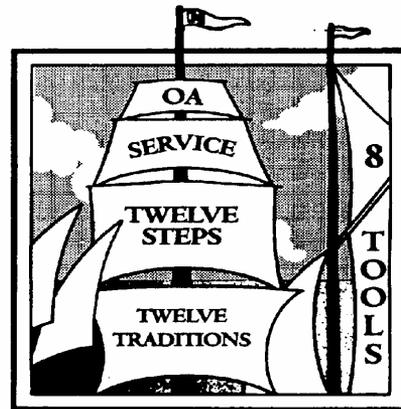


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 14, No. 4 Fall, 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."



## ABSTINENT HOLIDAYS

As the holiday season approaches, I am filled with gratitude to my Higher Power for five years of abstinence and abstinent holidays! As I look back, I realize it has been:

- ✦ Five years of eating three weighed and measured meals.
- ✦ Five years of eating only food I have committed to my sponsor.
- ✦ Five years of enjoyment and of being focused on my family, instead of food.
- ✦ Five years of going to bed feeling great at the end of another abstinent day.
- ✦ Five years of being free of regret ~ no guilt that I must start over.
- ✦ Five years of counting my blessings and expressing gratitude to my HP.
- ✦ Five years of my clothes still fitting me.
- ✦ Five years of freedom from nausea and indigestion.
- ✦ Five years of freedom from indulgence in excess food.
- ✦ Five years of working the tools even when I didn't feel like working them ~ abstinence, writing, telephone calls, sponsorship, meetings, literature, anonymity and service.

Thank you HP, thank you OA!

Donna



## PROGRAM FOR LIVING

OA is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot outgrow this plan. As arrested compulsive overeaters we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment.

Big Book ~ page 275

## NORMAL

To be normal, I

Need

Only

Right

Minded

Abstinent

Living.

This makes my life simple and serene.

Reesa



## SELF-WILL

We have found that when we give up self-will regarding food and completely turn our lives over to our Higher Power, we receive all kinds of guidance.

OA 12 and 12 ~ page 21

# GOOD ORDERLY DIRECTION

When I came to the rooms of OA three years ago, my intention was to lose weight. Little did I know that I was going to experience a spiritual awakening that would change my life.

As I've often shared, when I was growing up, G-d came to my home for holidays. There was no true understanding or internalization of G-d. Today because of all I've learned in recovery, G-d is the center of my life. My Higher Power, which I call G-d, is loving, good and caring. I turn to G-d for strength in the process, rather than for an outcome.

I have come to understand that the first three steps can be summarized as: I CAN'T; G-D CAN; LET HIM. In step one I have come to know that I cannot control things; i.e., food (and all things). I am powerless. In step two I've learned there is a G-d who could restore me to sanity. Sometimes I think, "restore me to sanity, I never really experienced sanity." Then, in step three I truly "let Him." I've decided to turn my will and my life over to G-d. What incredible freedom that provides. A freedom I have never known before ~ G-d's will not mine. I believe in my heart and soul that G-d's will is exactly as it should be. This has lifted a great burden off of my shoulders ~ not having to be G-d. "What a relief to leave the job of directing the universe to G-d" (For Today, page 95).

What a blessing G-d is in my life today. I pray often for all things small and grand. It is said that prayer is talking to G-d, and meditation is listening to G-d. It is good to know that G-d is always there for me. I share with my friends, in and out of recovery, an acronym I created: IGI – Invite G-d In; and so I do. G-d is a force in my life today, who provides the ability to feel free, comforted, protected, peaceful, guided, cared for, and loved unconditionally. Thy will be done.

Denise



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



# IF ONLY



OA has helped me to see...

If only we could see the best of each other first.

If only we could love and embrace the strengths we all possess without hesitation.

If only we could touch the hearts of all we meet and soothe them softly, gently.

If only we could do what's right, and fair, and true, all the time, all over.

If only....

Thank you OA.

Michelle F.

You hit bottom when you stop digging.  
Big Book ~ page 336

# INDEPENDENCE

The facts seem to be these: The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence, as OA practices it, is really a means of gaining true independence of the spirit.

AA 12 and 12 ~ page 36

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.

# SPIRITUAL PROGRAM

Ours is a spiritual program, not a religious one. We have no creeds or doctrines, only our own experiences of recovery.

OA 12 and 12 ~ page 13

# UPCOMING HAPPENINGS

Do you have an upcoming event and you need to get the word out?

Call Barbara A. at for any changes or additions to this list, or to get more information on any of the events below.

- > October 13 - Silent Auction
- > November - Day of Recovery
- > December - Holiday Party

# STAY FOR THE MIRACLES

I don't count my first 26 years in OA as I took a long, painful, not so scenic route to the final surrender and true acceptance of my disease five years ago. Celebrating my 5th year of back to back abstinence on May 2nd of this year was such a blessed milestone. I did not think I was capable of five hours of abstaining from compulsively overeating.

