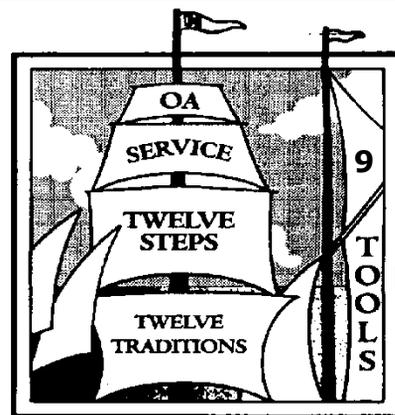


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Summer, 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."



PARTIES & CELEBRATIONS

I recently attended another family birthday party. I've been fine around food that's not mine and have cheerfully turned down well-meaning people who want me to try something. So I wasn't particularly worried about the party, although I remained cautious. I don't look at food in the same way a non-compulsive eater does, so I plan ahead of time and make sure I take care of myself. I don't walk into a food-related event tired or hungry.

Sometimes I find my mind straying back to the old way of thinking. When I was told what was being served at the party, I wasn't upset that I wasn't going to have any. But the first thought that flashed into my mind was that if I ate a larger lunch than usual, the food at the party wouldn't call to me.

That's my old way of thinking; it didn't work then, and wouldn't work now. If I were still into the food like before, no amount would have stopped me from eating again one hour later.

I recognized the fleeting thought for what it was, ate my normal lunch, and had a great time at the party!



Sallie S.

If you want to make God laugh,
just tell him your plans!

MY NEW BATHING SUIT

One of my friends insisted I buy a bathing suit this week and go swimming. My internal Greek chorus chimed in, reminding me that people my size should not show their bodies. My mother's voice joined them: "You can't put on a bathing suit looking like that! Cover yourself up!" Shame, guilt, deprivation, self-loathing, jealousy, and resentment...all the themes that have been with me for so long....rose up in protest of the very idea. I heard them, but elected not to listen. I bought a bathing suit -- 3 actually -- and went down to the pool, hoping I'd be able to break free of the negative conditioning that's dictated my decision making processes for so long. Immersing my body in the pool yesterday was a baptism of sorts...liberation from *internal* damnation, a washing away of the old, confirmation of the new, affirmation of the self. I am rational and measured today, without great effort. My sponsor, the solidarity of the group, new OA friends, and my trust in forces greater than myself have, "restored me to sanity." I am beyond grateful!



Karin

When we fill our hearts and minds with good thoughts and feelings, there isn't room for discouragement.

JUST FOR TODAY

Two of the slogans I use are: Just For Today and One Day At a Time. Staying in the day ~ in the moment ~ is the hallmark of my recovery. I used to be pre-occupied with the past or the future. All my time and energy was already 'occupied'. Staying abstinent 'just for today' was my first stab at the new way of focusing on the present moment.

I found this OA Morning Prayer in an OA newsletter, The Oasis, many years ago. It speaks so clearly to our primary purpose and I love using it. So I am passing it on here to Discover OA readers and wishing you all a great, abstinent day.



Elly B.

OA MORNING PRAYER

God, today is a new day for me and with you, it can be a day of abstinence and emotional stability.

With you, I can handle anything. I ask for your protection in case sometime during the day my desire to eat compulsively or obsess over anything becomes stronger than my desire to abstain. I ask for your protection today from anyone or anything that may interfere with my abstinence. I KNOW that I am powerless over food and my emotions, and my life can become unmanageable again. I do believe that you will relieve my compulsion and restore me to sanity. Please help me to know your will for me today and give me the willingness and ability to carry it out.

Step 3 ... I turn my will and my life over to you. Please guide me through another day of abstinence.

God I need you.

Anonymous

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!



UNDERSTANDING

"Here was something at work in a human heart which had done the impossible."

Alcoholics Anonymous, Bill's Story, page 11

This weekend I went to Columbia, South Carolina to lead an OA workshop on Abstinence and sponsorship. Knowing that I would be leaving straight from work on Friday, I wrote my recovery topic earlier in the week. I then promptly forgot about it until this morning when I was in the shower. *Oops! Oh well, I'll send it when I get home and write about this experience.* My reaction to "making a mistake" - with gentleness, kindness and understanding - is a reflection of how much growth I have had in recovery.

Although at times the process was slow and painful, by hanging in there through working the Twelve Steps, I have learned to love and like myself - all parts of myself, my divinity as well as my humanness. When I have my human moments, like forgetting to send my recovery topic, *Oops*, the voice of understanding has replaced *Uh-Oh*, the voice of shame.

In OA I have received love and understanding beyond my wildest dreams. I pray that same blessing for all of you.

May your day be filled with the peace of self-acceptance (and sunshine)! Blessings to all!



Atiya ~ Raleigh, NC

PROGRAM FOR LIVING

"OA is not a plan for recovery that can be finished and done with. It is a way of life, and the challenge contained in its principles is great enough to keep any human being striving for as long as he lives. We do not, cannot outgrow this plan. As arrested compulsive overeaters we must have a program for living that allows for limitless expansion. Keeping one foot in front of the other is essential for maintaining our arrestment."

Big Book ~ page 275

LIVE IN THE PRESENT

One day at a time, "For Today", be present, deal with things as they happen, do not worry about the future. However it is said, the following is a reminder for me that every day is a gift and should be enjoyed. I read this in the morning and I know I am exactly where I should be!

