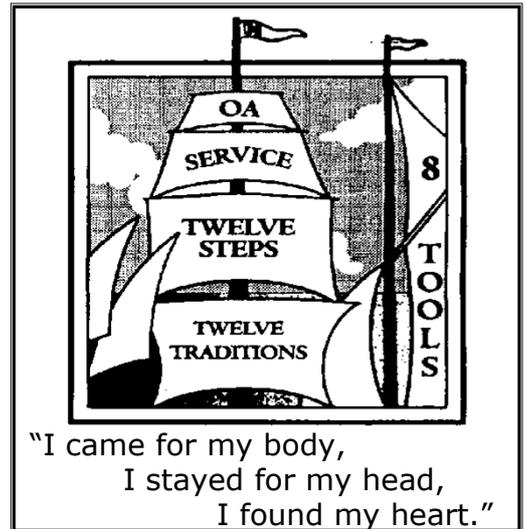


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 18, No. 3 Summer, 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**



## UNITY

OA Unity comes from sharing a common problem and, more important, sharing a common solution.

I wonder if in OA there can be a unified definition of what the solution is, what the term "recovered" means and what the message should be? Each of us can come up with our own answers, but this is what works for me.

Solution: My problem is lack of power – my solution is finding a Power that can do for me what I can't do for myself. I can only find this Power by putting down the food and then accepting and completing the plan of action as outlined in the Big Book, exactly as it was written, so that I can find a Higher Power who will relieve me of the obsession to overeat.

On the title page, the Big Book defines itself as "The Story of How Many Thousands of Men and Women Have Recovered." But just what is the definition of "recovered"? It can be characterized in many ways including: not fighting anything or anyone – even food; no longer believing the lie that food will make things better; not needing to avoid temptation; being in a position of neutrality – safe and protected; having the problem removed; living by a new set of ideas, emotions and attitudes. Recovered also is: not having to make a choice whether to overeat or not – just automatically (with a Higher Power) having a new attitude about food and my life which

stops me from overeating; no longer being in pain; no longer being someone who is angry, fearful or harms others.

I believe, in keeping with Step 12, my primary purpose in OA is to carry the message to those who still suffer. What message can I carry that gives the newcomer hope? For me, that message is: You are welcome here, you never have to overeat or binge again, you never again have to feel the way you are feeling and you are not alone.

I wanted to put the food down, I wanted to be free of being angry/fearful/harmful, I wanted to be out of pain and I wanted to be happy. I joined OA, got a sponsor to guide me through the tools and Steps and all of this happened for me.

Barbara A.

**Any Change To Improve Our Nature**

## ACCEPTANCE



"Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me."

Big Book ~ page 420

## FRIENDSHIP

Life before OA was filled with loneliness and isolation. Since being in OA I have made many, many wonder friends who are such an important part of my life. In fact, one of my dear OA friends sent me this poem. It so beautifully captures the wonderful gift of friendship I have received in OA, I want to share it with all of you. Thank you OA!

Friendship is a special thing  
That comes straight from the heart  
It reaches out in many ways  
To tenderly impart

A loving thought, a caring word  
The touch of love that heals  
The miracle of friendship  
Is the heart that it reveals



A cup of coffee and a chat  
Can get one through the day  
Just a smile from warm, kind eyes  
Gives more than words can say

Friendship is a blessed thing  
A gift sent straight from God  
It winds around your heart  
Because it grows from Heavenly sod

We are the friendship flowers  
That will open on the vine  
Each time we share our beauty  
We are spreading the Divine

Friendship makes a lovely world  
More beautiful to behold  
Our eyes aglow with love to flow  
A treasure brighter than gold



O' friendship can do many things  
And doesn't cost a dime  
This one kind deed has such a power  
To stand the test of time

So hold a hand out to someone  
Don't worry 'bout what you'll say  
It's all about what friendship does  
'Tis love 'tween thee and me.

Anonymous



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

## SOMEBODY ELSE...

Arrives early to put on the coffee, sets up the chairs and displays the literature.

Greets newcomers at the door, arranges for speakers, agrees to be the leader, shares their experience and hope.

Somebody else 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 ~

Try being somebody else...



## WJIOA RETREAT

We can't believe this was our 9th retreat! They just keep getting better and better. So much planning goes into this. And, so much service was freely given.

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.

**Face Everything And Recover**

## 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).

- Sept/Oct - Luncheon/Silent Auction
- November - Day of Recovery
- December - Holiday Party

## 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...



To submit an article, email it to [wjioadiscover@aim.com](mailto:wjioadiscover@aim.com) or contact Alice B.

