

Serenity Times

Westchester United Intergroup
www.oawestchesterny.org

OUR INVITATION TO YOU

Overeaters Anonymous, 3rd Edition, p.4

Overeaters Anonymous extends to all of you a gift of acceptance. No matter who you are, where you came from, or where you are going, you are welcome here. Regardless of what you have done or failed to do, what you have felt or haven't felt, whom you have loved or hated, you may be sure of our unconditional acceptance.

We will help you, rejoice with you, and tell you that we are not failures just because we sometimes fail. We'll hold out our arms in love and stand beside you as you pull yourself back up and walk on again to where you are heading.

Sometimes we fail to be all we could be, and sometimes we aren't there to give you all you need from us. Accept our imperfections, too. Love and help us in return. That is what we are in OA-imperfect but progressing. Let us rejoice together in our recovery and in the assurance that we have a home, if we want it.

Welcome to Overeaters Anonymous, Welcome Home!

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“Every time we offer our experience, strength, and hope to the still-suffering compulsive eater, we give back what we have been given and thus continue the flow of healing power that fosters our own recovery.”

The 12 Steps and 12 Traditions of OA, 2nd ed, p. 120



Writing helped me deepen my appreciation of the OA fellowship

Recently, I co-chaired an OA workshop on the topic of Fellowship to provide a forum for “the tool of writing” and to solicit submissions for this issue of the Serenity Times.

For my presentation on the topic, Google provided me with these definitions of the word “fellowship”:

- a friendly association, especially with people who share their interests
- a group of people meeting to pursue a shared interest or aim
- shared participation within a community

Each of these described how I felt about Overeaters Anonymous.

Then, I surveyed our OA literature for references to Fellowship and selected these excerpts to share at the workshop.

“We are members of the same Fellowship; we share the same compulsion.” - Voices of Recovery, February 27, p. 58

“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. ...Being part of the OA fellowship means that I never have to feel alone.” - Voices of Recovery, June 24, p. 176

“Today OA offers me the opportunity to be with fellow sufferers who know the pain that excess food has caused”. - Voices of Recovery, January 25, p. 25

“We have in common the peril of compulsive overeating and the common solution found in the Twelve Steps. That provides a bond different from any I have experienced before.” - Voices of Recovery, April 17, p. 108

I wasn’t meant to recover alone. I needed the OA Fellowship, a power greater than myself, to help me. - Voices of Recovery, December 6, p. 341

Then I presented these questions to the group to write on.

- How is the OA fellowship different from your other friendships?
- At some point, did you use the Fellowship as your HP, a power greater than yourself, to help you?
- What do you do to keep the OA Fellowship alive?
- How is fellowship an important aspect of your recovery?
- If you are a sponsor, how do you distinguish between being “supportive” of your sponsee versus “being a friend”? Is this difficult for you?
- Are you using the OA Fellowship for friendship while avoiding the real work of committing to abstinence from compulsive eating?

Perhaps you might want to take a few minutes to reflect and write on these questions, too. I discovered that focusing on the topic of fellowship enhanced my appreciation and gratitude for the support I have found in OA, as we share the common bond of being compulsive overeaters in recovery.

~ Mary Anne K.

Fellowship

I asked my new best friend, ChatGPT, what describes fellowship as it exists in a 12 Step program. ChatGPT said: In a 12-Step program, fellowship refers to the mutual support network of people recovering from the same addiction or problem. It is the shared bond and collective experience among members who help each other stay sober or abstinent through meetings, sponsorship, and service.

It is not an organization with hierarchy or authority but a community built on equality, anonymity, and mutual aid—summed up by “one alcoholic/addict helping another.” ChatGPT’s definition reminds me of a quote by one of my favorite authors:, The bond that links your true family is not one of blood, but of respect and joy in each other’s lives. Rarely do members of one family grow up under the same roof.

Within the OA Program, I have formed these types of cherished, familial bonds with members with whom we can both share exciting gifts of recovery, daily check-ins of life’s events, Tenth Steps, painful experiences, and the worst of character defects and harms done without fear of judgement, ridicule, or abandonment. We witness and support one another, sharing our experience, strength, and hope. Feeling safe, loved, compassionately listened to, and understood, I don’t have to edit my words to please someone else, to circumvent judgement, or to save myself from embarrassment. It is understood that coming clean, especially in sharing my part of a conflict, is all about having the courage to step forth and “concentrate not so much on what needs to change in the world as in what needs to change in me and in my attitudes” (Alcoholics Anonymous, 4th edition, p. 417).

