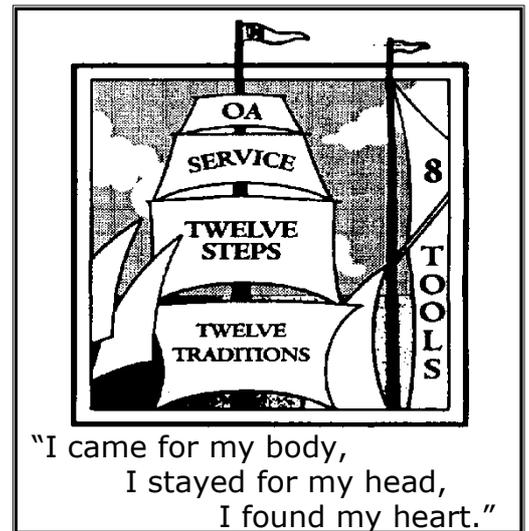


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 19, No. 1 Winter, 2012

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

HOTLINE (973) 335-1717



TOOL 9 ~ ACTION PLAN

When I first learned that there was yet another tool to complete, I was a little disheartened; I have success in the program and felt that I devote plenty of time to my program. But this ninth tool was an invitation for me to develop a new way of thinking, of acting on life rather than reacting to it. In this program I'm taught that God will do for me what I can't do for myself, but I also need to take action to succeed in OA and in life. Developing an action plan helped me plot and manage my life in a sustainable way that improved my program and my life.

The tool is described as: an action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. As I incorporate this tool into my daily program, it provides me with clarity on what activities are necessary to grow. I try to focus on what actions I need to perform in this program and forget about how it's all going to turn out. Now I have one more reason to focus on what arrangements I need to complete to stay abstinent and connected to my Higher Power.

I thought action plan meant that I had to spend hours mapping out strategies and designing activities; but, in reality, the appropriate activities flow from my pen or mouth as I talk with my sponsor or another

OA member. This ninth tool provides me with daily direction and serenity. Just as the tool suggests, in the beginning of program, I planned the purchasing and preparing of my food. Now, I focus on what I need to do to stay in recovery. I make sure I do the required tools every day and determine what other action I need to do to stay abstinent. This includes prayers, working the steps, being kind and staying with God as consistently as I can throughout the day. Sometimes I feel I need to make extra calls or meetings, so I include those activities in my action plan and don't back out of the commitment.

I now use the action plan to solve my life challenges as well. It helps me with my finances, family relations, planning my calendar, work and exercise. Now, for the first time in my life, if I plan to exercise that day, I actually exercise. Before the action plan, I skipped the workout if I didn't feel like exercising. Now, thanks to the ninth tool, I follow through with my commitments.



Lexie

Attending meetings is like showering,
in order to stay fresh and clean,
I need to do it regularly.
Jack, Lincoln Park

STAYING ABSTINENT

What a great chapter ~ "More About Alcoholism" ~ Chapter 3 in the Big Book. It explains all the reasons people have trouble staying abstinent. I can learn a lot about what not to do or think from this chapter. Just as there are promises in the Big Book, there are also warnings. I cannot ever think I have my compulsive overeating licked or that I'm cured. I will never be a normal eater ~ but I don't have to behave like a compulsive overeater. No matter how long I have lived my program, I always have to remember: once a compulsive overeater, always a compulsive overeater. I made many promises to myself and broke all of them. I was just like the jaywalker in the Big Book ~ I could not stop no matter how much I wanted to. This chapter tells me the number one reason why people have trouble staying abstinent ~ they fail to enlarge their spiritual life. So if I enlarge mine, I won't have trouble staying abstinent! How simple. I just have to watch out for the "suddenlys" and not push aside all my reasons for doing this. I have to remember the consequences of not staying abstinent and the only way I can do that is to connect with my Higher Power.



Anonymous

Leave the *PAST* to God's mercy,
the *FUTURE* to His wisdom
... and the *PRESENT* to His love.



THE 7 DEADLY NEEDS

- * The need to *control*.
- * The need to *get even*.
- * The need to *judge*.
- * The need to *know*.
- * The need to *keep score*.
- * The need to *look good*.
- * The need to *be right*.



Jack, Lincoln Park



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



THANK YOU G-D

If I have one minute and I am concerned about something, I can choose worry or I can choose prayer. I choose prayer. After all, G-d is always watching over me and loving me unconditionally. I do not ask for an outcome, but instead for strength in the process and G-d's will for me. I do not rely on my self-will, but rather I always trust in G-d's will. Thy will, not mine be done. When I live a G-d centered life, then I lead a balanced life. "When many hundreds of people are able to say that the 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) Thank you G-d for your many blessings.

Denise

"Before any dream can come true, there must first be a dream."

Big Book ~ page 527

BILLBOARDS

God speaks to me in many ways, even through billboards. Making my way into New York each morning, I do my prayers and reading on the bus. I had been feeling a bit spiritually disconnected. As I glanced up, I saw the billboard "God Is... ." It was a 'wordle', a collage of words - messages of who God is. All I saw was, "God Is...aware of your struggles." Then the voice, "I am here." Not once, but twice. It had snowed. "See that? I created that for you. I am here." God spoke to me on the bus, through a billboard. A few months go by, and now there is an ad for an insurance company. "Every challenge is an opportunity." It's Him again! I get to see this every day on my way to work, reminding me that I have plenty of opportunities each day. I just have to recognize them as such. Cut the grumbles, and say, "Thank You!" There are no coincidences - I get the message.

