WESTCHESTER UNITED INTERGROUP'S

SERENITY TIMES

THIRD QUARTER 2021

7th Step Prayer

My Creator,
I am now willing
that you should
have all of me,
.good and bad.
I pray that you now
remove from me
every single defect
of character which
stands in the way of
my usefulness to
you and my fellows.
Grant me strength,
as I go out from
here, to do your
bidding.
Amen

TRANSFORMING DEFECTS OF CHARACTER

WORLD SERVICE CONVENTION

Walking in the Sunlight: One Day at a Time

August 26-28, 2021
ORLANDO, FLORIDA USA

2021 Convention
Theme: Walking in the Sunlight: One Day at a Time
Dates: August 26-28, 2021

Renaissance Orlando at SeaWorld®
6677 Sea Harbor Drive
Orlando, FL 32821 USA
Phone: 407-351-5555

Registration:
https://beeapp.bravuratechnologies.com/oareg/register

THE OA PROMISE

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

2021 CONVENTION
VIRTUAL 2021 REGION 6
TOGETHER WE CAN

Region 6 of Overeaters Anonymous invites you to attend the 2021 Region 6 Convention!

JOIN US ON ZOOM

CONVENTION HIGHLIGHTS

Friday, October 22

3:00 pm Registration opens
4:00 pm Workshops begin
8:00 pm Grand opening/keynote speaker
9:00 pm Entertainment
9:00 pm Workshops continue

Saturday, October 23

8:30 am Workshops begin
1:30 pm Keynote Speaker
2:30 pm Workshops continue
8:00 pm Keynote speaker
9:30 pm Entertainment/dancing
9:30 pm Workshops continue

Sunday, October 24

8:30 am Workshops begin
10:30 am Grand closing/keynote speaker

For additional information, please contact:
conventionchair@oaregion6.org

For registration information, please contact:
r6conventionregistrar@gmail.com

PART 1: CONVENTION REGISTRATION

Registration is online only at:
http://oaregion6.org/2021/

Credit Card/PayPal accepted

****No refunds or transfers****

Registration Rates

☐ $15 USD
☐ $25 USD
☐ $35 USD includes Registration and early access to recordings

Online registration is available until **October 24th**
Additional copies of flyer can be downloaded from http://oaregion6.org/2021/

PART 2: SIGN UP FOR SERVICE

You will be sent an Email with sign-up instructions in mid-summer

General Service Opportunities

We will need people to do service in several areas. There is no abstinence requirement for this service. Here are some examples:

☐ Talent show/entertainment
☐ Zoom Host and Zoom Cohost

Workshop Speakers

Note: Speakers need a minimum of 1 year abstinence
Here are some topic examples for speakers:

☐ Abstinence • Steps
☐ Anorexia/Bulimia • Tools
☐ 100 lb. Emphasis • Relapse/Recovery
☐ Long Timers • Tradition
☐ Spirituality • Special Focus

recovery inspires shared experiences

Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

Upcoming Speaker Topics:

JUNE 6 "Growing My Faith and Strengthening My Spirituality"	JUNE 20 "Journey Through the Steps"
JULY 4 "Independence Day - Freedom from Food Addiction"	JULY 18 "God - Contempt Prior to Investigation"
AUG 1 "What is a Spiritual Awakening Anyways?"	AUG 15 "The Prize of the Program"

1-4 p.m. PDT

Overeaters Annonymous
Registered Meeting #88993

Meetings held regularly on the first & third Sundays of each month

Zoom ID: 947 2125 9974 Password: 810562

Rise Flyer June July Aug
Tuesday, May 18, 2021 3:47:15 PM

Self-Will / HP's or God's Will

May also be thought of as: **Character Defect / Character Asset**
Liability / Asset
Self-Defeating / Life-Affirming

