

# Serenity Times

Westchester United Intergroup  
www.oawestchesterny.org



## Disciplined eating leads to disciplined living.

**Packed lunches:** I LOVE having my delicious, weighed and measured, colorful, healthy, and safe meals at work with me. I am free to focus on work, colleagues, being helpful, kids, and tasks. I am of service, and food is quiet.

**Prepped breakfast overnight:** On the weekend, I prep for Monday, Tuesday, and Wednesday. On Wednesday night, I prep for Thursday, Friday, and Saturday (so I can chill on Friday night too!). I love my breakfasts! I'm fueled and ready to do God's work. I'm nourished, and it's delicious.

**Work potlucks:** Bring something everyone can enjoy! Be of service. Bring something I can have. Or, look for ways to be helpful. Clean up, set up, clear plates and messes, entertain the kids, compliment others, look for people sitting alone.

**Camping meals:** Taking care of me helps me be of service. Participate in the meals, having what I can and refraining from what I cannot. Weighing and measuring helps me to keep my mind and available for family and friends.

**Eating out:** Leave the scale at home. This is once in a while. God is with me. I look at the menu ahead, send my plan the night before to my sponsor, and text any changes. This allows me to be with God and the people around me.

**Family parties:** Bring the scale. No one cares! I am free to spend time with others when my mind is free from chatter! There is freedom in the discipline.

Thank you God!  
~Abby D.

## This issue:

### Fellow Articles

Pages 01 to 05

### News and Events Important Links

Page 06

### Important Information

Page 07





Self-discipline is such a tricky topic in recovery. I think it is a combination of willingness from God, and the work we do ourselves on the steps and connecting with our higher power. But these pages in the Big Book, in the chapter *Into Action*, are all the things I pray for the willingness to do, all the Steps at once. Pray, meditate, constantly work at it, definite and valuable suggestions. That is a warning.

At night, we do a constructive review. We think about our resentment, selfishness, dishonesty, and fear. I think about this at night and think about whether I owe an apology. I think about whether I need to tell someone something. If I do, I speak to my sponsor, or a fellow, or my therapist, or all three. I ask if I am kind and loving. I ask if I could have done better for others. Often, I could have had more gratitude, and I list my gratitude. It tells us not to drift into worry, morbid reflection, or remorse. It warns me that those things are not useful. I ask God what I need to correct? Anything that needs correction. I ask for forgiveness. I sit quietly and think about what the answers are to those questions.

In the morning, I think ahead. What is my food plan? What is my day going to be like? What might be challenging? I asked God to direct my thinking. I ask for God's help to not be selfish, self-seeking, or self-pitying. The promise is that, "our thought life will be placed on a much higher plane when our thinking is cleared of wrong motives." When I feel indecision, what should I do? Ask God to help me.

How does God speak to me? God speaks to me in an idea that comes to me, quietly, through another person, through my forgetting to be upset, in a dream. I try to relax and take it easy like the Big Book tells me. The warning is that I might "pay for thinking I'll be inspired at all times." The Big Book says that this "leads to absurd actions and ideas." The promise is that "I will be more and more on the plane of inspiration." I am seeing this come true in my life. More and more, things are coming to me that never came to me before about how to conduct my life.

The Big Book says to conclude with a prayer to show me what I should do next. It tells me I am given everything I need to be free from self-will. And to not have requests for myself only unless they help others also. It may seem like I'm simply stating what the Big Book says, but, as I say it, it is a prayer, and I am asking God to help discipline me. It says to bring others into meditation. It warns me that prayers for myself don't work and are a waste of time. So, I'm asking God's help to not pray for myself, and to use my time to do God's will. The Big Book says to memorize these prayers. I have done that with a lot of the prayers, and I say them wherever I am, and in the morning, whether I have something to read them from or not.

I am told to "pause when agitated or doubtful. And ask what the right thought or action is." I'm not God, so I want to know God's will for me. All of this is the way I live in God's discipline. The program helps me learn how to do this, and the more I keep coming back, the more I learn, and the more I integrate these suggestions into my life and feel the freedom of recovery!

~Michele JB

“...we begin to  
become willing  
to make  
amends--this, to  
make  
changes...”

