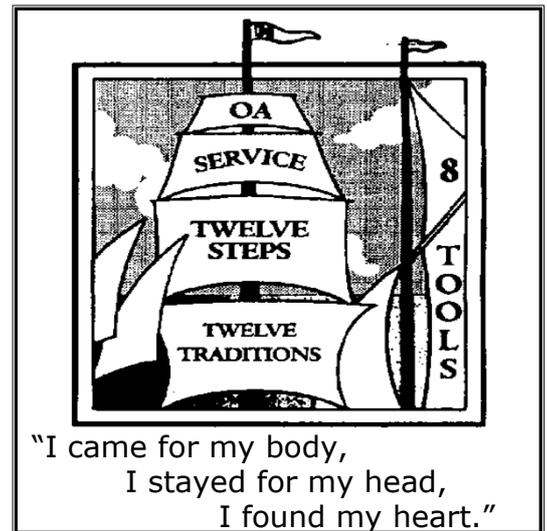


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 18, No. 1 Winter, 2011

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

**HOTLINE (973) 335-1717**



## CAPSULE OF MEDICINE

During our positive-sharing, no-nonsense meeting, it is mentioned that we must use the TOOLS as we would a "capsule of medicine" if we want to recover. Similar to medicines, there are side effects to using the tools of the OA program that should be noted. Following are the tools and some of the side effects that may be experienced:

**ABSTINENCE:** weight loss, clarity of thought, freedom from obsession, peace of mind.

**SPONSORSHIP:** daily connection, support, commitment to another and to self, friendship, discipline.

**MEETINGS:** camaraderie, guidance, lessons, sharing, laughter, hope.

**LITERATURE:** knowledge, comfort, guidance, direction, goals, steps.

**TELEPHONE CALLS:** friendship, sharing, caring, help.

**SERVICE:** connection to others, responsibility, generosity, sharing, humility.

**ANONYMITY:** safety, trust, loyalty, freedom.

**WRITING:** self-knowledge, record of daily food plan, expression of feelings, hopes and dreams.

A general sense of well-being, connection to a Higher Power, acceptance of and from others as well as feelings of self-confidence and self-pride may also result from using the tools and should be carefully watched for by those willing to use the tools of OA. Any additional side effects should

be gratefully reported during a positive share OA meeting!

Sue W.



## MY PROGRAM

Spiritual experience is the basis of my program. When I walked into these rooms, I found God again. He helped my mind lose interest in food, judgments, blame and criticism. For the first time in my life, I took responsibility for the negative events in my life and I matured. For the first time in my life, I reached out to God frequently - every day throughout the day. It was a relief for me. To be able to turn to a best friend, where my thoughts are honored and never thrown back at me, is a joy. Now I have God to turn to for everything and I do turn to him for everything. I thank him when I wake up, when I go to sleep and throughout the day. I am trying to hear what God wants for me, where I should go and what I should do. With God helping me, who can be against me? With God directing me, how can I misstep very seriously? God's grace is great. After living my life in the food addiction, his grace is still there for me ~ that is a miracle. His grace is never ending and plentiful ~ that is a miracle. God, please open my heart and mind so that I can absorb all the grace you want me to have. Your goodness and gifts astound me. Thank you for this program. Amen.

Lexie

## DAILY SPIRITUAL GROWTH

The Big Book speaks of a personality change sufficient to bring about recovery. Well for me, I need to look over my shoulder and just look back to see some of the changes ~

*What I wanted* most when I walked in the rooms was to live a more peaceful, serene life. I wanted to exist outside of the prison walls I built for myself. *What I've learned* is that in order for that to occur, I needed to get my focus on life off of me.

*What I wanted* was to control, predict or manipulate the outcome. *What I've learned* is to just do my part and then Let Go & Let God.

*What I wanted* was for all my relationships to be different from what they were or what I perceived them to be. I desperately just wanted them to be healthy. *What I've learned* is to practice patience, tolerance and love ... and most important to focus on keeping my side of the street clean.

In as little as a few short months ~

*What I wanted* was a kick-butt relationship with my HP. *What I've learned* is that I will get my butt kicked into submission whenever my-will takes precedence over Thy-will.

*What I really wanted* was that sudden and spectacular upheaval. *What I've learned* is that my journey is full of spiritual experiences occurring over time, many of which are right under my nose when I'm caught outside of the day.

So as for my recovery is concerned, I am grateful to continue on this journey. And everyday is an opportunity for more personality change. God is awesome in the ways He shows up in my life and continues to give me opportunities to know Him. His availability to me does not waiver. The ball is in my court *everyday* to accept his gracious gift. I focus on thankfulness, praise and prayer and rest in the assurance that He loves me that much.

I know there still needs to be a lot less of me. So for today, I start and finish each day with God ~ thus keeping God centered.

Brenda, East Orange

## THE IMPORTANCE OF SERVICE

The Big Book promises a useful way of life. What could be more useful than helping others? We help others by doing service. Service has been described as "anything I can do to keep OA going" or as "slimming." But is that the real meaning of service? The dictionary defines it as "an act of helpful activity." One definition in OA is "anything I do to get and save my new way of living."

There are many things that fall under the category of service:

- ◆ Sponsoring
- ◆ Calling people
- ◆ Leading a meeting
- ◆ Sharing at meetings
- ◆ Attending meetings that are floundering
- ◆ Volunteering to do the literature or coffee setup
- ◆ Becoming your meetings Intergroup Representative
- ◆ Volunteering to run a "special" day for OA
- ◆ Writing an article for the Discover OA newsletter
- ◆ Getting to the meeting early to help set up
- ◆ Staying after the meeting to help clean up
- ◆ Calling someone and really listening to them
- ◆ Reading the Big Book with others
- ◆ Offering to help someone where the only motive is to be helpful
- ◆ Driving someone to a meeting/retreat
- ◆ Inviting someone who is alone out to lunch or dinner
- ◆ Taking on a service position
- ◆ Putting posters up to spread the word about OA
- ◆ Giving your doctor information about OA
- ◆ Calling those you have not seen at meetings recently
- ◆ Becoming a buddy with someone where you read, pray or check in with each other every day
- ◆ Volunteering when a chance to do service is announced
- ◆ Raising your hand when no one else is willing to share.

