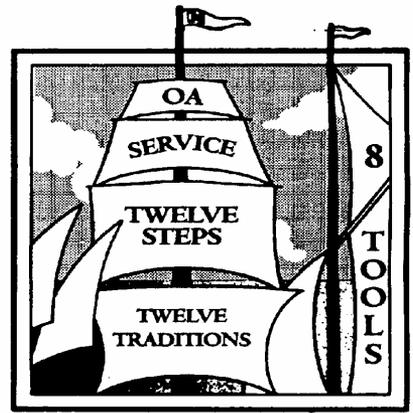


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 16, No. 1 Winter, 2009

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."



## MERCILESS OBSESSION

It's what finally brought me to the doors of this most wonderful of things that happened to me in my life. That merciless obsession finally brought me to my knees, to my bottom. It never stopped. It continued for all the years I had been on this earth, incessantly. I tried everything, everything, and, still, that merciless obsession. It drove me crazy, day in and day out, and it is and was the gift that was sent to me by my Higher Power so that I would be driven to the doors of OA and finally be willing to open them and accept what they had to give me to get this merciless obsession off my back, one day at a time. I could not see this clearly back then more than 22 years ago but I was willing to try anything.

I now can see more clearly than ever that I was on a slow road to destruction, a road that is painful and never ending. If I had a choice now, if I had to die, between a bullet between the eyes or that merciless obsession, I would pick the bullet. Killing myself the way I was, slowly, painfully, and killing everyone around me, too, it would be my idea of what hell is like, if there is one. I need no convincing that I was dying. I came to OA because I was dying and couldn't stop myself. I was the one who was doing the killing. That idea drove me more nuts than I care to think about. I am so happy. I am so grateful. I feel so blessed.

Jackie

## BORN ANEW

I ask myself, "How old are you"? And this is the answer I give:

I am as old as my negatives, as young as my positives.

I am as old as my closed mindedness, as young as my openness.

I am as old as my rigidity, as young as my enthusiasm.

I am born anew each day, one day at a time.



Author Unknown  
(passed along by Sylvia)

There are two days each week about which I should not worry:  
yesterday and tomorrow.

## SNOW DAY



On the first snow day of the year, I thought of how I used to spend snow days. I am so grateful that this snow day I ate my normal three meals a day and made calls to laugh with other OAers about those former days. Thank you, HP.

R



I came.  
I came to.  
I came to believe.

Came To Believe ~ page 100

# AM I HAVING FUN YET?

Nobody likes pain.

Pain is why I overate in the first place – I was in distress, had no way to deal with or process it, so I sought to numb myself.



I still don't like pain.

No normal person enjoys being uncomfortable, and as the level of my uncomfortability increases the intensity of my desire to escape also rises. The difference today is that I have a program that teaches me to deal with life on life's terms, not *my* terms. Paradoxically, my program teaches me that some pain is the inevitable result of *getting better!* I am like someone who had broken a finger and was never able to get it set. The finger never healed the way it was supposed to and became misshapen, making it unusable. In such a case, a doctor will frequently *rebreak* the finger and then reset it so that it will heal normally and be serviceable again. Even if the patient is given an anesthetic when the finger is broken, there will be unavoidable pain once the drugs wear off and through at least some of the healing process.

I have also grown up in an unhealthy manner to a greater or lesser degree, and I need to be reset and "re-grown," so to speak in order to live a healthy, serviceable life. This process involves unavoidable pain as I struggle against my natural instincts for self-preservation, that is, the avoidance of pain. The dilemma is, if I do not suffer I cannot grow, and if I do not grow I will revert to my previous, diseased, unhappy mentality.

I am on a path that will give me a life beyond my wildest dreams. Unfortunately, the price of admission includes pain. I hate the process, but I crave the product. Once the pain is past, however, I emerge a stronger, kinder, better person—it's worth the price!

Laurie R.



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

# TRADITION FIVE

Tradition five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message – in our steps and traditions – that we find solutions to our problems. Living by these principles has saved our lives. Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality, and fellowship: These twelve-steps and twelve-traditions principles, rather than our problems, should be the focus of every OA meeting.

OA 12 and 12 ~ page 146 - 147

The greatest enemies of us compulsive overeaters are resentment, jealousy, envy, frustration, and fear.  
Big Book ~ page 145

# LUV YOU GUYS

(to the tune of 'Take Me Out to the Ballgame')

Take me out to the meetings  
Take me out to the place  
Where there is healing & lots of love  
Even when I worked less than I should  
They loved me til I loved myself  
How cool could that ever be  
For it's one, two, three hugs I'm home  
And with god, I'm here to stay.



Brenda, East Orange

I choose to go through life abstinent while thinking I am a compulsive overeater rather than to go through life miserable thinking I am not.

# 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).

- February - Unity Day
- May 15 - 17 - Retreat



# COMPULSIVE OVEREATER

I can admit I'm a compulsive overeater – I know I am different both physically and mentally when it comes to eating. The Big Book calls this a "career." I believe that is true – I had overeaten longer and more faithfully than I had done anything else. The Big Book is a book of instructions, warnings and prayers. There are many examples of what happens if I don't follow the directions given in this book.

