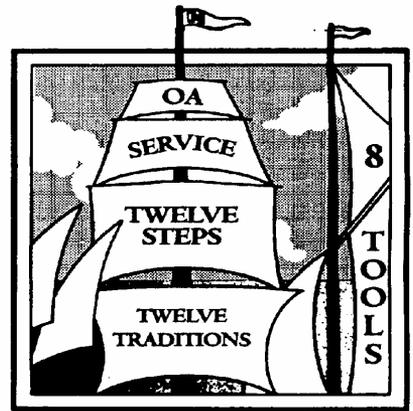


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 15, No. 1 Winter, 2008

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."

## STEP BY STEP



I'm a compulsive eater who, pre-program, floundered around looking for the perfect diet that would get me skinny and magically give me a good life. So fast forward to my coming in to my first meeting. I see a bunch of people who are happy, laughing and not always eating. I want this. So, I listen and do what they say: get a sponsor, go to meetings, pick a food plan, read, write, make telephone calls, do service and practice anonymity. The weight starts coming off, I'm happy and I have a bunch of new friends – I think I'm recovered. Well, I'm not. Here's what I found out about my disease: I get feelings (restless, irritable, discontent), then I have a memory of how I feel better when I eat, then I obsess about getting the food, then I take that first bite, then I have physical cravings, then I binge, then I eventually stop and make all sorts of promises and resolutions which I keep until I have feelings again. And this is the vicious cycle of my addiction. So, when I became part of this fellowship and learned and used these tools, I was able to not take that first bite. But am I recovered? No! And the reason is that I still have the same feelings, the same false memories and the same obsession. The Big Book teaches me that in order to recover I must have a spiritual awakening sufficient enough for a complete change in my way of thinking, reacting and dealing with everything in my life. And the only way I can get this is by doing the steps

– all 12 of them. Once I do the steps I find that I stop obsessing because I've stopped believing the lie that eating will make me feel better. I can handle my feelings by living in Step 10 which means I don't have to run to the food for comfort. I have found by doing and living the 12 steps I don't struggle with the food and I "magically" have a good life. Remember, this is a 12-STEP PROGRAM, not a diet club with a great support system. Give the steps a try – they work!!!

Barbara



## WHY WORRY?

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

## COURAGE

Courage is not the absence of fear. It is when I take action in spite of my fears. This program reminds me of my God essence and abilities when my mind is fanning my fears. OA has helped me take more actions in the right directions.

R

# PRAYER

Since being in OA prayer has become an important part of my life. I start my morning with the Serenity Prayer. One thing I cannot change is that I am powerless over food. Then, I surrender my will over to my Higher Power with the Third Step Prayer. At night, I work on me. Using the Seventh Step Prayer, I pray for the willingness to have my defects of character removed. And, I pray throughout the day, if necessary. I say the Serenity Prayer if I am in a jam. If it is a situation that I cannot change, I ask my Higher Power for the willingness to let go and let God. I use prayer to stay in close communication with my Higher Power and to stay on track. I am grateful to have prayer in my life. Thank you OA!

Donna

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



# SAILING TOGETHER

This past summer, I went on a cruise and had the wonderful experience of attending program meetings as we sailed the blue ocean with a group I met on the ship. Following is a writing I did while on the cruise.

As I reflect on this week we've been sailing together, these thoughts come to mind:

- ~ I'm truly thankful for being with you and for all the wonderful and heartfelt sharing.
- ~ As I looked around the room, I couldn't help noticing all the heads nodding in agreement and understanding. There is clearly a sincere empathy and a camaraderie which we have for each other.
- ~ We hear each other's stories, and they could easily be our own.
- ~ Even though I've never known you all, I know you all. We are all as one. We may have come on different ships but, we're all in the same boat!

Jack

# HEALTH AND HOPE FAIR

West Jersey Intergroup sponsored a table at Newark Beth Israel Hospital's 12th Annual Health and Hope Fair on Sept. 8th. What an exciting opportunity to carry the message for those of us who volunteered our experience! This "fair" was a wonderful "block party", complete with live bands and dancing in the streets! Many individuals stopped and took literature and spoke with us, sharing their stories of never being able to stop when they WANTED TO. Thank you to all the groups that support WJIOA, and guys....mark your calendars for next September, so you can come out and have fun "carrying the message" to compulsive overeaters who are suffering and have never even HEARD of OA!

A Trusted Servant

## ONE ~ TWO ~ THREE

- Step One ~ I can't
- Step Two ~ He can
- Step Three ~ I'll let Him



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



## SPEAK TO ME

What is the message breaking through?  
What is God trying to convey to me?  
Am I willing to work it through?

