

# SERENITY TIMES

A VIRTUAL NEWSLETTER

BROUGHT TO YOU BY WESTCHESTER UNITED INTERGROUP

4TH QUARTER 2020

## OA ZOOM MEETINGS:

Access the virtual meeting schedule, via Google Doc or .pdf, by going to:

[Rmd.me/NGoMKEzzfqF](https://Rmd.me/NGoMKEzzfqF)

Downloading Google Docs and Google Drive apps will allow you to access the most up-to-date version of the meeting schedule.



## COURAGE

Courage can be a silent act, a quiet word, a refusal — or an acceptance. Courage has no guarantees, or certain outcomes. It is a risk taken on an unknown path. Courage helps bring about change.

Growth is dependent on courage. Today I can risk, because I am not afraid to make a mistake. I am ready for change. I can make choices, not out of fear or recklessness, but out of a new willingness to resolve old problems, to rid myself of old ideas.

**For today:** I procrastinate out of fear of failure. Have I enough courage to examine that fear?

—For Today June 28

**Region 6 Convention October 23-25, 2020**



## Focus on Recovery Virtually!

Webinar  
Room  
features  
Keynote  
Speakers  
& Panels!



Zoom Meeting  
Rooms feature  
lots of  
workshops!

Registration \$3.5 USD

French Interpretation    Virtual Raffles    Entertainment

Program coming out soon!

For more info go to: [www.oaregion6.org/2020](http://www.oaregion6.org/2020)

No transfers or refunds available on convention registrations paid after 07/30/2020. If you find that you are unable to attend, Region 6 appreciates your contribution to help spread the message of recovery.

## SAVE THE DATE!!

### 12TH STEP WITHIN DAY WORKSHOP

Saturday, Dec 12, 2020

1pm - 3pm

Recovering from Relapse/Carry the Message

Details to Follow:

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

# COURAGE



When I think of Courage, what comes to mind is: "Courage to change the things I can." Courage does not mean having no fear, but to transcend my fear and change the things I can, as our familiar serenity prayer reflects.

I need courage to recover, to follow a spiritual path, and to transform.

Throughout my journey, I experienced an enormous amount of fear. At each Step, thoughts prevailed, such as, "You won't get through," "You are not doing this right," "You will never recover," "You can't recover," etc.

My biggest fear was of the disease taking over my brain and spirit. I was a slave to its demands and had no ability to choose abstinence when I was obsessed with food. The obsession is powerful, baffling, and cunning. If I have a healthy fear of the disease, courage is my only option.

My courage has evolved from many states of mind. It took courage to commit and to stick to my food plan. It took courage to weigh and measure in front of other people. It took courage to write out a Fourth Step with thoroughness and to tell all of it to another person. It took courage to make amends to people I had harmed.

To practice spiritual principles, the opposite of my character defects – takes courage. Courage is also needed in all kinds of situations – parenting my children, being there for others, sticking to my values at work, even if standing alone, and advocating for myself when needed.

**Following God's will requires enormous courage.** We don't always know what is behind the curtain and what is in store. However, one of the promises in the Big Book states: "Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!" (*Alcoholics Anonymous*, 100).

Courage has never failed to bring me closer to my true self and to my Higher Power.

Anonymous





# INTERGROUP MEETING REPRESENTATIVE

*What does the intergroup/service board representative (IR/SBR) do? In areas where an intergroup or service board has been formed, each group usually elects an intergroup/service board representative. Representatives from the various groups **meet periodically** at intergroup/service board gatherings. In addition to **keeping his/her group informed about things going on at the intergroup/service board** or in other groups that attend the intergroup/service board gathering, the representative is expected to fully **participate in service activities** undertaken by the intergroup/service board; for example, marathons or workshops that serve OA meetings in the area or OA as a whole. Many **group problems can be resolved by sharing experiences** at intergroup/service board meetings with representatives from other groups. From its ranks of officers and intergroup/service board representatives, each intergroup/service board **selects representatives** to attend regional assemblies and delegates to attend the World Service Business Conference. These positions have abstinence and service requirements (21).*

*From: SUPPORTING GROUPS AND SERVICE BODIES OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities*

## WHAT OUR INTERGROUP SERVICE MEMBERS GET OUT OF THIS SERVICE:

This 12<sup>th</sup> Step work, as a meeting representative, helps deepen my commitment to program and recovery, gives me ample opportunities in practicing working and living the Traditions and Steps, developing new skills, sharing in the think-tank and generation of ideas and subsequent plans, having a vote in ensuing intergroup activities, such as PIPO (Public Info and Professional Outreach), workshops, retreats, expenditures, and voting on intergroup officers.