Barbara A.

## GOD TIME ACTIVITIES

Well, the West Jersey OA retreat in Mendham, NJ this spring was incredible. There were about 35 or so people, so that at every workshop *everyone* shared. It created such a loving, intimate and trusting space. The setting was beautiful. One hundred acres of rolling hills, trees and large tracts of grassland created a very healing and close-to-nature environment. Finally, I had a choice with my time for my time activities or God time activities. And, I saw I needed more God time activities in these stressful times.

Since the retreat, I watch less TV and read less fiction books. I meditate not only in the morning (which I have done for 20 years), but also after I get home from teaching school. I also have been reading the Big Book at lunchtime. I am giving more time to God. The result is I feel truly blessed and in love with my life again. There is less fear and I absolutely trust my Higher Power to show me what to do in my life on a daily basis. As a teacher, some of the financial insecurity has been lifted and my Higher Power is carrying me again. I will certainly go back to the retreat next year!

Zigi



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



## THE NEXT RIGHT CHOICE

Today I am in the mall. I pass a fast food restaurant selling something I used to really enjoy. I am hungry, but I do not stop. I send up a silent prayer to my Higher Power to help me make the next right choice. I am on a mission to buy shoes. I enter the shoe store and select the ones I want to try on. Next to me is a very overweight woman. I recognize this woman. I have been this woman. She is trying on flat shoes and I can tell she is uncomfortable. I remember not being able to tie my shoes—having sneakers that closed with Velcro™ and work shoes that slipped on. I thank my Higher Power—He has sent me this reminder of my past life. I buy my shoes and leave the mall...without the food.

Angela

## BE-ATTITUDES

Be-Attitudes for the compulsive overeater:

1. Blessed are the Overeaters who are Powerless, for they shall No Longer Succumb To Their Obsession.
2. Blessed are they who have Come To Believe, for they have Hope.
3. Blessed are they who Made a Decision, for they shall Find Recovery.
4. Blessed are they who Search within themselves, for they shall Taste Freedom.
5. Blessed are they who Admit their Wrongs, for they shall have the Miracle of Forgiveness.
6. Blessed are they who Ask God to Remove Their Defects, for they shall have Humility.
7. Blessed are they whose Shortcomings Have Been Removed, for they shall have New Life.
8. Blessed are they who Made a List of those they had harmed, for they shall have planted the Seeds of Change.
9. Blessed are they who will Make Amends whenever possible, for they shall Regain Their Integrity.
10. Blessed are they who Continue to Take Inventory and admit when they are wrong, for they shall Continue to Grow.
11. Blessed are they who Pray and Meditate, praying only for knowledge of God's Will and the Power to carry it out, for they shall find Direction.
12. Blessed are they who Carry the Message of Rebirth, for they shall have Peace and Joy in their Continued Abstinence.

Anonymous

### WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



"...God does not make too hard terms  
with those who seek Him."

Big Book ~ page 46

## A GREAT SPONSOR

The Big Book describes a sponsor as someone "who has had the same difficulty, that he obviously knows what he is talking about, that his whole department shouts at the new prospect that he is a man with a real answer, that he has no attitude of Holier Than Thou, nothing whatever except the sincere desire to be helpful, that there are no fees to pay, no axes to grind, no people to please, no lectures to be endured." (Big Book , page 18)

By working the tools and the Steps we take the actions necessary to overcome our problem. By working both the tools and the Steps we have a real answer. Once we have experienced recovery, we are in a position to be of real help to someone else.

One of the promises in the Big Book is that the feeling of uselessness and self pity will disappear. There is no better way to feel useful than to sponsor someone else with no other motive than a sincere desire to help.



In Love and Service,  
Your WJIOA Trusted Servants

If it feels good,  
it doesn't mean it's good.  
If it feels bad,  
it doesn't mean it's bad.

## I USED TO BE...

 I am not  
what I want to be.   
I am not  
what I ought to be.   
But, thank you Lord,  
I am not  
what I used to be.   
Anonymous

### 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.

## TAKE CHARGE

There are three kinds of people:  
Those who make things happen.  
Those who watch things happen, and  
Those who wonder what happened.  
Take charge of you life or someone else will!  
Anonymous

"I get everything I need in Overeaters Anonymous - and everything I need I get. And when I get what I need, I invariably find that it was just *what I wanted all the time.*"

Big Book ~ page 552

## 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.

### Your Trusted Servants.....

Archives - Terry S.  
Chairperson - Barbara A.  
Corresponding Secretary - Cyndy C.  
Editor - Alice B.  
Hotline - Dolores M.  
Meeting List - Barbara E.  
Newspaper Contact - Maryjean E.  
Outreach Committee - Jim D.  
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Special Activities - Dolores M.  
Treasurer - Alice B.  
Trusted Servant Article - Barbara A.  
Vice Chairperson - Dolores M.  
Web Master - Brenda W.  
Youth - Trish M.

#### Discover OA Submissions:

Alice B.  
Or by email: [wjoadiscover@aim.com](mailto:wjoadiscover@aim.com)

## 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](http://www.wjioa.org).

- February - Unity Day
- May 13 - 15 - Retreat