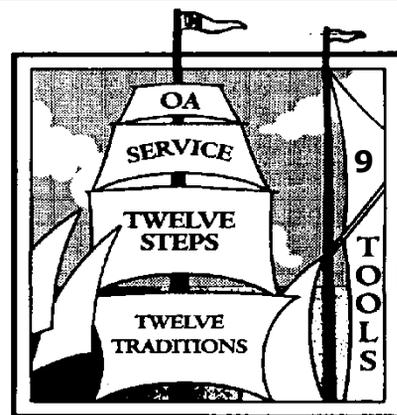


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Fall, 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."



JUST LIKE RIDING A BIKE

I used to balk at the suggestion that I had a "disease." The first time I came into the rooms, many years ago, the emotions that I felt welling up inside of me when others shared let me know that I was home. But I could not accept that I had a disease. Surely this was an unnecessarily negative and fatalistic view of my problem. Unfortunately, ideas like that one led me to drift out of the rooms and back to trying to do it my way. I had to be defeated by my disease before I could think differently.

Today, the term disease doesn't bother me at all. I am past the point of caring what you call it—disease, compulsion, maladjustment, disorder—whatever. I know I've got it; I have no doubt. Today I think of my disease as the same as my ability to ride a bicycle. When I was young, I learned how to ride a bike. Now, even though I haven't ridden one in many years, I could jump on a bike and easily ride down the street—no refresher course needed! About the same time I learned to ride a bike, I learned how to push away painful emotions using excess food.

Today, if I let myself, I would overeat compulsively again very easily, no instructions needed. With the help of my Higher Power, I refrain from riding the food bike, one day at a time.

Beth Ann

HUMILITY

"Perpetual quietness of the heart.
It is to have no trouble.
It is never to be fretted or vexed,
Irritable or sore;
to wonder at nothing that is done to me,
to feel nothing done against me."

- From a plaque on the desk of Dr. Bob

Elly B.

FREEDOM

"I ran into a personal crisis which filled me with a raging and righteous anger. And as I fumed helplessly and planned to get good and drunk and *show them*, my eye caught a sentence in the book lying open on my bed: "We cannot live with anger." The walls crumpled—and the light streamed in. I wasn't trapped. I wasn't helpless. I was *free*, and I didn't have to drink (overeat) to "show them." This wasn't "religion"—this was freedom! Freedom from anger and fear, freedom to know happiness and love."

Big Book ~ page 228

ROCK OF AGES



"Rock of ages, cleft for me, let me hide myself in thee." – I have always had a sense of something greater than myself. I always believed I would be taken care of, at least for the moment I said it out loud.

Then when I brought the steps into my life, I realized those were only words; I wasn't truly taking the action. I needed to truly believe and trust that God will take care of me. I will say that I am closer to that more than ever, but I take my will back (that old EGO) on an ongoing basis. Smash it I must, and turn to the only thing I know that will take away my anger, pain, sorrow or discontent.

God is good.....he loves me every moment of every day, even when that old EGO pops up. He must be my first thought. My own thoughts are second. I will practice for today trusting him and his path for me. When the thoughts come, I must quiet and believe he has the answer.

Christine T.

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



TRADITION THREE

"When we apply OA's tradition three, we find the treasure of friendship often where we least expect it, with people we once would have excluded from our lives. Such treasure is all around us, and all we have to do is open our hearts to receive it. OA is where we learn to open our hearts, because it is here that most of us first experience unconditional acceptance.

"We have a home, if we want it" is how "Our Invitation to You" in the *Overeaters Anonymous* book expresses tradition three. "Welcome to Overeaters Anonymous. Welcome home!"

OA 12&12 ~ page 135

UNMANAGEABILITY



This program teaches me that my troubles are basically of my own making; that they arise out of me (Big Book, page 62). As I did the Steps, I learned this is truly a statement of hope because it means that for me to recover, only I have to change, nobody else. In fact, it is futile for me to spend any time or energy trying to change anyone other than myself.

