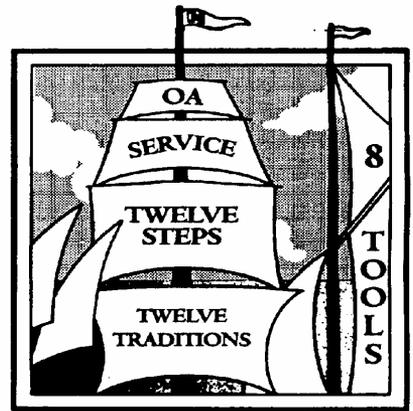


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 14, No. 3 Summer, 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."

SANITY

"Sane," from the Latin, *"sanus,"* meaning "sound" and "whole." My dictionary gives further definitions such as "mentally healthy; sound of mind; rational; showing good sense" and the one that resonated most with me: *"not diseased"*.

I have a disease. That had to be my primary admission before I could start healing. The admission of powerlessness over food was the key that opened recovery to me — if I could not accept that I have a problem, why would I take any steps to fix it? I will not go into the specifics of working the program, which are readily available at meetings and in OA literature, but rather share some of the spiritual goodies I have received.

The 9th Step promises, which are frequently read at meetings *are* starting to come true for me and many others, who I hear share about the miracles occurring in their lives. Sometimes I actually *do* "instinctively know how to handle situations that used to baffle me," and I have been known to have "a new happiness and a new freedom." At times God has *definitely* done for me what I could not do for myself! I have seen others struggle but not give up and I've seen the miracle happen for them as well!

Am I perfect? Absolutely not — but acceptance of my imperfections by allowing myself — and others — to be imperfect is part of my growing recovery. I am definitely not the person who crawled into the rooms of OA

five years ago battered and beaten by food and life.

Laurie R.

LET GO AND LET GOD



As children bring their broken toys with tears for us to mend, I brought my broken dreams to God because He was my friend. But then, instead of leaving Him in peace to work alone; I hung around and tried to help with ways that were my own. At last, I snatched them back and cried, "How can you be so slow?" "My child," He said, "what could I do? You never did let go."

Anonymous

Humility ... it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be.

AA 12 and 12 ~ page 58

SERVICE



Any form of service — no matter how small — that helps reach a fellow sufferer adds to our own recovery. Leading a meeting, talking to newcomers, doing whatever needs to be done for OA, are ways in which we give back what we have so generously been given. We are encouraged to do what we can. "A life of sane and happy usefulness" is what we are promised as the result of working the Twelve Steps. Service helps fulfill that promise.

LIVE IN THE DAY

This is the day I have
The only one of which I'm are certain
So I'll make this day count the most
Before they close the curtain

The time to make a plan
The time to make my choices
The time to share my thoughts
And listen to other voices

This is my day and no other
Who knows what tomorrow may bring
So this is the day that needs to count
I have it ~ I hear my heart sing

If I wait for it all to be safe
For every choice to be right
With all the details checked and approved
My goal may be long out of sight

No matter what the situation
If it looks like clouds or sun
I'll listen for the wisdom on the wind
No challenge is met when I run

So even better than the day
I'll just try to live in the minute
Then every moment that has just passed
I'll be proud of myself in it.

Lenore F.

I'm getting used to the idea
that God does a better job of
running my life than I do.

EASY DOES IT

Sometimes I confuse action for achievement.
Action is important but full speed ahead is not
the answer for me. Every step needs me to
understand, trust and learn what
powerlessness and surrender are all about. I
have learned that recovery is a lifetime job.

"Progress not Perfection"

G

Please contact Barbara A.
to update the
WJIOA meeting list.
THANK YOU!! 



DID I REALLY BELIEVE?

I now finally know that I AM COMPLETELY
POWERLESS over food. Sounds like a simple
statement; but one, 18 months ago before I
came into this program, I would never have
been able to admit.

I knew I had always had a very strong desire
and love for food. At times (like always!) I
ate too much but I certainly was not
powerless. I believed all I really needed was
better willpower to control it. I had lost
weight (anywhere from 20 to 70 pounds)
many, many times before but somehow that
willpower always wore down or something bad
happened in my life. I always gained it back
and more. I really was fooling no one but
myself. 

It was not all about willpower. The reality
was I had absolutely no control over my
eating. It was only when I hit total rock
bottom and desperation did I realize that the
solution was always there. I just didn't want
to acknowledge it. I only knew that I was so
sick and tired of this. It was finally walking
through the doors of OA that showed me that
this is not something that I have to be
ashamed of anymore. There is not something
wrong with me. I do have this addiction but
there IS something I can do about it. Most
importantly I no longer have to try to do this
alone. There are many others I have met
through OA who truly care and really
understand what it is like.

I now know in my heart that the *only* way I
will truly make this time so different than all
the rest is if I truly and completely work this
program in every way. I may be POWERLESS
but I am not HELPLESS. My success and my
maintaining a 100+ lb. weight loss is entirely
in my hands. I pray for guidance in helping
me every day. I thank God for finding OA.

