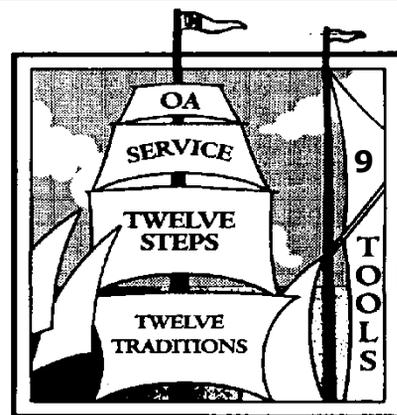


DISCOVER OA

WEST JERSEY INTERGROUP OF
OVEREATERS ANONYMOUS
Winter, 2017

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."



OF ONE MIND

As part of my daily writing, I was given this statement: "The great perils of compulsive overeating makes sisters and brothers of us all in OA." I wrote the following:

Who else knows us the way other OAers do? Who understands the cravings, the lying, yes, even the stealing of food? Who else really understands why one bite is too much and a thousand is not enough? Only those who have walked a mile in our shoes.

There is always so much head nodding in affirmation and commiseration when someone in the rooms speaks, because we have all been there, done that. We are all brothers and sisters tied together, if not by blood, then by this bloody disease. The cure? Taking it one step at a time, one day at a time, and doing it all together.

Janet C.

STEP ONE

When I first came to OA and read Step One, I was immediately able to admit I was powerless over food. After all, I had failed at every diet I had tried. I did not readily identify with part two of the first step-- admitting my life had become unmanageable. I was willing to admit just about anything since I was in such pain, but the word unmanageable didn't fit. My life seemed very manageable. After looking in the dictionary, I realized unmanageable was exactly what my life had become. I had spent decades failing in my attempts to *direct* and *control* the people and situations in my life, all the while becoming angrier and more frustrated.

In OA, as a result of doing the Twelve Steps, my life is no longer unmanageable. I have learned directing and controlling is my Higher Power's job, not mine. My job is attending to what He puts in front of me by seeking out and doing His will. As a result of doing the Twelve Steps, I have a wonderful, close relationship with my Higher Power, God as I understand Him, and each day I gratefully seek out and do His will to the best of my ability.

Alice B.

HOW OA CHANGED MY LIFE



Before OA: I felt hopeless, isolated, angry, fearful my eating would kill me. I wore orthopedic shoes, shopped only in Lane Bryant's, wore only dark blue or black, and occasionally diagonal stripes. Of course my blouses had to be three quarter or long-sleeved. I utilized safety pins to secure my zippers three quarters of the way up, and I had 12 different sizes in my closet. I hid food, belched noxious fumes, and did my supermarket shopping exclusively from the center aisles. I taped washcloths to my raw thighs and wore sweat shields. I had pain walking and was always feeling shame (especially when squeezing into an airplane seat). I lived in a state of loathing and fear.

After OA: I feel a sense of Serenity, I now exercise, and do most of my shopping around the perimeter of the supermarket. I have one size in my closet and wear bright colors and horizontal stripes. I feel appreciation that I miraculously no longer need orthopedic shoes and can sit comfortably in airplane seats. I no longer fear getting trapped in a minuscule airplane bathroom. I no longer feel isolated and hopeless. I live in a state of gratitude for the miracle of OA and have for the last 20 years. Oh yes, and I have lost 130 pounds.

Barbara E.

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

*I can pray
that the bed gets made,
Or I can pray
while making the bed.*

SPIRITUAL AWAKENING



As I sit here alone and quiet, I realize I have no thoughts of food. NONE. As I sit here in the same chair that I sat in 50 plus pounds ago, a compulsive overeater of the most severe nature for all of my life, I realize I am not tempted by a SINGLE food in this house. With no one here to judge what I consume, how much I am eating, etc.--I am simply not interested.

