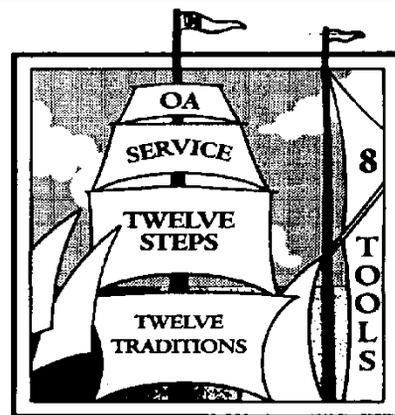


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Spring, 2014

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

HOTLINE (973) 335-1717



"I came for my body,
I stayed for my head,
I found my heart."



SEVEN DAYS

So what does it feel like to have seven days of abstinence? It feels calm, miraculous, curious, measured, interesting, amazing, and different. This week has been a revelation and a tremendous release and relief for me.

It's remarkable to watch thoughts and desires appear in my mind and not feel compelled by them. Observing them with interest and curiosity, I recognize them with detachment. "Yes," I might acknowledge, "I'm hungry. It's not time to eat yet. It's ok to have that feeling, note it, and wait until I have the opportunity to eat the right food." Interestingly enough, the acute urge passes. I see it now as an impulse; I am no longer catapulted into action. This is completely different for me, and very liberating.

I'm beginning to understand what the insanity is all about: letting urges - the most primal part of the psyche - control choices and behavior. When the "id" is in charge, it's akin to having a 2 year old megalomaniac overriding all rational thought. I feel much wiser; there is a clear boundary, now, between the impulse and any actions that are taken. I was concerned, initially, that I would find myself eating without being conscious of the pause that could be in place between *desire* and *decision*. Now, I realize this new awareness, in and of itself,



organically creates the boundary. I don't need armed militia protecting me from myself!

Karin

Pride is wanting someone else to think I am something I'm not.
Exhausting!!!



A LITTLE STORY

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!!

KEEP MOVING



Put one foot in front of the other and when you hit a brick wall, make a left turn!

Today the food I eat is to nourish my body instead of my heart and soul.

SURRENDERING

Anyone who has read the Big Book knows that Bill Wilson had a non-alcoholic doctor, Dr. Silkworth, help him with this Program. What Dr. Silkworth did was explain to Bill what he thought our actual problem is.

His theory is that we have an allergy to certain substances and when we put these in our body, they cause a physical craving AND we have an obsession of the mind that even when the substance is not in our body, we can't stop thinking about it. At some point we give in and ingest the things we know will eventually kill us.

Based on this and other information, Bill, with his Higher Power, wrote the Big Book which is a book of instructions on how to work the 12 Steps. And the 12 Steps are a set of instructions on how to get rid of the things blocking us from our Higher Power, how to get connected to God, and how to stay surrendered.

What most people don't know is that our co-founder, Dr. Bob, also had a non-alcoholic doctor help him, but with the other end of our Program – how to stay recovered.

This doctor's name was Harry Tiebout. He wanted to find out what magic ingredient enabled a person who had tried for years and years unsuccessfully to then come to a 12 step program and be able to finally put down their substance. Dr. Harry Tiebout also wanted to find out what made some people continue to stay in recovery while others did not.

Dr. Tiebout's theory was that when a newcomer came into a 12 step program, their ego was smashed. Those who stayed recovered were people who through their actions and thoughts continued to do the things that would keep their ego reduction permanent. Those who were not successful were people who had their ego rebuild.

There are many ways the ego rebuilds. Some of these are; the person started:

- having an opinion of themselves whether they were the best of the best or the worst of the worst
- criticizing what God was doing by thinking they should have more, have things change quicker, or that they were the ones in control of what would happen in their lives
- thinking they were everyone else's Higher

Power by judging, criticizing and trying to control what other people think, say and do.

When applied to the Steps, the ego rebuilds in these ways; people:

- do not learn the Steps
- do not work the Steps as outlined in the Big Book
- are improperly taught the Steps
- do not live in Steps 10, 11 and 12 after learning the Steps.

On an individual step basis, the ego rebuilds because people:

- forget their Step 3 decision to let God be in charge
- start to believe they are the ones in control of one or more aspects of their lives
- forget their Step 7 and they think they are the ones who will remove their character defects or they become impatient with God's timing
- forget to do, had not been taught correctly how to do or don't realize the importance of doing Step 10 – which is at the EXACT moment they are angry, fearful or harmful IMMEDIATELY doing Steps 4-9 so they can reconnect with their Higher Power so He can teach them to be the opposite of their character defects
- forget their Step 11 and don't pray and meditate; and, even if they do pray, it becomes prayers telling God what He should do -- instead of just saying "Thank you" or "Tell me what you want me to be and give me the strength to do that"
- forget that Step 12 means that their purpose in life is to help others; and, instead they go back to focusing on their own selfish wants and needs.

So, according to Dr. Harry Tiebout, the way to get recovered and to stay recovered – in other words, the way to not relapse - is to have your ego smashed and then do the things necessary to make the ego reduction permanent. The only way to have that happen is to do everything the Big Book says to do, stay in a state of gratitude and completely surrender to your own concept of a Higher Power every waking moment of every day.

