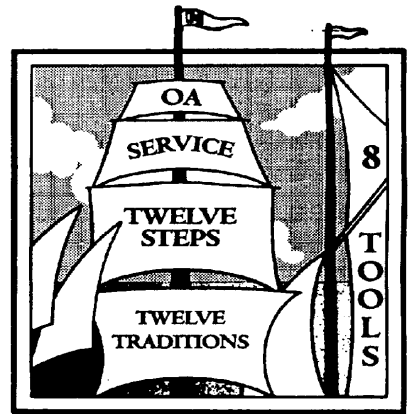


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 17, No. 2 Spring, 2010

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."



## LIVING IN THE SOLUTION

For me living in the solution means evolution: Changing myself from within, changing my lifestyle and not letting my fears hold me back.

14 years ago when I started my OA journey it was all about the physical. It was all about my weight. I thought if I could get thin as fast as I could and figure out a way to stay thin, I would be fine. It didn't matter that I thought about food all day long; what I was going to eat or what I wouldn't eat. It didn't matter that I put food before family and friends. It didn't matter that food was my whole reason for getting up in the morning.

Today I know there is so much more for me than just being thin. Don't get me wrong, I am very grateful for my sustained 130 pound weight loss, but with my sponsor's help I work on not focusing on micro-managing my weight. I commit my food to my sponsor, eat what I commit, and get on with my day.

14 years ago when I started my OA journey I was in total denial when it came to my emotional state. I thought I had no resentments. I was wrong! I was my harshest critic. I believed I was weak willed, lazy, and stupid, and I was pretty good at judging you too. I was the mistress of the verbal put down. When I did the Steps my resentments came pouring out, and I knew I needed a major attitude adjustment if I was

ever going to find some serenity. I've used the tools of writing and literature to help me understand myself a little bit better. I unfailingly call my sponsor every day. I guard my abstinence. I go to several OA meetings a week, and make phone calls to people I meet in the rooms. I give service and practice anonymity. I acknowledge what I cannot change, change what I can and pray for the willingness to change those behaviors that I am still unwilling to change. With the help of my HP I am also becoming more adept at knowing the difference.

14 years ago when I started my OA journey I had no idea what people meant when they talked about a fit spiritual condition. I didn't see what that had to do with my compulsive overeating. Working the Steps has opened my eyes. Working the Steps has helped me to accept who I am and let go of my control issues. Working the Steps has helped me to look outside myself and ask for guidance. Working the Steps has helped me identify my part in any negativity that surrounds me. Working the Steps has helped me recognize when I need to make amends to someone and then promptly do it.

Without that all important three legged stool there would be no solution for me. Without OA there would be no hope of evolution. I gratefully celebrate that because of OA I am gradually becoming the person my HP meant for me to be.

Barbara E., West Orange

# BLESSED ANGELS



I watched a house being built across the street from where I live. They dug out the ground and filled the hole with concrete. After that dried for a couple of days, the construction company began to build the house. As I watched, I realized that that house had a solid foundation to hold it together and upright. To this day that house is still standing. It has been for many, many years.

I have respect for solid foundations. Have you ever seen a bridge and wondered how it stays upright? It is because of a solid base and strong pillars. So when I came to OA, I was told to build such a foundation. Since I wanted what those people had, I listened and followed all the directions. And it is because of all the diligent work that I did that I developed an attitude of gratitude. This attitude gives me hope and a positive way of looking at life. I am grateful for all the tools, my abstinence, my sponsor, the people I sponsor, the meetings which I adore, the literature, the service and the writings. All of these in addition to the steps and traditions, which I live by, help me to cope with life.

OA people are the very best in the world because they understand me and they do so much service for me and OA. They are sympathetic and generous in their actions without expecting favors in return. That is truly unconditional love. I thank all the people who have given me rides to and from meetings, to and from luncheons, to and from rehab centers, and for all the prayers I received when I needed it the most. You are the kindest most compassionate people in all the world and I love you dearly.

In love and Service,  
Cyndy

## UPCOMING HAPPENINGS



Do you have an upcoming event and you need to get the word out?

Call Barbara A. for any changes or additions to this list. For more information on any of the events listed below call Barbara A. or visit us on the web at [www.wjioa.org](http://www.wjioa.org).

- May 14 - 16 - Retreat
- Fall 2010 - Luncheon/Silent Auction
- Fall 2010 - Day of Recovery

# ABSTINENCE FEELS GOOD

Today I put on my fat pants. I used to wear these pants because they were the only ones that fit. Today I am wearing them because they are the only ones that are clean. I have, in a pinch, pulled them out of a bag of clothes I intended to donate. The zipper slid up without a hitch. I remember the days I tugged to get it up. I have rolled the waistband to keep the pants from slipping down. I remember when the waistband rolled all by itself. I look at my reflection in the mirror—vaguely sloppy with the droopy appearance of a newly potty-trained toddler whose pants still have room for a diaper. I never thought “too big” could be uncomfortable. OK. These are really getting donated. I deserve new pants.

Angela

Great minds discuss ideas ~  
Average minds discuss events ~  
Small minds discuss people.

## WORKING WITH OTHERS

“Practical experience shows that nothing will so much insure immunity from overeating compulsively as intensive work with other compulsive overeaters.”

Big Book ~ page 89

The Big Book is like a cookbook ~  
You can read it all day long and  
starve. You have to take action.

## WILLINGNESS

“Step Three ~ Made a decision to turn our will and our lives over to the care of God as we understood Him.”

