

Serenity Times

Westchester United Intergroup
www.oawestchesterny.org

WHAT DOES SERVICE LOOK LIKE?

I love the idea of writing to G-d like this, and sharing my thoughts with you through the serenity times.

When I am feeling selfish, or when I feel “hungry,” any service will help me stay in a recovered state. If I feel like eating, or if my emotions feel unmanageable, I go through my metaphorical Rolodex of service. I ask myself, “What am I willing to do?”

- Go to a meeting?
- Make a phone call to an OA friend?
- Call someone new from the We Care list?
- Go onto OA.org and find a meeting right now? Text some fellows?
- Pray to G-d?
- Do some OA reading?
- Do some writing?
- Type up the notes I took as secretary of a meeting?
- Write something for the Serenity Times?
- Type up the handwritten sign up sheet for a new meeting?
- Call or text fellows to ask if anyone wants to/can lead or share at a meeting I am program chairing

Anything I do to keep the program going is service. I need this program.

~Michelle JB

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“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 12 Steps and 12 Traditions of OA,
2nd ed, p. 86*



Service with a Smile

Page seventy-seven, line three of the Big Book, tells us, “Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” This has always been how I’ve wanted to live my life, but decades of being hamstrung by the food debacle only allowed me to do so in bits and pieces here and there, in fits and starts.

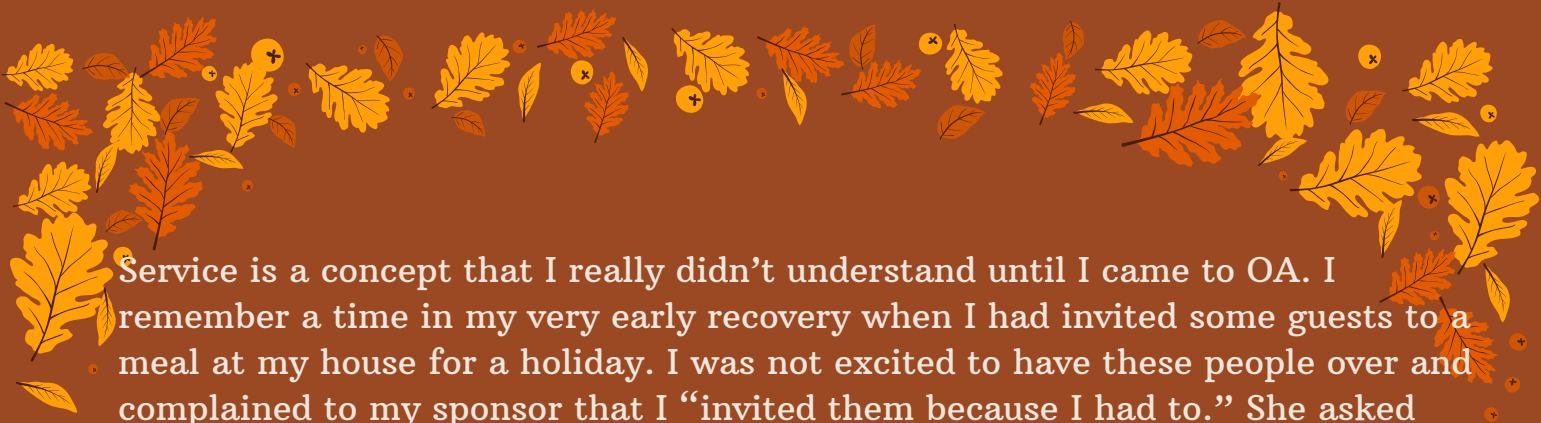
Being in recovery has allowed me to dedicate my life to serving others...all those about me. If I could change one word in the Big Book, it would be changing, “...people about us,” to “those about us.” For me, it’s about serving all of God’s creation, including animals and nature, from rich, fertile soil to towering trees, to the depths of the oceans and the mollusks that walk therein.

I hit the ground running when I came into OA seven years ago, and each and every aspect of service I did was a labor of love. My heart sang as I served my fellows and God. This has always been a keen indicator for me that I am doing what God wants of me; my heart explodes with joy, and I am willing to walk through the gates of Hell to accomplish whatever is necessary.

