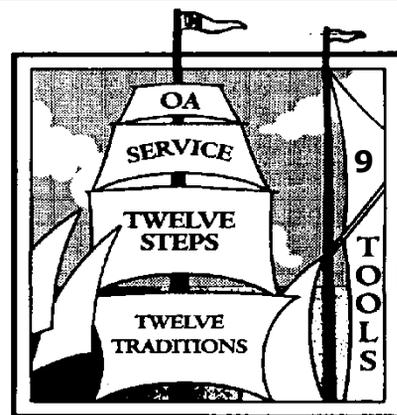


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Spring, 2016

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."



SAFETY FEATURES

Just like in cars that feature stability control, OA offers me that same feature, which I call "the tools". They serve to keep me from skidding on the black ice of compulsive overeating.

If my car mechanic says my front tire is damaged, I ask him to help me dispose of it and replace it with a new one. If I have a problem with my program, I consult my sponsor. If it is a character defect I need to dispose of, I do my best to replace it.

If my car engine needs oil, I know where to go. If I need program, I know where to go. Buying a new car is costly so it is hard for me to replace it. Losing my abstinence is costly too, so I do my best on a daily basis to keep it safe.

I use the tools and the steps to avoid harming myself and others. I am grateful for the safety features that OA offers.

- Barbara E.

GRATITUDE

Over the past ten plus years in OA, I have experienced many changes in myself. A change I believe is one of the most wonderful is having an attitude of gratitude. Before program I did not look at my life from the perspective of that for which I was grateful.

Today, as a result of living the program of recovery – the Twelve Steps – I continually look to identify those things in my life for which I am grateful. Whether life is going along smoothly or there is a period where life is whirling about, there are always things for which I am grateful – some small and some large. Regardless, I continually express my gratitude to my Higher Power – I say thank you.

Of course, an added bonus is that while I am busy expressing my gratitude, I am *not* cluttering my mind with any negative thoughts!

- Alice B.

STEP TEN

Step 10, in my opinion, is where actually being recovered happens. When I do Step 10 as needed instead of as a nightly review (which is really part of Step 11), my character defects get removed very quickly.

I start to have a real relationship with my Higher Power. When Step 10 is done correctly, I learn that everything that happens is from my Higher Power, either to teach me something I need to learn or to protect me from something later on.

With this attitude, I learn that nothing is "bad," there is nothing to get so upset about and I learn to be grateful for everything that happens.

This is how I was taught to do Step 10:

- At the exact moment I am angry, worried, afraid, about to harm someone, or have harmed someone, I *immediately* do Steps 4, 6, 7, 8, 9 and then 5 (relative to the specific resentment, fear or harm).
- If I am upset with someone, I immediately do the resentment inventory and stop being angry.
- If I am worried or afraid, I immediately do the fear inventory and stop being frightened.
- If I am harming someone, I immediately do the harm inventory and stop hurting another person.
- Then I move on to Step 6; do I want the character defects I just found in the inventory removed? If yes, I move on to Step 7.
- I ask God to remove these defects and teach me to be the opposite.

- Then I act as if I am someone who has these character assets.
- If I've harmed someone, I become willing to make amends in Step 8.
- Then I do Step 9. If an apology is needed, I make it.
- Then, whether or not an apology is necessary, I make plans on how I am going to amend my ways so that I don't repeat these same negative behaviors in the future.
- I start to practice this new behavior.
- Then I do Step 5. I call my sponsor and say "Hi, this is Barbara, I was just [character defect(s)]."

- Barbara A.



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

CELEBRATIONS INVOLVING FOOD

"Therefore, ask yourself on each occasion, 'Have I any good social, business, or personal reason for going to this place? Or am I expecting to steal a little vicarious pleasure from the atmosphere of such places?' If you answer these questions satisfactorily, you need have no apprehension.

Go or stay away, whichever seems best. But be sure you are on solid spiritual ground before you start and that your motive in going is thoroughly good. Do not think of what you will get out of the occasion. Think of what you can bring to it."

Reprinted from Alcoholics Anonymous (Big Book), page 102, with permission of A.A. World Services, Inc.

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



CAN THIS BE ME?

I've often sat and wondered
And prayed that I might see—
Just what it is, in this here life,
That God has meant for me.

For it seems the things I've wanted most
Somehow do not appear—
And yet I feel contented.
Knowing God is ever near.

I've prayed so many times for wealth,
And felt this must be the way—
Instead He took this twisted soul
And led it to OA.

Here to share my happy times,
And sometimes maybe cry,
Here to gain my treasured wealth,
The kind money can't buy.

Like the hugs I get in Princeton,
From the people who call me friend,
Or the meeting on Staten Island
We wished would never end.

And the one I went to last week
And shared for a little while—
And someone said, "When I see you,
You always make me smile."

You'll never know all the joy I feel,
In sharing this program of mine—
Loving God and all my OA friends,
Living life, One-Day-at-a-Time!

- Donated by Cyndy

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 SPEAKER SERIES

Come join us at the last of the monthly *Recovery Speaker Series* being held by West Jersey! The series, which began September 2015, ends on Sunday, **April 17, 2016**.

The final session is being held from 1:30 to 3:30 p.m. 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 outstanding speakers share their recovery, strength and hope!

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. Or send an email to DiscoverOA@gmail.com.



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VOICE OF RECOVERY

Denial of the truth leads to destruction.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous -- oh yes, I can relate. I was in denial for a very long time. I seldom looked in a full length mirror or stepped on a scale. When my health took a serious decline five months ago, I recognized it was do or die. My daughter, a psychiatric nurse for 26 years, took charge and enrolled me in all teaching groups. I was feeling overwhelmed since every day was a new commitment for me.

My life is happier and healthier after joining OA. I selected a sponsor or two, and each morning we discuss the fresh, weighed, properly nutritious and balanced meals. Never a worry -- it's out of my mind. My once unmanageable lifestyle is happier, one day and one Step at a time.

- Mary Ann S.

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.