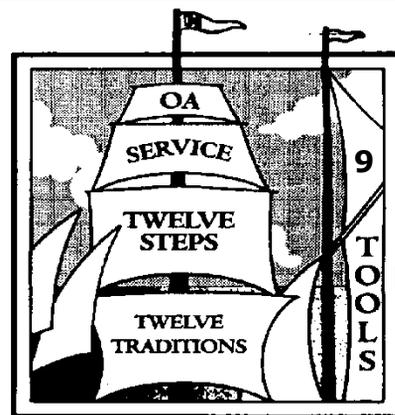


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Summer, 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."



MY THINKING

The real gift of my 12 step program is not the cessation of my overeating, but the ending of my harmful thinking. Everything I do begins as a thought. Unfortunately, with my compulsive brain, my thinking was off base. Before OA I would think of a food and within seconds it would be in my mouth. Before OA I had the belief that everything in this world just proved what a terrible person I was and that I deserved to be hurt. So, I would hurt you before you had the chance to hurt me. Before OA I was a negative self-fulfilling prophet who believed that nothing would turn out right. My thinking made sure that that would be true. As a result of coming to OA and working the Steps, this type of thinking has been removed. As a result, my life is absolutely wonderful. What the Big Book promises on page 27 has happened for me: "Ideas, emotions, and attitudes which were once the guiding forces of the lives of these men are suddenly cast to one side, and a completely new set of conceptions and motives begin to dominate them." This is such a gentler way to live. I am so grateful I came in contact with the information and instructions on how to achieve this.

Barbara A.

MY PROBLEM

I definitely had a personality problem. I ate to escape from my life, to deal with my problems, to deal with loneliness and inferiority. Basically, I couldn't handle any problem without putting something into my mouth. I couldn't stop eating without a personality change. That is why all diets or taking a vow to never binge again never worked for me. I have found the solution in the Twelve Steps. First, I found a sponsor, committed my food, did my part and stuck to my abstinence; then working through the Steps, my life changed or should I say began. My Higher Power is the most important thing to me today. He can take the burden when I am unable to handle it. I am truly happy. My life is the same, but I am different. My Higher Power leads and I follow.

Christine T.

ACCEPTANCE

"Acceptance is the key to my relationship with God today. I never just sit and do nothing while waiting for Him to tell me what to do. Rather, I do whatever is in front of me to be done, and I leave the results up to Him; however it turns out, that's God's will for me."

Big Book ~ page 420

PRAYER & MEDITATION

Step 11 ~ "Sought through prayer and meditation to improve our conscious contact with God *as we understand Him*, praying only for knowledge of His will for us and the power to carry that out.

When I did the Steps, my sponsor explained to me that Steps 10 – 12 are the daily growth Steps which I need to work each day to continue the growth that began with doing Steps 1 - 9.

The Big Book (pages 85-88) tells me everything I need to do to effectively practice Step 11 each day. And, it all centers on asking God for direction and guidance. First, when I awake in the morning, the Big Book tells me to "ask God to direct my thinking." Then as I go through the day it tells me to "ask for the right thought or action" when I am agitated or doubtful. Lastly, when I retire at night, after reviewing my day, I am directed to "ask God's forgiveness and inquire what corrective measures should be taken."

So, as I pray and meditate each day as described in the Big Book, one day at a time I continue to become closer and closer to my Higher Power and more focused on doing His will as the central purpose of my life. And, when I focus on and do my Higher Power's will, I find life still has ups and downs but, regardless, life is really, really good; i.e., better than it has ever been.

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!



WHY WORRY?

"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

RESENT SOMEBODY?

The moment you start to resent a person you become their slave.

- ~ He controls your dreams, absorbs digestion, robs you of peace of mind and good will, and takes away the pleasure of your work.
- ~ He ruins your religion and nullifies your prayers. You cannot take a vacation without him going along.
- ~ He destroys your freedom of mind; hounds you wherever you go.



There is no way to escape the person you resent.

- ~ He is with you when you awake.
- ~ He invades your privacy when you sleep.
- ~ He is close beside you when you eat, when you drive your car and when you are on the job.

You can never have efficiency nor happiness.

- ~ He influences even the tone of your voice.
- ~ He requires you to take medicine for indigestion, headaches and loss of energy.
- ~ He even steals your last moment of consciousness before you go to sleep.

SO – if you want to be a slave...

Harbor your resentments.

Newcomer's Packet



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



MADE A DECISION

"The effectiveness of the whole OA program will rest upon how well and earnestly we have tried to come to 'a decision to turn our will and our lives over to the care of God *as we understood Him*.'"



