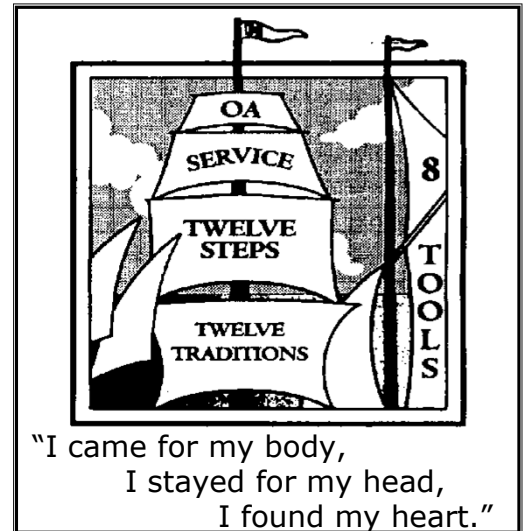


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 18, No. 2 Spring, 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



ABSTINENCE IS THE ANSWER

The main theme in the October 11th reading in Voices Of Recovery really spoke to me ~ "every time we face a situation without eating compulsively it will be easier for us to abstain the next time". This resonated with me so much because it gave a language to the concept of how to build abstinence. Each time I choose not to give in to the craving, not to eat compulsively, I am building the foundation for my abstinence. In a way it is like taking care of, and nurturing, a plant. A plant certainly needs water to live. But, if one waters the plant compulsively, the plant will wither and die. If one chooses *not* to water compulsively, but rather to give a proper amount of water, the plant will flourish and be healthy and beautiful. For me, today if I choose the proper amount of food to nourish my body, and not eat compulsively, I too can be healthy and beautiful ~ body, mind and spirit. One day at a time, this is my choice ~ with G-d's help, the steps, meetings and the other tools of the program.

As stated in the reading, sometimes the food still calls me. I must remember that this is a "we" program. I can choose to pick up the phone instead of the food. Most important for me G-d gives me the choice to say, "I don't want to eat that, to go down that path". What will occur is predictable. What a blessing to be able to turn to G-d and other OAer's for unconditional love, support, hope,

strength and experience. I am very grateful to have G-d and OA in my life at all times.
Denise

"When many hundreds of people are able to say that consciousness of the Presence of God is today the most important fact of their lives, they present a powerful reason why one should have faith."

Big Book ~ page 51

HONESTY



I need to be truly honest, completely honest with myself, my sponsor and other OAers. I can't afford to slip back into my old habits. I need to stay abstinent and emotionally and spiritually fit. Practice makes perfect. My program from A to Z will never be absolutely perfect because there is always something new to learn. My emotions and desires are not the same each day because I'm growing emotionally and spiritually.

"I can't, He can and I'll let Him". My HP is God with whom I always had a relationship. But this eating thing puts me to the test. I really need to believe God will and can take this eating addiction away from me if I let Him. I just need to follow in the footsteps of those who have gone before me. If I just keep surrendering, making my calls, weighing my food, making good choices, and praying for God's help, it will work.

Carolyn

GIVE SOMEONE A HUG

No moving parts, no batteries.
No monthly payments and no fees.
In fact, it's quite reasonable.
It can't be stolen, won't pollute.
One size fits all, do not dilute.
It uses little energy,
But yields results enormously.
Relieves your tension and your stress,
Invigorates your happiness.
Combats depression, makes you beam,
And elevates your esteem.
Your circulation it corrects,
Without unpleasant side effects.
It is, I think, the perfect drug.
May I prescribe, my friends ~ the HUG!
And, of course, it is fully returnable!



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

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.

- May 13 - 15 - Retreat
- Sep./Oct. - Luncheon/Silent Auction

FINDING GOD

"We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found."

Big Book ~ page 55

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.

THE BUTTERFLY LESSON

One day, a small opening appeared in a cocoon; a man sat and watched for the butterfly for several hours as it struggled to force its body through that little hole. Then, it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could not go any further. So the man decided to help the butterfly. He took a pair of scissors and opened the cocoon. The butterfly then emerged easily. But it had a withered body, it was tiny and had shriveled wings. The man continued to watch because he expected that, at any moment, the wings would open, enlarge and expand, to be able to support the butterfly's body, and become firm. Neither happened! In fact, the butterfly spent the rest of its life crawling around with a withered body and shriveled wings. It never was able to fly.

What the man, in his kindness and his goodwill, did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening, were nature's way of forcing fluid from the body of the butterfly into its wings, so that it would be ready for flight once it achieved its freedom from the cocoon. Sometimes, struggles are exactly what we need in our life. If we were allowed to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. We would never have been able to fly.

I asked for Strength
and I was given difficulties to make me strong.
I asked for Wisdom
and I was given problems to solve.
I asked for Prosperity
and I was given a brain and brawn to work.
I asked for Courage
and I was given obstacles to overcome.
I asked for Love
and I was given troubled people to help.
I asked for Favors
and I was given Opportunities.
I received nothing I wanted
but everything I needed.
Live life without fear, face all obstacles
and know that you can overcome them.



Anonymous
Spring, 2011

LEAP

I have both feet in this time and what an amazing journey.

I truly believe in "positive" thinking ~ another gift from my HP. I have been around the rooms a very long time and I am so grateful for my OA program. I know I can handle any situation life has to offer with the help and guidance of my HP, my sponsor and the women I have come to love and adore in this program. I am blessed to have the support of OA friends, family and outside help to strengthen my spiritual needs. I am truly blessed to have this 12 Step program.

I am able to live my life again (really for the first time) and eat the proper portions which is new for me. I live and cope in the real world "one day at a time". Thank you OA for showing me how to live.