*The 12 Steps and 12  
Traditions of OA,  
2nd ed, P. 58*

Action  
Creates  
Change

## Self-discipline = Solid Action Plan

Self-discipline is analogous to following the Action Plan I have agreed to in conjunction with God. Every day, without fail, I wake up by 3:30am, pray, meditate, stretch, and continue praying while feeding the cats, myself, and getting ready to get on the bike to go to mass. I also make time, before leaving, to check on any pressing OA correspondence that needs my attention, personal correspondence, and checking the day's appointments. I pray on the way to mass, while gratefully soaking in the wonders of nature.

After enjoying communing with God during mass, I cycle to a nearby cat colony and take care of them, log into an OA meeting, and then finish up the meeting at home.

This morning routine is a non-negotiable part of my day and sets the foundation, the roots, if you will, for the day that is God-centered, so that my, “...real purpose is to fit myself to being of maximum service to God and the people about me” (*Alcoholics Anonymous*, p77).

Shopping for healthy, nutritious foods, preparing them ahead of time, tracking the foods, amounts, and protein I consume, as well as having a food accountability buddy that I check in with daily, is another part of my action plan that is all about self-discipline.

Sponsoring, co-sponsoring with a fellow traveler, service—lots of service!—Tenth Stepping as often as needed throughout the day, attending meetings, outreach, writing, and literature are amongst the tools I practice without fail.

It's all part of the grunt work, the checklist of actions I take on a daily basis, whether I feel like it or not, that help ensure my abstinence and keep my recovery growing.

~Diane T. NY





Self-discipline has manifested itself in many forms throughout my life. When my husband was diagnosed with a terminal lung disease during the height of the pandemic, I was terrified. I was so afraid that if I got sick with anything (a cold, the flu, or Covid...), I could easily pass it along to him. Any sickness could kill him because his lungs were that compromised. I became very disciplined with wearing a KN-95 mask everywhere I went. And with all the rest of the upheaval happening in our lives at that time, I just didn't know what else I should do.

So when I walked through a prayer labyrinth, the question I asked God was: "What can I do that will help my husband the most?" I had never walked through a prayer labyrinth before, and it was such a calming, spiritual experience. As I exited the labyrinth, a peace settled over me as the answer came to me: "Ask for help!" That is exactly what I started to do.

Before this, it had been hard for me to ask for help. I've tried to be a self-reliant person my whole life. I love helping others and seeing the appreciation on people's faces when I help them. Then why was I depriving other people of that joy when I wouldn't let them help me? By asking for help, I was letting other people feel that "joy of giving" that I love to experience.

I also realized that I could ask God for help for myself too, not just for others. Sure, I would pray and ask God to help other people with their problems. Or, I would ask him for help with the "Big Things" in my life, but I wouldn't "bother" him with the little, everyday, run-of-the-mill things. For example, I didn't feel like "it was my place" to bother God with my weight problem. What could he do that would help me lose all this extra weight I was carrying around? What could he do that would help me stop eating like a crazy person every single day of my life?

Well, I realized that God has enough wherewithal to help me with ALL of my problems, both big and small. I came to realize with this program that he loves me and cares about all of us. I finally realized that I'm important to him. I just needed to trust that he will help me when I ask for his help. So, I need to have the daily discipline to ask God for guidance, strength and help, so that I will be strong enough to do his work.

I know that I've been put on this earth for many reasons. One of which is to use the talents that God has given me; to touch people's lives with my experiences and to do service for others. I try to open myself up to God and his love. It might sound weird, but I visualize that I have a huge drain spout above my head, opened up towards God. The drain spout goes through my head and curves out of my mouth. So basically, I'm a conduit through which God uses me as his messenger.

It takes a lot of effort and discipline to try to be open to what God wants me to do to help others every day. I continue to work towards fulfilling God's plan for me. I've come to realize that when God thinks it is time for me to finally achieve my correct body size and have my body be at the weight he wants me to be, I'll be there. Therefore, I can't be impatient, tapping my foot, saying, "Well God, when are you going to let my body release all this excess weight?" It's not my place to ask that of Him. I have to trust and believe that He has a plan for me and will reveal it to me when it is time. It's not my timeline, it's God's timeline. Until then, I'll still be here every day, working this spiritual program. With God's help and the self-discipline He has instilled in me, I'll be trying to spread God's love and hope to others in any way I can. ~Robin, Like a Bird





Share your experience,  
strength and hope in  
the 4th quarter  
Serenity Times

**Theme: Service**

Send your submissions to:  
[wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com)

**Deadline: Septemer 19th**

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](mailto:wuignewsletter@gmail.com).