One of my volunteer gigs is being the Vice President of our co-op’s board of directors. During a recent board meeting, someone was angry, let’s call him Fred, and he lost his temper, letting me have it. I was shaking with anger and fear. Towards the end of the meeting, when Fred was told he could leave, I said, “You are dismissed.” When I later discussed the anecdote with someone, he agreed that Fred was rude to me, acknowledged my sharing the trigger of childhood abuse that often left me scared for my safety, yet he also gently asked me to look at my part. I wasn’t as clean as the fresh, morning snow. I made a snarky comment to Fred when he was leaving. The little girl in me trembled for nearly two weeks after that encounter, yet anyone who had observed it firsthand had since told me that Fred was rude and not terrorizing me, as I had felt.

My friend lovingly witnessed my retelling of the event, and subsequently asking me to acknowledge my part helped me take a step back and not only see the banner I was waving of victimhood, but also see the challenge God was giving me so that I may have worked through it to receive the precious gift he had for me. I recently acknowledged to several people that my biggest character defect is that, when I am angry and stressed, I tend to snap at people. I have been asking God to help me remove that defect and treat everyone with love and respect, no matter the situation.

Cycling home from church the other day, the fear and trembling evaporated when I realized that when I’ve spoken harshly to people, I don’t know how my words may have affected them. I heard a voice gently say, “You asked for this, and you don’t get to tell God how he teaches you how to overcome a character defect.”

Wow! Another amazing instance of a challenge God has given me so that I may work through it and receive the gift on the other side. I feel contrite as to harsh words said, not only in and of themselves, but because, like my example in the board room, I have no idea of the repercussions of my words on others.

~Diane T.



Recovery Through Fellowship

Overeaters Anonymous (OA) is a recovery program based on the belief that compulsive overeating is a disease, not a failure of willpower. Guided by the Twelve Steps and Twelve Traditions, OA emphasizes spiritual growth and mutual support.

Fellowship is central to our program. It goes beyond attending meetings; it's about the warmth of shared experiences and understanding within the community. In OA, no one has to recover alone. Through sharing our stories, we find hope and break the isolation that fuels compulsive eating.

One key expression of this fellowship is the Serenity Times newsletter. More than just words on a page, it connects members wherever they are, providing encouragement and hope. When readers identify with an article, they experience fellowship, knowing they are not alone.

The Serenity Times is also a form of service, as contributors practice the Twelfth Step by sharing their messages with others. Everyone has something to share, and you don't need perfect writing skills—just honesty and a willingness to contribute. Your story might inspire another member!

We encourage all fellows to submit articles, reflections, or personal stories to Serenity Times. By doing so, you strengthen our fellowship and help keep OA's message alive. Submissions can be sent to wuignewsletter@gmail.com. Together, through fellowship, we recover and carry the message.

