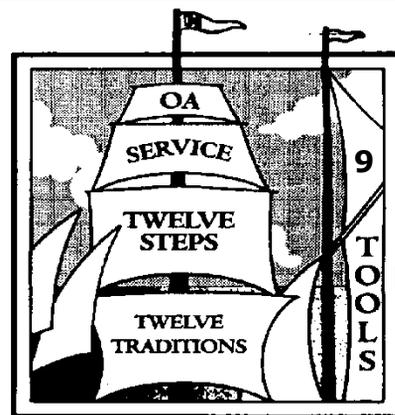


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Winter, 2015

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."



WINTER



MY ROADMAP

Put one foot in front of the other. Do the next right thing. Bring the body and the mind will follow. Act as if. Just for today. One day at a time.

These are disciplines that serve me well in this program. There are days that I can feel that I deserve a *break*. Maybe today I don't need to do the tools. Maybe today, I can just go to sleep, don't bother getting dressed, don't exercise. Maybe I don't need to show up. Could I just coast?

NO! The loser is me if I allow things to slide. I choose to live this program and, making the decision to turn my will and life over to God, I can't tire of doing the right thing. I believe in this program. It is my roadmap to continue living the best life I can, with God at the center each day.

The reliance on a Power greater than myself, God, and the people in the program, takes the focus off me and my thinking and my need to control outcomes. I am moved into a position to be helped in a positive, constructive way. Eventually, I can help others as well.

None of this is possible, however, if I don't remain willing to remember who I am (a compulsive overeater) and how grateful I am to have found a way up and out. Each new day is a chance to exercise my willingness to continue my spiritual growth and remain

abstinent. Thank God for this program!



Terry

Higher Power, help me live fully today,
neither forward nor backward, but
here and now.

GOD-HELP ~ NOT SELF-HELP

The truth is I can't really do anything to help myself. My experience has shown me this. I have gone on diet after diet after diet. I have read hundreds of books. I have tried hypnosis, pills, gimmicks, even using a machine that would shock me. Nothing ever changed any of my behaviors. Twelve-step recovery has nothing to do with self-help and everything to do with God-help. Self-help says I can help myself. Twelve-Step-help says that I can't help myself and trying to do so only makes things worse. The key to this program has nothing to do with me and what I can make myself do and everything to do with God and my being surrendered to Him.

Barbara A.



I'm getting used to the idea
that God does a better job of
running my life than I do.



FINDING GOD

I feel very blessed to be in a 12 Step program that has a collection of such wonderful literature. My favorite is the Big Book. I never tire of reading it; and, something always jumps off the page at me no matter how many times I read the Big Book.

In doing the 12 Steps, I learned and admitted in Step One that I have a problem, I am a compulsive overeater. Then the remaining eleven Steps brought me to the solution ~ conscious contact with my Higher Power, God as I understand Him.

The early members of AA who worked with Bill W. on writing the Big Book (page 51) said that "... the consciousness of the Presence of God is today the most important fact of their lives." I have found this to be true for me. Further, the Big Book (page 55) really gave me a very clear, straightforward perspective on how and where to connect with my God ~ "Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found." So, in six words the Big Book told me how and where to find and connect with my Higher Power ~

how ~ search fearlessly
where ~ deep down within us
(i.e., within myself).



Six words to answer two huge questions!
What wonderful literature to have for support with my program.

Alice B.

COURAGE

is the power to let go of the familiar.

PRUDENCE

"Prudence is a workable middle ground, a channel of clear sailing between the obstacles of fear on the one side and of recklessness on the other. Prudence in practice creates a definite climate, the only climate in which harmony, effectiveness, and consistent spiritual progress can be achieved."

As Bill Sees It ~ page 91

STEP 7

On page 60 of the OA 12&12, I read a great definition for humility: "simply an awareness of who we really are today, and a willingness to become all that we can be". I most appreciate the word "simply". As a recovering survivor of childhood abuse and a recovering compulsive overeater, keeping it simple is paramount. And what could be simpler than planning meals for just this one day, then generating an action plan for between those meals, reaping abstinence, sanity, and most importantly for me...serenity.



When I began OA, I couldn't stand myself. Like dieting efforts, failure and despair were the only outcomes of trying to change that self-appraisal. I worked the program as directed, and bit by bit, through much pain and frustration, ta da!! I can echo the words of a writer in the summertime issue of the Discover OA newsletter, "I have come to love and like myself". I am now able to start each day with a morning prayer composed of the first three Steps and the Seventh Step, so comfortably saying to my Higher Power: "I am now willing that you should have all of me, good and bad" with no shame or self-loathing. This is the great miracle for me and for so many others I've heard share over the years. I wish you all an abstinent day filled with self-acceptance and growth.

Anonymous

Only an honest admission to ourselves of the reality of our condition can save us from our destructive eating.