I've been thinking lately: when is my huge spiritual awakening going to come? When will my curtains blow open, the trumpets sound, the skies open, and when will my Higher Power make His grand entrance in my life?! Then I realized, things seldom happen the way I expect them to happen in this life. I am sitting here, ABSTINENT!! ME!! STILL!! One day at a time! Without a Single thought of food or compulsive overeating.

I have waited all of my life for this, my greatest gift. I am free of the chains, the heavy shackles that I have worn and carried all of my 58 years on this planet. I am FREE! THAT is a miracle.

I long to continue to strengthen my relationship with my God, MY HP. I crave a relationship with Him today, the way I craved food. I look to HIM for answers and comfort the way I used to look to food for those things and for everything else. If that is not a Spiritual Awakening, I don't know what is. I cannot begin to express my joy and gratefulness.

Amen.

Gail



FROM THE BIG BOOK

*"I went to my hotel and leisurely dressed for dinner. **As I crossed the threshold of the dining room, the thought came to mind that it would be nice to have a couple of cocktails with dinner. That was all. Nothing more.** I ordered a cocktail and my meal. Then I ordered another cocktail..."*

This part of a story from the chapter "More About Alcoholism" in the Big Book always gets my attention. That was me! I know this man is talking about alcohol, but that was me with food. The thought of eating something would casually cross my mind, and before I knew it, I was lost.

I thank my Higher Power for bringing me to OA, for opening my mind and my heart, and for showing me that addiction is not limited to alcohol and drugs.

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Sallie S.

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



EATING HABITS

How important can my eating habits be to God? Not very important...I thought. I always assumed the Jewish customs of eating kosher foods and not mixing dairy and meats was an unnecessary custom, not really what my Higher Power was looking for from us. This viewpoint also applied to the Catholic ritual of not eating meat on Friday (remember that custom?)

But now I know differently. I have the compulsive overeating disease because I'm to honor my Higher Power by eating the proper amounts of healthy/specific foods. Following a food plan is exactly what my Higher Power wants from me. Of course there's many individual interpretations in each plan.

I believe God is in me, through me and around me. Treating my body with respect and nutritious foods is exactly what my Higher Power hopes I will do. But that was a challenge. Food was my God and an obsession in my mind. I couldn't stop eating once I started. I now understand this fixation is a gift from my Higher Power. Because of this disease and the need for recovery, I have a life filled with service, grace and patience.

Thank goodness for OA.

Lexie

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!

SPIRITUAL AWARENESS

The dictionary defines "spiritual" as "of, relating to, or affecting the human spirit or soul as opposed to material or physical things," and "awareness" as "knowledge or perception of a situation or fact." So I'm going to define "spiritual awareness" as "perceiving a situation based on its effect on the human spirit."

Ahh! That sounds good, very good. Those words remind me of my tenth step experiences. Throughout my day I have an opportunity to relate every experience to God. I'm having the same experiences I've always had, but these days I'm pausing, identifying my character defects, and calling on God for help in showing me another way, a better way. It forces me to be less focused on the "material" parts of life (just the things I can see), and focus more on the things I can't see--my spiritual connection to God.

My inner world is getting bigger, and my outer world is getting smaller. Things that I used to think had nothing to do with God, spirit, or my inner world are now at times becoming only a spiritual experience. It's like wearing a pair of glasses in the material world, but I view only the spiritual world.

So when I'm speaking to a negative person, or the driver in front of me just cut me off, I don't have to get pulled into that drama. I can have a conversation with God, be reminded of what's important, and all is good.

For today, I will stay in gratitude, pray for willingness, and embrace God's love and direction as many times in a day as my blessed soul can hold.

Lisa A.



Your Trusted Servants.....

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Meeting List – Barbara E.
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THE TENTH STEP PROMISE

"And we have ceased fighting anything or anyone—even alcohol (food). For by this time sanity will have returned. We will seldom be interested in liquor (food). If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically.

We will see that our new attitude toward liquor (food) has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition."

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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.