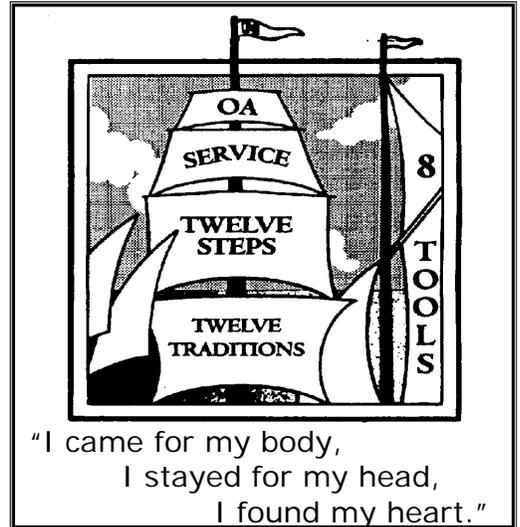


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 17, No. 1 Winter, 2010

Our primary purpose is to abstain from compulsive overeating and carry this message of recovery to those who still suffer.

HOTLINE (973) 335-1717



A SPIRITUAL EXPERIENCE

I am a Slow Learner.

I wish I had been struck abstinent, had designed a HP and had turned my life over at my first OA meeting.

I wish I had an immediate and overwhelming "God-consciousness" followed at once by "vast changes in feeling and outlook." I wish I had a "personality change sufficient to bring about recovery from compulsive overeating" at that first meeting. I did not have a "sudden and spectacular upheaval."

I am having the experience described toward the end of the Big Book entitled, "Spiritual Experience."

It has grown little by little. I stopped actions that were obviously incorrect. I turned to the group or a person in program for help when I wanted to overeat. I do service without looking for acknowledgement. I ask for advice about life issues from others rather than consulting just me. I read and write on AA and OA approved literature. I am able to do what I was unable to do for myself.

And I pray to be more willing, more honest and more open minded, to give more to others and to receive more HP instruction.

RW

I can't change the wind but I can adjust my sails.

TWELVE STEP PROGRAM

Why do I need to work the Twelve Steps? Isn't it enough if I use the tools; i.e., be abstinent, go to meetings, make three phone calls a day, read the literature, do some service, respect everyone's anonymity and write about my feelings? Well, I think not. OA is a Twelve Step program. As such, the Steps are there for me to work them. For me, being in OA and not working the Steps would be like going to college and not taking any courses. It just wouldn't make any sense. The program works if I work it. Thank you, OA!

Joe



CALL . . .
**OVEREATERS
ANONYMOUS**

NO DUES / NO FEES / NO WEIGH-INS

973 - 335 - 1717

www.wjioa.org

SERENITY AND COURAGE

"With the gift of serenity, I am ready and willing to accept what God permits to happen to me; with the gift of courage, to take action to change the things I can for the good of myself and others."

Came To Believe ~ page 4

POWERLESS

"We admitted we were powerless over food and that our lives had become unmanageable."
(Step One)

I asked myself this question over and over about being powerless. Why is it that a single sentence can be so simple yet have the license to change my life? When I first heard this step, I had mixed feelings of how it related to the problems I was having with food. I had always thought on occasion that my life was unmanageable, but the blinders were on for me. In retrospect, the reality was I was powerless over the food and my life was unmanageable.

The powerlessness is something I now believe in as I do in my Higher Power. It is something I take seriously and not just say. It is part of me as my name is part of me. It is ludicrous to think that anything so small as a bite of food could have such an impact on a person, but I no longer have the luxury to think this way. I know now it is the first bite that brings me to my knees. Saying and most of all knowing I am powerless gives me the ability to stay sane a day at a time. It enables me to cope with situations in my life that can be handled without the food.

I pray that I continue to have freedom from the chains of the compulsion and continue to open the door to freedom. Step one is the key. It has kept me centered and aware of who I am. Along with the other 11 steps, I can stand and be proud to say, "I am powerless over food."



Anonymous

"The two most important things in recovery are, I would have to say *willingness* and *action*."

Big Book ~ page 317

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



ABSTINENCE

At my 'home' meeting, many people, when sharing on abstinence, would begin by saying ~ "abstinence is the most important thing in my life without exception." When I was a newcomer, I would ask myself why this was so. Over time, I came to understand the role abstinence ~ one day at a time ~ plays in my program. It provides the foundation upon which my program and my life are built.

I have experienced many subtle and not so subtle changes ~ physical, emotional and spiritual ~ as a result of being abstinent and living my program to the best of my ability, one day at a time. The literature says abstinence is the launch pad of recovery. So each day as I willingly and joyfully choose abstinence, my feet remain firmly planted on the path of recovery. Then as I live my program to the best of my ability as embodied in the steps, traditions and principles, and using the tools, I can make progress moving further along the path of recovery. That is why abstinence is the most important thing in my life without exception. Thank you OA!

