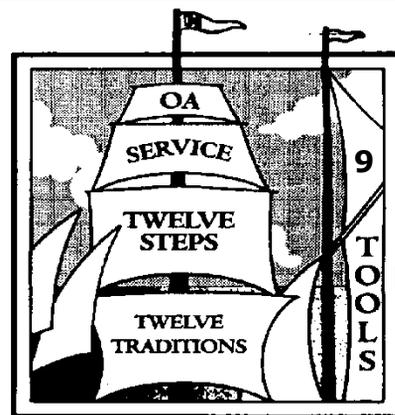


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Fall, 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."



PROGRESS

I deleted a great number of emails at work today. One thing that stood out was how many emails I was keeping to *cover my butt*, not so much out of necessity as much as to prove I was right in certain situations. Without OA, I would have gone to my grave insisting that I do *not* feel the need to be right. My sister does! My mother did! But not me!

Yes, me as well. As I read some of these emails, I remembered the righteous anger I felt as I saved each one. It was kind of sad to recall how important it was to me at the time. And righteous anger wasn't the only emotion I felt. I felt fear. I felt anxiety. I felt so much more.

I kept the emails that were necessary, and interestingly which did not evoke any emotions from me. For today, I don't feel the need to protect and defend myself. Someone far greater than me is doing all that and more.

Sallie S.

HAPPINESS IS ...



- * Knowing I am not alone.
- * Seeing people stand for sponsorship at a meeting.
- * Being able to say "NO" and not feel guilty.
- * Making choices one day at a time.

GOD HAS RESTORED ME

I love myself enough to deserve recovery. I love myself enough to remain committed to doing the necessary footwork that encourages my spiritual growth. I love myself enough to believe I deserve the gift of abstinence each day. This change of heart has only been possible through this program.

God is at the heart of my willingness, for only the power of God is strong enough to give direction to a compulsive overeater such as me. In me the disease is certainly cunning, baffling and powerful – but no disease, no devil such as this is a match for my God and this program.

God has restored me to sanity. God has restored the capacity for me to believe in myself and my worthiness as a human being. He has caused my life to come full circle. Now I know what it means to be a *grateful* compulsive eater.

Terry

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

TOOLS



Visiting my daughter during her recent move, I was surprised to see how easily she'd put up her curtain rods. "It's this tool, mom", she said, holding up a battery-operated screw driver. The clouds parted and the truth became clear, what I know as a spiritual awakening. I was still whining about all the work of these darn tools. Here stood the beautiful woman who, at 16, brought me to my first OA meeting, bringing clarity: it's the tools that make the work much more manageable.

Twisting an already weak ankle the other day gave me the opportunity to *walk the walk* regarding the tools. Literature via the slogans came next after abstinence ~ *one day at a time* and *easy does it, but do it*. This Discover OA article used writings and service. Phone calls, both those I made and those I received, helped break limit-imposed isolation and loneliness. Meetings, where I learn newer and better ways of living, contributed *least said, soonest mended* to help me remain silent when my impatience and frustration threatened my husband. Turning over my written planned meals to my sponsor each day helped guarantee my abstinence, as did a plan of action for between meals. I may have been Step One powerless over my injury, but I was hardly a helpless victim. How did I manage, with serenity? Echoing my daughter, *it was these tools*.

Elly 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!

RECOVERY



My recovery began when, upon coming to OA, I admitted I was powerless over food coupled with being abstinent one day at a time. My days of abstinence grew, and I also learned and used the tools. I then did the Twelve Steps as stated in the Big Book. Gradually, my life began to change because I began to grow and change from the inside out as little by slowly I journeyed along the path of recovery.

The promises have and continue to come true. Life with its ups and downs is good, not always easy but good and better than it has ever been. I think the Big Book (The Missing Link, page 288) says it best: "Life is exponentially better than it ever was before. I'm living out the life I used to fantasize about, and I have a whole lot of work still in front of me. I have hope to share and love to give, and I just keep going one day at a time, living this adventure called life."

Alice B.



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



WHAT IS A RESENTMENT?

