

2025 First Quarter

January 2025

Serenity Times

Westchester United Intergroup
www.oawestchesterny.org

Sharing your experience, strength and hope

Cindy A.

“When we keep OA’s Eighth Tradition, we discover a beautiful spirit of caring service, which becomes a powerful factor in our healing.” (Voices of Recovery, December 23., p. 358)

Service is an important part of our recovery and so is sharing our experience strength and hope. Whether it is an article, poem, or favorite excerpt from OA-approved literature we welcome your contributions.

Want to share a story or have news or events to promote?
Email me at wuignewsletter@gmail.com.

call to
ACTION

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**Whether we
believed these
actions would
work for us
didn't seem to
matter. Once
we took the
action and saw
it work, we
began to
believe.**

**The 12 steps and 12
traditions of OA, 2nd ed,
P. 15**



That where there is despair, I may bring hope.

This line is from The 11th Step Prayer, also known as The St. Francis Prayer, from page 99 of the OA 12 Steps and 12 Traditions.

Hope versus despair. It was gut wrenching despair that brought me into the OA program a bit more than six years ago. I received that ironic gift of desperation that we hear many fellows in the rooms mention. I needed it, because it was with that gift that I fastidiously began working the OA 12 Step program of recovery. It was either recovery or death for me at that point. I had just been released from two months in the hospital, on and off life support, and then in a nursing home, from the critical effects of this disease. There was no middle of the road.

A beloved program friend often says, during his weekly, Step Study workshops, that our darkest past can be our greatest gift. Yes! My darkest, most horrible memories of living in the disease of disordered eating, in contrast with a life of recovery, of hope, that I am living in now, is the gift that God has graced me with and that I can share with others. I have known despair akin to a dark, wet, ghoul-shrieking dungeon of Hell, with my wrists and ankles shackled in burning pain. I wanted to die. I was of no use to God, to my fellows, to myself, nor unto any living thing.

Despair = vomiting cold, plain pasta into a bucket in my grandmother's basement at three in the morning, praying no one would hear me, that no one would find me having choked to death on the long, wooden spoon I used, since my fingers no longer worked in my damaged esophagus, begging God to have the food come up and promising, as I had thousands of times before, that it would never happen again, crying in mental torment from the disease telling me what a despicable person I was after it tormented me to eat food I didn't want to eat.... Despair in playing with my three-year-old nephew, then pausing to pick up junk food in his parent's kitchen, my mind going numb, my soul having vacated my body, and the little guy tugging on my leg, pleading, "Whas wrong? Whas wrong??" Despair in being stuck in the quick sand of this disease to the point I had blotted out the gifts God had given me, had asked me to hone, and to share with others. All I wanted was to die instead.

I found hope when I came into the rooms of OA and heard fellows in the rooms, who had been where I was, and were now living vibrant, productive, God-centered lives. My precious fellows showed me the way, the 12 Step solution, and gently took my hand, guiding me forward so that I may in turn help others recover.

I had to know despair before I was to know hope.

Diane T



"Our common welfare should come first; personal recovery depends upon OA unity."

***The 12 Steps and 12 Traditions of OA,*
2nd ed, p. 91**

Embracing Cultural Diversity

According to one definition, culture relates to the customs of a particular group or area. When I went to my first meeting, all I knew was that I was different from you. I attended my first meeting in California USA, but I was not born and raised in the USA, and English was not my first language. My customs were not the same as yours; for example, I measured my weight in kilograms and my food in grams, rather than in pounds and ounces.

That was almost nine, abstinent years ago. Today I know we have an equal-opportunity disease. It doesn't matter what language I speak or where I live, so long as I desire to stop eating compulsively. In the OA rooms, I have learned to focus on our common solution (The Twelve Steps and Twelve Traditions) rather than on the things that might pull us apart.

English is still my second language, and I still measure my food in grams. However, you have taught me that if I focus on our differences they grow bigger. When I focus on what unites us, that becomes the guiding light in my life.

Today I feel a part of you, not apart from you.

—R.B., Tucson, Arizona USA, *Diverse Voices: A Common Solution* p. 175

"What all compulsive eaters have in common is that our bodies and minds seem to send us signals about food that are quite different from those the normal eater receives." —*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd ed. p. 4

My diseased mind tries to tell me that by compulsively eating certain foods, I can make a situation better. I now know this is not true. I accept the fact that I react to food differently from normal eaters. I am different from a normal eater. I may also feel that my life is very different from my fellow OA members. Our compulsive eating may be the only thing we have in common, but that doesn't matter. Our desire to stop eating compulsively brings us together as one. Even the most different OA fellow shares my disease. Being part of the OA fellowship means that I never have to feel alone. My mind will never operate the way a normal eater's does. I accept the fact that I will always have this disease. However, now I no longer have to feel isolated, different, or ashamed. Today, I can rest easy in the fact that I am not alone.

