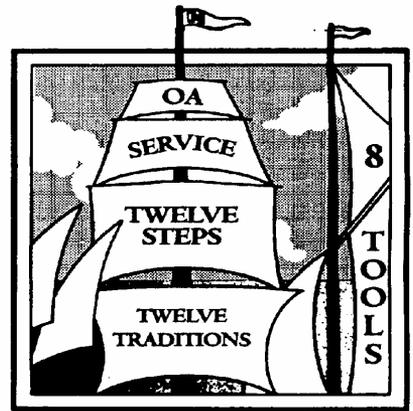


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 15, No. 3 Summer, 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."



HAPPY BIRTHDAY

I once heard someone say that there is no one as unique as "you". When I was in the throes of my disease I couldn't see beyond the total disgust and hate for myself. I actually hated looking at myself in the mirror. I was in a very dark place in my life (but, of course, I hid that from everyone). Since starting OA, I can now say that I am not hard on myself anymore. I don't always have happy-go-lucky days, but that's part of life. But I do wake up in the morning not beating myself up anymore. I actually remember that I am unique in my own special way and that I love myself for being unique. I think the following saying, by the great philosopher Dr. Seuss, is very appropriate:

*Today you are you! That is truer than true!
There is no one alive who is you-er than you.
Shout loud "I am lucky to be what I am!
Thank goodness I'm not just a clam or a ham!
Or a dusty old jar of sour gooseberry jam!
I am what I am! That's a great thing to be!
If I say so myself, Happy Birthday to Me!"*

I love this saying and it reminds me of the rebirth I have felt since I joined OA. Happy Birthday to you all.

Lina D.



True happiness is found in the journey,
not the destination.

Big Book ~ page 511

FOR TODAY

Feverishly hooked
On
Reality while

Taking hold
Of the
Daily

Affirmations of God's
Yearnings



Brenda, West Orange

GRATITUDE LIST

When I'm having a bad day, and it seems as if my problems are never going to go away, I will take a moment to count my blessings. I know it's time to write a gratitude list. My first blessing is that I am abstinent. I ate three weighed and measured meals with nothing in between. Second, an outfit I selected from my closet that once was too small now fits. Third, I was able to complete many tasks, for when I was eating compulsively I could not complete even one. Today, I am grateful to be in OA.

Donna



KEEP MOVING

Put one foot in front of the other and when you hit a brick wall, make a left turn!

I CAN'T DO THIS ALONE

I can't do this on my own, even though I had tried for years. I realize I wasted so much time on failed diets and wrong thinking. I now have a fabulous life filled with hope, happiness, friends, and purpose. What I have is based on nothing that I brought into these rooms – all I did was be a willing participant: one who was willing to listen to the recovered people I admire in OA, one who was willing to stick to the eating plan I had worked out with my sponsor, one who was willing to use all eight tools every day, one who was willing to do the steps as outlined in the Big Book and then be one who was willing to live in steps 10, 11 and 12.

The main component to this was my willingness to completely surrender to my Higher Power. I can have all the knowledge of how my body works and what allergies I have and what the reaction will be, I can have thousands of past experiences to drive this point home, and I can have all the yearning to stop overeating so I can get healthy and thin – but none of this had ever been able to stop me from eating the foods in huge amounts or eating the ones that I knew hurt me. What I've learned is that I have a disease and I can't stop. But somehow *WE* can. And somehow if I rely on my Higher Power and do the steps I can do everything I need to do happily and graciously. And somehow it happens without much effort. It's just realizing that God does for me what I can't do for myself and all I have to do is give him the opportunity to do it.

Barbara

MADE A DECISION

The effectiveness of the whole OA program will rest upon how well and earnestly we have tried to come to "a decision to turn our will and our lives over to the care of God *as we understood Him.*"



12 & 12 of AA ~ page 34

Continue, improve, practice.

Big Book ~ page 511

WE REVIEW OUR DAY

When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse, or morbid reflection, for that would diminish our usefulness to ourselves and to others. After making our review, we ask God's forgiveness and inquire what corrective measures should be taken.

Big Book ~ page 86



Please contact Brenda D. to update the WJIOA meeting list. THANK YOU!!



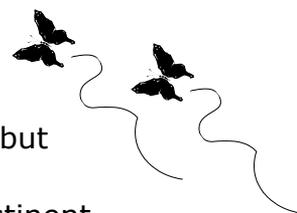
MEETINGS

I have never regretted going to a meeting. I was a lone wolf. In OA, I've found the herd.

R

NORMAL

No
Other
Reality but
My
Abstinent
Life



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. For more information on any of the events listed below call Barbara A. or visit us on the web at www.wjioa.org.

