

Serenity Times

Westchester United Intergroup
www.oawestchesterny.org

I was surprised to learn that love is the spiritual principle of Step Nine (making amends) but it makes sense because Step Nine teaches us how to focus on love as an unselfish spiritual action rather than a feeling. True love requires us to be gentle, kind, and respectful to both others and ourselves when we make our amends.

Love is also mentioned in Step Twelve, such as when we give service unconditionally to another compulsive eater without expecting a reward or anything in return.

Tradition Two tells us the ultimate authority in OA is a "loving God as He may express Himself in our group conscience." In our business meetings, we follow a format that shapes how we treat one another - giving every person an opportunity to express their opinion and accepting the decision of the group conscience.

I have always found it easier to be kind and loving towards others rather than to myself. However, I am beginning to change. In recovery, I have learned that my attempts at perfectionism are self-defeating. Now, in my nightly inventory, I take time to recognize what I have done well, in addition to what I could have done better.

Making amends to myself is a critical part of Step Nine. I practice self-love by prioritizing buying and preparing the healthy meals that I like to eat, stocking the freezer with the extras, and eating three balanced meals a day. Many times I bring my lunch with me in an insulated container and that is a form of self-love, too.

Little by little, I am being less critical of myself, accepting my humanity, and knowing that I am a work in progress.

Mary Anne K

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TO LOVE AND BE LOVED

From For Today, December 6th,

'There is only one happiness in life, to love and be loved.' – George Sand

Since I met my husband, I've always felt that I love him more than he loves me. I actually think it's because he's easier to love, and I'm harder to love. Just ask my friends and family. I did a 5-minute stand-up comedy routine about just that. Even my dog, who I walk and feed every day, loves him more than me.

I was in very few romantic relationships where I felt that I loved my boyfriend or spouse more than he loved me. And I often felt guilty about it. But with my husband, there's no guilt. And what I've also learned, to my great surprise, is that it actually feels better to be the one who loves more. Go figure. It allows me to demonstrate that love through caring actions.

My husband tends to be shy and introverted. Believe it or not, as a child, I was also very shy, and I had great difficulty telling anyone what I wanted or needed. I've worked hard to help my husband state his wants and needs, especially since my personality can be overpowering. I feel that my time with him may be limited. So I try to make sure that we do the things he most wants to do, such as vacations, going to restaurants, and even what we watch on TV (though I draw the line at camping). I think long and hard about what gifts to give him, especially because he says he never wants anything for birthdays or Christmas. I find a lot of joy in giving, but I have also learned how gratifying it is to be able to receive, for myself and for the giver.

Thankfully, I have also been able to transmit this sense of loving to my daughter. I have talked with her about how she can behave with her boyfriend in a more loving way, as he also tends to sublimate his wants and needs. But even more, I have been able to express my love for my daughter through my actions and my presence. She has received these with gratitude.

And what does all of this have to do with OA? First, when I was in the food, I never thought about these things. And I was more into taking than giving, because I never felt I had enough of anything. Second, when food dominated my thinking, there wasn't room for anyone else. I didn't even contemplate the idea that I needed to do more for others than for myself. I was selfish and self-centered, and still can be, at times. Although now, having worked the steps fully, I ask my Higher Power to remove those character defects daily. And I actively work on being less self-centered and more thoughtful of others.

Further from the December 6th entry of For Today,

"A sense of loving and being loved is not restricted to one's spouse, children, parents, friends or associates. It can be applied to everything and everyone in God's world. To love and feel loved is nothing less than to have a reverence for life."

While I feel enormously grateful for everything I have, I would like to move toward reverence – an admiration, worship, awe, humility and profound respect. It would be a move from valuing what I have received to valuing what is outside of me in the universe. Above all, a reverence for God. And if I can live in this reverence with regard to people, I will have learned to love unconditionally and to express that love through my actions. And really, what else is of any importance?

In love and service,
Carol G.



THREE LITTLE WORDS

Early in Program, I made an outreach call to an old-timer. He shared his experience, strength and hope, I listened, and then we started to wrap up the call. When the old-timer signed off, he said, “OK. It was nice talking. I love you.” Click.

Wow. Even though we had attended only a handful of virtual meetings together and spoken on the phone just a few times, I could tell this wasn’t just an empty phrase. He meant it.

I had heard the slogan, “We’ll love you until you love yourself.” I had been on the receiving end of after-meeting hugs. I had seen the sparkle in my fellows’ eyes as I shared. But this was the first time someone had gone right out and said it so matter-of-factly ... I love you.