—*Voices of Recovery*, p. 176





Share your experience, strength and hope in the 2nd quarter Serenity Times

Theme: Courage

Send your submissions to:
wuignewsletter@gmail.com

Deadline: March 21st

Looking for meetings?



Find a meeting

Face-To-Face

Online

Telephone

Non-Real-Time

Find a face-to-face meeting

You do not have to register to attend an OA meeting. It is a good idea to reach out to the contact person to make sure the meeting information on this list is current. We want to make sure that someone is there to welcome you when you arrive at a meeting that you have never visited before.

Go to: <https://oa.org/find-a-meeting/>

Message of Hope

Carol S. in New York

"Hope is being able to see that there is light despite all of the darkness." Jesuits at Xavier University

"When I entered the Twelve Step program, I was broken, bleeding, discouraged, debauched, bloated, and hating myself. Then came my first ray of hope: "We will love you until you can love yourself!" Yes (praise God), this miracle has come true. I love and respect myself today. I had been badly buffeted by life, including other compulsions and major illnesses. However, my health as a total person much improved. Love from others in OA and my Higher Power has healed me. I have learned to accept and love me. I, too, can now reach out in OA and let love pass through me to heal others. To every newcomer I say, We will love you until you can love yourself."

Hope is a powerful motivator to do whatever it takes to protect my recovery. I keep doing my best every day to know and do God's will for me. I seek to enhance my spiritual condition. During my 21 years in OA, I suffered many relapses. Today I have 2 years of recovery - the longest period I have had since I joined OA. I feel as though something has shifted in me, and I am doing my best to be of service to God and the people around me. It blesses me with freedom from the merciless obsession. I have a real shot at living happy, joyous, and free. Amen.



News and Events

January 19: Happy New Beginnings. Speakers share about new beginnings on Zome (Link to Flyer)

January 28: 1st Anniversary of the Welcome Home Mahopac Meeting. 7 pm (Link to Flyer)

Unity Day 2/23/2025. 1-3pm In-person only. Emanuel Lutheran Church, Pleasantville, rnc711jr@gmail.com

Save the Date! Annual WUIG Retreat will be March 28th-30th at Holmes. Registration begins 1/31/2025. Contact Diane B: boekworms@outlook.com

Stay Tuned for Workshops on Steps 10-12, Grief, Relapse, Writing, Big Book, Aging and Sage-ing in Recovery, Clothing Swaps, and more!!!

Important Links

- [WUIG Key Points \(Link\)](#)
- About meetings: www.oawestchesterny.org/meetings.html
- 7th Step Tradition: www.oawestchesterny.org/7th-step-tradition.html
- Contact WUIG: www.oawestchesterny.org/contact.html
- Overeaters Anonymous: www.oa.org



**Came to believe
that a Power
greater than
ourselves could
restore us to
sanity**

Step 2

Spiritual Principle

Hope



OA Responsibility Pledge

Always extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

Sponsorship

Need a sponsor? Are you an available sponsor? Email: sponsorwuig@gmail.com

Seventh Tradition Contributions

We are fully self-supporting through our own contributions. Send your check to: Westchester United Intergroup of OA, PO Box 125, White Plains, NY 10603. wuigtreasurer@gmail.com. State your contribution distribution in the MEMO section. [PayPal Link](#)

Please contribute what you can, yet we need you more than your money. OA World Service suggests \$5 for your meeting.



WUIG Text Messages

If you'd like to receive text updates about events, meeting closures, intergroup key points, news, etc. text @OAWUIG to 81010. To stop receiving WUIG texts, reply @LEAVE to the number you are receiving texts from.



WUIG Trusted Servants

- Chair: Diane T.: wuigchair@gmail.com
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- World Service Business Conference Delegates: Cathy C.
- Newsletter Editor: Cindy A. wuignewsletter@gmail.com

What we do have to offer is far greater... a Fellowship in which we find and share the healing power of love.

the 12 Steps & 12 Traditions OA, 2nd ed, p1



Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at

https://www.instagram.com/overeatersanonymous_official/