Speak to me the words of wisdom.  
Guide my path your way,  
so that I can live Your Will today.

Linda M.

The Big Book has no chapters titled "Into Thinking" or "Into Feeling" – only "Into Action".

Big Book ~ page 336

## WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



# SPONSORSHIP

I had been in OA for three months and was frustrated because I wasn't making much progress with weight loss with the my plan of eating I was on. However, I decided I love OA because it has helped me enormously with my thought process, my attitude about life, my dealings with food, and my interpersonal relationships. So, I decided perhaps I needed to modify my food plan.

Soon thereafter, I received a hello call from a fellow OAer. As a result of the wonderful conversation we had, I switched to a food plan that I am more comfortable with and find workable. Although I found it bittersweet to change sponsors, I asked this person to become my sponsor! My new sponsor has been extremely supportive. She is accessible and doesn't tire of answering my questions. And, I have begun to lose weight.

One weekend my adult son and daughter came to visit. Seeing the digital food scale on the kitchen counter, my son who has wanted me to lose weight for a long time and has seen me start and stop many weight loss programs, smiled upon hearing I was following a new food program. My daughter, on the other hand, had questions about the origins of my program. I decided to keep my own anonymity, so I did not tell them I was in OA. I did share I had a "coach" who I called each day to commit what I was going to eat. My daughter was quite concerned about the cost of a personal "coach", and she was even more dumbfounded upon hearing my personal "coach" was free!

Having a wonderful sponsor for free is only one of the innumerable benefits of being in OA and working the OA program. Thank you OA!



Wini

## 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.

- February 23rd - Unity Day
- May 16th - 18th - Retreat

# WJIOA GOING STRONG!!!

This has been a busy time for West Jersey. Our annual Luncheon/Silent Auction was a great success. It was filled with laughter, joy and fellowship. Words of positive sharing, recovery, hope and serenity filled the rooms at the Day of Recovery. Of course, the Holiday Party was lots of fun. In addition, the Outreach Committee continues to represent West Jersey OA at health fairs (see related articles) carrying the message of recovery to compulsive overeaters who still suffer. So much recovery; so much service!

## NORMAL

No  
 Other  
 Reality than  
 My  
 Abstinent  
 Living



Trish

## ABSTINENCE

Good and bad times come and go, but the only real and lasting happiness is feeling good about myself. The first requirement for this condition is abstinence.

For Today ~ page 326

Before any dream can come true, there must first be a dream.

## 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

# TRADITIONS—WHY BOTHER?

Applying the Traditions at our meetings as well as in our personal lives can give us direction, enabling us increase in joy, peace, and harmony.

Take Tradition One for example: *Our common welfare should come first; personal recovery depends upon OA unity.* Pre-program, many of us lived lives that were motivated totally by selfishness; we didn't care who we hurt as long as we got our food or whatever else we wanted. In behaving like this, we wreaked havoc in our own lives as well as the lives of others around us, including our significant others and our children.

Contrary to our normal way of thinking, this Tradition encourages us to look out for the other person as well as ourselves. It teaches one of the many paradoxes of the program, that when we care about others and give to others *we* get benefits. *You can't keep it unless you give it away.*

The Second Tradition says, *For our group purpose there is but one ultimate authority, a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.* How many times have we experienced a group (hopefully outside of OA) where one person appointed him or herself leader? Even under ideal circumstances, one person has one perspective and often cannot see the big picture. Usually, however such situations are far from ideal: the "leader" is determined to force his or her way down the throats of everyone else, a stand that results in the clash of egos, hurt feelings, and boiling resentments.

In an OA group conscience, however, someone brings an issue or idea for *discussion*—no one has the authority to compel anyone else to obey. The issue is usually examined from all sides, letting everyone have his or her say, and then it is voted upon so that a sound decision frequently (not always) is made. There is an old expression, "two heads are better than one," and a dozen (in recovery) are better still. We can apply this in our personal lives as well, seeking out input from multiple sources as well as from our own minds. Remember our slogan, "My *best* thinking got me here."

The other Traditions have equally good practical principles, and rather than being burdens, are an opportunity for us to look at our recovery in a broader way, enabling us to grow in directions we may never have thought possible before.



In Love and Service,  
Your WJIOA Trusted Servants

## ***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)

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

## **HEALTH FAIR MARATHON**



The October Health Fair marathon for the public outreach committee has come to an end ... and we win!!! We did it! With the help of the contributions of groups and individual members, WJIOA was able to carry the message in Secaucus, Wayne, West Orange, and at William Paterson University. We reached a lot of folks with literature and one on one talk, and we reached many medical professionals to whom we gave appropriate literature packets. Special thanks go to all who participated for the hours of time and talent they so generously gave.

### **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.