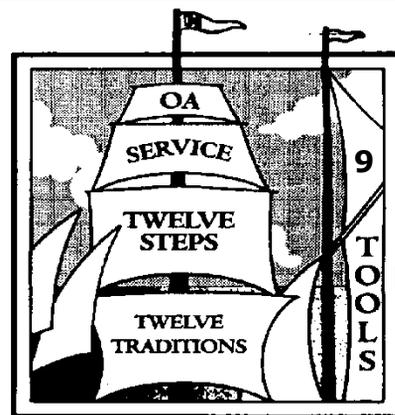


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Spring, 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."



HITTING ROCK BOTTOM

There was only one thing that would have made me willing enough to do the work necessary to recover in this program. For me that was hitting rock bottom. I had to reach a point where I was sick and tired of being sick and tired. I had to look at my life and realize that everything I was doing was working against me. I had to have that moment where the illusion that I had any kind of control over anything in my life was completely demolished. Only then could I realize that when I tried to be in control over the food or anything else, nothing ~ and I mean nothing ~ turned out right. In that moment I realized how unhappy I was. I realized that I was not a part of anything and that I contributed nothing to the betterment of this world. I realized that my having any control was a fantasy. In that moment I realized that I could not do this by myself. And, at that exact moment I was willing to have God come into my life. What has happened since then can only be described as a miracle. The transformations that have taken place in my thoughts, my actions, my relationships and my body could have never been accomplished without my Higher Power. I would never have been willing to let Him in without my hitting rock bottom.

Barbara A.



WORKING MY PROGRAM

How sincerely do I work my program? I have to be honest about my doings and thinking. Just because someone doesn't see what I've done does not make it forgettable. I can't sweep negativity under the rug and dismiss it as just a thought. Any rationalization makes me the loser.

If I wish to follow this program, which I do, then I need to maintain the willingness to see behaviors for what they are, knowing that the more diligent I am in this regard, the better my recovery will be. How far am I willing to go for the best recovery possible?

Terry



A PLAN FOR RECOVERY

"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

CHANGE and SERENITY

"God grant me the serenity to accept
The things I cannot change;
The courage to change the things I can;
And the wisdom to know the difference."

Before program, to some degree, I liked change. In fact, I put a great deal of effort into bringing about change. The only problem was I was not focused on changing the things I could change but rather on what I did not like or agree with (i.e., other people or life circumstances). So, my focus was on changing the things I couldn't change. The result was frustration, anger, unhappiness and overeating compulsively.

Today, I still see value in change. The difference is, after coming to OA, I learned and continually practice the serenity prayer and I did the Steps. I say practice the serenity prayer, for it truly is a prayer of action. I learned to change the things I can change which for the most part, are on the inside, within me. So I learned to focus on changing myself. I learned to accept the things I cannot change – generally things on the outside – i.e., other people and life circumstances. Embracing the difference between what I can and cannot change (therein lies the gift of wisdom) has made my life a lot easier and it has resulted in a whole lot of serenity! And, experiencing a life of serenity, one day at a time, is a magnificent way to live.

Alice B.



CALL FOR ARTICLES

Discover OA is our newsletter. So, support our newsletter by using the tools of service and writing today! Take a few minutes to write an article - positive sharing on a topic of your choice.



Some potential topics are: gratitude, serenity, service, turning it over, abstinence, meetings, the joy of living, honesty, etc...

Submit your article by email to:

discoveroa@gmail.com

PAST EXPERIENCES

I am a jumble of my past experiences and past active addictions. Fortunately there is a program that addresses my needs today and makes it possible for me to be free of my eating compulsion one day at a time.

Sure, I haven't created a bed of roses from my past and life also just happens as well. So what do I do with all that has been my life experience so far?

I thank God for each day and work to grow along spiritual lines. The program sets the guidelines for me to follow. I surrender my character defects, knowing God is in charge and that I am no longer in control. I look for ways to be kind, not self centered. I avoid isolation, which is a constant challenge, since I am currently homebound.

So, my goal has been to learn from my past and apply that knowledge to my present moment. By no means do I achieve this perfectly; however, I know the value of doing this willingly. It is a better relationship with God, myself and others. No matter what comes my way, I know the program and my God offer me the kind of life that can face challenges and live purposefully and, dare I say peacefully, each day.

Terry

Everyone can teach me something ~
either what to do or what not to do.

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!

Anonymous

MODERATE, HARD, REAL

By reading page 20 of the Big Book I learned that I'm a real compulsive overeater. The Big Book describes 3 types of eaters: moderate, hard and real.

