

WESTCHESTER UNITED INTERGROUP'S

# SERENITY TIMES

4th Quarter 2021

## CONNECTING WITH OUR HIGHER POWER



## MORE PLACES TO CONNECT!



### JOIN OUR WHATSAPP!

OA Westchester Fellowship! Text your first name and initial of your last name to Diane T: (914) 659-0192



### WHATSAPP!

**OA FOOD FORUM:  
PLANS, PONDERING, & PITFALLS  
JOIN US. TEXT DIANE T: (914)659-0192**



### OA Zoom Meetings:

Access the virtual meeting schedule, via Google Doc or pdf:

[https://docs.google.com/document/d/18bXW0gCJEVsxVY0-WGe\\_ZqSTsOj0tx83I94zBVOwuY0/edit](https://docs.google.com/document/d/18bXW0gCJEVsxVY0-WGe_ZqSTsOj0tx83I94zBVOwuY0/edit)

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





## Morning Prayer

God, direct my thinking today so that it be divorced of self-pity, dishonesty, self-will, self-seeking, and fear. God, inspire my thinking, decisions, and intuitions. Help me to relax and take it easy, Free me from doubt and indecision. Guide me through this day and show me my next step. God, give me what I need to take care of any problems. I ask all these things that I may be of maximum service to you and my fellow man in the name of the Steps I pray. Amen.

One 11th Step Prayer, derived from Big Book p 86

## Lord, make me a channel of thy peace



—that where there is hatred, I may bring love—  
 that where there is wrong, I may bring the spirit of forgiveness—  
 that where there is discord, I may bring harmony—  
 that where there is error, I may bring truth—  
 that where there is doubt, I may bring faith—  
 that where there is despair, I may bring hope—  
 that where there are shadows, I may bring light—  
 that where there is sadness, I may bring joy.  
 Lord, grant that I may seek to comfort than to be comforted—  
 to understand, than to be understood—  
 to love, than to be loved.  
 For it is by self-forgetting that one finds.  
 It is by forgiving that one is forgiven.  
 It is by dying that one awakens to Eternal Life. Amen.

—AA 12 & 12, p 99

## *LEARNING HOW TO MEDITATE*

### *(STEP 11) 5 MINUTE MEDITATION*



Welcome... I now invite you to practice five minutes in meditation in seeking whatever place your HP resides in by becoming truly still and peaceful, by suspending your involvement with all of the outer world. Perhaps you would enjoy closing your eyes to separate yourself from outer stimuli, by turning off all internal dialogue, all judgments, and all worries. Surely everything can be suspended for five minutes. I suggest that you gently settle your body comfortably in your chair, relaxing and resting your hands in a comfortable position, letting go of any tension in your feet, your legs, your body, your arms, your neck, your shoulders, your facial muscles. They can all let go now and be at peace for these few minutes. I ask you to take a series of slow, deep breaths, letting each one exhale as if a sigh, releasing worldly tension and concerns, surrendering to the feeling of simply being here now. Journey inward to the very center of your body, to the still point where time does not exist and all is well and our energy flows. We will linger each in our own sacred space, releasing our conscious minds, permitting them to rest peacefully as we practice becoming quiet and open to our Higher Power's voice, to strengthen our inner rapport and develop a peaceful outlook on all our lives. In prayer we are busy talking but in meditation we become serenely silent and willing and open to let that which is authentic within us have room to strengthen and grow and eventually learn to speak to us in loving maturity.

(STOP SPEAKING AND MEDITATE UNTIL TIMER RINGS)

Now we will gather ourselves up from our private place and reenter our shared world. We breathe, we stretch, we accept all that lies before us this day, to learn and to enjoy with a new reverence for this Life with which we are each blessed.

<https://oa.org/app/uploads/2019/12/Learning%20How%20to%20Meditate.pdf>



### *Step Eleven*

Sought through prayer and meditation to improve our conscience contact with God as we *understood Him*, praying only for knowledge of His will for us and the power to carry that out.