Cindy A.

Editor, Serenity Times





**COVERLATES  
INCORPORATED**  
2024

# SPONSORSHIP DAY!

JOIN US IN-PERSON!

**SUNDAY 8/17/2025  
1:30-3:30PM ET**

(CUBIC) COMMUNITY UNITARIAN  
UNIVERSALIST CONGREGATION  
468 ROOSEVELT AVE. WP

**SPEAKERS &  
FELLOWSHIP**

[www.coverlates.com](http://www.coverlates.com)



OVERLAYS @ANYTIME  
OVERLAYS @ANYTIME  
OVERLAYS @ANYTIME

BEACH DAY  
FELLOWSHIP

NAMMONASSETT BEACH STATE PARK  
1200 HOSTON POST RD  
MADISON CT

COME IF YOU WANT TO HAVE FUN!

SATURDAY JULY 19 | 12:00 PM

RAIN DATE 7/26/2025 12:00PM

RELAX, SWIM, CHAT,  
NAP, &/OR BRING YOUR LUNCH

SPECIAL EVENTS@GMAIL.COM



**OVEREATERS  
DISORDER**

**BODY IMAGE  
STEP STUDY**

**9 TUESDAYS:  
10/21-12/16/2025  
7-8:30PM ET ZOOM ONLY**

REGISTRATION LIMITED:  
MICHELLE 26: (817) 250-8945  
JOHN 9: (914) 720-7785



## Registration is open!

We are offering convenient registration at all of our shows. To learn more, visit [www.iamimagine.com](http://www.iamimagine.com) or call 1-800-888-8888. Starting with our registration in \$75.

**Register:** The Register is a one-day seminar and a one-day tour of the show. Registration is \$100 per person per night.

**Details:**

- Starting March 1 - \$10 includes taxes and parking.
- Starting March 1 - \$10 includes taxes and parking.
- Each night includes a tour of the show.
- Go to the Register website for all the details!

**Convenient 2012, Register & Showtimes:**

**IMAGINE THE MIRACLES!**

Register & Conventions  
October 14-16, 2012, Rochester, NY

- WUIG Key Points (Link)
- About meetings:  
[www.oawestchesterny.org/meetings.html](http://www.oawestchesterny.org/meetings.html)
- 7th Tradition: [www.oawestchesterny.org/7th-step-tradition.html](http://www.oawestchesterny.org/7th-step-tradition.html)
- Contact WUIG: [www.oawestchesterny.org/contact.html](http://www.oawestchesterny.org/contact.html)
- Overeaters Anonymous: [www.oa.org](http://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](mailto: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](mailto:wuigtreasurer@gmail.com). State your contribution distribution in the MEMO section. [PayPal Link](#)

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



## WUIG Trusted Servants

- Chair: Diane T.: [wuigchair@gmail.com](mailto:wuigchair@gmail.com)
- Treasurer Chelsea F.: [wuigtreasurer@gmail.com](mailto:wuigtreasurer@gmail.com)
- Recording Secretary: Michelle J.B. [wuigsecretary@gmail.com](mailto:wuigsecretary@gmail.com)
- Corresponding Secretary: Janice K. [wuigmeetinglist@gmail.com](mailto:wuigmeetinglist@gmail.com)
- Event Coordinator: Joanne D. [wuigevents@gmail.com](mailto:wuigevents@gmail.com)
- Sponsor Bank Coordinator: Carol G. [sponsorwuig@gmail.com](mailto:sponsorwuig@gmail.com)
- Website Coordinator: Meg D. [wuigwebsite@gmail.com](mailto:wuigwebsite@gmail.com)
- Region 6 Reps: Amy J., Dawn P. Annie A. [wuig6reps@gmail.com](mailto:wuig6reps@gmail.com)
- Newsletter Editor: Cindy A. [wuignewsletter@gmail.com](mailto: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**



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/](https://www.instagram.com/overeatersanonymous_official/)