12 & 12 of AA ~ page 34

BEAUTY

Today I see beauty in people, places, and things. I was so busy compulsively overeating that I never took the time to look around me. My Higher Power, the Twelve Steps and abstinence have brought me to a place of gratitude and awe. As I sit here at my desk, the wind gently blows the trees, beautiful but subtle movement reminds that I am but a single soul moving through life with God's hand gently leading me. I take the time today to watch everything, the breeze, the dogs rolling in the snow, my children (ages 23, 25, 28, & 32) and their significant others running through the house on an Easter Egg hunt like little children. I sit back at family dinner and take-in the conversation. My life has changed within the last year. By making the decision to put down the food and work the Twelve Steps there has been a total transformation. I no longer need to be the Director. Just watching and observing the beauty of life is enough for me today.

Christine T.

My disease wants me to be in the remorse of yesterday or the confusion of tomorrow. As long as I stay in today, I will be fine.

INDEPENDENCE

"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

DISCOVER OA SUBMISSIONS

Support our newsletter!

Don't delay, use the tools of service and writing today!

Take a few minutes to make a submission to the Discover OA Newsletter - positive sharing on a topic of your choice.

Send your article by email to:



discoveroa@gmail.com

OUR PATH

I am grateful for all of the wonderful literature this program provides. My favorite book of all the OA approved literature is the Big Book. As I did the Steps with a step sponsor, I learned that the Big Book explains the entire program to me. In fact, in the Preface the Big Book is referred to as "the basic text". My favorite sentence is the first sentence from the chapter titled How It Works: "Rarely have we seen a person fail who has thoroughly followed our path". This sentence is powerful because it told me what I needed to do and what would happen when I did it.

What the Big Book told me to do is *thoroughly follow our path*. It then spelled out this path, the Twelve Steps, on the next two pages. In fact, the first 164 pages of the Big Book specifically told me how to do the Twelve Steps, the program of recovery. I found working with a step sponsor and following the directions in the Big Book life changing.

This sentence also said that if I thoroughly follow the path of the Twelve Steps, it is *rare that I will fail*. I believe another way to phrase rarely failing is almost certainly succeeding. What a magnificent result – thoroughly follow the path of the Twelve Steps and almost certainly succeed.

As I progressed through the Steps, I learned it got even better. I found the Big Book pretty much spelled out what success is. There are promises sprinkled throughout the first 164 pages. Probably the most frequently mentioned are the Ninth Step promises on pages 83 – 84. The promises of the Big Book taken in total basically define a terrific life, a wonderful way to be in the world – a life where I am happy, joyous, free, peaceful, serene, and much, much more. And, just as the Big Book says on page 84, the promises have come true for me – "they will always materialize if we work for them". So, I willingly and gratefully continue to follow the path of the Twelve Steps, as this path gives me a wonderful design for living.

The OA program is such a magnificent gift!
Alice B.

HOW I DO THE STEPS MATTERS

As a real compulsive overeater, my only solution is working the steps as outlined in the Big Book. If I were a hard eater (someone who has the same behaviors as a compulsive overeater, but given a good enough reason can stop or moderate without doing this Program as it needs to be done) then I would be able to stick to a food plan forever by just going to meetings and not eating no matter what or by doing the steps any old way.

That's not me. As a real compulsive overeater it does matter how I do the steps – I have to do them exactly as they are written out in the Big Book. In order for me to get to the other side of step 12 where my main focus is not on the food or what others have done to me but on being kind, caring, loving and helpful. I need to do each step correctly.

- Step 1 – admit I have a problem and, eating or not, can't manage my own life well.
- Step 2 – believe or am willing to believe there's something that can help me.
- Step 3 – make a decision to give this something a try.
- Step 4 – do four 5-column written inventories – making sure the 5th column lists the character defects and that the 4th column lists the actual behaviors played out by these character defects. Later these 4th columns become my action plan of what behaviors I do or don't do.
- Step 5 – admit my character defects and only the character defects instead of having a psychiatry session where I rehash and confirm all my negative feelings.
- Step 6 – now that I've seen on paper it's my character defects causing all my problems, I want them removed.
- Step 7 – ask God to remove these defects and teach me to be their opposites and act as if I'm the opposite at every opportunity.
- Step 8 – become willing to set right the wrongs of the past.
- Step 9 – actually go out and make sincere apologies and restitutions, but more importantly start to amend the

way I think and act.

- Step 10 – at the exact moment I am angry, worried, afraid, about to harm someone or have harmed someone, immediately do steps 4, 6, 7, 8, 9 and then 5.
- Step 11 – keep conscious contact with God and be directed by Him.
- Step 12 – carry the correct message and teach the steps to others.

Barbara A.

Your Trusted Servants.....

Archives – Terry S.
Chairperson – Christine T.
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.

SOMEBODY ELSE...



Somebody else...

Arrives early to put on the coffee, sets up the chairs and displays the literature.

Greets newcomers at the door, arranges for speakers, agrees to be the leader, shares their experience and hope.

Offers to take the calls.

If you are missing something from your program, if abstinence doesn't seem quite as rewarding for you as it does for somebody else,

If sometimes you find you were wishing you were somebody else,

Try being *somebody else...*

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.