I have had so many amazing teachers in this program. One of the best things I learned was this: the word resentment comes from the Latin word *sentori* meaning to feel. Put *re* in front of it and it means to feel again. When someone does me a wrong, I can get rid of it immediately by doing a Step 10 *or* I can carry it around with me and keep re-feeling it. Every time I think about it or talk about what happened, the other person becomes more wrong, I become more right and then I have a *justified* resentment. Then I feel tense, upset, horrible, maybe I even want to eat. When there is another wrong by this person or someone else, everything becomes bigger than it originally was. I can get rid of these feelings before they block me off from my Higher Power by doing a Step 10 immediately.

Barbara A.

IT WORKS IF I WORK IT

The following letter was written by an OA member to the Dear Abbey column which appeared in the Star Ledger on February 27, 2014. This OA'er is only in OA one year. The principles of our program have not changed since I joined OA in 1976 ~ same struggles, same new life and same hope. OA is a group of people sharing the same disease.

"Dear Abby: I'd like to tell your readers about a wonderful program I discovered about a year ago. It's called Overeaters Anonymous. The program is similar to AA, but it's for people with an eating problem.

For years, I struggled to lose weight. I tried dozens of diets, pills and saw several doctors. I would lose some weight, but I could never stick with a program, so I gained back more than I lost. I felt like a loser.

Since joining OA, I have lost more than 50 pounds and feel like a new person. I have a new outlook on life and no longer have to rely on food. It's good to be able to talk with people who have the same problems I do. It's a daily struggle, but I have a sponsor and others to talk to when I'm tempted to return to my old life.

Compulsive eating is a disease, Abby. And unless people have it, they don't understand. I hope this letter will help someone who is also struggling.

Grateful O.A. Member in Illinois

Dear Grateful: I'm glad you found OA. It's a wonderful organization that has been around for many years. Readers, OA has about 6,500 groups in more than 75 countries. There are no requirements for membership except a sincere desire to stop eating compulsively. Everyone is there to offer support. ..."

This is the one program that gave me hope that I could lose weight happily and keep it off. It works if I work it. I came for my body, stayed for my head and found my heart. I am truly a grateful OA'er.

Cyndy C.

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, three 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

"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves.*"

Big Book ~ page 45

THREE GIFTS

Life is the first gift.

Love is the second.

Understanding is the third.

And, *abstinence* lets us enjoy it all.



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.

THE GIFT OF PROGRAM

Before OA I would diet myself thin through various programs, with doctors, pills, and shots. I always made it to goal. I thought I was now normal and had learned enough to go out there in what I perceived as the real world and eat whatever I liked. I would never eat my way up the scale again.

Somewhere in the back of my head I must have known what a lie that was and how my story would end but I went out there and did it over and over and over again. Seven times I told myself this lie and seven times I gained over 100 pounds.

And then in 1996 I walked into OA. Just by walking into the room, I had done the first thing I needed to do, admit I was powerless when it came to eating. For me I learn more when I talk less and listen more, so I listened and listened and listened. I was home. These people were just like me. This was where I belonged. I wanted what they had. I desperately wanted to stop eating compulsively, secretly, and making food the most important thing in my life. I needed to find a sponsor to guide me. No one told me it would be such hard work and that I'd still be going to meetings 18 years later. I was certainly skeptical, but I was desperate. I wanted to be free from all my stinking thinking. I wanted to make the right life decisions, to give up my bad behaviors both with food and people.

I'm a slow learner, but I trusted that if I kept coming back I would become more the person that my HP meant me to be. I read that if I said the Serenity Prayer and the Third Step Prayer and asked my HP for help, I would intuitively make the right decisions. I learned that it's ok to say I don't know, I need help, and I'm sorry. If I do get baffled, and I so often do, I ask my HP for help. I often also talk to a person whose opinion I value, then I reflect some more and finally take action. I believe that the OA Twelve Step program gives value and dignity to my life, and I must share this gift, because it grows as I share.



Barb E.

LIVING TODAY

"Today is the day. 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

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.



BACK ON TRACK



"In working the Twelve Steps, my life and my old way of thinking have changed. 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

HUMILITY



"... it amounts to a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."

AA 12 and 12 ~ page 58

MEETING LIST

WEST JERSEY INTERGROUP

The West Jersey Intergroup of OA's meeting list may be found on our web site:

www.wjioa.org