Dear God:

Please show your presence to me throughout this day in a way that I can see and understand. Show me that I can feel safe, giving up control. Please help me to be healed by your love and care through the people that you have put into my life. Help me to see myself honestly and genuinely, so that I can work through my issues and not hide anymore. Please help me, not only to accept, but to appreciate my life as being exactly the way it is supposed to be in this moment of time. Amen

Sandy S

Hi. My name is Sandy S. and I have recently realized that I am a compulsive over-eater. I must say that this came as a surprise to me because I did not even know that there was such a word. I thought before I entered the Zoom rooms of OA that I was just always very hungry. But alas all the evidence and my Higher Power pointed me in the right direction and I finally joined a zoom room of OA. My journey to find OA has been a bumpy one, but every step of the way I have been accompanied by my loving Higher Power. Whenever I have doubts or concerns, they are dealt with the help of a caring guide. I believe that my Higher Power maintains connection with me through the natural environment around me in the air, plant life, animals, and also in the elements. Whenever I am distressed, anxious, fearful, etc., I look towards my surroundings and listen with my heart. Just as with prayer and meditation, the answer will come in God's time. All I need to do is be aware; it can be in a gentle breeze, a deafening clap of thunder, or a small frog jumping in my path. If I am paying attention, the answer to whatever concerns me is right in front of me. All I need to do is, "God's will."

## HOW I EXPERIENCE MY HIGHER POWER

I am a grateful long timer in OA. Recently, when a sponsee and I were reading Step 2 in the AA 12&12, I was struck by an apt description of me on page 32. Years ago, when I had first read Step 2, I thought it would be a breeze. I had been religiously observant since early childhood and had believed in a Higher Power. As the AA passage explained, the problem was with the quality and depth of my beliefs. I had operated out of habit and fear. One day, I shared my occasional doubts in a HP with a fellow 12 Step long timer. He told me to pray for faith, which I did. Years in program and diligent Step studies have helped me find a personal relationship with my HP, whom I choose to call God. As I began to spend time each morning in God's presence, by reading, writing, meditating, praying and, above all, listening, I began to experience a loving, caring presence who let me turn over my daily issues.

My Higher Power today is very real, very present, very loving and very personal. This Power, greater than myself, was a Strong Presence, recently, when I prayed for courage on a dark, rainy night on an unfamiliar road with flashing messages every few miles, warning of an imminent storm. I was able to breathe when I felt God's message, "You are safe."

When I am spiritually connected, I experience God as my Advocate who reminds me to pause and use the Tools when I am tempted to gossip, think negatively of someone, or to overeat. I sometimes experience God as a nudge, reminding me to check on a frail neighbor or to move out of my comfort zone and to be of assistance to someone in need. I always feel happier when I have listened. HP was a Comforter who brought peace when I was possibly exposed to the COVID virus. Praying helps me to let go of the fear In this time of change and uncertainty,

I have a Guide who encourages me to embrace what is right and to love all. I am so very grateful for God's Loving Presence as I navigate the challenges of my senior years.

K.



## THANK YOU, HIGHER POWER!

I must declare my unfailing gratitude to my Higher Power. I am grateful for the gift of desperation. In the afternoon in April of 2019, the thought of OA entered my mind, and I began my abstinence. That was seventeen months ago. I have released sixty pounds of sadness, loneliness, indecision, and unhappiness. For today, I am happy, joyous and free. I am grateful to my sponsor, the meetings, WUIG, 12 Step Study Workshop, friends, service opportunities, and healthier and more fulfilling, family relationships with my husband and daughter. I am truly grateful for the 12 Steps with which I now live. I did not know how to live before, but I do now.

My HP communicates with me through thoughts, my sponsor, and other fellows. I am grateful to be abstinent, out of the food fog, so that I receive 'God conscious' thoughts. I was skeptical at first, but I just "acted as if." I am happy to exclaim I am living the Promises! I am indebted to my sponsor, because of her observations and suggestions, I am aware of needing the freedom to be me now, at last, at age sixty-six!

Lastly, I am grateful to my sponsees who are helping me recover one day at a time.

Ann A.