I am helping promote the unity of our Westchester OA fellowship by being surrounded by committed, involved fellows, with inspirational abstinence and recovery, getting to know people from meetings I don't normally see, and making some of the best friends of my life.

## PLEASE ATTEND AN APPLICABLE BUSINESS MEETING TO IN- QUIRE ABOUT BECOMING A MEETING REPRESENTATIVE FOR:

Saturday 9am in S. Salem

Saturday 5pm in Yonkers

Wednesday 5:30pm in Pelham

Wednesday 7:30pm in Katonah

Thursday 12:30 in White Plains

Sunday 11:30am in Tarrytown



# COURAGE

For many years I knew I had a problem with food. I didn't know how to properly nourish myself without getting my feelings in the way. I was never overweight, until the end of my senior year in high school, but my weight fluctuated from average to skinny a few times. I always ate compulsively, but it didn't show on my body until late, senior year. The bingeing and dieting went on until I was twenty-four years old. I lost jobs because of my compulsive behavior with food. My relationships were spotty as well. I needed help, and I knew it.

I searched for help and found OA in the phone book. When I think of courage I see myself as a woman in my early twenties looking for a solution to a problem I knew I could not fix on my own. I was scared and pretty much alone, as my family was confused and bewildered on how they could help me. One night, after work, I walked about fifteen blocks, thinking every step of the way that this was the answer to my food problem. Despite my fear, I walked into the church basement and the rest is history.

It takes courage to admit you have a problem with food and to believe in a Power greater than yourself. It takes courage to believe in a 12 Step program where you know no one and to act on blind faith. It takes courage to trust a sponsor, the fellows of OA, and the Steps of the program, but along the way I acted as if and did it. The experience of courage I have had in this program continues to help me in all areas of my life. My pain made me make the choice to get help. I didn't even know it was courage. I just knew I was scared and had to get help. Thank you, OA!

Linda P.



Depressed and in a sugar haze, I walked into an OA meeting, some twenty years ago, desperately hoping to find the solution to the vicious cycle of food obsession, compulsive overeating, and bulimia that had been ruling my life since childhood. I recoiled with fright when I heard the Steps being read. Having to do a moral inventory, admit my wrongs to another, and to make amends to all I had harmed seemed insurmountable and akin to walking around in public naked during an ice storm. I decided I'd figure it out some other way. I wasn't that desperate.

Herbal stimulants, excessive caffeine, over exercising, restricting food, euphoric highs of new relationships with boyfriends, surgery, swallowing household chemicals, and thrill seeking adventures were amongst the panaceas I used to attempt to cure the food madness. At best, the junk tools worked temporarily, as I'd revel in victorious abstinence and think I finally had it under *control*, only to be inevitably thrust back into psychic purgatory.

## ACTING AMIDST FEAR

Two years ago my disease nearly won, as G.I. complications erupted into septic peritonitis and granted me a near death experience. I was in critical condition and hospitalized for two months. When my life hung in the balance the first few weeks, consumed with fear and wracked with pain that I did not think was humanly possible, I fervently turned to God, acting amidst fear, praying without ceasing, saying goodbye to loved ones, touching their faces and telling them how much I loved them, and apologizing for wrongs I had committed against them.

God granted me a reprieve, having seen it fit to let me live.

Several weeks after I was back home I walked into another OA meeting. This time I was desperate enough...and grateful enough.