Dishonesty	*	Honesty
Fear	*	Faith/Trust in HP or God
Selfishness/Self-seeking	*	Interest in Others/Altruism
Self-centered	*	Love-centered/HP- or God-centered
Inconsiderate	*	Considerate
Pride	*	Humility/Seeking HP's or God's Will
Greed	*	Giving/Sharing
Lustful Thoughts	*	Respectful Thoughts
Anger	*	Serenity/Acceptance
Envy	*	Gratitude
Judgment	*	Acceptance
Sloth/Procrastination	*	Taking Right Action
Gluttony	*	Moderation
Impatience	*	Patience
Intolerance	*	Tolerance
Resentment	*	Forgiveness
Hate	*	Love/Concern for Others
Harmful Acts	*	Good Deeds
Self-pity	*	Gratitude
Self-justification	*	Humility/Truth
Self-importance	*	Modesty
Self-condemnation	*	Self-forgiveness
Suspicion/Jealousy	*	Trust
Doubt	*	Faith/Trust in HP or God

THE CHANGES IN ME

I first came to OA in August 2015; I was bingeing most days and abusing laxatives. I weighed a hefty 246 pounds (112 kg), about 100 pounds (45 kg) heavier than my healthy weight. I had already attempted suicide once and was well on my way to a second attempt. I was willing to try anything.

I remember two things from my first meeting: the words "Welcome to Overeaters Anonymous. Welcome home!" and being told not to eat between planned meals. The first made me feel at ease, but the second scared me. How could I survive on just three meals a day with no snacks? Buying, hiding, consuming—my day was one long meal.

Since joining OA, I have changed beyond my wildest dreams. I became abstinent at that first meeting, and thanks to the support of the group, my sponsor, and my Higher Power, I have stayed abstinent for thirteen months. I eat three meals a day with no sugar, white flour, or bread, one day at a time. Physically I have lost around 60 pounds (27 kg); I'm wearing clothes I haven't worn for years. The too small jeans that I was embarrassed to take back are now a little large. As my weight decreases, my self-confidence rises, and I have joined several social groups. I've also been asked by my group to represent them at intergroup level and attend the OA Great Britain Conference this year. Although I am nervous about doing these things, I'm now prepared to try. I've also discovered a spiritual side to my life. I finally found a Higher Power, something that eluded me for some time, and I pray and meditate daily. I am still fighting the ego that says I can control things myself, but I'm getting better at turning things over to my Higher Power.

All these changes are fantastic, but the biggest change has been in my everyday life: I am no longer obsessed with food. I no longer waste energy planning binges and hiding the evidence. Once I've submitted my food plan to my sponsor, I can forget about food until my next mealtime. I no longer harbor resentments as I used to because Step Five brought them all into the open and Step Nine expunged them. Any resentments I pick up are dealt with straightaway through Step Ten. I am more honest in my dealings and quick to apologize when I feel I have done wrong. I try to use OA Tools daily. I keep a journal of my feelings. I text or phone people. I attend two meetings a week. I have a sponsor, and now I am a sponsor. I read OA literature every day, and I find reading and writing to be two of the most powerful Tools at our disposal.

People have noticed the changes in me—not just my weight loss, but also my improved outlook on life. I have finally found a future and am grateful every day for Overeaters Anonymous.

—*Catherine S.*

Page 5. Page Title

http://www.oalifeline.org/working-the-program/the-changes-in-me/

RECOVERY FROM BEING CONTROLLING

How have I worked on recovery from this character defect? First, I worked the Steps on it, particularly Steps 6 and 7. As part of Step 6, I looked at what it was doing to me and what it was doing for me. Being controlling was alienating people, especially my husband and my daughter, but also people in OA and other friends. The payoff, or what it was doing for me, was that I often got my own way. But I had to ask myself: at what cost did I get my own way? And, then, I had to ask myself, what was so great about my way, anyway? If I'm humble, then I don't think my way is any better than anyone else's way. And, as the Big Book tells me, who am I to be running the show anyway? I don't need to be the director. Nor do I always make a *good* director; I have yet to win an Oscar.

I worked Step 7 on this defect and asked God, my Higher Power, to remove it. But I need to do my part also. So, now, I try to curb my impulse to jump in when there is a problem or when a decision or choice needs to be made. Sometimes I remember to check in with my Higher Power about whether to jump in. Sometimes I ask myself, "Does it need to be said? Does it need to be said now? And does it need to be said by me?" I learned this in OA. I now try to remember to ask others first what their thoughts, desires, or wishes are, before expressing mine.