Alice



"I am so grateful that my Higher Power stepped in to show me the way to the truth. I pray every day that I never turn my back on it."

Big Book ~ page 327

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!

"There are no musts in this program."

OA 12 and 12 ~ page 137

FIND THE MISSING PIECE

Working the OA program, the steps, tools and my food plan is like working a jigsaw puzzle. First I find the routine pieces with the flat edges and make the puzzle outline. It takes awhile, especially if it is a 1,000 or 2,000 piece jigsaw puzzle. But filling in the other pieces takes much longer. That's how I feel about this program. I put together the basic outline with the titles of the steps and tools. Then I try to comprehend what's going on in the middle. That could take forever. I know all the steps by description but I can't just go through them quickly. I must follow them in order and I must understand and get each step before I can go on to the next one. They were laid out in order for a reason and I can't jump around. If I get stuck on one, I have to work it until I do get it. There is no accounting for how long that might take. This process doesn't get tedious or tiresome because I am always learning something new. Just like the puzzle, each time I "get" something I can then put that piece into the puzzle. I know that my OA program is like a puzzle with millions of pieces. It won't be solved anytime soon. I'll be working on this puzzle for the rest of my life. I've never had such a fascinating challenge.

Wini

Easy Does It ~ but do it!



THREEFOLD ANSWER

"The God I thought had judged and damned me had done nothing of the sort. He had been listening, and in His own good time His answer came. His answer was threefold: the opportunity for a life of abstinence; Twelve Steps to practice, in order to attain and maintain that life of abstinence; fellowship within the program, ever ready to sustain and help me each twenty-four-hour day."

Came To Believe ~ page 11



Please contact Barbara E.
to update the
WJIOA meeting list.
THANK YOU!!



PRAYER AND MEDITATION

Lord, make me a channel of Thy peace;
that where there is hatred, I may bring love;
that where there is wrong, I may bring the
spirit of forgiveness;
that where there is discord, I may bring
harmony;
that where there is error, I may bring truth;
that where there is doubt, I may bring faith;
that where there is despair, I may bring hope;
that where there are shadows, I may bring
light;
that where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort
than to be comforted;
to understand, than to be understood;
to love, than to be loved. 
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.
It is by dying that one awakens to eternal
life.
Amen.

AA Twelve & Twelve ~ page 99

"A life which includes deep resentment
leads only to futility and unhappiness."

Big Book ~ page 66

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.

- February - Unity Day
- May - Retreat

INNER PEACE



"When I am willing to do the right thing, I am rewarded with an inner peace no amount of food could ever provide. When I am unwilling to do the right things, I become restless, irritable, and discontent. It is always my choice."

Big Book ~ page 317

"Nothing tastes as good as abstinence
feels."

For Today ~ page 154

JUST DO IT

Do I want to do this or not? For many, that is a question that begged to be answered right from the start. Do I really want to do the work required or do I just want the results. In the days before program, the answer is usually a resounding, "I just want the results." Our prayers reflected this - "Please God, make me thin". What we did not realize at the start is that the results are so much more than just weight loss. This program offers a way to finally like ourselves and others, a way to not be angry and resentful, a way to stop causing wreckage and a way to live life each day to the fullest. Applying the saying "Just Do It" is really the first requirement. Wanting to or not, using the tools and working the steps are the path to getting and staying abstinent and having all the promises in the Big Book integrated into daily life. "Acting as if" helps until the real wanting to do this occurs. As abstinent days turn into abstinent weeks, then abstinent months, then abstinent years, the realization that I really do want to keep the life I now have makes us each also realize that I want to do whatever it takes to accomplish that. The greatest gift is knowing that none of this has to be done alone.



In Love and Service,
Your WJIOA Trusted Servants

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

ESSENCE OF GROWTH

"Let us never fear needed change. Certainly we have to discriminate between changes for worse and changes for better. But once a need becomes clearly apparent in an individual, in a group, or in OA as a whole, it has long since been found out that we cannot stand still and look the other way.

The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails."

As Bill Sees It ~ page 115

SOMEBODY ELSE...

Arrives early to put on the coffee.
Sets up the chairs.
Displays the literature.
Greets newcomers at the door.
Arranges for speakers.
Agrees to be the leader.
Shares their experience and hope.
Offers to take the calls.



If you are missing something from the program.

If abstinence doesn't seem quite as rewarding for you as it does for somebody else.

If sometimes you find you were wishing you were somebody else.

Try being *somebody else*...



Your Trusted Servants.....

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

Discover OA Submissions:

Alice B.
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.

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.