I attend 2-3 meetings a week and work with a sponsor and sponsees. On a daily basis, I reach out to fellows, do intensive Step 11 work, commit to a plan of action that includes food and all my activities, read literature, do writing, and plenty of 12th Step work.

Having made abstinence, recovery, and God the most important elements of my life, OA and God have graced me with a full and amazing life, often pinching myself to see if I am really alive or if I did indeed pass on. I am closer with my loved ones, have a new home, a new BFF cat friend, glowing health, gratitude and purpose, and depression seems like a long ago, dismal dream. Everyday I thank God for this gift of life and ask him to continue to heal, guide, and protect me so that I may do His will.

Anonymous



## SEVENTH TRADITION

### CONTRIBUTIONS:

**WE ARE FULLY SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS, DECLINING OUTSIDE DONATIONS.**

**60% WUIG, P.O. BOX 125, WHITE PLAINS, NY 10603. INFO@OAWESTCHESTER-NY.ORG (914) 633-2988**

**30% OA WORLD SERVICE OFFICE. P.O. BOX 44727 RIO RANCHO, NM 87174-4727**

**10% OA REGION 6. P.O. BOX 644. PEABODY, MA 01960**

For increased security you are encouraged to make online donations to region 6 via **PayPal**; [https://www.paypal.com/webapps/shoppingcart?flowlogging\\_id=u8befaf76ddo&mfid=1589652888366\\_u8befaf76ddo#/checkout/openButton](https://www.paypal.com/webapps/shoppingcart?flowlogging_id=u8befaf76ddo&mfid=1589652888366_u8befaf76ddo#/checkout/openButton)

## HOW CAN YOU HELP?

WUIG needs your help. Volunteer your time, enrich your abstinence and recovery by helping in the following positions:

**WUIG TELEPHONE HOTLINE:** Service opportunity to periodically manage and maintain hotline with minimal time commitment (usually less than 1/2 hour/month) and can be done at any hour! Contact Mary T at 914-420-9529 for more info.



**RECOVERY BANK!! Newcomer Retention:** we are looking for recovered fellows to do service in our new Recovery Bank by reaching out to interested newcomers. To give service, please text Cathy C. at (914) 552-7367. Please share this new service at your meetings and give new fellows Cathy's phone number.

## INTERGROUP TRUSTED SERVANTS:

**CHAIR: CAROL G WUIGCHAIR@GMAIL.COM**

**VICE CHAIR: MICHELLE J.B. WUIGVICECHAIR@GMAIL.COM**

**TREASURER: ANNE B WUIGTREASURER@GMAIL.COM**

**RECORDING SECRETARY: CHELSEA F WUIGSECRETARY@GMAIL.COM**

**CORRESPONDING SECRETARY: DAWN P WUIGMEETINGLIST@GMAIL.COM**

**WORLD SERVICE DELEGATES: MARY T & CAROL G**

**REGION 6 REPS: MARY T, CAROL G, CAROLYN S, & CHELSEA F: WUIGR6REPS@GMAIL.COM**

## THE SERENITY TIMES

**NEEDS YOUR SERVICE! IT IS WRITTEN BY LOCAL MEMBERS FOR LOCAL MEMBERS. THE THEME FOR THE FIRST QUARTER OF 2021 IS ON RECOVERY: SHARE YOUR EXPERIENCES BY WORKING THE TOOL OF WRITING AND HELPING FELLOW OA'S. YOUR ANECDOTES, POEMS, FAVORITE QUOTES, AND LITERATURE ARE AMONGST SOME OF THE ITEMS YOU CAN SUBMIT. SHARE WHAT INSPIRES YOU TO:**

**WUIGNEWSLETTER@GMAIL.COM**

## WUIG USES *REMIN* TO SEND TIMELY INFORMATIONAL MASS TEXT MESSAGES TO OUR WUIG MEMBERSHIP.

This is NOT interactive texting and is used for WUIG reminders and announcements only. To get connected, enter **81010** in the "To" line of the text message, and **@wuig** in the body of the text, message and then send it! Follow the prompts you'll receive after you send it. To stop receiving texts, reply **@LEAVE** to the number you are receiving messages from.



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