“Practicing Step Three is like the opening of a door which to all appearances is still closed and locked. All we need is a key, and the decision to swing the door open. There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself, and looking through it, we shall see a pathway beside which is an inscription. It reads: ‘This is the way to a faith that works.’”

AA 12 and 12 ~ page 34

# THE MIRACLE



It was July 8, 1989 and I was in the Parsippany Library for an Overeaters Anonymous meeting. I came into the meeting without any intention of doing what the people in the room did. I wanted no relationship with the three-letter G word. That wasn't me. I was a respectable, fun-loving, over-helpful woman with a steady job. However, that was the outside, the fool-the-public, leave-them-laughing me.

The inside me was depressed, resentful, confused and angry. I wanted to be thin. I wanted to be lithe, agile, graceful and admired. I wanted to not want to overeat. I wanted to stop being an embarrassment to myself. I desperately wanted to stop pretending that I was happy. Eating out of control and being unable to stop was destroying my spirit and the quality of my life. I was ashamed of my helplessness.

So, what happened? I climbed onto Step One that morning without even realizing it and I have kept my feet firmly planted on it ever since. It was the first time I heard there was a disease of compulsive overeating, that I was powerless over food. And, the best message yet: there was a solution if I was willing to follow the 12-Step program of recovery one day at a time to the best of my ability!

The fellowship laid out this program of recovery for me and I believed them because they spoke my language. "Put down the food; the rest will follow." When I got into my car that afternoon I unknowingly had begun my life of abstinence and recovery. I learned that I needed a three-fold program to deal with the physical, emotional and spiritual nature of my disease. I now know that my Higher Power was working secretly within me and within the OA room to restore me to sanity. I was being gently guided into a wonderful way to live.

Today I am maintaining a 135 lb weight loss. I still call a sponsor with my weighed and measured food that is part of my food plan. I act on the suggestions included in the 12 Steps of our program. I attend Step and Big Book meetings on a regular basis. I write on program materials and share those writings with a writing partner. I sponsor recovering compulsive overeaters. I enthusiastically

attend OA marathons and weekends. And, I pray. The 3rd Step Prayer starts my day. The 7th step prayer reminds me that I have obstacles in the way of God's plan for me and I ask to have them removed. The Serenity Prayer has saved me many times from doing or saying something inappropriate. I take God with me everywhere ~ to the good times, the troubling, the frightening and the peaceful. I am not the woman I used to be – the one trapped inside a painful vision. I am free to struggle, survive, thrive and grow – to live one day at a time in the sunlight of the spirit.

Lorraine

A vision without a plan is a hallucination.

# THE SEED OF GOD

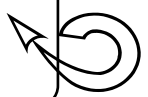


"Whatever problems confront me, large or small, they can be solved wisely. Or they can be solved my way. The choice is mine. If I want to know God's will, I must pause and ask, 'What would God have me do?' Why, then, is it so difficult for me just to pause, to meditate, and to allow God to guide me? The reason is my ego. I know – though sometimes I forget – that by myself my capabilities are nil."

Came To Believe ~ pages 60 - 61



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



The Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to compulsively overeat and enable the sufferer to become happily and usefully whole.

12 & 12 of AA ~ Foreword

## WJIOA INTERGROUP MEETING

1st Saturday of every month - 12:30 pm  
Parsippany Library  
Halsey Street & Route 202  
(behind the Gulf Station)  
*EVERYONE WELCOME!*



# COMPULSIVE OVEREATER?

Am I a compulsive overeater? By turning the statements in the Big Book into questions, the answer to that question becomes obvious. Some of these are: Can I control how much I eat once I start? Do I crave certain foods? Do I obsess? Do I have an allergy? Can I eat certain foods safely? Can I keep promises I made to myself? Am I restless, irritable and discontented? Do I keep promising that I won't do this again? Do I believe I need something more than human power? Is my eating beyond my mental control? Can I start eating certain foods without developing the phenomenon of craving? Are things getting worse? Do I keep renewing my resolve and still fail? Is food my master?

When these questions and others found in the Big Book are answered honestly, a miraculous thing happens. Powerlessness is revealed and Step 2 becomes easy because the knowledge that there is nowhere else to go becomes clear.



In Love and Service,  
Your WJIOA Trusted Servants

# HAPPINESS IS ...

- ❖ Knowing that my food - and life - are just one day at a time.
- ❖ Coming to a meeting and getting love and support.
- ❖ Sharing at a meeting and having everyone laugh with me.
- ❖ Practicing patience one day at a time.
- ❖ Having the promises come true one day at a time.



## 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.

# WILLPOWER ~ WILLINGNESS

I was thinking about willpower and willing – two words that come up repeatedly in the literature. So, I looked them up in the dictionary. Willpower is to control one's impulses and actions (self control); whereas, willing means consenting, inclined, ready. I feel I am a person who has always had a lot of willpower. I could exercise self control and accomplish most tasks and succeed at most challenges I undertook. However, when it came to compulsive overeating, I was unable to stop by sheer willpower. It just did not work for me.

When I came to OA, I selected a plan of eating with which I was comfortable. It worked for me. I felt great and lost weight quickly and easily. But then the time came when my food plan was no longer effective as a losing plan. I persisted with this plan, trying to succeed by exerting my willpower to no avail. Some of my fellow OAs recommended asking my HP for the willingness to do whatever was appropriate relative to my plan of eating. So I did just that and I finally became willing to eliminate an item from my food plan. It worked and I was back on track and I learned a wonderful lesson about the enormous difference between willpower and willingness.

Thank you OA!

Wini



***Your Trusted Servants.....***

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 Editor – Alice B.  
 Hotline – Dolores M.  
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