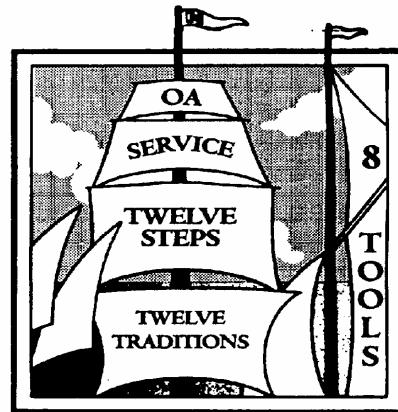


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 16, No. 2 Spring, 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."



CLIPPING AWAY THE WEEDS

"I finally realized that I have been searching in all the wrong places. No one has my answers; they don't even know what the question is. I believe that all my answers are within me."

(Voices Of Recovery ~ page 363)

No one else thinks the same way that I do, no one else acts the same way that I do, and when there are problems that require solutions, no one else can resolve those things for me, nor should they.

Very early in program, my sponsor indicated I could not get well on her coattails. Initially, I was annoyed at the implication. What I ultimately discovered was she was only suggesting that I would be required to do my own work. So after I got past the poor me's and accepted my responsibilities, I was able to begin my journey. A certain dignity came with that acceptance. I became able to be teachable.

What I have learned in this program (as well as with my faith) is that I am to find out who I am and what needs tweaking in me to allow me to function, live, love, etc., better.

I go to God with my defects. Because He loves the defected but is against the defect, He is right there with me, right on board to help me to change. He wants me well. And, as long as I want it too and I do my part; then, I will, day by day, moment by moment, some times second by second, grow where I need to,

become what I came here for, and share it in all areas of my life using those God given talents to shine His light.

So, yes I absolutely agree that the questions, the problems, the ways of viewing the world and much, much more reside in me. When I need more clipping in my life, then please God, let me not fear the shears.

Brenda, East Orange

"Honesty with ourselves and others gets us abstinent, but it is tolerance that keeps us that way."

As Bill Sees It ~ page 312

GRATEFUL

I am a Grateful Compulsive Overeater. In my Sunday morning writing meeting I realized for the first time that if I hadn't found OA I would not have had this beautiful training in spirituality. I've studied mysticism and philosophy, meditated with gurus and yet I could not open my heart to God. I could not let God into my life. Who would have thought that my compulsive overeating would be my pathway to God and a life of peace, joy and abstinence? I never imagined that compulsive overeating, the very thing that tormented me and defeated me over and over again my entire life would bring me such peace. I am so grateful for the miracle. I am so grateful for OA.



Gail, Denville

LISTEN

When I ask you to listen to me, and you start giving me advice, you have not done what I asked.

When I ask you to listen to me, and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to DO something to solve my problems, you have failed me, strange as that may seem.

LISTEN! All I asked was that you listen. Not talk or DO – just hear me.

Advice is cheap; 10 cents will get me both Dear Abby and Billy Graham in the same newspaper.

And I can do for myself; I'm not helpless, maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and weakness.

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I quit trying to convince you and get about the business of understanding what's behind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

Perhaps that's why PRAYER works, sometimes for some people because God is mute, and He doesn't give advice to try to fix things. "They" just listen and let you work it out for yourself.

So, please listen and just hear me, and, if you want to talk, wait a minute for your turn and I'll listen to you.

Author Unknown

THOUGHTS

"Thinking of eating is *not* eating; I can't do anything about my thoughts, but I can certainly go to a meeting, call my sponsor, read program literature or say the Serenity Prayer."

For Today ~ page 275

THE JOY OF LIVING

The most important thing to me today is:

- ✦ Physically staying abstinent.
- ✦ Emotionally dealing with whatever is going on.
- ✦ Spiritually turning it over to a power greater than myself, to take care of that which needs to be taken care of.

If I do these three simple things, I will truly experience the joy of living.

Anonymous



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



UNITY DAY

West Jersey joined North Jersey, Central Jersey, Jersey Shore and South Jersey Intergroups in a world-wide celebration of OA called Unity Day. The day was filled with an abundance of workshops covering a variety of topics. To add fun to the day, there was a drawing on all the decorated baskets donated by the participating intergroups. Everyone came home having made new friends and with a warm sense of belonging to a wonderful fellowship.

Isolation is something I did in the dark while I was busy developing my *negatives*.



CALL FOR ARTICLES

Discover OA is our newsletter. Use the tools of service and writing today! Take a few minutes to write an article and share your recovery, strength and hope ~ 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, sponsorship, etc...



You get what you expect in life. Expect to be abstinent.

THOUGHTS FOR TODAY

Thinking about never taking that first bite again just sounds overwhelming and sets me up for failure. I can't think about the future or even tomorrow. It's only today that I have to worry about. This disease is so baffling. Sometimes I get mad that I have this disease and just feel it's not fair. I want that bite, those foods that I always hear calling my name whether at a party, restaurant, friends house or just watching my children devour them right in front of me in my very own home. Just then, I start to reason to myself, I've been working so hard I'm sure I can handle it. This time I'll know what to do. I've grown and learned so much from the program. Just then I hear a loud, shrieking noise, like taking the needle off an old 45 record. I stop but not in movement, only in thought. As I begin to take hold of this imaginary rope, pulling it back on my side of the line, am I getting control over this tug of war all by myself? Not at all. It would be foolish to think I can handle such a powerful presence alone. I look behind me and wow there you all are helping me pull harder, making sure this disease doesn't get the best of me today. I see your calming, smiling faces, while rooting for me with words of wisdom. I win for the moment and become relieved of these thoughts once again.

