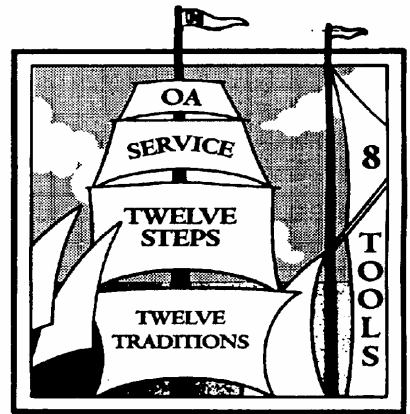


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 16, No. 3 Summer, 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."



SPONSORSHIP

"Take what you want and leave the rest". This is my least favorite slogan – in fact I really don't like it at all. It implies that I can do only what I want to do and still get the results promised in the Big Book. This is one of the lies my disease believes. The truth is that if I want to have an easy abstinence and a great life, then I must also do the footwork necessary for me to earn these things. So, what is the necessary footwork? To me it is committing my food every day, sticking to my food plan, making phone calls, reading the literature, writing, sponsoring others, going to meetings, leading meetings, reading the Big Book, doing the steps, living in steps 10, 11 and 12 every day, and teaching others the steps. How do I learn to do these things? To me, the answer is: from my sponsor. A sponsor is not my mother, my psychiatrist or someone who will solve my problems. However, a sponsor is someone who is already on the road to physical, emotional and spiritual recovery and is willing to teach me the things she has learned. My sponsor is the person I chose to guide me on how to recover. My sponsor strongly suggests that I stand up as an available sponsor as soon as I am qualified, that I sign up to lead a meeting or jump in immediately when one is needed, and she suggests that I do service. My sponsor wants me to succeed and does what is necessary to help me without doing the work for me. My sponsor does not solve my problems but tells

me how she got through the same things. My sponsor takes me through the Big Book and teaches me all 12 steps. My sponsor is just another compulsive overeater who I can rely on in times of trouble to stand by me and help me get through. My sponsor is someone who has what I want and therefore I will go to any length to get what she has.

I've challenged myself to become one of those sponsors who has done everything I need to do to become an attraction for OA, I give it freely, and I encourage my sponsees to do the same. Have you?

Anonymous

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.

FREEDOM



Today I have the *freedom* to live my life thanks to OA. I have *freedom* to choose a food plan that I can live with today. Since I have a healthy food plan, I have *freedom* to pick any piece of clothing out of my closet. For the past six years, I have enjoyed going to meetings, and I have the *freedom* to go to as many meetings as I choose. I have the *freedom* to work the tools, steps, and traditions at any time. Today, I have *freedom* from the bondage of compulsive overeating.

Donna

REFLECTION

*" I was spending most of my energy on things I could not change, worrying, fretting, and trying to make them come out 'my' way".
(Voices of Recovery ~ page 365)*

Wow! That was so me when I first walked into the 'rooms' on July 18, 2005. I had spent my entire life trying to fit that square peg into that round hole. It just never fit. I needed to fill it though, and so I tried. I tried to fill it with more food, more manipulating of people, places and things, more men, more shopping, even more work. It was never, ever enough. It took coming to this wonderful program to realize that it was a God shaped hole that I was trying to fill with just ordinary plain stuff. What I couldn't see was that there was never going to be enough stuff. That hole was never going to be filled with anything other than Him.

Down deep, what I really thought when I walked in was that this program was just another gimmick, that it would never ever work for me even though it was seemingly working for others. I would lose a few pounds and make my doctor happy. Then I could leave this place where the fanatical attitude of a few frightened me. Yet in the interim, the glimmer of hope from a few others captured my curiosity. I learned the despair of the destiny I dreamt about could be changed. And most important, I learned I was spiritually bankrupt.

So little by little (in nice chewable chunks) with the guidance of a few wonderful women and the help of a great many more folk, I continued to move away from self-centered living to God-centered living. What a tremendous gift! I am living and loving life on God's terms. I don't need to spend excess energy worrying, fretting, and trying to fit my life to my terms. I've learned that when I try to get my own way, I am missing out on God's abundance. I want His will now, because it is eminently better than anything I could have ever dreamt up.

Kudos to the literature for being so inspirational of that inner searching.

Brenda, East Orange



BEFORE AND AFTER OA

There are two types of people in this world. One believes there is something wrong and if everybody would just leave me alone, I would be fine. The other believes there is something wrong and it is inside of me. And, I need to find out what it is. Which one are you?

Before the OA program, I was the first type of person. Now that I am living my program and working the steps, I have become the second because I am finding and changing the things within myself that I need to change. Thank you OA!

Anonymous

THE JOURNEY

When the newcomer approached the oldtimer, envying his accomplishments and many years of abstinence, the oldtimer slapped down his hand like a gavel and said, "I'll trade you even! My thirty years for your thirty days – right now!" He knew what the newcomer had yet to find out: that true happiness is found in the journey, not the destination.