Joanie, Parsippany

"The only real freedom a human being can ever know is doing what you ought to do because you want to do it."

Big Book ~ page 552

TREASURER'S REPORT

WJIOA would like to thank the following meetings for their total contributions from July 1, 2010 through December 31, 2010:

Berkeley Heights (Wed pm)
Boonton (Fri am)
Cedar Knolls (Fri am)
Hackettstown (Sun am)
Hackettstown (Tue pm)
Milford (Mon am, Sat am, Tue pm)
Parsippany (Sat am - Newcomer's)
Individual Contributions

Meetings may contact the WJIOA Treasurer, Alice B. to make a contribution to inter-group.



Not **NUTS**
Using
The
Steps

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm
Parsippany Library
Halsey Street & Route 202
(behind the Gulf Station)
EVERYONE WELCOME!

MEETINGS

Who can I turn to when my heart cries out for help? Who will understand my struggles? (Paraphrased from Voices of Recovery) I found my answer to that question in OA meetings from Parsippany, NJ to Thousand Oaks, CA. Tradition Three says, "The only requirement for OA membership is the desire to stop eating compulsively." I dreamed of stopping compulsively eating for many years, but 14 years ago a friend was placed in my path to guide me to my first meeting. She didn't stay around to wait for her own miracle, but I was willing to wait around for my special miracle to happen. I had no choice. I was desperate. I was ready to try anything. I was even ready to accept the possibility that I was not strong enough to master my food demons with diet alone. I was willing to accept the possibility of relying on a HP and to "act as if" until I believed it.

OA is the only program that has ever worked for me. Meetings transform and invigorate me. The sharing, bravery, camaraderie, smiles, hugs, personal experiences, laughter, prayers, encouragement and even pain encourage me to walk out of the rooms in a better place than when I walked in. Listening to others helps me recognize my own symptoms. In the OA Fellowship, face to face with others who have shared my kind of suffering, I find the power I need to recover. In Voices of Recovery (page 325) it says, "In the Fellowship we find God with skin on."

I learned at meetings that abstinence and recovery are not a lifetime obligation and can never be taken for granted. At my first few meetings I started by acting as if, and gradually over time I began to undergo a mental adjustment. I began to feel that perhaps there was a HP guiding me safely through the dark and scary forest to a sunny field. I began to feel a sense of oneness with our OA community. I began to feel that I could succeed, one day at a time.

Barbara E.



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



WEST JERSEY OA

West Jersey Inter-group of OA (WJIOA) is comprised of a number of wonderful, positive sharing meetings. We are blessed to have a wide variety of different types of meetings. Each group is autonomous except in matters affecting other groups or OA as a whole (Tradition Four). So, each group decides for itself how its meeting will function ~ the meeting format and guidelines, the time and place of the meeting, etc. In keeping with the OA way, service is performed by the OA group members to support the needs of their meeting. Each meeting is also self-supporting (Tradition Seven). So, the contributions made by those who attend the meeting are used to pay for expenses; e.g., such things as literature, meeting room, etc.

Contributions sent by individual groups to Inter-group sustain our primary purpose of carrying the message of recovery. Inter-group provides many important OA services to West Jersey ~ the Discover OA newsletter, start-up funding for new meetings, the Hotline telephone service, the West Jersey website, local outreach to the professional community, and recovery events such as Day of Recovery. WJIOA also sends delegates to Region 7 and World Service who vote on behalf of Inter-group on policies and services; and WJIOA regularly donates to OA World Service and Region 7 to support the OA message world-wide.

Our monthly Intergroup meetings are held on the first Saturday of each month at 12:30 p.m. at the Parsippany Library (after the Newcomer's Meeting). These Inter-group meetings are open and everyone is welcome to attend. In addition, every registered meeting of WJIOA can send a representative who can vote at Inter-group on behalf of their meeting.

Inter-group is a great opportunity to work at the next level of service and be part of the decision-making process for our West Jersey area. There is so much work behind the scenes that you can be a part of to keep OA going and get the word out: the hotline, meeting lists, outreach, public information, archives, the newsletter, special activities, youth, website, being part of a health fair, etc. If you would like to help out, why not give Inter-group a try – we would love to have you join us!



In Love and Service,
Your WJIOA Trusted Servants

THIRD STEP ANALOGY

A compulsive overeater is walking along the street and he meets God. "God, I can't do this anymore," he says. "Please, please, will you give me recovery?" God says, "Recovery isn't free, how much money do you have?" The compulsive overeater reaches into his pocket. "Fifty bucks." "I'll take it," says God, "you're recovered." The man stands up straight, no longer compulsively eating. It feels pretty good. "Yeah but, God?" "Yes?" "I know I gave you my money willingly. But, you see, I need to get gas for my car." God says, "You have a car?" "Well, yes." "You didn't tell me that. I'll take the car." "But..." God interrupts and says, "I'll take the car. It's part of the price for your recovery." "But how will I get to work?" "You have a job? I'll take the job, too." "But God, how will I pay my mortgage?" "Mortgage? You have a house? I'll take that too." "But God, my family. How will I take care of them if You have my house and my job?" God says to him gently and lovingly: "In order to keep your recovery; you must give ME these things. But I will let you drive MY car, as long as you remember it's MY car. You can have the job, but remember you're working it for ME. It's MY house, but I will let you live in it. And as for the family, they are MY family but I will trust you to take care of them."

Anonymous

WJIOA Retreat - May, 2010

Your Trusted Servants.....

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Alice B.

Or by email:

 wjioadiscover@aim.com

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