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

PEACE

- ◇ Do not undermine your worth by comparing yourself with others. It is because we are different that each of us is special.
- ◇ Do not set your goals by what other people deem important. Only you and your Higher Power know what is best for you.
- ◇ Do not take for granted the things close to your heart. Cling to them as you would your life, for without them life is meaningless.
- ◇ Do not let your life slip through your fingers by living in the past, yesterday won't come again. Nor wholly for the future, tomorrow is always a day away. By living your life one day at a time, you live all the days of your life.
- ◇ Do not give up when you still have something to give. Nothing is really over until the moment you stop trying.
- ◇ It is a fragile thread that binds us to each other.
- ◇ Do not be afraid to encounter risks. It is by taking chances that we learn how to be brave.
- ◇ Do not dismiss your dreams. To be without your dreams is to be without hope; to be without hope is to be without purpose.
- ◇ Do not run through life so fast that you forget not only where you have been, but where you are going.
- ◇ Life is not a race, but a journey to be savored each step of the way.

These Do's and Don'ts of life reflect the wisdom of the 12 Steps as I work my program in OA today. For today I am no longer in a "food fog", and I realize just how precious life can be. Abstinence brings with it clarity of mind and it opens the way to humility. I am reachable and teachable today. These words fulfill the joy I seek, bringing with it peace and serenity. Thank you, HP!

Anonymous



FOOTPRINTS IN THE SAND

One night a man had a dream. He dreamed he was on a beach walking with the Lord. Across the sky flashed scenes from his life. For each scene across the sky, he noticed two sets of footprints in the sand, one belonging to him and the other to the Lord.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the way there was only one set of footprints. He also noticed it happened at the very lowest and saddest times in his life.

This really bothered him, and he questioned the Lord about it. "Lord, you said that, once I decided to follow you, you would walk with me all the way. But I've noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why, in the times I needed you most, you would leave me."

The Lord replied, "My precious, precious child. I love you and I would never leave you. You see, during your times of suffering when you see one set of footprints, those were not your prints, they were my prints because that's when I carried you."

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm



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

EVERYONE WELCOME!

WORK THE PROGRAM

OA and the Twelve Steps are like the power that causes an airplane to become airborne: It only works when the pilot is doing the right things to make it work.

Big Book ~ page 457

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.

THE BIG PICTURE

I came for the vanity and stayed for the sanity...

Most of us came into OA for the sole purpose of losing weight; we didn't know there was anything else, much less a whole way of life involved in the process. As we practiced our program, however, we came to see that abstinence, rather than being the entirety of our solution, was the springboard by which we could enter into a life beyond our wildest dreams.

It is important to our recovery to realize that if all we have is the weight loss, we are missing out on the best OA has to offer: the gifts and blessings of the 12 Step program.

OA is *primarily* a program of *spiritual growth* and the weight loss becomes a side benefit (*For Today* p 353). Further, "God's way does not end with abstinence and weight loss or even regular attendance at meetings. [We must work] the Twelve-Step program on a continuing basis" (*For Today* p 155). The Twelve Steps are where we get the full benefit of spiritual healing, leading to a new and far superior way of life. The Big Book says "our [eating] was but a symptom. We had to get down to causes and conditions...when the *spiritual* malady is overcome, we straighten out mentally and physically" (p 64).

Today we can have a whole new, glorious world of growth, change, sanity and mental as well as physical health available to us!



In Love and Service,
Your WJIOA Trusted Servants

The Steps are a road, not a resting place.

HUMILITY

Humility is simply an awareness of who we really are today and a willingness to become all that we can be. Genuine humility brings an end to the feelings of inadequacy, the self-absorption, and the status-seeking.

12 & 12 of OA ~ page 60

WJIOA RETREAT

We can't believe this was our 6th retreat! They just keep getting better and better. So much planning goes into this. And, service was freely given, by so many OA'ers.

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.

TEN WAYS TO BEGIN ANEW

- ◆ Venture forth to new places.
- ◆ Contact new people.
- ◆ Seek new experiences.
- ◆ Leave fear behind.
- ◆ Free yourself of "shoulds".
- ◆ Trust the growth process.
- ◆ Listen to your inner self.
- ◆ Concern yourself with only this 24 hour period.
- ◆ Forgive yourself for past behavior.
- ◆ Be patient.



Your Trusted Servants.....

Archives – Terry S.
 Chairperson – Barbara A.
 Corresponding Secretary – Cyndy C.
 Editor – Alice B.
 Hotline – Dolores M.
 Meeting List – Brenda D.
 Outreach Committee – Jim D.
 Public Information – Eleanor D.
 Recording Secretary – Luanne S.
 Special Activities – Dolores M.
 Treasurer – Jack H.
 Trusted Servant Article – Laurie R.
 Vice Chairperson – Donna R.
 Youth – Trish M.

Discover OA Submissions:
 Alice B.
 Cyndy C.
 Eleanor D.
 Or by email:
 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.