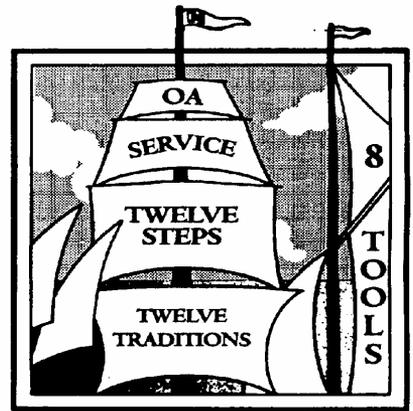


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 15, No. 4 Fall, 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."



## RUN IT AND RUIN IT

While reading *Living Sober*, I came across a sentence containing the words "run" and "ruin." Click! – "run" is "ruin" with "I" in it. When I try to run something – anything – my life or someone else's – instead of letting God be in control, "ruin" is sure to be the outcome. *Not my will, but thine be done* - is my prayer each morning. When I deviate from that, and attempt to control the situation, ruin will result. Also, when I allow others to run my life or affect my emotions in a negative way, it guarantees that my day will be ruined.

Along the same lines, if I decide to run my program on my own, without writing down my food and committing it to my sponsor each day, or working the tools I have been given through the gift of OA, I run the risk of ruining my abstinence, the ability to provide service as a sponsor, and the enjoyment of the life this program has given me. I must *be willing* to follow the path revealed to me since coming into the rooms, inspired by those with long-term abstinence.

I am grateful for the literature that enlightened me to this realization. Just for Today, One Day at a Time, may I keep the "I" out of "run," give it all to God, and accept the blessings God can give me when I allow Him to run my life.

Trish

## MY LIFELINE

Meetings are my lifeline to sanity and serenity no matter what else is going on in my life. Embraced by the fellowship and inspired by the sharing, I feel my demons loosening their grip on me. Fear of the future falls away, compulsive overeating seems manageable, and troubled relationships sort themselves out as I listen.

Many of the shares and stories are familiar and I smile as I recognize them. I have heard them in the rooms before and the repetition comforts me like tribal stories told around a campfire at night. Newcomers add their trials and triumphs to the mix inspiring me with their stories of desperation and hope and I add my story.

Ruth

Yesterday is history ~  
Tomorrow is a mystery ~  
Today is a gift ~  
That is why **today**  
is called **the present.**



## TWO PROBLEMS

If food is calling, that means something's happening in my life. If I have a problem, and eat over it, I have two problems. When I'm compulsively overeating I'm unable to focus on anything else.

Abstinence ~ page 74

# TRADITION THREE

The only requirement for OA membership is a desire to stop eating compulsively.

When I walked into my first OA room in March of 1997, I was desperate. I had already lost 30 pounds on the "vegetable soup diet," but I knew my destiny. I would lose 50 or so more pounds, get down to goal, buy some new clothes, think myself a new, more valuable person, and then begin binge eating again. I would gain every pound back plus ten more for good measure. I had been on many programs before and always lost weight. I was an expert at losing weight, but I was a grand master at gaining it back and quickly.

So it was useless; why bother? Because my knees hurt, I was always out of breath, my doctor said diabetes might be next. Then a neighbor took me to OA. She picked me up at my door, and took me to a meeting. I will be forever grateful to her.

I wanted to stop eating in secret, I wanted to stop planning my day around food, I wanted to do things with my family, I wanted one size in my closet, not ten different sizes, I wanted to eat healthy, I wanted to stop eating compulsively, but I didn't know how.

Then I took the first step; I walked into OA and admitted to myself I couldn't do it alone. I listened for two hours that morning without uttering one word. There were people who spoke and said they had been in the same body for years. They were smiling and laughing, and didn't seem deranged. They talked about OA being a program of action, and sponsorship, and steps. Someone came over and gave me a Newcomers packet, and everyone said, "Keep coming back."

A woman came over to me at the end of the meeting. I would never have had the nerve to go up to anyone on my own. She said if I was willing to call my food into her every day she would be my sponsor. I said, Wait, you don't know about me; I'm hopeless. You don't want to waste your time. I told her of my past failures, I told her I knew what the future would bring. She told me not to worry about the past or worry about the

future. She told me to live in the present. She suggested that I try the OA way for just one day. When she told me to call her promptly the next morning at 6:30 AM, I thought she was kidding. Who wants to listen to someone's food at 6:30 AM? She said she did. And so I did.

I tried it the OA way for just one day, and those days morphed into weeks and months and years. I have only one size in my closet, I still call in my food every day to my sponsor, and I go to at least two meetings a week. I am still a compulsive eater; I will always be a compulsive eater, but I am not eating compulsively. Thank you OA.