## A JOYFUL EXPERIENCE

It was a happy occasion! My granddaughter Phoebe turned 6 years old. I sat across the room with her cousin on my lap. As the singing started, and the candles were being lighted, I got up still holding one and a half year old Ivy Ann in my arms. We settled down with the birthday girl in close view. Phoebe was basking in the singing (all three verses), admiring the beautiful glow, the pretty decorations against a sparkling white background and then the long awaited moment of one long blow. All was still. Ivy Ann's eyes were glued to the spectacle. Now what? Ivy's eyes were riveted. Nothing was distracting her. She saw those things before and knew what could come next.

She sat there and watched as the first slice was cut. After seeing what all this was producing in Ivy and some thoughtful hesitation, my daughter gave the first piece to her little niece. I sat there still holding her and now also the plate. She struggled first with a fork and then with a spoon. This way and that, back and forth went the spoon which finally produced some success in the tiny mouth. I stood her down on the floor and used my lap as a table, admiring what was unfolding before me. The contents on the plate looked like something had exploded. In the process, five tiny fingers scooped up a little white stray cloud that lay off by itself and into the mouth it went, faster than a blink of an eye.

I would say about half of the contents remained scattered in all directions, when down went the spoon on the plate, around turned Ivy Ann and off she went to find some new adventure.

I was filled with joy and gratitude to God for this little life that He has given to me to help nurture and witness. I realized He had just given me a picture of what I am not. I am grateful that I too, without indulging, could let go of it all after it was over. There was a time when that traditional scenario would have ended in an entirely different way for me. I am grateful to God and how He led me to OA.

Joanna



## WHO ARE MY PEOPLE?

While in Israel,  
I am connected to Judaism and G-d,  
I am with my people.  
And yet some of them are missing...  
I feel my Higher Power's presence   
And must remind myself  
That with His spirit comes the spirit, the  
support, and the love  
Of my fellows, also my people.  
I was told the other day,  
"Just because you can't see it doesn't mean it  
isn't there."

Sometimes I have trouble believing.  
And as I wander the Judean Deserts of Israel,  
I hear and remember  
The encouraging words of fellow OA members  
in my ear.  
I am surprised.  
I tell my feet to keep walking with the group,  
but my mind stops racing.  
I wonder, *It is really them? Is it G-d?*  
He brings my people to me when I need them  
most

Even across thousands of miles of sand and  
sea.  
He is right there for me.  
He always IS  
My people.



Bari

## WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

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

EVERYONE WELCOME!



## A WONDERFUL EXPERIENCE

I was profoundly reminded of HP's love for me and everyone at the Star Lake OA Retreat in January. At one of the workshops we wrote a letter to God. Several people shared. Then we wrote a letter from God to ourselves. The readings were so beautiful they brought tears to my eyes. Here are a few examples: "My dearest child", "My precious daughter", "Hey Kiddo!", "Don't worry about anything, I've got it handled", "I will carry all your problems on my shoulders", "I will always love you." I felt truly blessed and loved. Thank God for retreats.

Zigi

## KEEPING IT GREEN?



The Big Book says on page 24 "We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago." Is this a true statement for you? Before working this Program could any of us even remember the misery of even a day or an hour ago, let alone a month or a week? Once we saw or thought of the food, did we not just automatically give in to it? For those who have children, did the pain of childbirth keep you from having more children? For those of us who were hurt in a car accident, did the pain from our injuries stop us from driving again? For those who got divorced, did that stop us from ever dating again or remarrying? With each of these examples, the anticipation or payoff of what was to come far outweighed any consequences that might or might not come to mind. It's the same with food. As long as the payoff is greater than the consequences, we will continue to perform those killer behaviors. Once we do the Steps and sanity returns, we no longer continue with the killer behaviors because we hook up with a Higher Power who gives us a better payoff – a great life which includes peace of mind, health and abundant joy.



In Love and Service,  
Your WJIOA Trusted Servants

## SPIRITUAL PROGRAM



"Ours is a spiritual program, not a religious one. We have no creeds or doctrines, only our own experiences of recovery."

OA 12 and 12 ~ page 13

"Don't try to be a saint by Thursday."

As Bill Sees It ~ page 181

## CONTROL OF MY LIFE



"I do the tasks that are before me with a light heart and an incomparable sense of freedom, knowing that control of my life is in God's hands, not mine."

For Today ~ page 23

## TRUE HAPPINESS



"When a wide-eyed newcomer approached the oldtimer, envying his accomplishments and many years of abstinence, the oldtimer slapped down his hand like a gavel and said, 'I'll trade you even! My thirty years for your thirty days – right now!' He knew what the newcomer had yet to find out: that true happiness is found in the journey, not the destination."

Big Book ~ pages 510 - 511

### 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.  
Public Information – Maryjean E.  
Recording Secretary – Sue W.  
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: [wjioadiscover@aim.com](mailto: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.



## REAL FREEDOM

"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

### 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.