I can't honestly say that I never act in a controlling way anymore. I've had some struggles with this in the Intergroup. It is hard for me, sometimes, to differentiate leadership from controlling. But I am aware that leadership is about influencing, proposing a vision, and revising that vision and its associated actions, as needed, until group consensus or substantial unanimity (as OA puts it) is reached. For me, leadership has been about contacting my Higher Power to be sure I am on the right path. The good news is that if I put my Higher Power in charge, then I am not. And I have learned that things *always* turn out better that way. I now write a daily letter to God and one from God to me, and these help me to remember who is supposed to be in charge.

Carol G.

INTO ACTION

We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. . . . We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

Big Book, p 75

PATIENCE

Impatience has been my most glaring defect of character. It seems I've always been in a rush to get things done, to do them well, so that I would feel worthy of God's love, because I have accomplished what He would deem was enough. It was never enough, because I didn't feel enough.

Since coming into program and working the Steps, I'm accepting that I am enough, because I am a ray of God's light made with His love, and that will always make me enough. I'm still working on transforming this character defect, and it will take as long as it takes. I see progress, not perfection, as program has taught me. It may be something as simple as counting to ten, or saying a quick prayer, before I respond to someone I am irritated or impatient with. It could be spending a few minutes longer in the shower just because the warm water feels so good! I do things like leave earlier to get to places, so I'm not tempted to drive fast, blow through red lights, get anxious, or irritable with drivers who I think are going too slow. My sponsor has also enlightened me with pointing out that when I do things impatiently, I am often not doing them well. I want to do *everything* well. When I think of some of the holiest people who ever lived, role models that I strive to be more like, I cannot envision a single one of them being impatient with themselves, their fellows, or with any act they may be performing.

Anonymous

ACCEPTANCE

I used to think that people who were fat were lazy, undisciplined, irresponsible for their own health, and wallowed in victimhood. I am ashamed to admit that I thought this way even for the first two years I was in program. Hey, when I had been forty pounds heavier I believed all those things about myself. I believed that even fellows in program who were obese could not have possibly been working their program. When they claimed they had long term abstinence, I often thought, abstinence from what? Donuts? But everything else goes?! I had my Bible-sized book of laws and rules to living that I erroneously carried around with me all my life, and the Rules of Fat were just one of its many chapters. It seems that when I asked God to help me be accepting of others that the book of fear I'd been carrying under my arm transformed into a book of faith. My heart began to transform, and I saw people who had been just as broken as I was and who were working their program, and healing, the best way they could. Some of the obese fellows had been hundreds of pounds heavier at one time. Some had an idea of abstinence that—hang onto your hat—wasn't mine. Some people's bodies would only let them get so far. When I realized this I was able to learn from them, to love them, and to respect their journeys.

Anonymous

TRANSFORMATION

In the beginning of the pandemic, I whined at every OA meeting. I talked about living alone and being isolated. I missed hugging and laughing. Around 5pm every day, as I looked toward evening, always my toughest time with food, I thought of the months ahead and I got sad, heavy.

I started going to OA Zoom meetings every day, sometimes morning, afternoon, and evening. I made new connections and reconnected with others. And I heard things that were life-changing. One woman said her friends all had grandchildren; it was an ongoing ache that she did not have any and might never. But she decided obsessing over this lack wasn't working for her. She said, “I focus on what I do have.”

That became my go-to mantra. Whenever I think of what others have that I don't, I switch immediately -- immediately -- to thanking God for what I do have. I mentally list all the things I am grateful for in that moment. I usually come up with five to ten, and they vary.

I repaired a significant rift in one of my most important relationships. My amends was simple and easy: "I would never intentionally hurt you. If I did, I am sorry. I am deeply sorry." That was all true, allowing me to also be true to myself because, yes friends, I was sure I was right. But that wasn't doing me any good. *I'd rather be happy than right* is life-changing.

I stopped struggling. I stopped judging others, even in my mind. I stopped yearning for what I don't have. Instead, I maintain conscious contact with my personal God, believing "God wouldn't bring me to it if He wasn't going to see me through it." *Acceptance is the answer*.

For decades, I was sure I would never be able to stem the urge to overeat. Neutrality around food was foreign to me. Cravings were a constant, but I stayed for the miracle. I finally learned to envision the progression to hell if I start compulsively overeating, and I ask for help. Today I maintain a seventy pound weight loss. After countless relapses, I am in recovery. And on so many levels.

