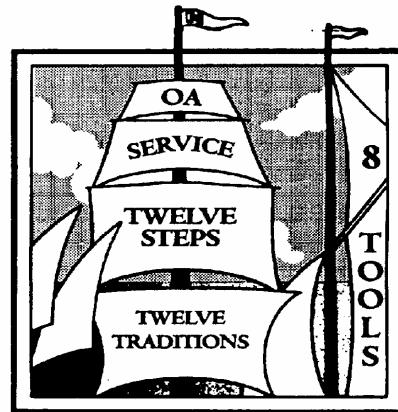


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 14, No. 2 Spring, 2007

Our primary purpose is to abstain from compulsive overeating and carry this message of recovery to those who still suffer.

HOTLINE (973) 335-1717



"I came for my body,
I stayed for my head,
I found my heart."

SPECIAL THOUGHTS

S*P*R*I*N*G



Sometimes, special people come into our lives and make a difference. That someone was Sylvia.

Because of her own addiction to compulsive overeating, she devoted herself to finding a way to make Overeaters Anonymous work for her. Fortunately, for all of us, she did! She ran from church to hospital to library to establish OA meeting places so all those who were suffering from this disease could meet and find a solution.

One day a small group got together and decided these meetings should focus on the newcomer. Guidelines, still used today, were set up and they were called 'newcomers meetings'. At one point a member of the group remarked, "Wow, this is really no nonsense!" And, Sylvia exclaimed ~ "That's it! You have just given us a name" ~ and so the words 'no-nonsense' meetings were born.

What makes it 'no-nonsense'? Well, in their eyes it meant only positive sharing ~ and it still does! When someone shares on a tool, step or tradition, the sharing is filled with positive thoughts and actions of what that OA'er is doing to stay well. At last the newcomer finds this new way to live in recovery one day at a time!

Sylvia has now passed on but what she has left behind will not be forgotten. She has left a treasury of hope that it can be done!

Her life was truly dedicated to saving lives through OA. Sylvia did ~ I know because she

helped to save mine.

Dear friend ~ you shall be missed.

With love, Eleanor

LETTING GO

The OA program says, "Look, we've got some things to give you that are really going to help ~ if you'll slow down long enough and if you'll relax." These are not things that are going to make me special or get me a better job or make me important. They are just going to offer me a way of life that is beautiful.

Came To Believe, page 41

My disease wants me to be in the remorse of yesterday or the confusion of tomorrow. As long as I stay in today, I will be fine.

COMING TO BELIEVE

Well, it took ten months of little and not so little miracles to convince me that I have a Higher Power and my sanity has been restored one day at a time. This is not a diet - it's attaining and maintaining abstinence, and reaping the benefits of serenity, joy and sanity on a daily basis. I have found myself in a loving, supportive community of like minded souls who cherish me and nourish me. They inspire and encourage me to practice the steps and grow as a person. Thank you, OA.

Ruth

THE BUTTERFLY



A man sat on a pier watching a butterfly emerge from a cocoon. The man sat and watched intently for hours as the butterfly struggled to be free of his cocoon. The beauty of the newly formed wings was breathtaking. After watching for 3 to 4 hours, to see only the top half of the lovely Monarch, and knowing hours of painful struggling were left, the man could not stand it any longer. He took his fishing knife and opened the cocoon. Sadly, and much to his surprise, he saw the rest of the Monarch was yet undeveloped, so the butterfly soon died. He then understood ... it was the struggle of emergence from the cocoon that produced both the strength for survival and the beauty of the fully developed butterfly.

Sometimes when we think we need to be relieved of our struggles and problems, what we really need is only someone to watch and encourage, providing support and love. Some struggles may cause us to reach out to people we otherwise wouldn't, or to accept love and support from others we would otherwise have not, never realizing that those giving the kindness are enriched by their giving. Some experiences can make us more compassionate people. And, hopefully, all our struggles will do for us what the butterfly's does for him - - make him strong enough to survive and beautiful to behold.