I'm not a moderate eater. When it comes to food, moderation is something I zoom over on my way to excess. For comparison, I can tell you that I'm a moderate drinker. I don't care if I have wine or grape juice for Passover; diet soda is absolutely fine at a party; and I never ever think about alcohol. I can take it or leave it alone and THAT is what makes me a moderate drinker. But – when it comes to food, on my own, I can't just take it or leave it alone.

For comparison about being a hard eater, I'll use gambling. I love to gamble. I've lost tons of money gambling. I've left my 89 year old grandmother, who had trouble walking, on the Atlantic City bus to fend for herself while I jumped off the bus to run into the casino to gamble. I've taken cash advances off my charge cards to gamble, and I've used rent money to gamble. When I bought my home and realized I could lose my house if I gambled away the mortgage money. So I set boundaries of how much I could spend and where the money would come from and, as a result, on my own, I am able to stay within those boundaries and moderately gamble. So for gambling I'm a hard user who, given a good enough reason, can moderate or stop. But on my own, I can't moderate the amount of food I eat nor can I just stop eating certain foods.

A moderate or hard eater is someone who can just go to meetings and not eat no matter what. I'm the exact opposite – I eat no matter what. And because of that I'm a REAL compulsive overeater who knows there is no reason on earth: my grandchildren, my daughter, my family, my job, my health, my happiness, my life, fitting into my wedding gown, or being embarrassed (just to name a few) that could ever make me moderate or stop for good.

When it came to food I couldn't stick to any plan I made, I lied to myself and I tried unsuccessfully to have control over the one

thing that was the mainstay of my every thought, my every action and my every waking moment.

Because I'm a real compulsive overeater, I have one – AND ONLY ONE SOLUTION – work the steps as outlined in the Big Book. And as a result of moving forward with that one solution, I can now call myself a "recovered" compulsive overeater.



Barbara A.

TRADITION FIVE

"Tradition five reminds us that our recovery doesn't come from simply discussing our problems with each other. It is in the OA message – in our steps and traditions – that we find solutions to our problems. Living by these principles has saved our lives. Honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love perseverance, spiritual awareness, service, unity, trust, open-mindedness, responsibility, acceptance, equality, and fellowship: These twelve-steps and twelve-traditions principles, rather than our problems should be the focus of every OA meeting."

OA 12 and 12 ~ pages 146-147



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



SERENITY



"I must keep my magic magnifying mind *on* my acceptance and *off* my expectations, for my serenity is directly proportional to my level of acceptance. When I remember this, I can see I've never had it so good. Thank God for OA!"

Big Book ~ page 420

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!



MANAGING THE FOOD

How do I to manage the food that's mine?
How do I keep my mind off the food otherwise?

One day at time, I call my food plan into my sponsor. This is the plan just for today and it's one I can live with, which does not include my binge foods. I don't choose to deviate from the plan.

To avoid obsession with food thoughts, I turn my will and life over to God, and let Him do the work of redirecting my thinking to other areas of my life. Then I try to meet Him halfway; i.e., I prepare an action plan for the day, make a phone call, stay out of the kitchen, stop encouraging food thoughts.

My need to escape bad feelings also can lead me to fantasize about food. So, for today, especially under my current circumstances, I choose to stay grounded and on track, with God's help. I stick to a plan of action and also try my best not to engage in self pity. God gave me this program to have a good life, so I remember the promises and take advantage of the opportunities being placed before me to grow spiritually. It's work to live this program deliberately, but it is the only way I want to live today.

 Terry

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.

OA TRADITIONS

"The OA Traditions are neither rules, regulations, nor laws. We obey them willingly because we ought to and because we want to. Perhaps the secret of their power lies in the fact that these life-giving communications spring out of living experience and are rooted in love."

As Bill Sees It ~ page 319

ACTION

I was really blessed that my sponsor always impressed upon me that OA is a 12 Step program. As I did the Steps with her following the instructions in the Big Book, I learned since OA is a 12 Step program, OA is, therefore, a program of action. In fact, I have heard it said, *action* is the magic word!

As I do the Steps in order and take the actions required by each Step, I gain the strength needed to do the actions required for the next Step. In fact, in the Big Book the Steps and instructions are written in the past tense. So, as written, each Step presumes I have taken the action required by that Step ~

1. We admitted ...
2. Came to believe ...
3. Made a decision ...
4. Made a searching ...
5. Admitted to God ...
6. Were entirely ready ...
7. Humbly asked ...
8. Made a list ...
9. Made direct amends ...
10. Continued to take ...
11. Sought through prayer ...
12. Having had ... we tried to carry ...



For me, the message became clear, I could not think my way out of this disease. I needed to take action to recover – the action presumed in each of the 12 Steps. So for me, clearly, action is the magic word – simple but not always easy; and, well worth every effort because the result of living a life where the promises have and continue to come true is simply magnificent.

Alice B.

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.