After a sigh of relief I feel a sense of gratitude. Mostly for finding out and declaring to my fellow compulsive overeaters that I am proud to have this disease. Why? Because there is no limit to the amount of growth and understanding of myself than I could have ever comprehended before. For with this declaration and in working the steps, I can heal my past in order to appreciate the wonderful present moment. Is it always wonderful? No, but my worst abstinent day is by far better than any day living in the disease.

So at this point in my recovery, I can't ask and analyze why I am who I am. I can realize, be honest, own up to who I am and what I need to do to live sane for today. Those 2 words: For Today. That's the magic of the program. Only focusing on the next right thing and not taking that first bite for today. This way, I don't get overwhelmed. I can do it for one day, which for me has turned into 8 months back to back while building and strengthening a foundation of love, respect, kindness, wisdom and the potential to live the fantasy of that girl I always wanted to be; which is living, some days good, some bad, but getting myself out into the world and out of my head. Maybe it isn't so bad to live with this disease after all.

Most importantly, realizing, this drama that I produce will keep coming back. As long as I am aware of and acknowledge these uncomfortable

feelings, I have ways to change my old behavioral habits that got me into trouble in the first place. I need to remember it's the moments – staying in the present moments. Finding one thing to be grateful for to continue on the most amazing journey of my life ~ my life ~ no first bite is worth that.

Tracey



Life is a dance when you take the steps!

TREASURER'S REPORT

WJIOA would like to thank the following meetings for their total contributions from July 1, 2008 through December 31, 2008:

Boonton (Mon am)
Hackettstown (Tue)
Randolph (Wed)
Roseland (Wed)
Morristown (Thu)
Parsippany (Sat – 2 meetings)
Sparta (Sat)
Vernon (Sat)
Denville (Sun)
Hackettstown (Sun)

ACCEPTANCE

"Acceptance proved to be the key to my compulsive overeating problem. ...When I stopped living in the problem and began living in the answer, the problem went away. From that moment on, I have not had a single compulsion to overeat."

Big Book ~ pages 416 - 417

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.

- May 15 - 17 - Retreat
- September - Luncheon/Silent Auction

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.

PLANTING WISELY

There is a basic, obvious truth every gardener knows: whatever one plants is what he or she will harvest. If you plant strawberries you will not be harvesting poison ivy. If you plant poison ivy, however—and who would want to do that?—you will *not* be harvesting strawberries.

As recovering people, we can ask ourselves: *what are we planting in our lives?* Are we planting a crop of love and service or are we planting poison ivy? Poison ivy can be interpreted as any negative, destructive behavior we tolerate in our lives: gossip, control, bullying, resentment, anger, selfishness, lying, denial etc. – everything that makes our lives unhappy and unproductive; it is unrealistic to expect good results from bad behavior.

Just as poison ivy can turn up in a garden, negative character traits can sneak up on us if we are not alertly tending to our lives, and frequently, even if we are. The difference is, when we are working our programs diligently, the poison ivy will still sneak in, but we can be aware of it more quickly and take steps (or *the* 12 Steps) to eliminate it from our lives.

We don't have to panic when we see imperfections crop up – they are the result of being human and alive! It can happen to everyone, no matter how good his or her program is or how long they have been in recovery. Fortunately, we are given Steps One, Two and Three to point us to the power source, Steps Four through Nine as the primary "poison ivy removers" to address and deal with our toxic behaviors, and once we have completed them we have been given Steps Ten, Eleven and Twelve to keep ourselves growing and changing, and the "poison ivy" at bay, as we progress in our recovery.

WHAT'S IN *YOUR* GARDEN? 

In Love and Service,
Your WJIOA Trusted Servants

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!

ANONYMITY

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication." This is Tradition Eleven of our fellowship. " 'Attraction rather than promotion' is good for us and essential for the OA Fellowship. Our individual recovery, as well as group unity and effectiveness, depends upon this unusual brand of public relations. The eleventh tradition is based on faith in our program and in that Power greater than ourselves which guides compulsive overeaters to our doors. All we have to do is let the facts about OA and its principles be known. We can depend upon our Higher Power and this miraculous program to attract those who can benefit by what OA has to offer. When we maintain our tradition of anonymity we ensure that Overeaters Anonymous will remain a spiritual Fellowship, supporting all of us in our recovery."

12 & 12 of OA ~ pages 193 & 198

THE MEMO

I didn't get the memo! The memo on what to do when I was upset ~ on what to do when I was frustrated or even happy. OA gave me the memo. I am happier now.


Anonymous

Your Trusted Servants.....

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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:

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Cyndy C.
Eleanor D.
Or by email:
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Don't delay, submit your article today ~ positive sharing on a topic of your choice.