Service is its own reward.

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

Parsippany Library
Halsey Street & Route 202
(behind the Gulf Station)

EVERYONE WELCOME!



WHICH WAY?

OA Way

- Simple
- 12 steps
- 12 promises
- It works

My Way

- Complicated
- ??? Steps
- No promises
- It doesn't work

So, I choose the OA way because it works if I work it, one day at a time. Thank you, OA!

Alice

2007 CONVENTION



Our own Region 7 will be hosting the 2007 World Service Convention on August 30th – September 2nd at the Loews Philadelphia Hotel in Pennsylvania. The title of the convention is "Ring in Recovery, Declare Your Freedom From Compulsive Eating."

Mark your calendars and plan to "Ring in Recovery." For more information contact the World Service Organization at 505-891-2664. Register online at ~ www.oa.org.

WILL POWER

Our *WILL*-ingness to use
a Higher *POWER*.

PROGRESS NOT PERFECTION

Having had adopted the ways of a willful woman, old habits die hard. I would be lying if I suggested life was grand 24/7/365. There are peaks and there are valleys. What I have observed is that the 'be a better me' list continues to evolve. That boiler that used to burst inside now sends warning signals. And I don't mind sharing that sometimes the signals still come by way of fire engines. Just by something as simple as getting my food in order, I have been able to learn of boundaries in other aspects of my life. I am incredibly grateful that His love is sufficient and He is patient with my rate of progress. Why should I be a harsher critic on myself than the one who is the architect of my plan? Acceptance of His direction doesn't block me from His guidance & love. I get to fly high with the angels again & again. Crawl, walk, run, soar. As I search for His guidance, every day, I am grateful to be able to look for the lesson when the boiler heats up.

Anonymous



I put my hand in yours because I care.

UPCOMING HAPPENINGS...

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

WJIOA Retreat ~ May 18th – 20th

GRATEFUL REFLECTIONS



A year ago on Unity Day, I picked up a flyer that changed my life. The flyer advertised the annual Positive Sharing retreat sponsored by West Jersey Intergroup. I had never attended a meeting in West Jersey, let alone a "positive sharing" meeting in my previous 16 years in OA, but I decided to take a chance and sign up anyway.

When I arrived at the retreat knowing no one, I was greeted by another OA member who offered to help me carry in my bags. I had attended numerous retreats in my home intergroup of Central Jersey over the years, but I don't recall anyone ever offering to carry my bags for me. "Wow, West Jersey Intergroup really has its act together," I thought to myself as I was accompanied to my room by the OA member I assumed was the designated "greeter." She later told me that she was not fulfilling an established position, but rather was doing it because, "that's how I work my program; I have to give service." I was impressed.

I was even more impressed by the upbeat sharing during the retreat and the impact that it had on my mood. At the opening meeting, I listened to member after member talk about the way they worked the Program and the gifts that they were receiving from a 12-Step way of life. I was energized by listening to so many members with long-term abstinence as well as those with shorter recovery periods who were making a commitment to work the Program. While sitting in this meeting and focusing on the positive, I began to shed some of my negativity and experience the joy which had been missing from my recovery—even with 16 years of abstinence behind me.

The joy of recovery exuded at this retreat had a wonderful effect on me. While I am often shy in social gatherings, during this weekend I became lighthearted, more confident, and outgoing. Somehow, the warmth of the fellowship coupled with the positive focus helped to reawaken the joyful spirit inside me that I believe I am meant to be sharing with others. When I sang and tap danced at the "no-talent show" on Saturday night (absolutely no talent is required or expected of performers), I really felt my fear being lifted. The sense of being completely accepted and even celebrated by my OA community was empowering.

I was also fortunate to have several meaningful one-on-one conversations about coming to believe in a Power greater than myself. The ironic part is that I approached one woman seeking guidance on Step 2. Soon after that, I was approached by

someone else seeking my guidance on the same subject. If I ever had any doubts, this was confirmation that this is a "we" program.

