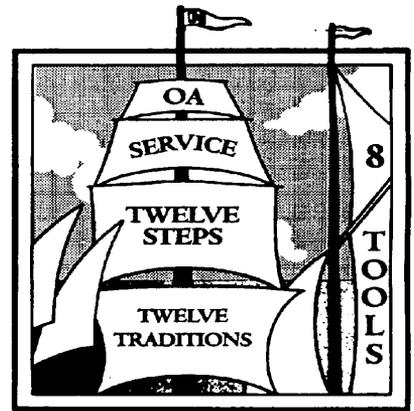


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 17, No. 3 Summer, 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



"I came for my body,
I stayed for my head,
I found my heart."



MY HIGHER POWER

I have an illness that only a spiritual experience will conquer. This sums it all up. Lack of power, that is my dilemma. So if lack of power is my problem, power is my solution. The only thing I know that is powerful enough is my Higher Power. The Big Book tells me how to find Him. I know He exists. My being aware of Him and staying connected to Him is the most important thing in my life. He's the only one powerful enough to put my disease at bay. He's the only one who can show me what I need to do. He is the only one who knows what is best for me. He helps me despite my previous behavior.

I always have to remember that God is everything or else He is nothing. And, as long as I remember He is *everything*, I cannot fail.

Barbara A.

A WAY OF LIFE



"The OA program says, 'Look, we've got some things to give you that are really going to help – if you'll slow down long enough and if you'll relax.'

These are not things that are going to make me special or get me a better job or make me important. They are just going to offer me a way of life that is beautiful."

Came To Believe ~ page 41

POSITIVE THINKING

Here are some daily thoughts which are healthy and positive to keep in the forefront of my mind...

- Abstinence is the most important thing in my life, without exception.
- Abstinence is only a daily reprieve, contingent upon my spiritual condition.
- I may go on a vacation, but my disease never does.
- If I want to stay abstinent one more day, I need to reach out and help another suffering compulsive overeater.
- The person who woke up earliest this morning has the longest abstinence today.
- I need to accept that everything that happens in my life today is God's will for me.
- Every bite counts.
- Abstinence makes food taste better.
- If I had time to compulsively overeat, I have time for recovery.
- Service brings abstinence.



Every day, I consciously remember that I am a compulsive overeater. I accept that there will never be a day when I wake up and I will be cured. This truth has set me free.

Anonymous

Compulsive overeating has fed on my self-centeredness, my taking, my fear of coming out of my cocoon and living. The disease has thrived on my waiting for someone to do it for me, to take care of me...my lack of self-responsibility, accountability, empowerment, settling for less. By giving back, coming out of the cocoon, I am loving myself and feeding my recovery. I am saying NO – I am not going to hide out anymore. No, I won't be a taker only. No, I won't settle for feeling lousy anymore. No, I won't resist growing up. I am willing to see beyond myself.

Living fully in recovery starts in the meetings. I learn to be a part of, to get involved, to be committed. Then I take this out into the world, into my relationships, into my job. I grow and change and recover. I receive from OA and continue giving back. Receiving and giving back is what keeps me healthy and alive.



Anonymous

Gratitude is attitude.

THE NEXT RIGHT CHOICE

Today I am eating lunch in a restaurant. This was unplanned, but should not be unmanageable. My head is buzzing. I don't want to call attention to myself. Maybe I'll just order something on the menu that comes close to what I committed to my sponsor. No. I can do this. The waiter is here to serve me, not the other way around. The waiter comes. My companion orders. Now I order. I ask for exactly what I want: this salad, leave off that ingredient, dressing on the side and please leave this other thing off my plate. The waiter writes it down. No comments. My companion doesn't comment. Huh. I guess I haven't called attention to myself by asking for what I want. Nobody cares—that was just a story my disease was telling me. The food comes and I get what I want. I have gotten for myself exactly what I committed to my sponsor. I need to remember the relief of making the next right choice and remaining abstinent.

Angela

God, today is a new day for me, and with you, it can be a day of abstinence and emotional stability. With you, I can handle anything. I ask for your protection in case sometime during the day, my desire to eat compulsively or obsess over anything, becomes stronger than my desire to abstain. I ask for your protection today from anyone or anything that may interfere with my abstinence. I KNOW that I am powerless over food and my emotions, and my life can become unmanageable again. I do believe that you will relieve my compulsion and restore me to sanity. Please help me to know your will for me today and give me the willingness and ability to carry it out.