Carol H

3 Column Food List

Column 1	Column 2	Column 3
Trigger a craving for more	May or may not trigger compulsion	Does not trigger compulsion
Problem or binge foods	Sometimes eat more	Can take or leave
Eat in large quantities	Sometimes want more	Can eat in normal portions
Soothe your feelings	Sometimes seems OK	Doesn't linger in mind after eating

ANONYMITY IN THE SPONSOR-SPONSEE RELATIONSHIP

At our April 1 WUIG Intergroup meeting a discussion about the anonymity of the sponsor-sponsee relationship came up for discussion. The question was whether or not to make a WUIG recommendation to member meetings to keep individual sponsor-sponsee relationships anonymous. We realized we needed more information to make that decision, and I volunteered to look into it and report my findings to *Serenity Times*. Carol G., WUIG Intergroup Chair, put me in touch with our Region 6 trustee, Beth B. to pose the question. I wrote Beth the following e-mail:

Hi Beth,

I am part of WUIG Intergroup in Westchester County, NY and I got your email address from Carol G, our intergroup chair. I'm looking for insight and information about Sponsors and Sponsees maintaining a practice of anonymity of their relationship. . . as opposed to mentioning one's sponsor's name in a meeting, or mentioning one's sponsees' names in a meeting, or actually anywhere. This came up in our April Intergroup meeting. I said I would gather some information about it as a policy or an aspect of a Tradition.

Is there any official suggestion in OA literature, pamphlets, or Tradition that recommends anonymity of the sponsor-sponsee relationship? In the purple OA 12&12 on page 168, the second italic "thinking point" says, "Are we careful not to mention OA members' names to impress others, even in the Fellowship.

I have been in meetings in which a sponsor names their "grand-sponsees," that is, their sponsees' sponsees. Similarly, I've heard someone talk about their sponsee cousins. This also occurs during break-time chit chat, and general conversations among members. It's done with affection and usually jolly, but it concerns me that it could make people feel left out or wanting, or that it's clique-ishness. That's what feels sticky to me.

On the other hand, I've seen the moving moment of a Sponsor presenting an anniversary coin to a Sponsee. That's a non-anonymous action right there, and it's really wonderful to witness.

What do you think? I would appreciate your thoughts on this. Thank you so much.

Sincerely,
Roberta

This is Beth B's thoughtful, splendid reply:

Roberta,

This is a good thing to think about! Last Thursday I was visiting with a few trustees and Region Chairs -- neither a business meeting nor an OA meeting, just hanging out and talking about things like this! I brought your question up and got some interesting responses.

In some areas of the country and the world it is very common to know who everyone's sponsor is -- and in others it's not and is considered "bad form." It was pointed out that both AA and Al-Anon, at least in some areas of the country (the world?) are big on knowing sponsors and even sponsor lineages. For instance, my first sponsor is also in AA, so I was able to meet my "grand-sponsor" who was at the first OA meeting in Boston.

I am not aware, and neither were these other trustees and chairs, of any by-law, policy or tradition that speaks to this. When I read the question on page 168 that you mentioned, I've always assumed that it's a reference to OA members who have some form of "celebrity" in the outside world. But I do see how "dropping" the name of a long-time member could seem to be similar, even if just to say "my sponsor" so-and-so. Although we have no stars or VIPs, some members can sometimes acquire "celebrity status" in the rooms.

I personally do not say the name of people who sponsor me nor people who I sponsor. Sometimes I look around in my local meetings and realize that I'm sponsoring or have sponsored a good portion of the members that day. I would not want one of them mentioning my name and then the others wondering.... Of course, every so often one will say, "My sponsor tells me to 'go slow'" and I'm sure everyone suspects anyways. But I agree that it sounds clique-ish and a bit hierarchical to me -- but that's just me and my personal opinion.

On the other hand, I was invited to an abstinence celebration in Canada and everyone there talked about who their sponsors were. The celebrants were presented "tokens" by their sponsors. Both sponsors and sponsees talked about their relationships with the celebrant. I "went" (virtually) to that area a few months later for the anniversary of one of my sponsees -- I spoke very briefly. It's not an atmosphere that I'm familiar with. Of course, some members say that celebrating anniversaries provides incentives and rewards. We don't do it in my area so..

