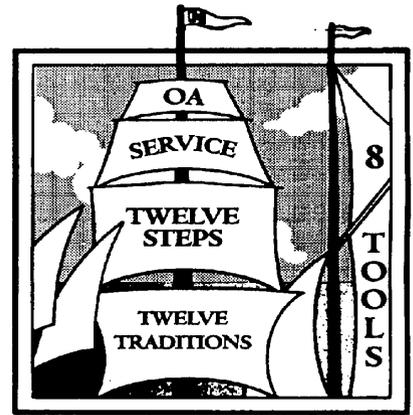


Our primary purpose is to abstain from compulsive overeating and carry this message of recovery to those who still suffer.

HOTLINE (973) 335-1717



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



POWERLESS

It is not humiliating to admit I am powerless. I can surrender my illusion of control and be free. By surrendering and admitting powerlessness, I can release the old thoughts and conventions that I've held for so long. These have helped me cope with things in the past but do not work for me today ~ long held beliefs about the way things should be done or the way things are, can be released. I can change and in the process of my recovery adopt new ideas that work for me now. I can choose to follow the path that others have walked successfully; people who have maintained a healthy body size and who have become new individuals in recovery. All the good things that I have going for me can be redirected toward my recovery, toward improving as a human being, instead of someone hiding in a compulsive food addiction. Only by letting go of all the things I hid behind and admitting my powerlessness can I adopt a new way of living without compulsive eating. I am powerless over food and most everything outside me. By fighting that powerlessness my life became unmanageable. By surrendering, I am on my way to recovery.



Betsy



My compulsive overeating didn't cause my character defects. My character defects caused my compulsive overeating.

DEALING WITH ANGER

In the past, I've spent too much time being angry and feeling that I was being taken advantage of. Realizing the anger was a result of me trying to control everything I came in contact with, and my unwillingness to accept things as they were, I saw that I had to work on this defect.

Now, when I get angry, I am reminded that this is a defect, and I can work on it by using the Resentment Prayer or the Serenity Prayer. I can also write a gratitude list to get out of the "poor me" syndrome. I can pray, I can pray. Praying is still difficult for me. Sometimes I sit down to pray and cannot quiet my mind. This means to me that I have to try harder ~ I cannot give up. It's too important for my program ~ and my sanity.

Adele

I don't have thoughts ~
thoughts have me.



JUST FOR TODAY

"I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do ~ just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it."

Just For Today ~ OA World Service

WHAT IS NORMAL?

I'm resentful that I can't eat like normal people. What is normal? Even my normal friends have weird things they do with food. It's an illusion being normal. Abstinence is the new normal. Being abstinence takes away all the complaints, resentments, anger and fear associated with food. It's just that simple. As long as I turn my food over to my sponsor and my life over to my HP then I get to enjoy the peace, freedom and joy that life has to offer.

I love eating like an OA'er. I love my food. I love knowing what I'm going to eat for the day. I love that my food is all planned out and in most cases prepared in advance. My body loves what I eat and I feel nurtured, vibrant and strong.

There are lots of up and downs in my life but food is now dependable. Even when I go to parties or restaurants, it's no big deal. I know what is mine and it's just that simple. I can do this for today. My head is now clear and I am now willing to keep surrendering. As I continue to work the 12 steps, I can enjoy all the rewards of the physical, emotional and spiritual recovery this program has to offer.

Gail

Two important prayers ~
God, please help me.
Thank you, God.



GOOD TIMING

All I can say is that God has good timing. I went to the West Jersey OA retreat in Mendham, NJ this spring. The retreat was the same week I had to deal with a legal matter with a major corporation in small claims court. Growing up in a home with domestic violence, taking on a "big" person or someone in authority was a big deal. The day of the court case, I sought my Higher Power's wisdom. I walked for an hour at 6 am, I meditated, I prayed for an hour, I made a phone call; and, the night before I had written in my journal. The result from the court case was fair. But more importantly, with God's help I broke the mold about my fear of authority figures. And, I did *not* eat before, during or after the court case. Praise be to my Higher Power and her timing.

Zigi

SHOWING UP

Life is full of things I don't want to do. Yet, when all parts of me - my mind, my body and my spirit show up - things go okay. By being there, I can learn about myself and help others.

Showing up means I care about my program. It means I seek opportunities to share the message. It means I care about my family, my friends and the world. It means I listen when a friend has a bad day. It means seeing myself in others. It means I talk to someone who bothers me. Showing up means I laugh when something seems funny. It means I cry when I feel sad. I'm important and I need to bring my mind, body and spirit with me - wherever I go.

My prayer everyday is for my HP to help me show up for my life and to help me do my part in Thy plan each day.

Thanks to my HP for his guidance each day. Thanks for helping me to *keep it simple* by just showing up.

Brenda, East Orange



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



CHOOSE TO BE HAPPY

"In working the Twelve Steps, my life and my old way of thinking have changed. I have no control over some of the things that happen in my life, but with the help of God I can now choose how I will respond. Today I choose to be happy, and when I'm not, I have the tools of this program to put me back on track."

Big Book ~ page 381

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.

- October 16th - Luncheon/Silent Auction
- November - Day of Recovery
- December - Holiday Party



MY OA FAMILY

As I quietly celebrate my 8th year of back to back abstinence, I no longer have the desire to live in chaos, spinning out of control with my compulsion to overeat dominating my life. I am a part of, and not apart from, a family of friends that has supported and accepted me unconditionally from day one.