Barbara, West Orange

## 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](http://www.wjioa.org).

- September 27 - Luncheon/Silent Auction
- October 11 - Day of Recovery
- December - Holiday Party



If you want to get to where you are going, start from where you are.

## 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!!

## WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



# INVITE G-D IN

It is said in OA – “I came for the vanity and stayed for the sanity”. Well, maybe both. I knew that I wanted and needed to lose weight. Little did I know that I would also come to learn about spirituality in a way that would change my life.

Today, I lead a G-d centered life. I realize that G-d is in charge of all things – large and small. I used to live according to my will, and my life was very unmanageable and chaotic. Today, I realize that everything is in G-d’s time, not mine. Thy will be done. This provides me with a freedom I have never known before. I believe that my connection with G-d, working and living the steps (the roadmap to recovery), practicing the tools, hearing the hope, strength and experience of other OAers, helping others, and, prayer and meditation, have saved my life. I now know a peace and serenity I had not experienced before program. Today my life is happy, joyous and free more often than not. I am very grateful to G-d for leading me to OA and for showing me a new way of life.

I keep coming back because it works if I work it – and I work it because I’m worth it. I also have my own acronym for the guiding principle by which I now live ~

IGI – Invite G-d In.

Denise S.



Please contact Brenda D. to update the WJIOA meeting list.

THANK YOU!!



## EVERYTHING IS ALL RIGHT

Before OA, it didn’t matter how good things got– I always had a feeling something was wrong. Since OA, it doesn’t matter how bad things get– I always have a feeling that everything is going to be all right.

Big Book ~ page 381

### THE 12 STEPS ~

The gift that keeps on giving.

R

# ACCEPTANCE

Acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God’s world by mistake. Until I could accept my compulsive overeating, I could not stay abstinent; unless I accept life completely on life’s terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.



Big Book ~ page 417

Once we honestly examine our histories, we can deny it no longer: our eating and our attitudes toward food are not normal.

12 & 12 of OA ~ page 3

## 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.
- ❖ Going on vacation with my program and returning with it stronger than ever.
- ❖ Being in a place where I am more alike than different.



CALL . . .  
**OVEREATERS  
ANONYMOUS**

NO DUES / NO FEES / NO WEIGH-INS



**973 – 335 – 1717**

[www.wjioa.org](http://www.wjioa.org)

# TOOLS, STEPS, TRADITIONS

The tools help me stop compulsively overeating (I do one or more of them before I take that first bite).

The steps help me by giving me an alternative to eating so I don't need the ease and comfort I believe food will give me. Recovery is the ability to see that this is a lie. Here's also how I view the steps: 1, 2 and 3 get me ready to do the all important 4-12; 4 and 5 are about me; 6 and 7 are about God; and 8 and 9 are about everyone else. Then 10 keeps me comfortable with me; 11 keeps me comfortable with God; and 12 keeps me comfortable with people, places and things. There are principles associated with each step (1 is honesty, 2 is hope, 3 is faith, 4 is courage, 5 is integrity, 6 is willingness, 7 is humility, 8 is self-discipline, 9 is love, 10 is perseverance, 11 is spiritual awareness and 12 is service/unity/trust).

The traditions are a group of rules that if I practiced will give me the opportunity to use the principles I just learned. For me, I think that the traditions are just rules on how to get along with others - they don't just apply to the meetings or OA - they can be used for everything and everyone. When all the traditions are applied to my life they make me a better person and make me fit in this world comfortably.

Barbara



## 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



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

# REJOICING

When we keep the twelfth tradition, no one person or group of people is ever given special status in OA. Our leaders have no special honors; they're simply our trusted servants. When we applaud someone's weight loss or celebrate abstinence anniversaries in our meetings, it doesn't mean we are singling out these persons for glory. It means we are rejoicing in a fellow compulsive overeater's recovery.

12 & 12 of OA ~ page 202

## SWEET SUBMISSION

In my home group meeting place, a story of three frogs is often shared. The moral is 'faith by itself, if not accompanied by action, is dead. Quite honestly, I am embarrassed to admit how long it took me to finally get it. All the voices were in laughter as I sat there dumbfounded. The turning point was finally admitting my powerlessness over food with *eager* determination. With my hand in His, I surrendered my battle of wills. His *every* decision is exactly as it should be for my life. That commitment of surrender has been an empowering experience. I found it impossible to move forward without acting upon it. So I anxiously wave that white flag every morning, and more when necessary.

Anonymous

I am enough.  
 I have enough.  
 I do enough.

## ABSTINENCE

I was told that I must want abstinence for my own sake, and I am convinced this is true. There may be many reasons that bring me to OA for the first time, but the lasting one must be to want abstinence and the OA way of living for oneself.

Big Book ~ page 354 - 355

### 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.