Before program, I had a lot of trouble with those three little words. My stinkin’ thinkin’ went something like this: “I don’t love anyone, so it would be phony to say I do.” On the rare occasions when someone expressed love toward me, I was tongue-tied.

Gradually, by working the 12 Steps of OA, I started to change. When I turned over my inventory during Step 5, I felt accepted and connected. When I made my amends during Step 9, I cleared away the guilt of the past. Those actions helped Higher Power’s love flow through me.

Practicing program principles in all my affairs helped thaw my heart, which had been in a deep freeze for so long. The love of my fellows did the rest.

Now, when I say “I love you”, I mean it. Thank you, OA. And thank you to that old-timer for showing me the way.

Submitted Anonymously





I am writing to express my gratitude for G-d's unending LOVE. Over the course of my life, I have understood love in a gradual and expanding way. As a small child, I accepted life without complaint. I had a nice childhood and expressed and received love openly in my family--from my parents and grandparents. Beginning at the age of 8 or so, coinciding with my parents telling me they were having another baby, I began to feel self conscious about my body. I began to feel annoyed that my parents spoke to me about eating less. I began to feel like my close-in-age younger brother, who was an athlete, had things about him that were special, and that there was nothing special about me. Along the way, I began feeling like there was something wrong with me, that I stuck out like a sore thumb, or a bull in a china shop. I felt unlovable and felt that I was loved less than enough. When I look back, through the lens of the 12 Steps, I see that I was a child for whom love and food were never enough. I did not understand my problems then, the way I have learned and continue to grow in understanding now in Overeaters Anonymous.

I spent most of my life fat. From the ages of 9-ish to 40 (when I came into the rooms), I was very overweight. My top weight was 284 pounds (not including my pregnancy with twins which brought me above 300. My doctor's scale did not go that high). I was preoccupied and obsessed with being fat and feeling defective. I went on diets a few times and lost 60-80 pounds a couple of times, but could never keep it off. I felt like I was always on a diet and never eating what I really wanted to--which was a lot!! Also, I always wanted love from everyone, but felt love was never enough. I tried to please everyone. I gossiped to curry favor, and tried to be a cozy insider with everyone--maybe hoping I could somehow manipulate and guarantee love. My parents divorced and I became a confidante to them and also hated that they spoke to me about each other. I met my husband when I was in my late 20's and hoped I would finally be satisfied with his love. My search for satisfaction was all external. I had no awareness that satisfaction, or contentment, are an inside job.

I came into OA in 2010. My husband had cancer and all I cared about was food. We had twins who were 6 years old then. My love was so full of unmanageability, but I had no understanding of powerlessness. I began to learn about the OA 12 Step Program through work with a sponsor, reading literature, attending meetings, speaking with fellows, and writing. In the Big Book, Bill's Story, he mentions that in his early [unrecovered] life, there "was love, applause, war." What I understood love to be before program was like Bill, something that fed my ego.

I grew up, and am still "religious," meaning that I observe my religion, but I never really developed a relationship with G-d until I got into stepwork. As I began working the steps, I began to foster a loving relationship with a higher power of my own understanding. I started to learn and accept that I could not run my own life without help (Step 1), there is a power greater than I (Step 2), and I need to constantly turn my life and will over to Him (Step 3). HP is loving toward me, supports me, and, with Him, I can feel supported, loved, and satisfied. He helps me, through intuitive guidance, to do what is right for myself and others. Whereas before program I felt tension, pressure, inadequacy, ineffectiveness, and alone, G-d and OA have transformed me. Now, a lot of the time, I feel loved, grateful, serene, adequate, good enough, humble, and able to love and accept life on life's terms.

Michelle JB



Share your experience,
strength and hope in
the 4th quarter 2026
Serenity Times

Theme: NEUTRALITY

**Send your submissions to:
wuignewsletter@gmail.com**

Deadline: SEPT 25TH

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.

Click [HERE](#) for the meeting list.

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/>

SPONSORSHIP TRAINING

Sunday, July 26th 3:00-5:00 pm ET
ZOOM ONLY
ID 819 8885 4410
Passcode: 607026

SPONSORSHIP DAY (SAVE THE DATE)

Sunday, August 16 Time and location to be
determined)

For more information on these
events go to [oawestchesterny.org](https://www.oawestchesterny.org).

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: wuigsponsor@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
- Sponsor Bank Coordinator: Carly S. wuigsponsor@gmail.com
- Website Coordinator: Meg D. wuigwebsite@gmail.com
- Region 6 Reps: Meg D. wuig6reps@gmail.com
- Newsletter Editor: Cindy A. wuignewsletter@gmail.com
- World Service Business Conference Delegates: Carol G and Anne B.

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/

