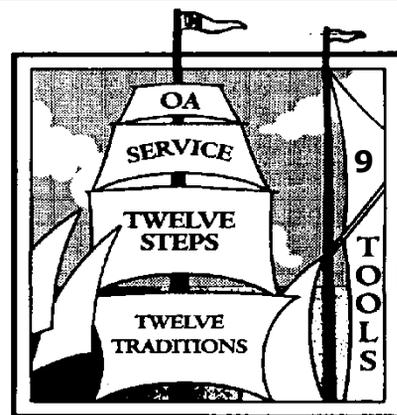


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Summer, 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."



MY SPONSOR IS MY SPONSOR AND NOT MY HIGHER POWER

I love my sponsor. Having a sponsor is one of the greatest gifts I ever received. My sponsor is another compulsive overeater who has found a way out of all this misery and is willing to help me do the same thing. My sponsor is someone who teaches me, by using the Big Book, how to connect to and stay surrendered to my own Higher Power.

But my sponsor is not my Higher Power.

If you want to see why your sponsor should not be your HP, look at the steps that have the word God in them and substitute your sponsor's name there and you will quickly see why this does not work – for example, it is not my sponsor, but God, that I ask to remove my shortcomings and it is not my sponsor, but God, who is able to give me the strength to do what I need to do.

- Barbara A.

EVERYDAY MIRACLES

I was thinking about miracles tonight. Everyday miracles. My thinking and acting in such a different way from just a couple of years ago, before the 12 Steps.

I was in a line of traffic at a light when a woman quickly hopped into her parked car to my left. I automatically tensed up, visualizing her pulling out right in front of me. Almost as quickly, I relaxed. And smiled. And thought, "So what if she does?" In that relaxed state, I removed my foot from the gas pedal. When the light turned green, it was apparent that she was in no hurry to get in front of me or anyone else. So I continued on my way home, leaving no damage behind.

Gone are the days of paranoia, feeling that people were "out to get me". I would sometimes even say it laughingly, but I wasn't laughing inside. In my sad way of thinking, I thought that somehow I had to fight for everything.

The fighting is over. Life is so much more beautiful when lived with love and respect for others.

- Sallie S.

THE OBSTACLE IS THE PATH . . .

"To keep my abstinence and continue to enjoy the promises of this program, I stay on the path that goes straight through rather than around life's problems." (For Today, pg.133) Said differently, the obstacle is the path. No matter how I try to go under, over, or around, it is clear the obstacle is the path.

I've overeaten so many times over denying that my wife has a life-threatening illness. It's been almost 9 years, all of which include some form of denial. Now I would like to deal with this obstacle (acceptance, fear, etc.), for without doing so my abstinence and sanity would surely be threatened.

I tried everything before dealing with overeating head on (e.g., dieting, meditation, exercise, reading, behavioral techniques, pills, etc.). So many times have I avoided OA, all the while believing a made up stigma in my head. For me this was due to fear and ignorance. Hopelessness and fear of a different kind opened the door for me.

Each time I avoid an obstacle, my path leads me to it time and again. The obstacle is always there, but never really possible to avoid. It may go away for some time, but it always greets me again. The next time we meet I want to be ready and prepared, for I want the promises of OA to be fulfilled.

"Thank God I have a path to follow that leads me to my objective: to a life of sanity and usefulness to myself and others" one day at a time.

- Vincent

MY CHALLENGE

My major character defects are mostly fear-based. I can be selfish, dishonest, self-seeking, frightened, inconsiderate, controlling, entitled, judgmental, sarcastic, mean-spirited and two-faced. My challenge is to be genuinely willing to take the actions necessary to deal with these issues immediately, by doing a 10th step inventory and making amends without delay. My challenge is to accept that because I am human my defects will resurface from time to time, but now I have the Tools to deal with them immediately.

By honestly seeing my part I can deal with the problem. I no longer need or want to use food as the solution. Thank you OA for helping me see that "thin is not well," it's just thin. That's why I'll never graduate from OA university, and for that I am grateful.

- Barbara E.



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



I NEED TO SURRENDER

I need to surrender to the fact that I am not God, I am not in control, I will never be in control.

I can, however, surrender to the one thing strong enough to overcome the effects of my being a compulsive over-eater. I can surrender all my negative actions and thoughts to this Power and, as a result, have a wonderful, easy, joyful life that is controlled by whatever put this world together so magnificently.

- Barbara A.

DISCOVER OA SUBMISSIONS

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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



WHAT THE SPIRITUAL COMPONENT MEANS TO ME

In OA, I began to understand that my recovery depends on knowing how OA works. What I needed to do was to tap into an inner resource I have called GOD CONSCIOUSNESS.

I do so by putting aside my preoccupation with myself; in other words, not being so self-centered or selfish. Also by switching my outlook from my body preoccupation (image, weight, calories), how I perceive thinking of others, and how I can be of service, help and assistance to my fellow men and women walking beside me in this journey we call LIFE. I replace FOOD with my Higher Power, or GOD.

Once I stop obsessing about things beyond my control and focus on what I can actually do, I allow God to intervene in my life and do what is beneficial to me. The tools of the program are the steps toward recovery, and working the 12 Steps is the key to unlock the door of my inner resource that connects me to my GOD CONSCIOUSNESS.

I do this process today, for it is on a "one day at a time" basis. I also add it to my action plan for tomorrow.

- Libby

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!

WHERE I NOW LOOK FOR ANSWERS

When I am looking for sound nutritional advice, I ask my food sponsor for help. She has much more nutritional knowledge and experience than I have. She will also suggest a professional nutritionist when I really seem conflicted about a food group and choices that meet my personal and medical needs. When I need help working a step, seeing my part in things, or making amends, I call my step sponsor. She has more knowledge and experience than I have, having worked the steps herself.

The interesting thing about both of my sponsors is that they will both suggest I pray to my Higher Power for guidance as a final deciding factor.

I no longer go to family who will love and enable me. I no longer ask friends or coworkers for their opinions, well-meaning as they may be. Even other OA members can only share what has worked for them; it doesn't make it right for me.

When I stay calm and pray to and trust in my Higher Power, the next right thing presents itself. I know it is the next right thing, a God-given answer, because there is no fight on my part. It is effortless.

I am so grateful for the guidance, support, and encouragement I have been given in OA.

- Chris P.

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.

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FORGIVENESS BRINGS FREEDOM

My 31-year old son and I have a good relationship. He lives in Argentina (military position) with his wife and two children. He was planning to fly to Florida for a 3-day training. Naturally, since I've not seen him since August 2015 and will not be seeing him again until May 2017, I invited myself to come down for half a day to visit him. He said, "No, thanks." Needless to say, I was heartbroken.

My first thoughts were to take myself away from him (not call/skype him on his birthday) and to be angry with him. I wanted revenge!

However, thank God I remembered that the Big Book says that, though I don't have to believe it, like it, or want to do the resentment prayer (I call it the forgiveness prayer), it still works! The Big Book says to write for 14 days. I just wanted the pain in my heart to stop and started to write, forgiving my son's words. I wrote and cried some. Today I finished 13 days of writing, forgiving my son. And I still love him. I've raised him to take care of himself and his family and he's doing that. I know he still loves me and sometimes he says "No" to my requests.

Thank God for the resentment prayer.
Thank God for OA!

- Zigi