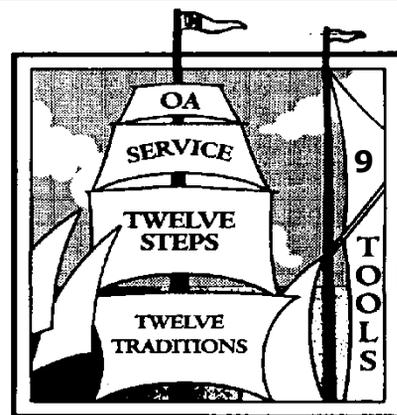


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Winter, 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."



THEN AND NOW

Before OA, I ate whether I was hungry or not, whether my body needed food or not. I ate for reasons that had absolutely nothing to do with nourishing my body. I compulsively overate and then I felt remorse for what I had done. But, I did it again and again and again.

After coming to OA, I learned I have a disease. I learned I kept compulsively overeating because I am powerless over food and I could not stop on my own. I came to realize I had not been living life, my life was consumed with compulsively overeating and isolating from the world and the people in it.

Now each day I live life, and part of living life is pausing three times during the day to fuel my body with an abstinent meal. I thoroughly enjoy each day, including the three times I pause to enjoy my abstinent meal. Thank you, OA!

Alice B.

LOVE AND ACCEPTANCE

For today, the best way for me to love and accept others is to ask God to guide my thoughts and actions. I must accept the fact that I have a disease that needs a daily dose of God.

For today, I treat myself with love and respect by planning and committing to my sponsor food that I love and is good for me. When my food is right, my mind is clear and my heart is open, and I have the willingness to do my step work. I am learning that my compulsive overeating feeds on self-reliance, judgment, and criticism. If I want peace and contentment, I need God's guidance to work the steps and practice these principles in all my affairs.

Chris P.

*"In the absence of action,
willing is another word for
wanting and wishing."*

ToniAnn A.

WHY DO I GO TO MEETINGS



When I first joined OA, I went to meetings to get the strength I needed to not compulsively overeat, to learn how to work the tools of this Program, and to feel like I fit in with others who thought and acted as insanely as I did around food. As a newcomer, my job was to take and take and take until one day I too was someone who worked this Program and was abstinent. My job as a newcomer was to work on my recovery.

Now, years later, I believe my purpose for going to meetings is to share my experience, strength and hope with newcomers. I do this by sharing how each particular tool has worked to help me achieve abstinence. I do this by doing service whether it's bringing the literature, sharing, staying abstinent and sponsoring. I do this by telling the truth; namely, this is a 12 step program and this Program promises me that if I follow the instructions in the Big Book, the obsession will be lifted.

I go to meetings because I have found the solution that had eluded me for decades. I go to meetings because I have found a Power greater than myself that has performed miracles in my life. I go to meetings because I want to talk about these things. Since I can't scream these from the rooftops, I go to meetings because the people there want to hear what I need to say.

Barbara A.

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



*May any refusal to forgive that
lingers with me from the day,*

*Any bitterness of soul that
hardens my heart,*

Be softened by your graces of the night.

- J. Philip Newell

STEP UP TO JOY



I knew that by coming to OA I would lose weight. I didn't know how much, or how long it would take, but I knew I would lose. I also knew that for me there was only one way to keep the weight off and live a normal and fulfilling life. That was to actually work the program the way it was intended, and learn to live in the 12 Steps.

Not long after I came, I started to inquire about doing the Steps and found myself excited and looking forward to it. There was also a little nervousness; I really didn't know what was involved. But I uncharacteristically jumped in with both feet. The people in the room who were working the Steps had genuine joy in their voices, and I wanted what they had.

What did I get from the 12 steps? I have mended fences, learned to love others without expectation or judgment, discovered the beauty of humility, become a team player at church and work, think before I talk, laugh more, cry when something touches me, become a contributor rather than a detractor, learned to reach out for help, come to know a bright new world beyond my own small existence, learned that unconditional love really does exist, sat down for a long talk with a woman I couldn't even think about for years without becoming angry, become kinder towards others, given up having to be right all the time, and best of all -- I have a Higher Power, who I call God, who is with me always.

You can have joy in your life. The next time you hear someone share on how the 12 Steps have changed their life for the better, and you find yourself wishing you had that, give yourself the gift of a lifetime and start your journey.

Sallie S.



LACK OF POWER

"Our human resources, as marshalled by the will, were not sufficient; they failed utterly.

Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power?

Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem."

*Alcoholics Anonymous
(The Big Book), page 45*

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



SOME WE NEED TO UNLEARN

"Open-mindedness is a very important part of humility. We don't know it all. There is so much more we can learn. And maybe even more important, some we need to unlearn."

The words "**some we need to unlearn**" ring true for me. I thought I knew everything about myself and my life. What a surprise this past year has been. To learn that I actually knew nothing, not even who I really was inside. I understand why people have a difficult time doing the Twelve Step work; to accept our behaviors and actions and **truly** see them for the first time. They are not very pretty.

This is not an easy path but, and I strongly use the word "but," the other side is so wonderful, kind and peaceful. I feel like a child seeing everything for the first time, and acknowledging my Creator for so many things I took for granted. I am grateful to have decided to take the path less traveled, put down the food, work the 12 Steps vigorously and move on with my life. I am willing to continue to be open, to not being right, and continue to learn new things. I want to move in the direction of peace and serenity.

I have never experienced this quiet comfort before. God has led me here and I want to move closer to Him. He has been my Guide for all of these years, but I ignored him by thinking I knew more.

Christine T.

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 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:

January 17, 2016
February 7, 2016
March 20, 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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THE OBSESSION HAS BEEN LIFTED

This is the biggest miracle for me. I no longer am governed by my food thoughts. I no longer have to make a decision whether I will eat something or not, because the thought of eating it no longer enters my mind. I no longer wake up in the middle of the night because my stomach hurts or because all of a sudden I want something to eat. I no longer am embarrassed by the way I look. I no longer have to wear tent dresses thinking they will hide my stomach and thighs.

Instead, I plan my meals and then eat them – happily. I go to sleep happy and wake up in the morning feeling refreshed. I am grateful for every single thing that happens in my life. It took some work (i.e., doing the steps) to get to this point, but this was so much less work than what I used to do for food. The rewards and well worth it.

Barbara A.

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.