OA 12 and 12 ~ page 6

A BRAND-NEW END

I cannot go back and make a brand-new start. But through OA, I can start from now and make a brand-new end.

Big Book ~ page 457



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



A PROGRAM FOR US

Many years ago, the following piece was published in an OA newsletter. I saved this writing because it is a favorite of mine. I wanted to share it as it so beautifully captures the essence of our program.

Cyndy



THE OA WAY

I found myself in a bottomless pit of sorrow, of woe and despair, when a ray of light revealed to me the steps of a winding stair. In vain I tried to reach those steps. Of myself it could not be done. When I cried for help, a Voice replied, "You are standing on Step Number 1!"

Whose voice it was I could not tell, and I asked, "Just Who Are You?" "Please don't go away, you are helping me." He said, "You are standing on Step Number 2."

I found a Friend, who could help me out, I know He could set me free. I trusted Him, Whoever He was, and He led me to Step Number 3.

I sat on this step and thought of myself as I had never thought before. Of my wasted life, and the harm I had done. He showed me to Step Number 4.

Then I said to this Friend, "Whoever you are, I would be better dead than alive, for I am a cheat, a liar and thief. He said, "You are standing on Step Number 5."

"With you as a Friend, a helper and guide, I can rise from this terrible fix. I'll do as You say, if you'll lead the way." He said, "You are standing on Step Number 6."

"I know I am not worth the help you are giving, to me it's like a Man From Heaven. I'll do my best to mend my ways." "You are standing on Step Number 7."

"I harmed my spouse, my children, my friends, but will amend before it's too late." Then the Voice by my side, so gently replied, "You are standing on Step Number 8."

I will make amends wherever I can, when the power to do so is mine." Again came the Voice, more clear than before, "You are standing on Step Number 9."

"I'll admit I've been wrong, but want to go right, and stand as a person once again." Again came the Voice of the H.P. of my choice, "You are now on Step Number 10."

This man by my side, such a wonderful Friend, He was surely sent from Heaven. I shall always be thankful for what He had done. Then He led me to Step Number 11.



Then Lo and Behold, I had reached the top. The day was bright and fair. Then I thought of those I had left behind, in that bottomless pit of despair. The ray of light, which came to me and revealed the winding stair, came from a torch in the hand of a Friend. I must throw my light in there, this torch is a guide to show the way. I must see that it's always lit. Without this light I can easily fall, to the depths of that bottomless pit. I must never forget this wonderful Friend, In whose joy I can now delve. He is with me each day and I hear Him say, "You are now on Step Number 12."

To steer ourselves clear of this bottomless pit, where woe and sorrow are rife, there is one sure way, "Take it DAY BY DAY, and Follow the OA WAY of life."

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!



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

THINGS I HEARD ➔

I remember attending several OA meetings where a nice woman would share about getting a round 'to it' made to wear like a medallion around her neck. She was speaking of all the many tasks of daily life that she would put off; and, in particular, *getting around to it* in regard to addressing her weight and eating. Well, now for me that image of a 'round to it' is what I picture as I work the tool Plan of Action. In particular for me today, I am working my Plan of Action by finally putting pen to paper and actually getting around to writing this article that I have scripted in my head a thousand times.

Over the last twenty-four years in program I have heard some life-saving (abstinence maintaining) words spoken at meetings. Here are just a few of my favorites.

- *Just Go To Bed* ~ I love it! I repeat this as a mantra over and over on so many, many nights!
- *There's always another meal coming.* ~ It may be tomorrow morning, but God willing it will be coming!
- *I can do anything for 1 hour that would kill me if I had to think about doing it for the rest of my life.* ~ While I have learned to go through each day enjoying and appreciating one moment at a time, occasionally I encounter some moments (whether food related or not) that can be quite challenging. If at times that reminder that I am a compulsive overeater comes to me --- but it's not "my time" to eat - I think of these words of wisdom.
- *There's nothing they can make, that I can't imagine how it tastes.* ~ This saying lets me know that I am not missing anything by not tasting something new right now, at this present moment, if I have not committed to it.
- *If it's not on my food plan for today - I can put it on my food plan for tomorrow.* ~ This stops me from rash decisions. If it's not on my food plan for today it doesn't belong to me - if I really, really want something, I can calmly plan for it for another time. What usually happens is that I forget about it anyway!

Now I invite any of you who have ever heard

anything at a meeting that has held meaning for you to write and submit an article about it. Come on get "A Round TO IT"!

Geri

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.

STAYING STOPPED



"It's no great trick to stop eating compulsively; the trick is to *stay* stopped."

Big Book ~ page 553

MEETING LIST

WEST JERSEY INTERGROUP

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

www.wjioa.org

INDEPENDENCE ❁

"And the facts seem to be these: The more we become willing to depend upon a Higher Power, the more independent we actually are. Therefore dependence, as OA practices it, is really a means of gaining true independence of the spirit."

AA 12 and 12 ~ page 36

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.