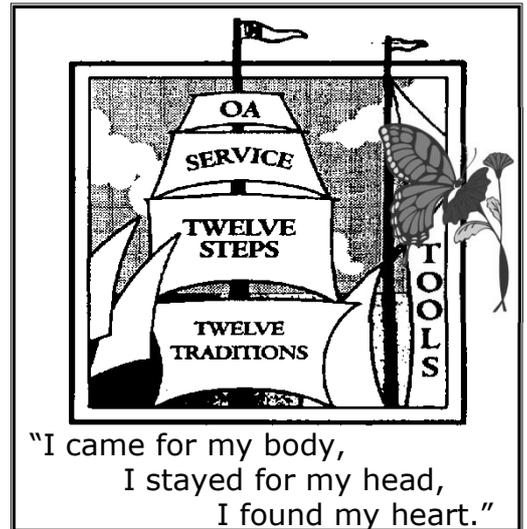


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Vol. 19, No. 2 Spring, 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



SECRETS

As a step sponsor, I know other people's secrets. Most of the secrets are much less interesting than the person guarding the information suspects. Somewhere in their past, they have moved some things from "private" to "secret," and these take on a form of destructive energy. Revealing something private might mean embarrassment while revelation of something secret could mean blame, guilt, loss of control or, worse, shame. We chose secrecy at one point in our lives because at the time it makes sense to us and we continue to protect these secrets even when the real danger is over. Often my job as a step sponsor is to simply help my sponsees move their information back to where it belongs – to take it from the terrifying area of secret to the safe land of private and, by revealing it to me, the freeing land of disclosed. Secrets feel more powerful than they are. Once we create them, we become the wizard in our own personal Oz. And we guard these secrets no matter how hard it is to do so. We willfully slaughter Toto before he gets anywhere near the curtain.

I don't treasure the secrets I learn from my sponsees and I can't remember a time that I found an advantage from knowing one. Often, it is quite the opposite. Being a sponsor mandates that I keep secrets – they are not mine to reveal.

Our Program has a slogan: "We are as sick as

our secrets." If you do the necessary work beforehand (steps 1-4) and reveal your secrets in Step 5 to someone you trust, the reward for doing so is beyond anything you can imagine.

Barbara A.

"I am so grateful that my Higher Power stepped in to show me the way to the truth. I pray everyday that I never turn my back on it. I came to OA in order to stop eating compulsively; what I received in return was my life."

Big Book ~ page 327

PUBLIC INFORMATION

As your Trusted Servant, West Jersey Intergroup Public Information/Newspaper Contact, I will assist your group in publicizing to the community your OA meeting or OA event. Kindly provide me with the message to be published (verbatim or not) and name(s) of the publication(s) in which you would like your press release or calendar listing to appear. Whenever possible, please provide the website or e-mail address of the publication, or the physical address/phone number. So that questions may be directed to your group, please also provide a contact name and phone number/e-mail address/URL to appear in the publication. Please contact me at Maryjean.ellis@vzw.blackberry.net or 973-670-8998 with any questions.

Maryjean E.

REFLECTION

*"I was spending most of my energy on things I could not change, worrying, fretting, and trying to make them come out 'my' way".
(Voices of Recovery ~ page 365)*

Wow! That was so me when I first walked into the 'rooms' on July 18, 2005. I had spent my entire life trying to fit that square peg into that round hole. It just never fit. I needed to fill it though, and so I tried. I tried to fill it with more food, more manipulation of people, places and things, more men, more shopping, even more work. It was never, ever enough. It took coming to this wonderful program to realize that it was a God shaped hole that I was trying to fill with just ordinary plain stuff. What I couldn't see was that there was never going to be enough stuff. That hole could not be filled with anything other than Him.

Down deep, what I really thought when I walked in was that this program was just another gimmick, that it would never ever work for me even though it was seemingly working for others. I would lose a few pounds and make my doctor happy. Then I could leave this place where a few frightened me. Yet in the interim, the glimmer of hope from a few others captured my curiosity. I learned the despair of the destiny I dreamt about could be changed. And most important, I learned I was spiritually bankrupt.

So little by little (in nice chewable chunks) with the guidance of a few wonderful women and the help of a great many more folk, I continued to move away from self-centered living to God-centered living. What a tremendous gift! I am living and loving life on God's terms. I don't need to spend excess energy worrying, fretting, and trying to fit my life to my terms. I've learned that when I try to get my own way, I am missing out on God's abundance. I want His will now, because it is eminently better than anything I could have ever dreamt up.

Kudos to the literature for being so inspirational of that inner searching.

Brenda, East Orange

"Living just for today is a pleasant adventure."

Big Book ~ page 358

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.