Recently, not so much. Much of the service I’d been doing in OA began to feel like a stressful, hit-list of tasks I needed to bang out. I’d gone off key, and my spirit had become dissonant. God wants me to serve with a smile, with my heart on fire for Him and for all those I serve. So, I began working on getting back in tune by jettisoning service that no longer filled my heart, by cutting back on the time I committed to service, and by serving the child within me who needed more nurturing and fun than she’d been getting.

I also ask God each day that for all He would have me do that my desire increase a thousand-fold, and for all He would not have me do that my desire decrease exponentially or not even exist. He’s been talking, and I’ve been listening. I am excited about the new endeavors He has planned for me, for how I can serve Him and others, and for the rapture in experiencing my heart sing.

Diane T.



Service is a concept that I really didn't understand until I came to OA. I remember a time in my very early recovery when I had invited some guests to a meal at my house for a holiday. I was not excited to have these people over and complained to my sponsor that I "invited them because I had to." She asked me if there was any way I could see hosting this couple as a service. It was amazing. As soon as I tried to think about hosting as a service, I started to feel love and compassion for the people I invited. I started feeling that maybe they needed support more than I needed to be lazy and selfish.

To me, service is an action that I take that gives to others without actually taking anything away from me. When I give service, I give, and I feel more peaceful and less resentful. Before I came to program, I was all about myself and my desires and feelings. Nothing was ever enough. Food was not enough, love was not enough, I was definitely not enough. Maybe G-d might have been enough, but I never even considered that. Taking service actions helps me feel right-sized in a universe run by G-d, not by me.

Service helps me recover, and, at the same time, hopefully helps others recover too.

I learned how to practice the Principles of this program through the service of others in meetings, being abstinent, working the steps, leading and sharing in meetings. The wave of service that comes together as the whole program of recovery runs on the engine of service.

I don't have to do everything. I can't do everything. But, I can always do something. It is such a blessing to be able to do the service that I can, and leave what I cannot do to others. If we all do our part, everything and everyone is taken care of!!

~Michelle JB.





How Service Has Helped My Recovery

I love doing service. In fact, I overlove doing it. In the past, I did so much service that I wore myself out.

Sometimes, I have confused doing service with being productive. My mother instilled a strong need in me to feel productive, and that can be a problem at times. Overdoing service is counter-productive. At one point, chairing the Intergroup, I was staying abstinent mostly to be able to hold that position. I was so busy doing, I wasn't filling myself up enough with my own recovery. When that service ended, I had two slips a week apart and restarted my abstinence day count. My sponsor suggested going to 90 meetings in 90 days, among other things, and it worked, thankfully. Now I do a moderate amount of service and run it past my Higher Power and my sponsor before taking it on. I have also had positions where I recruited others to do service and really enjoyed that, as well as sponsoring. It is really fulfilling that my sponsees sponsor other people. I feel a deep affection for my sponsees and enjoy camaraderie and friendship with them.

Service has helped me feel less isolated and more connected to the group and individuals. I have held virtually every service position there is in OA at the meeting level and many at the Intergroup level as well. I have also represented our intergroup at the Region 6 Assembly. Making coffee and cleaning the coffeepot with others resulted in a lot of sharing and laughter before and after meetings. Chairing the intergroup taught me humility, especially when I made mistakes and needed to make amends to intergroup members. I had to remember that I was doing the service for them. Doing service has also allowed me to feel less uncomfortable calling other OAers to ask for help.

When I get upset with my sister, I remind myself that I am making a living amends and doing a service by being there for her. Yesterday, we were on the phone, looking at clothes online together. Who else can you do that with besides your sister? It was fun, and I find a lot of the service I do to be fun too.

In the future, I would like to be a Delegate to our World Service Convention in Albuquerque. I greatly enjoy the service I do and am grateful for the opportunities.

Carol G.



Share your experience,
strength and hope in
the 1st quarter 2026
Serenity Times

Theme: Fellowship

Send your submissions to:
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.