The No Nonsense approach was totally alien to my past experiences in the rooms. I had difficulty understanding why these recovering, positive share, fellow OA'ers would not listen to the path of destruction that led me to ballooning up to 300 lbs.

I was told in a very loving manner to take the proverbial cotton out of my ears and shove it in my mouth. Today I deeply appreciate the gift of living in the solution and not the problem, in other words, I know how to stay in the throes of my disease. I need to hear how others are living one day at a time in recovery.

I find the daily connections to each other are priceless. I try and make calls to the members I haven't seen recently - many reached out to me and, by God's grace, I did find my way back. I know how prideful I can be but by admitting my powerlessness it then empowered me to go forward and get a sponsor, commit to an abstinent food plan, work with others, and develop an enriching spiritual life.

Today I am maintaining a 130 lb. weight loss, I have wonderful friends in the program and I am becoming financially stable - something I have struggled with for quite some time. Then there's this wonderful man, who I am blessed enough to be marrying this fall, who respects and supports my program. Without OA and the No Nonsense meetings, if I were still alive, I would be that sad, lost lady trapped in the cycle of this disease. There is a way out and it started with admitting powerlessness. Today I have freedom in every area of my life. Keep coming back. The promises do come true, and I am a living miracle, that you will find unconditional acceptance and a welcoming group of individuals that will hold your hand, always.

Eileen



# NORMAL

Natural

Occurrence

Reminding

Me of

Acceptance and

Love



Linda

# SEVENTH TRADITION

The 7th Tradition of our Fellowship is every OA group ought to be fully self-supporting, declining outside contributions. Contributions sent by individual groups (meetings) to intergroup (West Jersey Intergroup Overeaters Anonymous – WJIOA) sustain our primary purpose of carrying the message of recovery and keep OA self-supporting. Your contribution supports us in providing many of the OA services that have changed **your** life. By contributing financially, you nurture yourself and your group while spreading OA's message of recovery to compulsive overeaters worldwide.

Your intergroup provides the Discover OA newsletter, meeting lists, literature, Hotline telephone services, maintenance of our website, local outreach to the professional community, and recovery events; sends delegates to Region 7 and World Service who vote on behalf of your area on policies and services; and regularly donates to World Service and Region 7.

# LIVING TODAY



Today is the day. Doing our best, living each day to the fullest is the art of living. Yesterday is gone, and we don't know whether we will be here tomorrow. If we do a good job of living today, and if tomorrow comes for us, then the chances are we will do a good job when it arrives – so why worry about it?

Big Book ~ page 357

# WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



# STEP ONE ~ THE KEY!

*We admitted we were powerless over food and that our lives had become unmanageable.*

It has been said many times that the Steps were written in order for a reason, and to get the most out of our program, we need to do them as written. If this is so, then Step One has to be the key to our recovery.

Some synonyms for *powerless* are ... *immobilized ... toothless ... helpless ... weak ... ineffective ... feeble ... defenseless.* Not very encouraging, is it? Many of us can relate to these words, having experienced them as we were enslaved by our disease. But now we are able to understand there is great power in powerlessness (no, it's *not* an oxymoron) ~ it gets us to the point of surrender. Only then can a Higher Power come in and *empower* us to make headway against our often-fatal disease. In order to stop overeating we need to deal with the "causes and conditions" as the Big Book says ~ the spiritual sicknesses that led to our compulsive overeating.

Another bonus of comprehending powerlessness is that we discover we are not only powerless over food, but also over the people, places, things and situations in our lives. Again, our Higher Power comes in and sows sanity where there was not much (or *any*) before program.

Where there is true spiritual recovery, there is a real and deep comprehension of our human powerlessness, which leads to a connection with the overwhelming immeasurable power of God as we understand him.

In Love and Service,  
Your WJIOA Trusted Servants

## MEETINGS

Don't compulsively overeat!  
Don't think!  
Go to meetings!



Big Book ~ page 396

### 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.

# BACK ON TRACK

I have no control over some of the things that happen in my life, but with the help of God I can now choose to be happy, and when I am not, I have the tools of this program to put me back on track.

Big Book ~ page 381

There is no problem that compulsively overeating will not make worse.

## HAPPINESS IS ...

- ❖ Knowing that my food - and life - are just one day at a time.
- ❖ Coming to a meeting and getting love and support.
- ❖ Sharing at a meeting and having everyone laugh with me.
- ❖ Practicing patience one day at a time.
- ❖ Having the promises come true one day at a time.

## COURAGE

is the power  
to let go of the familiar.



### 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](mailto:wjioadiscover@aim.com)

## SERVICE AND WRITING

Don't delay, use the tools of service and writing today! Take a few minutes to make a submission to the Discover OA Newsletter - positive sharing on a topic of your choice.