ACTION MORE ACTION

Once I have completed my fourth step inventory, chapters 6 and 7 in the Big Book provide me with a roadmap of action for living the steps ~ living my program, one day at a time.

Chapter 6, "Into Action", tells me what I need to do with the information from my fourth step inventories (Steps 5 - 9) and more importantly what I need to do to stay recovered (Steps 10 and 11).

Step 10 is amazing - every time I feel angry, I am fearful or I hurt somebody, I immediately do Step 10, which is just doing Steps 4-9 on what is bothering me at that exact moment. My Higher Power constantly puts me in situations where I do a Step 10 so that I can find my character defects and then "act as if" I have their opposites. Then, my Higher Power can remove each defect and replace it with the character asset.

Step 11 is praying only for His guidance and the strength to carry it out. I let God use me for anything He wants and when I turn myself over to him completely, he guides me in everything. When I do my 11th step review at night I can see where He has led me and how He has used me to do good.

Chapter 7, "Working With Others", tells me how to work Step 12. It is my favorite. There's a lot packed into one sentence: "Having had a spiritual awakening as a result of these steps we try to carry this message... ." This means two things to me. First, I am promised that if I work the first 11 steps, I will have the psychic change necessary to recover; and, second, it makes me stop and think what the message is. I believe the message is telling those who are still suffering that if they can't stop eating, there's a proven way that works. The instructions are in the Big Book. They are embodied in the 12 Steps. The last part of Step 12 means that I am to live as if I am someone with my character assets no matter where I am or what I am doing.

When I live the 12 Steps, I have an amazing, full, wonderful life!

Anonymous

Only a compulsive overeater would think the solution to loneliness is *isolation*.

LIVE IN THE DAY

This is the day I have
The only one of which I am certain
So I'll make this day count the most
Before they close the curtain

The time to make a plan
The time to make my choices
The time to share my thoughts
And listen to other voices

This is my day and no other
Who knows what tomorrow may bring
So this is the day that needs to count
I have it ~ I hear my heart sing

If I wait for it all to be safe
For every choice to be right
With all the details checked and approved
My goal may be long out of sight

No matter what the situation
If it looks like clouds or sun
I'll listen for the wisdom on the wind
No challenge is met when I run

So even better than the day
I'll just try to live in the minute
Then every moment that has just passed
I'll be proud of myself in it.

Lenore F.

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 4 - 6 - Retreat
- Sep./Oct. - Luncheon/Silent Auction

WHY WORRY?

Doing our best, living each day to the fullest is the art of living. Yesterday is gone, and we don't know whether we will be here tomorrow. If we do a good job of living today, and if tomorrow comes for us, then the chances are we will do a good job when it arrives ~ so why worry about it?

Big Book ~ page 357

CAN THIS BE ME



I've often sat and wondered
And prayed that I might see –
Just what it is, in this here life,
That God has meant for me.

For it seems the things I've wanted most
Somehow do not appear –
And yet I feel contented,
Knowing God is ever near.

I've prayed so many times for wealth,
And felt this must be the way –
Instead He took this twisted soul
And led it to OA.

Here to share my happy times,
And sometimes maybe cry,
Here to gain my treasured wealth,
The kind money can't buy.

Like the hugs I get in Princeton,
From the people who call me friend,
Or the meeting on Staten Island
We wished would never end.

And the one I went to last week
And shared for a little while –
And someone said, "When I see you,
You always make me smile."

You'll never know all the joy I feel,
In sharing this program of mine –
Loving God and all my OA friends,
Living life, One-Day-At-A-Time!



Dick T.
(Submitted by Cyndy from
Today, September/October 1984)

"Rarely have we seen a person fail who has
thoroughly followed our path. ...Half
measures availed us nothing. We stood at
the turning point. We asked His protection
and care with complete abandon."

Big Book ~ pages 58-59

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.

Your Trusted Servants.....

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Chairperson – Barbara A.
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Vice Chairperson – Dolores M.
Web Master – Brenda W.
Youth – Trish M.

Discover OA Submissions:

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

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

TREASURER'S REPORT

WJIOA would like to thank the following meetings for their total contributions from July 1, 2011 through December 31, 2011:

Berkeley Heights (Wed pm)
Boonton (Fri am)
Cedar Knolls (Fri am)
Dover (Thu am)
Hackettstown (Sun am)
Hackettstown (Tue pm)
Milford (Mon am, Sat am, Tue pm)
Parsippany (Thu pm)
Parsippany (Sat am – Newcomer's)
Sparta (Sat am)

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



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

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm



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

EVERYONE WELCOME!



"I have yet to find a place in the Big Book that says, 'Now you have completed the Steps; have a nice life.' The program is a plan for a lifetime of daily living."

Big Book ~ page 317