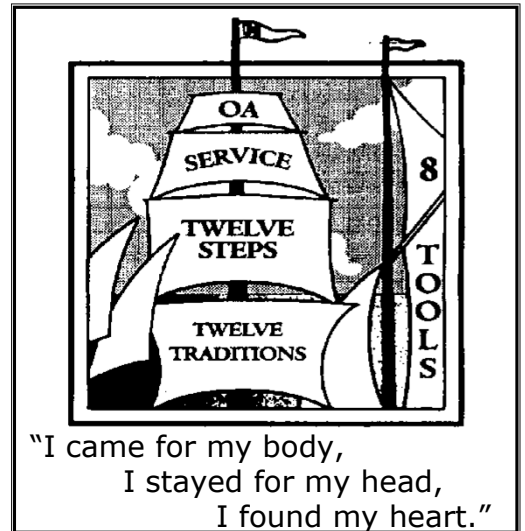


# DISCOVER OA

WEST JERSEY INTERGROUP OF  
OVEREATERS ANONYMOUS  
Vol. 18, No. 4 Fall, 2011

Our primary purpose is to abstain from compulsive overeating and carry this message of recovery to those who still suffer.

**HOTLINE (973) 335-1717**



## THE FIRST STEP

I went to my first meeting and I heard people who were like me. They described how they had felt and what they used to do. They were telling my story. The thing that really impressed me was they were no longer like that. That's what I wanted. What I learned was that they did not change themselves – they found a Higher Power who performed that miracle.

Step One says, "We admitted we are powerless over food – that our lives had become unmanageable." I learned that the dash in the First Step is not a fill in the blank. The dash is not filled in with "and that is why" thereby making the First Step ~ I admit I am powerless over food and 'that is why' my life is so unmanageable. That is *not* the First Step. When I change the First Step in that way, I am brought to the wrong conclusion; namely, now that I'm not overeating anymore everything should be just fine.

What the First Step means to me is that I need to see, whether I am overeating or abstinent, I am a compulsive overeater. Even when I am abstinent I can't manage my own life because even when the food is down I am still a compulsive overeater. I still have all the things that made/make my life unmanageable.

All I have done is give up the thing that I used to stuff down my feelings. My life becomes manageable only when I work the Steps and

find a Higher Power. I need to work all 12 Steps in order to have a relationship with the one thing that will put me in recovery ~ my magnificent Higher Power.

Barbara A.

**H**onesty ~ **O**pen-mindedness ~ **W**illingness

## GRATEFUL

Five years in program, and how my life has changed! First, it was putting down the food, and getting my abstinence intact – three meals a day, with life in between. That's what I heard at the meetings. Looking back, the food has been the "easy" part. Abstinence for me is not just about the food. It is how I live the rest of my life outside the food – abstinent behavior. Thanks to Bill and Dr. Bob, I have a program – the 12 Steps and 12 Traditions to guide my way. I am a work in progress, far from perfect. My Higher Power, whom I choose to call God, makes me aware of my character defects, so that I can work – with His help – to replace a negative with a positive attribute. Progress, not perfection. One day at a time. Grateful to be alive and working through it all.

Anonymous

## SURRENDER vs. SUBMISSION

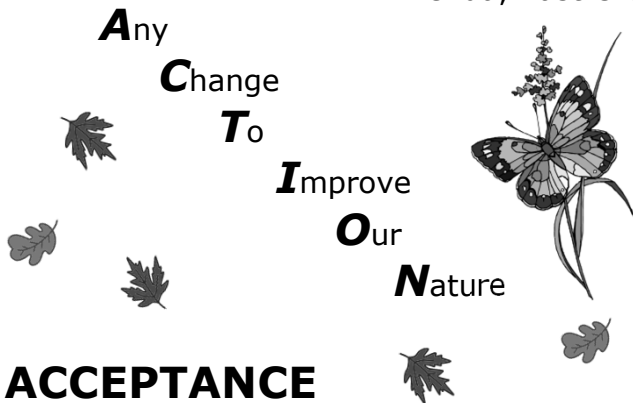
Distinguishing between the two concepts of surrender vs. submission has rattled in my head for a chunk of time over the past couple of years. After much deliberation, and a lot of HP intervention, here is what I have concluded.

For me, surrender is a term primarily used in battle. Surrender comes when I have basically run out of resources and have to give-up or give-in, as that is my only option.

To submit, on the other hand is to voluntarily come under the influence of another. Basically, I believe the premise is intended for us to come under the influence of each other, encourage each other, learn from each other and build each other up.

So here in this fellowship and with the help of my sponsors and all of you, I arrived at a distinction I could live with. The concept of submission has opened doors of opportunity that I hadn't previously seen possible. Thank you HP and thank you OA!

Brenda, East Orange



## ACCEPTANCE

"And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my compulsive overeating, I could not stay abstinent; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes."

Big Book ~ page 417

## A LITTLE STORY

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that everybody blamed Somebody when Nobody did what Anybody could have done!!

Anonymous

## FEAR OR FAITH

Today, I allowed my fear to replace my faith. Spirituality is a beautiful gift from my Higher Power. I feel I have several issues I just do not handle yet but through the power of my HP I remained abstinent today! I am so grateful that God works miracles through some wonderful people in my life. I am truly blessed and once again I want to say thank you HP (my God) for the gift of love I receive from the wonderful woman in OA and from my family.

I know my journey will not always be smooth; but the rewards are plentiful!