Step One says, "We admitted we were powerless over food – that our lives had become unmanageable." I immediately identified with the first part of this Step; yes, clearly I am powerless over food. After all, I could list many, many examples to prove it. However, for me, at first the 'after the dash' part of Step One, unmanageability, was not so obvious. But the Big Book provided an excellent description of unmanageability in what it refers to as "these bedevilments" (page 52, second paragraph). I found I could relate to many of the bedevilments, and, thus see that my life had become unmanageable. Once I could admit unequivocally that my problem was as stated in Step One, I proceeded through the remaining eleven Steps.

Now as I continue to live in Steps 10, 11 and 12, the daily growth Steps, anytime life gets a bit uneven I go to the bedevilments in the Big Book. I turn each bedevilment into a question and then answer it. This gives me a good snapshot of where I am in my life regarding any unmanageability that has crept back in; i.e., Step One after the dash. Then I turn to the tools and the Steps. Working the Steps allows me to get to the heart of the matter – identify my part and where I need to change, turn to my Higher Power and ask Him to remove my shortcomings, make any necessary amends, and then turn my thoughts to someone I can help.

I am so very grateful for the design for living the OA Twelve Step program of recovery has given to me. It is a magnificent way to live what, for me, is now a truly wonderful life.



Alice B.

I NEED TO DO MORE THAN JUST TAKE STEP 1 EVERY DAY?

If I had cancer and every day admitted I had cancer but did not find a doctor, make an appointment, go see him, follow his advice, complete whatever procedures needed to be done, and change my life style, I would be someone who still has cancer and all its resulting consequences.

If all I do is admit I have the problem of being powerless over food but don't do all the actions necessary to become recovered, all I am is someone who admits I have a problem and I continue to be unhealthy and have a life full of resentments, fears and harms to others.

By working **all** 12 steps, God has done the impossible and stopped me from making food the most important thing in my life. By working **all** 12 steps, God has done the impossible and transformed me into someone who is kind, caring and loving.

Barbara A.

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



RESENTMENT PRAYER

Whether it is my son, sister or myself that I'm upset about, there is a solution. On page 552 of the Big Book, in the story titled, **Freedom from Bondage**, it says, "if you will pray for the person or thing that you resent, you will be free." I write out a prayer for that person for 14 days, asking that everything I want for myself be given to them. I'm left feeling calm, loving and being my true self. Within those two weeks, I can have freedom from my resentments, even if I initially don't believe it will help, and don't want to take the action.

Before OA, I spent decades overeating, oversleeping and being angry with everyone around me. Now I don't have to live like that. It works! Thank God for OA!

Zigi Z.

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!

SOLUTION

"We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating. After years of guilt over repeated failures to control our eating and our weight, we now have a solution that works. Our solution is a program of recovery—a program of twelve simple steps."

OA 12&12 ~ Introduction to the 12 Steps

RECOVERY SPEAKER SERIES

Come join us at the monthly **Recovery Speaker Series** being held by West Jersey! The series, which began September 2015, runs through April 2016.

The sessions are held one Sunday afternoon each month from 1:30 to 3:30pm at:

Florham Park Library
Meeting Rooms A & B
107 Ridgedale Avenue
Florham Park, NJ 07932

Space is limited, so seating is first come, first served. The doors will be closed when the room is full. Come early and join your fellow OA'ers in listening to some outstanding speakers share their recovery, strength and hope!

The remaining dates for the **Recovery Speaker Series** are:

November 22, 2015	February 7, 2016
December 20, 2015	March 20, 2016
January 17, 2016	April 17, 2016

Please visit the West Jersey website (www.wjioa.org) to view a copy of the flyer for this event. It contains the details about the speaker series and directions to the venue.



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STEP 10 PROMISE

The Step 10 Promise from page 84 of the Big Book, changed to first person, and food instead of alcohol:

“And I have ceased fighting anything or anyone – even food. For by this time sanity will have returned. I will seldom be interested in compulsive overeating. If tempted, I recoil from it as from a hot flame. I react sanely and normally, and I find that this has happened automatically. I will see that my new attitude toward food has been given to me without any thought or effort on my part. It just comes! That is the miracle of it. I am not fighting it, neither am I avoiding temptation. I feel as though I have been placed in a position of neutrality – safe and protected. I have not even sworn off. Instead, *the problem has been removed*. It does not exist for me. I am neither cocky nor afraid. This is my experience. That is how I react so long as I keep in fit spiritual condition.”

Elly B.

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.