Barbara A.



**Please contact Barbara E. at
(973) 736-3700
to update the
WJIOA meeting list.
THANK YOU!!**



Spring, 2014

ONE DAY AT A TIME



Before I came to OA I worried a lot, especially about the past (all those yesterdays) and the future (all those tomorrows). Of course, that put a real damper on the present (today). In OA I heard the slogan, One Day At A Time. Little by slowly as I did the Steps and worked my program, I learned just how important it is to live one day at a time ~ today ~ twenty four hours.

At first I learned if I concentrated on the present, today, I was able to stay abstinent for those twenty four hours. One day was a manageable amount of time. And, then I learned I could stay abstinent for the next today, and the next today and the next today. Over time, all those todays became years of back to back abstinence ~ achieved one day at a time.

As a result of doing the Steps, I no longer have any remorse over the past nor worry about the future. I know my focus in life is to do the footwork of today that my Higher Power has placed before me. The overall outcome, whatever it may be, is up to my Higher Power, God as I understand Him. I know He has a plan for me and He always provides.

When worrying over the happenings of yesterday and potential happenings of tomorrow, I created a tremendous burden for myself. I am happy to say I no longer have that burden. Instead, I live today. I am at peace with the past and I know my actions today will more determine the future than any amount of worry about what it may bring.

So, I have found living one day at a time is a simple and effective approach to life. Practicing this approach has brought life down to a manageable size. It has helped me to achieve and maintain serenity.

Alice B.

WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm

Parsippany Library

449 Halsey Road

(Halsey Road & Route 202 -
behind the Gulf Station)

EVERYONE WELCOME!



THE BUTTERFLY



A man sat on a pier watching a butterfly emerge from a cocoon. The man sat and watched intently for hours as the butterfly struggled to be free of his cocoon. The beauty of the newly formed wings was breathtaking. After watching for 3 to 4 hours, to see only the top half of the lovely Monarch, and knowing hours of painful struggling were left, the man could not stand it any longer. He took his fishing knife and opened the cocoon. Sadly, and much to his surprise, he saw the rest of the Monarch was yet undeveloped, so the butterfly soon died. He then understood ... it was the struggle of emergence from the cocoon that produced both the strength for survival and the beauty of the fully developed butterfly.

Sometimes when we think we need to be relieved of our struggles and problems, what we really need is only someone to watch and encourage, providing support and love. Some struggles may cause us to reach out to people we otherwise wouldn't, or to accept love and support from others we would otherwise have not, never realizing that those giving the kindness are enriched by their giving. Some experiences can make us more compassionate people. And, hopefully, all our struggles will do for us what the butterfly's does for him - - make him strong enough to survive and beautiful to behold.

CALL FOR ARTICLES



Support our newsletter!

Don't delay, use the tools of service and writing today! Share your recovery, strength and hope.

Take a few minutes to write an article for the **Discover OA Newsletter** ~ positive sharing on a specific topic of your choice.

Send your article by email to:



discoveroa@gmail.com

THE WORLD IS MINE



Now I know why I am so grateful ~

"Today, upon a bus, I saw a very beautiful woman and wished I were as beautiful. When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and used a crutch. But as she passed, she passed a smile. Oh, God, forgive me when I whine. I have two legs; the world is mine.

I stopped to buy a newspaper. The lad who sold it had such charm. I talked with him, he seemed so glad. If I were late, it'd do no harm. And as I left, he said to me, 'I thank you, you've been so kind. It's nice to talk with folks like you. You see,' he said, 'I'm blind.' Oh, God, forgive me when I whine. I have two eyes; the world is mine.

Later while walking down the street, I saw a child I know. He stood and watched the others play, but he did not know what to do. I stopped a moment and then I said, 'Why don't you join them dear?' He looked ahead without a word. I forgot, he couldn't hear. Oh, God, forgive me when I whine. I have two ears; the world is mine.

With feet to take me where I'd go, with eyes to see the sunset's glow, with ears to hear what I'd like to know, Oh, God, forgive me when I whine. I've been blessed indeed, the world is mine."

Cyndy C.



ACCEPTANCE

"OA and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork. I am saying that I know better than God."

Big Book, page 417

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.

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HUMILITY



Humility is simply a clear recognition of what and who we are. We have gotten down to our own right size. Humility is understanding we are worthwhile. It's the middle ground between the extremes of grandiosity and intense shame. We now have a sincere desire to be and to become the best we can be. It is being our true selves.

Service is its own reward.



UPCOMING HAPPENINGS

Do you have an upcoming event and you need to get the word out?

Call Barbara A. at (973) 463-1998 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 2 – 4 - WJIOA Retreat

LETTING GO



"The OA program says, 'Look, we've got some things to give you that are really going to help ~ if you'll slow down long enough and if you'll relax.'

These are not things that are going to make me special or get me a better job or make me important. They are just going to offer me a way of life that is beautiful."

Came To Believe, page 41