Before OA I never made any connection between being hungry or crazy and what I put in my mouth. Every diet I was on was blown because all the reasons I had for not eating were easily pushed aside in favor of getting that short-lived reward produced by eating. And there was always some excuse to eat! And while I was shoveling food into my mouth I always thought it was okay. I knew all the facts about losing weight and calories and exercise and I was still unable to stick to a diet. I had all these great plans of what my life would be when I got skinny and I was still unable to stick to a diet. Using my willpower never worked because I have none – and still don't.

Time and time again I made no fight whatever and did not think of the consequences. It's amazing how far I have come. What eventually gave me this great life was having that connection with my Higher Power and realizing the food was not my problem but what I thought the food could do for me was. My solution is believing the truth that my Higher Power can do much more for me than any piece of food ever could. Through this program I now believe that.

Barbara



## CALL FOR ARTICLES

Discover OA is our newsletter. Use the tools of service and writing today! Take a few minutes to write an article - positive sharing on a topic of your choice. Some potential topics are: gratitude, serenity, service, turning it over, abstinence, meetings, the joy of living, honesty.



# WILLPOWER

Our whole trouble had been the misuse of willpower. We had tried to bombard our problems with it instead of attempting to bring it into agreement with God's intention for us. To make this increasingly possible is the purpose of OA's Twelve Steps.

12 & 12 of AA ~ page 40

We are not saints.  
The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Big Book ~ page 60

## WJIOA GOING STRONG!!!

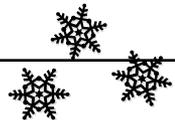
The past three months have been a busy time for West Jersey. Our annual Luncheon/Silent Auction was filled with laughter, joy and fellowship. Words of positive sharing, recovery, hope and serenity filled the rooms at the Day of Recovery. Of course, the Holiday Party was festive and lots of fun. So much recovery, love and joy; so much service. What a wonderful fellowship!

## OA TRADITIONS

The OA Traditions are neither rules, regulations, nor laws. We obey them willingly because we ought to and because we want to. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience and are rooted in love.

As Bill Sees It ~ page 319

When setting out to deal with difficult people, start with the one in the mirror.



## WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

Parsippany Library

Halsey Street & Route 202  
(behind the Gulf Station)

EVERYONE WELCOME!



# BOILED DOWN PROGRAM

Dr. Bob Smith, one of the cofounders of Alcoholics Anonymous (from which OA emerged), said our program, when it is boiled down to its fundamental elements results in love and service. Going further, one might say that service is actually love in action, so the basic, bottom-line product of truly working the OA program is learning how to live a life of love.

"The first requirement [for recovery] is that we be convinced that any life run on self-will can hardly be a success" (*Alcoholics Anonymous* p.60). Before coming into OA, many if not most of us would agree that we lived lives motivated by selfishness and "self will run riot" (*ibid* p.62). Even when we did serve other people it was usually in the hope of getting something back, if only gratitude, praise, or acknowledgement of our generosity of spirit.

The Twelve Steps, the Twelve Traditions, and the tools, teach us to go beyond our narrow, adolescent, self – and food – obsessed outlook to the mature approach of having consideration for, serving, and loving others. Although a new impulse for many of us at first, it soon becomes an important and rewarding privilege to be able to selflessly help another overeater find healing from this killer malady. "Then you will know what it means to give of yourself that others may survive and rediscover life. You will learn the full meaning of 'Love thy neighbor as thyself'" (*ibid* p.153).

If we are truly working the program as it was designed, we will be developing in the direction of selflessness. Every time we restrain our selfish desires and turn our hearts and minds toward another person, we are diminishing the power our disease has upon us, and improving our spiritual health.



In Love and Service,  
Your WJIOA Trusted Servants

### 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.

# A WORD ABOUT NO

Why do I feel as if I have to explain myself and my way of eating to those around me? As a recovering compulsive overeater, I have had to look at certain behaviors and beliefs that I found self-destructive. One of these is people-pleasing. People-pleasing is putting my own needs aside to satisfy what I perceive to be another's wish. Many have done this as a way of trying to feel loved and accepted, and yet it has often backfired.

I am powerless over what other people feel or think. I am responsible for my own actions and my own recovery. It is healthy to set boundaries. I have the right to choose when to tell people about my disease, or my membership in OA. I have a right to eat safe foods and engage in safe activities and to avoid those that are harmful to me. No one has the right to violate my boundaries. I need to remember that "NO, THANK YOU" is a complete sentence.

Anonymous

**Your Trusted Servants.....**

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- Corresponding Secretary – Cyndy C.
- Editor – Alice B.
- Hotline – Dolores M.
- Meeting List – Brenda D.
- Outreach Committee – Jim D.
- Public Information – Eleanor D.
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- Special Activities – Dolores M.
- Treasurer – Jack H.
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- 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.

Yesterday is a canceled check, 

 tomorrow is a promissory note,

  today is cash in hand,

spend it wisely.