Trish

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

St. Clare's Rehabilitation Hospital
130 Powerville Road
Boonton Township, NJ
(temporary location until

Parsippany Library is available)

EVERYONE WELCOME!



DAILY GROWTH STEPS

Analogies are a great way to see how things work. So I'd like to use an analogy comparing our disease with another deadly one, cancer, to show the importance of living in Steps 10, 11 and 12, the daily growth Steps, every day.

Step 1 – Having cancer.

Step 2 – Choosing the best doctor to help conquer this.

Step 3 – *Deciding* to do everything the doctor says to do.

Steps 4 through 9 – Making an appointment, seeing the doctor, having tests, doing what he says, doing the necessary actions to eliminate the cancer (radiation, chemotherapy, an operation), researching the ways to stay cancer free, and learning to apply a new way of life in order to stay in remission.

Step 10 – Watching to make sure I am living in a manner that will help me stay in remission and correcting anything I need to correct (if not eating right, eat healthy foods; if stressed, calm down; if smoking, quit, etc.).

Step 11 – Keep going back to the doctor for checkups and follow any new advice he gives and continually follow any reminders of what needs to be done.

Step 12 – Share the message with others and help them so they know that surviving cancer is possible.

In this scenario, does working only Steps 1-3 every day keep me from getting cancer? Does it put me in remission? No – all it does is remind me of the disease, have me find the name of a doctor and *decide* to do whatever he says. But if I continue on and complete Steps 4-9 and live day by day in accordance with Steps 10-12, I will be in a position where the chance of the disease coming back and the negative effects of the disease taking over my life are greatly reduced and possibly removed.

Going back to compulsive overeating, does admitting powerlessness and unmanageability, believing there is a Higher Power and just making a *decision* to turn my life and will over to this Higher Power put me in recovery? I think the answer is no. The problem is not the food – it is my lack of power in handling my life – “Lack of power – that was our dilemma” (Big

Book, page 45). Doing Steps 1 through 9 and then living in Step 10 (watching for character defects then connecting with my Higher Power so he can correct these as they come up), Step 11 (connecting with HP and being guided by Him), and Step 12 (carrying the correct message and helping others) is the way to stay spiritually fit in order to have a daily reprieve from the disease of compulsive overeating. I know this is true because this is exactly what has happened for me!

Barbara A.



ENTIRELY READY

“... After all, nobody expects us to be perfect’, we say. ‘We strive for progress, not perfection.’ Such reasoning only delays our recovery. The Sixth Step calls for us to be *entirely* ready to have God remove *all* our defects of character. Those of us who take this Step with the total commitment required to make it work do indeed strive for the ultimate refinement of our character.”

OA 12 and 12 ~ page 55

PPeople

Relying

On

God

Relaying

A

Message



We may have all come on different ships,
But we're all in the *same boat*.

Jack, Lincoln Park

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.

- February - Unity Day
- May 4-6 - Retreat

REMOVING THE PROBLEM

The first 164 pages of the Big Book present a remarkable progression from a life of abnormal eating to one where I can live happy, joyous and free. And, all I have to do is follow the directions set forth in this wonderful book!

I start at the ideas presented in "The Doctor's Opinion" ~ I compulsively overeat essentially because I like the effect produced by sugar, flour and wheat. My overeating life seems the only normal one. I am restless, irritable, and discontent unless I can experience the sense of ease and comfort which comes at once by taking one bite of food. I emerge from a binge remorseful and with a firm resolution not to compulsively overeat again. However, I keep repeating this behavior over and over again.

When I follow the directions in the Big Book, I get to the point where I embrace the ideas presented in "Into Action" on pages 84-85 ~ I have ceased fighting anything or anyone – including food. I recoil from compulsively overeating as if from a hot flame. I am in a position of neutrality – safe and protected. And, I have not sworn off – the problem has been removed.

Anonymous

The Twelve Steps helped me to learn to live with myself, the Twelve Traditions helped me to learn to live with you.

Anonymous

CHOOSING TO BE HAPPY

"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 am not, I have the tools of this program to put me back on track.

Big Book ~ page 381

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.

PRAYER

"... It makes little difference what I pray for because God is in charge; I don't sway God. God gives me what I need, not what I want, answering prayers in surprising ways, giving me solutions to problems I was hardly aware of, removing obsessions and excesses I didn't want to believe I had. God has replaced resentment with serenity, confusion with direction. I never knew what to pray for before, but in taking the first three steps, I sought – and received – a way to live free of the obsession with food."

For Today ~ page 216



"I have learned that when the pain of where I am is worse than the fear of where I'm going, I welcome change."

Voices of Recovery ~ page 217

TEACHABILITY

"I have three ways of checking on my teachability: Am I open to suggestion? Do I avoid judging without investigation? Do I seek to know – and do – God's will?"

For Today ~ page 219

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Alice B.

Or by email:

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