~ Cindy A., Serenity Times Editor

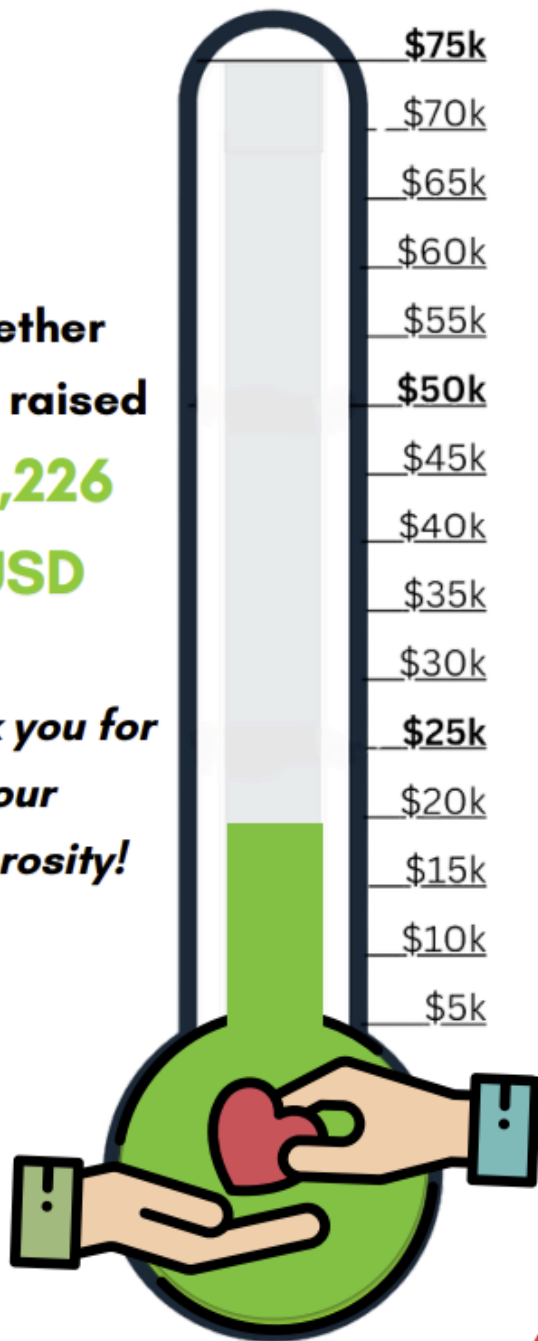
UPDATE

FIND A MEETING - PROGRESS REPORT

December 18, 2025 Update: We're making great progress on improving the Find a Meeting search, with major enhancements expected in the next 2-3 months. In the meantime, please make sure your meeting information is up to date to help ensure a smooth transition. We've raised \$19,226 toward our \$75,000 goal to complete these improvements. Your generous support is making a difference. Please continue to help get the word out.

**Together
we've raised
\$19,226
USD**

***Thank you for
your
generosity!***



With Your Help, We Can Provide:



More meeting details:

- Accessibility information
- Location specifics
- Group name
- Duration - how long
- Frequency - how often



Improved speed & reliability



Easier meeting updates



Enhanced search capabilities



Better smartphone display

Together we can reach \$75K- Every Contribution Matters!

- Go to oa.org/contribute
- Specify "Find a Meeting Improvements"
- Contributions by mail are welcome

CONTRIBUTE ❤️





Ways You Can Make a Difference: an Invitation to You from the Board of Trustees

Dear OA Member,

At this time of year, many of us are reflecting on how we can make a positive difference—whether through kindness, service, or supporting causes we care about. In OA, giving can take many forms, and each one helps strengthen our Fellowship and welcomes those who are seeking recovery.

Throughout December, we invite you to reflect on the ways you might offer support and connection within the OA Fellowship. Here are just a few meaningful ways members can “give” within OA:

- ♥ Welcome a newcomer at a meeting or reach out to someone you don’t know yet.
- ♥ Share a message of hope with someone who is struggling.
- ♥ Offer service, such as reading, helping with technology, or staying after to clean up.
- ♥ Share OA literature by sending a book or pamphlet to someone who might find it helpful.
- ♥ Make a contribution to help OA carry the message worldwide.

If you feel moved to offer support through a financial contribution this month, know that your generosity will help OA provide essential resources around the globe. Contributions sustain tools like the Find a Meeting search, support the development and translation of OA literature, maintain worldwide service efforts, and ensure that newcomers everywhere can access the hope and recovery OA offers. Every gift strengthens OA’s ability to carry the message to those still suffering, no matter where they live.

Thank you for all the ways you give—through your presence, your service, your kindness, and your support. Together, we help keep OA strong, welcoming, and available to everyone who seeks recovery.

With gratitude,

Overeaters Anonymous Board of Trustees



Share your experience,
strength and hope in
the 2nd quarter 2026
Serenity Times

Theme: Integrity

Send your submissions to:
wuignewsletter@gmail.com

Deadline: March 20th

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/>

An opportunity to share, inspire and serve...

Whether it's a heartfelt reflection, a creative story, a witty observation, or favorite piece from OA approved literature—your words have the power to help and serve others. Our newsletter thrives on the diverse voices of our members, and we want you to share yours. This is your space to inform, inspire, and connect with your fellows.

You can submit your contributions to the newsletter by emailing
wuignewsletter@gmail.com.

THANK =YOU!=



News and Events

Access the most up-to-date
information at

<https://www.oawestchesterny.org/>

Mt. Kisco Anniversary Meeting

Monday 1/12/26 - 7:30 pm

United Methodist Church, Mt. Kisco, NY
(Snow date - 1/26/26)

White Plains Meeting Anniversary

Wednesday, 1/14/26

Presbyterian Church, White Plains, NY

OA Birthday Celebration - Mid Hudson

Saturday, 1/17/26 - 9:30am to 3:30pm

Cornwall United Methodist Church, Cornwall, NY

Tuesday Welcome Home Meeting

Anniversary Meeting

1/27/26 - 7:00pm

First Presbyterian Church, Mahopac, NY
(Snow date - 2/3/26)

Important Links

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



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.

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



WUIG Trusted Servants

- Co-Chairs: Fontaine S. and Cris A.: wuigchair@gmail.com
- Treasurer Chelsea F.: wuigtreasurer@gmail.com
- Recording Secretary: Michelle J.B. wuigsecretary@gmail.com
- Corresponding Secretary: Janice K. wuigmeetinglist@gmail.com
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- Website Coordinator: Meg D. wuigwebsite@gmail.com
- Region 6 Reps: Amy J., Meg D. wuig6reps@gmail.com
- Newsletter Editor: Cindy A. wuignewsletter@gmail.com
- World Service Business Conference Delegates: Cathy C.

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



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/overeatersanonymous_official/