I once heard that friends are the apology that God has given us for some of our relatives. This I have discovered as my grandest of OA gifts. The boundaries are set for these incredible relationships by our traditions and working the 12 Steps. I no longer am eager to offer unsolicited advice nor do I judge so quickly. And, more often than not I don't feel the need to judge at all. Rather I stay open, for that fellow sufferer always provides me an opportunity to hear or feel something that moves me along further in my program of recovery.

Interestingly enough, it really began by making those 3 phone calls a day besides the call to my sponsor. The meetings, as stated in the Big Book, are to be shared at in a general way. So by making those dreaded calls I got to get to know my future "family" by slowly developing a wonderful network. The honesty and openness began to flow from them and eventually into me. Walls tumbled and I allowed myself to set the reality that my HP created me. I began to embrace my uniqueness and my imperfections, knowing there was a solution which would help me work at being ready to have my HP remove my character defects, so they would no longer strip me of the quality of life my HP intends for me.

Maintaining over a 100 lb weight loss and accepting my body - lumps, bumps and all – I am grateful for the health I have been given. I use my tools, steps and traditions to keep pressing on, working hard not to become complacent and to remain true to my program and to maintain my inner growth, especially during the hard times. I love to laugh and seek the positives in all circumstances, even when none seems apparent.

I no longer have fear of meeting new people and going into unknown situations. I have learned there are people in my life for a

season, a reason and a lifetime; and, I have been blessed with the wisdom to decipher which is which. I sponsor so I can give back what has been freely given to me – sponsorship, another wonderful tool that has kept me abstinent, for these special people that HP has placed in my life have granted me humility and joy.

Thank you, my OA family, for loving me until I could love myself. Have a HP filled abstinent day ~ you are so worth it!

Eileen

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!

I thank God for OA.

I thank OA for God.

ABSTINENCE

When I first joined OA and heard people say abstinence was the most important thing in their lives, I thought, "how sad", but now I've come to understand what they meant. Without abstinence I was cheating my family, friends, and most of all myself. I canceled dates, avoided doing anything physical with my kids, and spent too much time thinking about, getting and eating my stash. I felt stupid, weak, and ashamed. I was sure people thought I was a lazy glutton. I worked extra hard at my job so people wouldn't notice or disrespect me because of my "disgraceful body". I was always the first teacher in school every day and the last one to leave in the afternoon. I came home to my family tired, grumpy, and unhappy. Was that fair to them? To myself? Was that managing life?

OA and abstinence helped me learn to value myself. I now see myself as worthy. Maybe OA isn't for everyone. Maybe you can do it alone. I only know I can't.

Barbara E., West Orange

Just be where
your feet are today.

UNMANAGEABILITY



As compulsive overeater's, our lives are not unmanageable because we eat. They are unmanageable because we try to run our lives on our own power, thoughts and emotions. Blaming others, willpower, wishing, complaining, and diets will do nothing to produce a manageable life. The truth is that eating or not, without a Higher Power's help, it is impossible to successfully manage our own lives. Once what is suggested in the Big Book is done, it is possible to look back and see the lies about food – what we ate, what it did to us and the belief that we were in control. By working the Steps, the things that block us from our Higher Powers are gotten rid of. Once these things are gone, our lives become manageable.



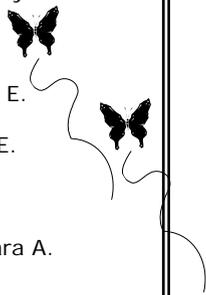
In Love and Service,
Your WJIOA Trusted Servants

Your Trusted Servants.....

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Alice B.
Or by email: wjioadiscover@aim.com



food and my mind keeps obsessing over more food. The cycle has begun. I am now more irritable, restless and discontent from eating. The Four Horseman kick in – Terror, Bewilderment, Frustration and Despair (Big Book, page 151), my mind seeks ease and comfort from these feelings. I go to what I think is my solution, more food, taking me to whatever depths it will take me this time. I fail to see the truth of what the food will do to me and I believe the lie before I eat the food. I do not see the consequences and believe the lie that food will give me the ease and comfort I crave. This cycle is repeated over and over and over again. This is the insanity of my disease; and, this is what separates me from normal people – the mental obsession and the physical craving. If I do not eat the foods to which I have an allergy, my body does not crave them.

So how do I see the truth of what these foods will do to me? How do I stop believing the lie my mind tells me, that food is my solution? A total psychic change is needed. A Spiritual Experience through the 12 steps. "A completely new set of conceptions and motives, an emotional rearrangement..." (Big Book, page 27). I find a Power greater than myself and do not need to rely on my own willpower. This wonderful, loving Power helps me to have total abstinence from the foods to which I am allergic so the cycle does not begin – the mental obsession and the physical craving.

So my thinking is my problem not the food. Food was what I thought was my solution. I now know the solution is my Higher Power.

Donna N., Lyndhurst

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.

ALLERGY and OBSESSION

It starts out that I become irritable, restless and discontent. So I start thinking, which turns into an obsession on relieving these uncomfortable feelings by getting ease and comfort from what I think is my solution – food. So the back and forth thinking in my head begins – "should I eat, shouldn't I eat, should I eat, shouldn't I eat" – driving me crazy and relying on my own willpower. But my will power will only hold out so long. As my mind keeps obsessing about the ease and comfort I will get from food, I forget the consequences. Believing the lie, "this time it will be different", I eat. As soon as I eat my allergy takes hold. My body starts to crave and ache for more and more

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.
- ❖ Practicing patience one day at a time.
- ❖ Having the promises come true one day at a time.