Mary

I get everything I need in Overeaters
Anonymous – and everything I need I
get. And when I get what I need, I
invariably find that it was just *what I
wanted all the time.*

Big Book ~ page 552

WHY "REGION"?



As OA meetings began to spring-up all over the United States, it became quite clear that communication between the groups would become a necessity. In order to agree on "singleness of purpose" within the groups, it was agreed to have a representative from each group meet at a designated time and place, within a specified area and thus intergroup was born.

Ideas were exchanged. Questions and solutions explored concerning "what's working" and "what isn't". Reps got a newsletter together and were anxious to share their meetings' successes and seek ways to keep members from returning to compulsive overeating.

It became apparent that the cost of "getting out the word" would be an expensive proposition. Intergroups could not afford to print their own literature, pamphlets, booklets, etc. There had to be another option – a way to discuss the business at hand and the "follow through" it would require ... and thus Region was born.

At last, it was all coming together. Meetings were taking on a life of their own and had traveled around the world. States were broken down into regional areas from 1 to 9. Nine are outside the US. We are Region 7, and the seven states included are: New Jersey, Delaware, Maryland, Pennsylvania, Washington DC, West Virginia, and Virginia. Region 7 meetings are held twice a year and only qualified delegates would vote on issues. "Robert's Rules of Order" were strictly adhered to, in order to comply with our by-laws.

As it was in the beginning, other needs became apparent. Motions at Regions were being passed but in order to be effective, other Regions had to be kept updated. It was important to maintain a common bond. How to handle such a huge amount of regional meetings? It was given great thought and thus World Service was born.

All the States' delegates would now be participating at a yearly World Service Business Conference. Their votes at World Service would affect the entire body from all over the world. It was, and is, an enormous

undertaking. AA literature was translated into OA literature. Communication via the website is there for all to see. World Service never sits still.

There are no "ranks" in OA. No one graduates in OA. OA is a journey and exists because the love of service, which is freely given, and the guidance of a higher power, has created this common bond. It has been lovingly said in OA, "Together we can do, what we could never do alone".



Eleanor
Region 7 Delegate

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*.

Big Book ~ page 45

UPCOMING HAPPENINGS



Do you have an upcoming event 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.

- September - Luncheon/Silent Auction
- November - Day of Recovery
- December - Holiday Party

HAPPINESS IS ...



- * Knowing I am not alone.
- * Seeing people stand for sponsorship at a meeting.
- * Being able to say "NO" and not feel guilty.
- * Making choices one day at a time.

Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating.

OA 12 and 12 ~ page 6

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



RELIEF FROM BONDAGE

What *is* "the bondage of self" and why are we instructed in the Big Book to ask for relief from it? How important is it — really?

The Big Book says, "the main problem of the [compulsive overeater] *centers in his mind** rather than his body," (p 23), and "our troubles...are basically of our own making. They arise out of ourselves, and the [compulsive overeater] is an *extreme* example of *self-will run riot*," (p 62). It is on the page following these statements, (p 63), that the Third Step prayer requesting the relief from self was placed. There are no coincidences!

Each of us can look back on his or her life, reflecting where self-will got us — often in a great deal of trouble, frustration, hopelessness and general misery. This is a heavy price to pay for the *illusion* of control, but is the inevitable result of active self-will. The desire to control oneself and all those around us is completely destructive. The Big Book gives the example of the "actor," who desires to run his world and all in it, to the dismay and disgust of everyone around him (p 60-61). This approach of living in unchecked self-will, rather than actually benefiting anyone, is slavery! There is no freedom in trying to control the uncontrollable, and what actually results is obsession. Aren't we supposed to be coming *out* of that?

So what do we do to be relieved of the slavery of self?

The answer is simple: work the Steps! We are taught in the First Step that we are powerless over food, but by extension, everything else in our lives as well: people, places, things and situations.

The Second Step tells us although *we* are powerless, we can hook up with a Power greater than ourselves, who has all power and can supply what we lack — *if* — we turn the care and direction of our lives over to God, as we understand God (Step Three).

We collectively suffer from insanity, and powerlessness over that insanity, but *there is a solution!*

In Love and Service,
Your WJIOA Trusted Servants 

*All *italics* ours.

WJIOA RETREAT

We can't believe this was our 5th retreat! They just keep getting better and better. So much planning and service, freely given, go into this.

It is a wonderful experience to share in the laughter, the peace, the serious moments, the serenity and warmth of the retreat. Surely our Higher Power was guiding us ~ this is truly an altruistic movement.



A BRAND-NEW END

I cannot go back and make a brand-new start. But through OA, I can start from now and make a brand-new end.

Big Book ~ page 457

Your Trusted Servants.....

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

STAYING STOPPED

It's no great trick to stop eating compulsively; the trick is to *stay* stopped.

Big Book ~ page 553

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.