
Fine counsel is confusing but example's always clear.  
And best of all the preachers,  
are the men who live their creeds,  
For to see good put into action  
is what everybody needs.  
I soon can learn to do it,  
if you'll let me see it done;  
I can see your hands in action,  
but your tongue too fast may run.  
And the lectures you deliver  
may be very fine and true;  
But I'd rather get my lesson observing what you do;  
For I may not understand you  
and the high advice you give;  
But there is no misunderstanding  
how you act and how you live.



*Author Unknown*

## UPCOMING HAPPENINGS...

Do you have upcoming events and you need to get the word out? Call Barbara A. for any changes or additions to this list, or to get more information on any of the events below.

February 25<sup>th</sup>  
May 19<sup>th</sup> - 21<sup>st</sup>

Unity Day 2006  
4<sup>th</sup> Annual Retreat

Information and flyers to follow.

My sponsor  
drew me  
pictures of  
how beautiful  
abstinence  
could be. And  
now I'm not  
only living it;  
but I am  
drawing it for  
others.



## AA Big Book

### POWERLESSNESS & UNMANAGEABILITY

What comes to mind with the word "powerlessness"?

Failure, self-hatred, obesity, denial, obsession, craving, hunger, insatiable, unhappy, lonely, hateful, fearful, defeated, shame...

What comes to mind with the word "unmanageable"?

Dirty clothes, crumbs in bed, unpaid bills, late to work, wrappers in the car, loss of friends, unreturned messages, ruined love life, estranged family, lack of money, clothes that no longer fit, isolation, alone with food, sick all the time...

What comes to mind with the word "abstinence"?

Life, relief, joy, normal weight, serenity, new friends, love, hope, positive-ness, self-care, sense of worth and purpose, family relationships, connection with a Higher Power, acceptance, good health...

What is necessary for the maintenance of abstinence?

### FOLLOWING A FOOD PLAN, ONE DAY AT A TIME!!

Working all the tools: sponsorship, meetings, phone calls, anonymity, service, literature, and writings.

*Author Unknown*

Please contact Barbara A.  
to update the WJIOA  
meeting list.

THANK YOU!!



# What Are The 3 Legacies? Recovery, Unity And Service

## Recovery

Roseanne started meetings many years ago, patterning them after AA meetings that were experiencing success with recovery. Many devoted members joined Roseanne and together meetings grew up everywhere. Their dedication to succeed overcame trial and error. With the help of their Higher Power to guide them, Overeaters Anonymous was born!

At last, compulsive overeaters experienced the joys of recovery. No longer alone, hands reached out in sponsorship and food found its proper place in abstinence. Recovery replaced despair.

A new beginning is its legacy.



### Your Trusted Servants.....

Chairperson - Eleanor D.  
Vice Chairperson - Donna R.  
Recording Secretary - Barbara A.  
Corresponding Secretary - Ellen E.  
Hotline - Cyndy C.  
Treasurer - Jackie D.  
Public Information - Elly B.  
Archives - Terry S.  
Editor - Michelle F.  
Special Activities - Dolores M.  
HIPM - *available for service*  
Meeting List - Barbara A.  
Youth - *available for service*  
Discover OA Submissions:  
Cyndy C.  
Eleanor D.

## Unity

Sharing the same disease forms a common bond. Helping each other find recovery gives meaning and purpose to life. Isolation is no longer an OAers option.

The strength from a Higher Power infuses meetings with willingness to fight the disease, no matter what. Hopelessness has now turned into hope and laughter abounds as members work this simple program.

Today OA camaraderie has become an annual celebration held around the world. This wonderful day is called Unity Day. In New Jersey all OA members and Intergroups join together in Central Jersey to share this special day.

Singleness of purpose is the strength of this legacy.

In Love and Service,  
Your WJIOA Trusted Servants

## Service

As each new member works this simple program, there is an awakening. OAers begin to develop an understanding of service and the importance of being "part of" instead of "apart from". If, for instance, a request is made at a meeting to take the literature home for that week - head tapes start to play "I can do that" or "Suppose I can't make it back" or "What if the kids are sick"... but then, "It isn't really that hard" - and suddenly, without warning, that same person calls out "I'll do it!" Amazed at his or her own actions, but pleased as can be with him/herself! What joy in doing service.

Quietly, unnoticed, the wheels of service keep turning and never stop! From the meeting, to Intergroup, to Region and on to World Service.

Yes, it is through service this legacy lives on.

Recovery, Unity and Service - herein lays the strength, hope and heart of Overeaters Anonymous.

### EDITORIAL POLICY

The opinions expressed in the Discover OA reflect those of the writers and not the West Jersey Intergroup or OA as a whole, nor does the publication of any article imply endorsement. The editor gladly welcomes contributions and reserves the right to edit articles with the intent of preserving the Twelve Steps and Twelve Traditions.

### WJIOA Intergroup Meeting:



1st Saturday of every month - 12:30 pm  
Parsippany Library (new location!)

Halsey Street & Route 202 (behind Gulf Station) -  
effective February, 2006

EVERYONE WELCOME!