Step 3 . . . I turn my will and my life over to you. Please guide me through another day of abstinence

Anonymous
(submitted by Ellie from
OASIS 3rd quarter, 2002)



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

WEEK-END RETREAT

We can't believe this was our 8th WJIOA retreat! They just keep getting better and better. So much planning goes into this. The amount of service that was given helped develop a special camaraderie amongst those who participated. The workshops and positive sharing on the recovery, strength and hope that comes from living this program one day at a time were simply magnificent.

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.

BIG BOOK ~ Believing In God
Beats Our Old Knowledge



HAPPINESS ~ FREEDOM

The promises on page 83 in the Big Book have certainly come true for me in my 7+ years in program. My life today is immeasurably better than it was 8 years ago! Plus, I've shed 85 lbs., met some wonderful friends and started to deal with life on life's terms.

Last week, at my usual Saturday morning breakfast with a program friend, I was brought up short when a waitress said, "you must not have liked that food" when she came to take my plate. I realized that I had inhaled my food while my breakfast partner was still working on his. This was an important signal to me. When my food starts getting crazy, something else is going on in my life.

During the 8:00 a.m. OA meeting that followed this breakfast, I realized what it was. One of my old character defects was back again in full bloom – self-centered fear. I had been putting off dealing with a work situation with someone recently assigned to me for supervision. What would she think of me? What if she got mad at me? The entire focus was on me. Surprise.

Why had I thought that my old defects were gone forever – packed away like winter cloths in the attic? But alas, there they were again. Thank God for that waitress. She helped me see that the Promises, like the program, will work for me if I work for them. For this I can only say, thank you, God and thank you, OA.



Dick D.
(submitted by Cyndy from Region 7 Speaks, May, 2006)

STAYING STOPPED

"Compulsive Overeaters can stop eating compulsively in many places and many ways – but Overeaters Anonymous offers us a way to stay abstinent."

Big Book ~ page 558



Just when the caterpillar thought the world was over, it became a butterfly.



THEN AND NOW

Before OA, I ate whether I was hungry or not, whether my body needed food or not. I ate for reasons that had absolutely nothing to do with nourishing my body. I compulsively overate and then I felt remorse for what I had done. But, I did it again and again and again.

After coming to OA, I learned I have a disease. I learned I kept compulsively overeating because I am powerless over food and I could not stop on my own. I came to realize I had not been living life, my life was consumed with compulsively overeating and with isolating from the world and the people in it.

Now, as a grateful, recovering compulsive overeater, each day I live life and part of living life is pausing three times during the day to fuel my body with an abstinent meal. And, I thoroughly enjoy each day, including the three times I pause to enjoy my abstinent meal. Thank you, OA!

Alice



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, etc.



REACHING OUT

"Let OA never be a closed corporation; let us never deny our experience, for whatever it may be worth, to the world around us."

As Bill Sees It ~ page 244

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.

- Fall, 2010 - Luncheon/Silent Auction
- Fall, 2010 - Day of Recovery

MIRACLES OF THE PROGRAM

Stopping and staying stopped are two of the miracles of this program. But more importantly, there is a process that changes the compulsive overeater to someone who is at peace most of the time and when they are not, they have a way to help them get out of it that works better than food ever did; and, it's something that does not result in a death sentence. That's a long statement, but a true one. Working the tools provides the opportunity to stop eating and stay stopped. Living by the steps and traditions provides the opportunity to have peace of mind and contentment without causing any wreckage. We are encouraged to use all eight tools every day, to read the Big Book, to do the Steps, and to stay connected to our Higher Power. Try this and see what miracles start happening in your life.



In Love and Service,
Your WJIOA Trusted Servants

FEAR ~ Face Everything and Recover

WE ARE THE MESSAGE

"Those of us who live this program don't simply carry the message; *we are the message*. Each day that we live well, we *are* well, and we embody the joy of recovery which attracts others who want what we've found in OA. We're always happy to share our secret: the twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time."

OA 12 and 12 ~ page 106

If I focus on a problem,
the problem increases;
if I focus on the answer,
the answer increases.

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



TIPS FOR LIVING IN TODAY

- For today I can set reasonable goals.
- For today I can be satisfied with what I have.
- For today I can take concrete action instead of dwelling in fantasy.
- For today I can reach out and get my needs met.
- For today I can ask for help when confused or lonely.
- For today I will stick to the food plan of my choice and commit to my sponsor.



Anonymous

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.
- Newspaper Contact – Maryjean E.
- Public Information – Maryjean E.
- Recording Secretary – Sue W.
- Special Activities – Dolores M.
- Treasurer – Alice B.
- Trusted Servant Article – Barbara A.
- Vice Chairperson – Dolores M.
- Youth – Trish M.

Discover OA Submissions:

Alice B.

Or by email:

wjioadiscover@aim.com



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



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.

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.