I can't begin to express the gratitude I have to God and to this fellowship for the way I felt embraced during the retreat (and since then by the Saturday morning Parsippany meeting). Even though I didn't know anyone when I arrived at the retreat, I felt completely welcomed and valued by my new OA friends. At previous retreats that I attended, I often envied the people who at the end of the retreat spoke about the intimacy they felt with the other participants and the "high" that they got from the retreat. That hadn't been my experience in the past. After the 2006 Positive Sharing retreat, I understood how they felt.

Miriam

UNITY DAY



WJIOA joined North Jersey, Central Jersey, Jersey Shore and South Jersey Intergroups in a world-wide celebration of OA called Unity Day. The workshops had an abundance of topics that were well attended. To add fun to the day, there was a drawing on all the decorated baskets donated by the participating intergroups. Everyone came home having made new friends and with a warm sense of belonging to a wonderful fellowship.



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

THANK YOU!!



A LITTLE STORY



This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that everybody blamed Somebody when Nobody did what Anybody could have done!!

Anonymous

CAN OA SHOW ME THE WAY?

No matter what age a compulsive overeater is, when they find OA, they find a way to live 'happy, joyous and free'!

This simple program is a lifeboat to recovery, but there is work to be done. "How will I know where to start?", asks the newcomer. "You've started already" says an OA member, "you're here attending an OA meeting!" With quiet resolve, this newcomer (as well as returnees) listens, as OA members share their experience, strength and hope. It's not just words, it's a blueprint for living ~ living a life without compulsively overeating!

There is excitement in their voices as they share their experiences working the 8 tools, living the 12 Steps, and learning from the very First Tradition that, "our common welfare should come first; personal recovery depends on OA unity."

Half measures availed us nothing. This simple program calls for sheer determination, resolve, no short cuts and the willingness to find faith in a Higher Power. The great reward is to then find faith in one's self again! It is truly the start of a happy new year! One day at a time. A new life begins. Thank you, OA.



In Love and Service,
Your WJIOA Trusted Servants

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.

ACCEPTANCE



OA and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God.

Big Book, page 417

DEAR DISEASE

You will not kill me. I will not be a prisoner in my own skin anymore. I will go to any length to keep you out of my life, one day at a time. Today, I have chosen to work the eight tools of OA's program of recovery to keep you out of my life.

I will abstain from compulsive overeating by choosing to eat three weighed and measured meals with nothing in between but coffee, tea, and diet soda. Before I eat these meals, I will commit them to my sponsor. Since I have lots of time in between meals, I will use the remaining tools suggested in the program. I will go to meetings. When I cannot attend a meeting, I can make three telephone calls. In order to keep me going back to a meeting, I will perform some type of service. If I'm in a difficult situation with the food, I can read a piece of OA literature or call my sponsor. Anonymity has helped me not to be a gossip. If I'm having a tough day or I need to count my blessings; I will do some writing.

When I'm hungry, angry, lonely, and tired, you have tried to sneak up on me, but today I will not let you attack me. I have eight tools that will protect me from any of your sneak attacks. You will always be a part of my life but I'm too young to die. Therefore, I must let you go. I want to live my life to the fullest and OA has given me that opportunity.

Donna

Your Trusted Servants.....

Chairperson - Eleanor D.
Vice Chairperson - Donna R.
Recording Secretary - Barbara A.
Corresponding Secretary - Cyndy C.
Hotline - Dolores M.
Treasurer - Jackie D.
Public Information - Elly B.
Archives - Terry S.
Editor - Alice B.
Special Activities - Dolores M.
Outreach Committee - Open
Meeting List - Barbara A.
Youth - Open

Discover OA Submissions:

Alice B.
Cyndy C.
Eleanor D.
Or by email: wjioadiscover@aim.com

Don't delay, submit your article today ~ positive sharing on a topic of your choice.