I'm not sure if I'm very helpful. I don't believe there's a rule -- not even an unspoken rule. I think it's a matter of group conscience and group autonomy. These days, with so many virtual meetings, if you don't like the way one group or area is handling it, you can find another meeting easily.

Best to you and your fellow members of OA!

Beth B.
Region 6 Trustee
Unity with Diversity Committee Trustee Co-Chair

I am really grateful for the opportunity to see how our trustee helped us with this question, from experience, strength and hope—all combined to make us better together.

OA ZOOM MEETINGS:

Access the virtual meeting schedule, via Google Doc or .pdf:
https://docs.google.com/document/d/18bXW0gCJEVsxVYO-WGe_ZqSTsOjOtx83I94zBVOwuY0/edit
Downloading Google Docs and Google Drive apps will allow you to access the most up-to-date version of the meeting schedule..

SPONSORSHIP DAY

Save the Date! Sunday, Aug 22nd. Our first in-person event, post-pandemic recovery. Fun to attend with your sponsor and sponsees. Stay tuned for more info.

OVEREATERS ANONYMOUS® VIRTUAL REGION

2021 TOPICS

VIRTUAL REGION WORKSHOP
e-WORKSHOP Series
"4th Saturday of the Month"

5:30 to 7:00 PM BST (GMT+1 / UTC+1)
12:30 to 2:00 EDT (GMT-4 / UTC-4)

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

May	22	"Service and Recovery"
June	26	"Anonymity as a spiritual principle"
July	24	"Bondage To Self"
August	28	"The Promises"
September	25	"Step 10 - How to Turn it Around"
October	23	"Sponsor and Sponsee - A Unique Relationship
November	27	"Trudging the Road to Happy Destiny"
December	25	"Step 2 - Came to Believe" (the date is subject to change)

https://zoom.us/j/89165540024 Password: 120912
ID: 891 6554 0024 Password: 120912

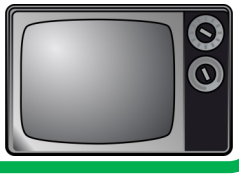
For United States or International numbers
https://zoom.us/zoomconference

For more information: oavirtualregion.org
(Sharlotte) workshop@oavirtualregion.org
(Lee) vicechair@oavirtualregion.org

Suggested workshop contribution €5

TELEVISION COMMERCIAL!!

Your generous contributions are helping reach those who share our disease through an OA television commercial aired throughout Westchester! Check it out:
https://vimeo.com/434505559



FOLLOW OA ON INSTAGRAM

Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at https://www.instagram.com/

SPONSORSHIP:

Need a sponsor? Are you an available sponsor? Email Barb, Sponsor Bank Coordinator: service-wuig@gmail.com

WUIG TEXT MESSAGES:

IF YOU'D LIKE TO RECEIVE TEXT UPDATES ABOUT EVENTS, MEETING CLOSURES, ETC., TEXT @OAWUIG TO 81010. TO STOP RECEIVING WUIG TEXTS, REPLY @LEAVE TO THE NUMBER YOU ARE RECEIVING MESSAGES FROM.

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WORLD SERVICE DELEGATES: MARY T , DIANE T, & DEBORAH S

SEVENTH TRADITION CONTRIBUTIONS:

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30% OA WORLD SERVICE OFFICE. P.O. BOX 44727 RIO RANCHO, NM 87174-4727
10% OA REGION 6. P.O. BOX 644. PEABODY, MA 01960

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THE SERENITY TIMES

NEEDS YOUR SERVICE! IT IS WRITTEN BY LOCAL MEMBERS FOR LOCAL MEMBERS. THE THEME FOR THE FOURTH QUARTER OF 2021 IS, HOW DOES YOUR HIGHER POWER SPEAK TO YOU? SHARE YOUR EXPERIENCES BY WORKING THE TOOL OF WRITING AND HELPING FELLOW OA'S. YOUR ANECDOTES, POEMS, FAVORITE QUOTES AND LITERATURE ARE AMONGST SOME OF THE ITEMS YOU CAN SUBMIT. SHARE WHAT INSPIRES YOU TO:

WUIGNEWSLETTER@GMAIL.COM

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