May today there be peace within.
May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts you have received, and pass on the love that has been given to you. 

May you be content knowing you are a child of God.

Let this presence settle into your bones and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.
Andrea

DISCOVER OA SUBMISSIONS
Support our newsletter!
Don't delay, submit your article today ~ positive sharing on a topic of your choice.
Send your article by email to:
discoveroa@gmail.com

HOW IT WORKS

"If you want to know **how** this program works, take the first word of your question ~

the '**H**' is for honesty
the '**O**' is for open-mindedness
the '**W**' is for willingness;

these our Big Book calls the essentials of recovery."
Big Book – page 549



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

THIS DISEASE

Baffling, check. Cunning, check. Patient, check. A foe to be reckoned with....and how. So there I was not two hours from a great meeting, where I shared about that first bite of those trigger foods and how lethal it could be, and now I was baking for friends, and popping those little "bombs" into my mouth.

I couldn't believe it. What happened? Who took away my resolve, who took away my brain? It was just another reminder of this disease and how insidious it can be.

Honestly I was totally disbelieving, disgusted, and despairing. And then I remembered to pick myself up, wipe myself off, and start all over again. In there lies the beauty of OA. I called my sponsor, and discussed what happened. She suggested that I write about it, and if I wanted, to share it.

I realize that guilt can be the jumping off place for a downward spiral, and honesty can be the jumping off place for recovery. As long as I remain honest with myself and my sponsor, forgive myself for being human, and keep coming back, I am bound to succeed.

Janet C.



MEETING LIST
WEST JERSEY INTERGROUP
The West Jersey Intergroup of OA's meeting list may be found on our web site:
www.wjioa.org

MERRIMENT IN MENDHAM

The retreat on Saturday, May 3rd in Mendham was great! Not only was there meditation (giving permission to love ourselves), there were great workshops. People were very open and honest about what did not work in their OA program and then committed to solutions. Walking around the labyrinth was calming and grounding. And, the evening entertainment was silly and fun. I haven't laughed so hard like that night in months.

Zigi

STEP FOUR

Thank God it was just a list. That was humiliating enough. At least I didn't have to do anything with that list. Not yet at least.

I can tell you that before I came into OA my self-esteem was at such a low point that it colored every aspect of my life. The OA Step Book (page 29) says ~ "Many of us had lived our lives ... with a secret feeling of shame." That was me! ALL of my actions were fear based. I was fearful that you were smarter, prettier, more popular, and more successful. I wanted to be as good as or better than you. I rationalized my every action. I was prideful, controlling, sarcastic, condescending, dishonest and unavailable. I lied, I stole, I cheated, I gave lame excuses, I was envious, angry, foolish, and I always blamed others for my poor behavior.

My eating was out of control I wanted to stop making food the most important thing in my life. I knew I was a compulsive eater and I was scared my eating was going to kill me. But my HP had other plans for me. A friend took me to an OA meeting. I didn't understand but I listened. I heard that I should ask someone to be my food sponsor and I did. This woman that I didn't know told me I would need to call her every day on time. I would need to tell her exactly what I was going to eat the next day and how I had done that day and I did. After 21 days of back to back abstinence she suggested I now get one more sponsor who would work with me on the remaining 11 steps, so I did. She didn't mention all the introspection and just plain hard work that it would involve.

My new sponsor said I would have to be willing to humble myself by taking a thorough written inventory of my resentments and negative behaviors. Not only that, I would have to share this list with her and even go back and make amends to the people and institutions I had harmed. She said these steps would help me to let go of any resentments and shame I might feel both with food and in my personal life.

I remember thinking, "What does that have to do with my killing myself with food?" It sounded both humiliating and dangerous. What if this step sponsor turned against me or shared my shameful secrets with someone else. Plus my character defects were who I was. Did I want to give them up? They were comfortable.

The Big Book (page 66) says "a life which includes deep resentments leads only to futility and unhappiness". I did want to get rid of my anger and resentments. Should I trust this

person? Should I trust the program? Should I trust myself? I didn't know if doing an inventory like this would help, but I did want to become a happier, better person. I wanted to be more like the person my HP meant me to be. I had to trust.

I got an email recently. A child is holding a big blue balloon. To the left of the big blue balloon are the words, "You know why it's hard to be happy". To the right of the balloon are the words, "It's because we refuse to let go of the things that make us sad".

The OA program has enabled me to get rid of the things that make me sad. Thank you OA.

Barbara E.

Your Trusted Servants.....

Archives – Terry S.
Chairperson – Barbara A.
Corresponding Secretary – Cyndy C.
Editor – Alice B.
Hotline – Dolores M.
Meeting List – Barbara E.
Outreach Committee – Zigi Z.
Public Information – Fran S.
Recording Secretary – Carol R.
Special Activities – Dolores M.
Treasurer – Terry S.
Vice Chairperson – Dolores M.
Web Master – Brenda W.
Youth – Trish M.

KEEP GOING

Happiness Keeps You Sweet,
Trials Keep You Strong,
Sorrows Keep You Human,
Failures Keep You Humble,
Success Keeps You Glowing,
But **Only God keeps You Going!**



PRIDE

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

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.