

2024 FOURTH QUARTER

# SERENITY TIMES

Westchester United Intergroup  
[www.oawestchesterny.org](http://www.oawestchesterny.org)

## Sharing your experience, strength and hope

CINDY A.

“Here, we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us we receive an abundance of joy and strength.” (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, 2nd ed, p 86)

It is an important part of our program to serve others and carry the message to those still suffering from the disease of compulsive eating. This newsletter is a great way to carry that message. We need you! Your stories and nuggets of wisdom help us all and are another great way to do service! Please consider sharing your stories.

Want to share a story or have news or events to promote? Email me at [wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com).



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Westchester United Intergroup  
[oaheips.org](http://oaheips.org)

SERENITY TIMES

PAGE 01

## News and Events



- Tricks of the disease & treats of recovery: Hear OA speakers share how the disease has tricked them and how the treats of recovery have saved them. Sunday, October 20 1-3:00 PM ET Zoom ID: 825 0402 2462, Passcode: october ([link](#) to flyer)



- R6 Convention, October 26-27, Nashua, NH  
<https://oaregion6.org/convention/>



- Idea Day: International Day of Experiencing Abstinence! November 17th, 1pm-3pm ET . Emanuel Lutheran Church, Pleasantville, NY. Bring your lunch. Contact Judy R. (914)522-6073 or Denise B. (914) 263-0611 ([link](#) to flyer)



- Fellowship Fun & 12th Step Within Day: December 29, 12-2 PM The Harvey School, Katonah, NY  
[wuigevents@gmail.com](mailto:wuigevents@gmail.com) ([link](#) to flyer)



- Journey Through the Steps 12 Step Study on Zoom! Sunday, 1/5 - 4/13/2025, 4-6 PM. Prerequisites: have a sponsor, a food plan, be abstinent, have Zoom access, & complete all assignments. See flyer for sign up details ([link](#) to flyer)

## Important Links

- [WUIG Key Points \(Link\)](#)
- About meetings: [www.oawestchesterny.org/meetings.html](http://www.oawestchesterny.org/meetings.html)
- 7th Step 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)

Continued to take  
personal inventory  
and when we were  
wrong, promptly  
admitted it.

STEP TEN

Spiritual Principle

**PERSEVERANCE**



More gifts are in store for us as we continue working the program and experiencing the miracle of permanent recovery, one day at a time.

THE 12 STEPS AND 12 TRADITIONS OF OA, 2ND ED, P 74



## It Was the Insanity of My Life that Got Me Back to OA

I came back to OA almost a year ago. I left because I wasn't making enough progress and was feeling depressed. My food was okay, so I thought I didn't need the program. I just had to eat three meals a day. That's all that recovery requires, right?

While I was away, I was drinking two liters of diet cola a day. By the end of that period, I had gotten back to bingeing. But it was the insanity of my life that got me back to OA.

After five months, I couldn't cope with people. I didn't want to see friends and found family get-togethers distressing and full of resentments. I couldn't stand the people at work. I was racked with worries and anger, venting this all out to my mother—poor her. Having life traumas without OA help is horrific. Everything seemed wrong. I wanted to change where I lived, who I knew, where I worked. I was in a financial mess, unwilling to ask for help. I resented family and friends for not sorting me out. Gone was any gratitude, serenity, love, peace or acceptance. This culminated in a Christmas spent bingeing and hiding. During my most horrendous binges, I discovered I could no longer eat enough food to fill myself up without being so stuffed I had to lie down. I knew I needed to get back to OA.

Members who knew me seemed glad to see me, and I knew I was in the right place. Right away I got back into calling people, going to meetings and giving service. Gone are the binges followed by total despair for days.

Within a year, I've improved every area of my life. Gone are the binges followed by total despair for days. I'm happier with my job and have kept it; before, I was sure I'd have to give it up. I'm happy where I'm living and have filled the financial hole I was creating. I've regained peace, serenity, hope and acceptance. That treasured gratitude is back. I've started to make healthy friendships and to tackle serious legal problems I had ignored for years. I've received outside help with my flat and daily living. I've made fantastic, gradual changes to my diet. I now eat off plates, not out of salad bowls. I've given up diet cola, a complete miracle for me. I've started leaning less on my mother for emotional help. I have built a network of OA friends with whom I am getting closer. I feel I'm able to share with and help others, as well as letting them help me.

My recovery is in the Steps. I've reached Step Eight by getting a sponsor and doing one question from The Twelve Step Workbook of Overeaters Anonymous, Second Edition every day I am able. Meetings have been helpful, both face-to-face and virtual, and listening to OA speakers has been inspiring. I've been astonished at the quality of the stories in our OA literature, which has inspired me to write to *Lifeline*!

I've got a long way to go, but I'm on my way. I've stopped going down the path of self-destruction I was on a year ago. Who knows where I would have been by now. I'm very grateful to have returned to OA and hope never to leave again. When I was away from OA, I knew how to abstain, but I had no reasons why I should abstain. That's a horrible place to be.

—Julian, England, *OA Lifeline*: August 16, 2024





## Share your experience, strength and hope in the 1st quarter Serenity Times

**THEME: HOPE**

SEND YOUR SUBMISSIONS TO:  
[WUIGNEWSLETTER@GMAIL.COM](mailto:WUIGNEWSLETTER@GMAIL.COM)

DEADLINE: DECEMBER 20TH



Hope

## Message of Perseverance

Voices of Recovery - Jan 17

“Perseverance brings us the reward of continuing, permanent recovery.” -The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd ed., p. 86

Before I entered recovery, perseverance meant struggling through your problems and winding up eating anyway because an answer didn't come that very instant. Today, perseverance has a different meaning. Through working the Twelve Steps and relying on my Higher Power, perseverance now means working through daily struggles with the hope of resolution and a brighter tomorrow, trusting my Higher Power to remove my impatience and replace it with the willingness I need to see that working through struggles is part of recovery, and in his time, the answers will come. Giving in to daily struggles means I could miss my miracle that could be just five minutes away.

## 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/>



## 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 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](mailto:wuigchair@gmail.com)
- Vice Chair Rob M.: [wuigvicechair@gmail.com](mailto:wuigvicechair@gmail.com)
- Treasurer Chelsea F.: [wuigtreasurer@gmail.com](mailto:wuigtreasurer@gmail.com)
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- World Service Business Conference Delegates: Cathy C.
- Newsletter editor: Cindy A. [wuignewsletter@gmail.com](mailto: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



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