Joanie S., Parsippany

Hope is the feeling you have that the feeling you have is not permanent.

## 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).

- October 15th - Luncheon/Silent Auction
- November 5th - Day of Recovery
- December - Holiday Party

## MIRACLE IN MY FAMILY

My daughter-in-law and I have had a strained relationship. In fact we have not spoken to each other for a year and a half. I was heartbroken last summer when she arrived from Guam (military base where my son is stationed) along with my granddaughter to visit her parents in Trenton. I phoned, 'skyped' and emailed to contact her and her mother. I got "no" on every request and never did see them. It hurt badly. My good friend in OA suggested doing the forgiveness prayer from the Big Book. I also went to more meetings and wrote every night about how I felt. The prayer says to wish great things: love, happiness, wealth, health, and peace, even if I don't believe it. I wrote faithfully for months. My friend said it might take years before my daughter-in-law comes around. I just kept sending blessings and a pure heart filled with love to the three of them in Guam. A month ago, to my surprise, my daughter-in-law wrote an email saying she was sorry for being such a jerk in our relationship. WOW! The prayer worked! I am grateful to be in OA and have great tools to heal myself and my family.

Zigi

P.S. Now I am writing the forgiveness prayer for my sister, stepfather and brother-in-law.

## A SPIRITUAL LIFE

"OA is a spiritual program. It means living a spiritual life. Recovery comes and remains by being faithful to surrender, prayer, and meditation on a daily basis. Each day I need to renew my commitment to abstinence, live the Twelve Steps, and follow my food plan. Only by doing this can I be confident that compulsive overeating will remain in the far distance."

Voices of Recovery ~ page 211



### 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!



## THANK YOU

A front page story in a local newspaper, told of a female humpback whale that had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps and fishing lines which caused her to struggle to stay afloat. She also had hundreds of yards of rope lines around her body, her tail, her torso, and one line tugging in her mouth.

A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate Bridge) and radioed an environmental group for help.

Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to send divers in to untangle the whale. The divers worked for hours with curved knives and eventually freed the whale.

When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushing them gently around ... she was actually thanking them. Some said it was the most incredibly beautiful experience of their lives.

The guy who cut the rope out of her mouth said her eyes were following him the entire time, and he will never forget the look in her eyes. He said he will never be the same after the experience.

This moving story has a profound message in it: may you, and all you love, be so blessed and fortunate to be surrounded by people who will help you get "untangled" from the things that are binding you. And, may you always know the joy of giving and receiving gratitude.

I feel so blessed to be surrounded by such people who altruistically reach out and help me and to finally know the joy of giving and receiving gratitude. Thank you OA!


Anonymous



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



## ANONYMITY

What is anonymity? It is defined as "the state of being anonymous." What is anonymous? The definition that seems to fit best is: lacking individuality/unique character/distinction." 

So what does anonymity mean in Overeaters Anonymous? It means OA is not for any specific group or groups. OA is not for women. OA is not for men. OA is not for gay people. OA is not for straight people. OA is not for white people. OA is not for black people. OA is not for Hispanic people. OA is not for Asian people or any other ethnic group. OA is not for Christians. OA is not for Jews. OA is not for any person of any faith. OA is not for tall people. OA is not for short people. OA is not for rich people. OA is not for poor people. OA is not for the middle class. OA is not for people with a job. OA is not for people on unemployment. OA is not for wives, mothers, daughters, sisters, aunts, husbands, sons, brothers, fathers, or uncles. Overeaters Anonymous is ONLY for people ~ any and all people ~ who are compulsive overeaters who find they have an obsession of the mind, who experience physical cravings, and who want to be free of the negative effects created by this. The only requirement for membership is a desire to stop compulsively overeating.

Anonymity makes the rooms a safe place. It doesn't matter who you are, what you've done, how much money you have, where you live, what kind of car you drive, who you love, who you hate – all that matters is you are a compulsive overeater who no longer wishes to live a life that is making you miserable.

We invite you to join us in being an attraction for OA. When we were in our disease, people could tell. Now that we have found a way out, consider breaking your own anonymity and let people know your wonderful story so you can give hope to those who still suffer.



In Love and Service,  
Your WJIOA Trusted Servants

It's not what you gather, but what you scatter that tells what kind of life you lived.

## SERENITY

"Perhaps the best thing of all for me is to remember that my serenity is inversely proportional to my expectations. The higher my expectations ... of other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my "rights" try to move in, and they too can force my serenity level down. I have to discard my "rights," as well as my expectations, by asking myself, How important is it really? How important is it compared to my serenity, my emotional abstinence? And when I place more value on my serenity and abstinence than on anything else, I can maintain them at a higher level – at least for the time being."

Big Book ~ page 420

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

Archives – Terry S.  
Chairperson – Barbara A.  
Corresponding Secretary – Cyndy C.  
Editor – Alice B.  
Hotline – Dolores M.  
Meeting List – Barbara E.  
Newspaper Contact – Maryjean E.  
Outreach Committee – Jim D.  
Public Information – Maryjean E.  
Recording Secretary – Sue W.  
Special Activities – Dolores M.  
Treasurer – Alice B.  
Trusted Servant Article – Barbara A.  
Vice Chairperson – Dolores M.  
Web Master – Brenda W.  
Youth – Trish M.

#### **Discover OA Submissions:**

Alice B.  
Or by email: [wjioadiscover@aim.com](mailto:wjioadiscover@aim.com)

## SERVICE AND WRITING

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.

### **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.