Cindy A.
Editor, Serenity Times

Thank You



News and Events

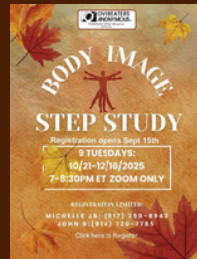
Abstinence over the Upcoming Holidays (Zoom)
Sunday 10/12 12:00pm-1:30pm EDT
[Link](#)



10-12 Living in the Solution (Zoom)
Sunday 10/12 1:00pm-3:00pm EDT
[Link](#)



Body Image Step Study
9 Tuesdays 10/21-12/16
7:00pm-8:30pm EDT (Zoom)
[Link](#)



Region 6 Convention
Oct 24-26
[Link](#)

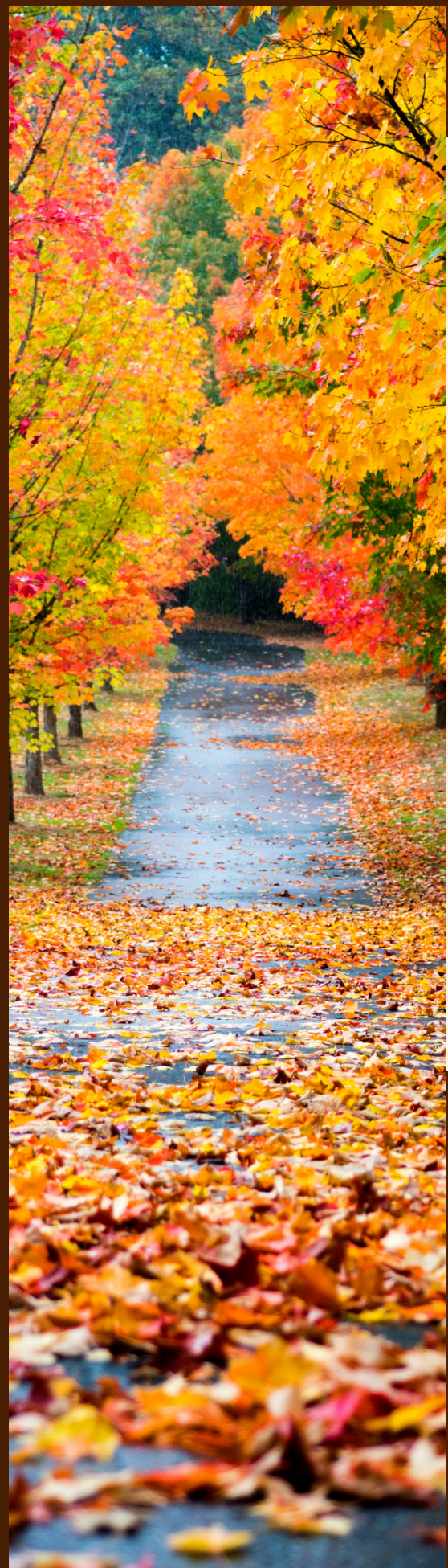


Gratitude Day (In person)
Tuesday Welcome Home Meeting
11/25 6:00pm-8:00pm EST
Fellowship followed by meeting
First Presbyterian Church,
Mahopac



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?

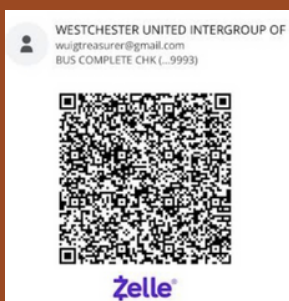
Email: sponsorwuig@gmail.com

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. [PayPal Link](#)

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



WUIG Trusted Servants

- Chair: Diane T.: wuigchair@gmail.com
- Treasurer Chelsea F.: wuigtreasurer@gmail.com
- Recording Secretary: Michelle J.B. wuigsecretary@gmail.com
- Corresponding Secretary: Janice K. wuigmeetinglist@gmail.com
- Event Coordinator: Rob M. wuigevents@gmail.com
- Sponsor Bank Coordinator: Carol G. sponsorwuig@gmail.com
- 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: Anne B, 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/