Big Book ~ page 510



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



Song from the Heart

(to the tune of Zippy Doo Dah)

I am so grateful that I found OA
Blessed by the friends I have made on the way
Working my program just for today
And I'm not starving – The Gift of OA
There are twelve steps and traditions
It's about the healing -
Spiritual, mental, and emotions.



Abstinence, Meetings, and Sponsorship - Hey
Phone calls and Service, Thank God for OA!

Trish

OA is not just a project. OA offers me
an opportunity to improve the quality of
my life.

Big Book ~ page 541

CAN THIS BE ME



I've often sat and wondered
And prayed that I might see –
Just what it is, in this here life,
That God has meant for me.

For it seems the things I've wanted most
Somehow do not appear –
And yet I feel contented,
Knowing God is ever near.

I've prayed so many times for wealth,
And felt this must be the way –
Instead He took this twisted soul
And led it to OA.

Here to share my happy times,
And sometimes maybe cry,
Here to gain my treasured wealth,
The kind money can't buy.



Like the hugs I get in Princeton,
From the people who call me friend,
Or the meeting on Staten Island
We wished would never end.

And the one I went to last week
And shared for a little while –
And someone said, "When I see you,
You always make me smile."

You'll never know all the joy I feel,
In sharing this program of mine –
Loving God and all my OA friends,
Living life, One-Day-At-A-Time!

Dick T.

(Submitted by Cyndy from
Today, September/October 1984)

Only a compulsive overeater would think
the solution to loneliness is *isolation*.

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



Make plans but don't plan results.

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.

THE TWELVE PROMISES

- ◆ We are going to know a new freedom and a new happiness.
- ◆ We will not regret the past nor wish to shut the door on it.
- ◆ We will comprehend the word serenity and we will know peace.
- ◆ No matter how far down the scale we have gone, we will see how our experience can benefit others.
- ◆ That feeling of uselessness and self-pity will disappear.
- ◆ We will lose interest in selfish things and gain interest in our fellows.
- ◆ Self-seeking will slip away.
- ◆ Our whole attitude and outlook upon life will change.
- ◆ Fear of people will leave us.
- ◆ Fear of economic insecurity will leave us.
- ◆ We will intuitively know how to handle situations which used to baffle us.
- ◆ We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Big Book ~ pages 83 - 84

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. 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

SMALL VICTORIES

I see that my day is filled with little victories. Each time I say "no" to spontaneous eating, each time I read, make a call and grab a stick and write, each is a small victory. I put a sign on my refrigerator that says, "small victories".

Anonymous

EGO ~ Easing God Out

POWERLESS—NOT HOPELESS!

When we hear of people who are powerless, there is almost always a negative connotation: the powerless poor, the powerless victims of some oppressive regime, and so on. This is not true within the rooms of recovery, however. Our program is "counter-intuitive" – that is, it goes against our normal way of thinking. For us, the admission of "powerlessness" is an open door to a source of power beyond our wildest dreams.

When coming into OA, many of us had reached rock bottom: we too had been helpless victims, suppressed, abused, dominated and destroyed by a cunning baffling and powerful disease. We had run out of ideas, out of diets—out of plans! We had surrendered to the illness and crawled into OA, not knowing what we were to do next.

Paradoxically, our admission of powerlessness is when the miracle started – we had been painted into a corner and had nowhere to look but up; up to the meetings and other recovering overeaters, up to a program that teaches us how to live our lives, up to a Higher Power who is there to pull us out of the pit, set us on our feet and give us the spiritual muscle to follow the directions that will give us an abundant life.

Today we can have all the power we need to continue to grow and change and heal, not only from the overeating, but also from the reasons why we overate, because our inappropriate eating is merely a *symptom* (*Alcoholics Anonymous* p.64) of deeper problems. Going through the 12 Steps is the path to addressing these problems.

Because diets only addressed the symptom, that is, the overeating and accompanying weight gain, they were ineffective even if we were able to lose the weight. Our core issues went untreated, so the symptom – the inappropriate eating and the excess weight – came back again. Today we are still powerless over this disease, and will remain so for the rest of our lives – but we are far from hopeless!



In Love and Service,
Your WJIOA Trusted Servants

I don't always get to know why.

WJIOA RETREAT

We can't believe this was our 7th retreat! They just keep getting better and better. So much planning goes into this. And, so much service is freely given.

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.

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: wjoadiscover@aim.com



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

If I have faith in my Higher Power, it doesn't matter if I have faith in myself.

A LIFE OF ITS OWN



The tides of life flow endlessly for better or worse, both good and bad, and I cannot allow my abstinence to become dependent on these ups and downs of living. Abstinence must live a life of its own.

Big Book ~ page 451

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.