## HOW I HAVE BENEFITTED FROM CHAIRING OUR INTER-GROUP AND WHY YOU SHOULD CONSIDER IT

First off, believe it or not, it is **FUN** to chair our Intergroup. Why is that? In my opinion, it is because we have an amazing group of truly dedicated officers, committee chairs, and representatives, who are more than happy to volunteer to pitch in when needed. While our meetings are business-oriented, we also always enjoy at least one good laugh (if not many more) at each one.

Second, there is **TONS OF RECOVERY** in our Intergroup. In many ways, it is the strongest meeting I go to. That is why we rarely have any conflicts. We have differing opinions, of course, but the group has always been willing to support whatever motions are approved.

Third, it has helped me to feel like an integral part of OA. **I ALWAYS FEEL LIKE I BELONG**. I actually feel like a trusted servant, and that's a nice feeling. And, it seems that people are usually glad to see me at meetings. I have made it a point to attend every meeting, either by Zoom or in person, during my time as Chair, and learned about some new ones (new to me) that I just love.

Continued on next page

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Fourth, I **GET TO KNOW** everything that is happening and occasionally have **SOME INFLUENCE**. For instance, at September's meeting, I created 3 committees on topics of interest to me: Newcomers & Recent Returnees; Fellowship; and Diversity/Equity/Inclusion. (By the way, please let me know if you'd like to be involved in any of these.) These topics are also part of our strategic plan for the year.

In addition, my involvement is **A HUGE BOOST TO MY PERSONAL RECOVERY**. I get to be around recovering people, to hear their stories, and to see recovery in action. Imagine my level of embarrassment if I were to lose my abstinence. It's not the greatest reason to be abstinent, but it certainly helps. Being the chair is also **A HUGE BOOST TO MY PERSONAL GROWTH**. You can easily see why.

The **TIME COMMITMENT IS MINIMAL**. I probably spend 7 to 10 hours/month on Intergroup business. And most of it is just contacting people by email, phone, or text. And now, we have approved a change to our bylaws that allows the option of Co-Chairs, so the time commitment is cut in half.

My term ends after our October 7<sup>th</sup> Intergroup meeting. At this time, we have no one who has volunteered to chair, going forward.

Qualifications for Intergroup Chair per WUIG Bylaws:

Working the 12 steps of OA for 1-1/2 years.

Familiarity with the 12 Traditions of OA and the 12 Concepts of OA Service.

One year of current abstinence at the time of nomination – each person being the sole judge of their abstinence.

Regular attendance of an active group within the WUIG area for a period of six months, and to be or have been an Intergroup Representative or Committee Chair for at least one year at the time of nomination.

Be attending meetings within the WUIG area for two years.

Must be present at the election meeting in October. (It's on Zoom.)

If you are interested, but do not meet the qualifications, the Intergroup may have the option of voting for you anyway. Please feel free to discuss it with me or Mary T.

Lastly, you would have **ENORMOUS SUPPORT** from me, Mary T and the rest of our Executive Committee (Michelle JB, Anne B, Ann A, Dawn P, Deborah S, and Diane T). Michelle, Cathy C. and I will meet with you prior to every Intergroup meeting to help with the agenda and any issues or concerns. I will make myself available 24-7, as possible.

As Don C is fond of saying, **"IF NOT YOU, WHO?"**

**If you have read this far**, please keep reading to learn the responsibilities of the Intergroup Chair or Co-Chairs:

Presides at all regular and special meetings of the Intergroup and Intergroup Board.

Establishes the agenda for all Intergroup meetings.

May attend all standing committee meetings.

Arranges the meeting place for Intergroup meetings. (FYI, for the foreseeable future, Zoom)

Available as a consultant and sounding board to all committees, Intergroup Representatives and Alternates.

Notifies the membership 3 months prior to the election of the Executive Board.

Authorized to cosign checks with the Treasurer.

Attends at least 8 Intergroup meetings per year.

Notifies groups which have not attended Intergroup meetings for a period of time through their registered contact person.

If directed by the Intergroup, may hire salaried staff.

Has the authority to speak for Intergroup in an emergency.

Thank you for allowing me to provide this service. It has been my pleasure.

Carol G.

# IN HIS GRACE



Joyful tears are spilling from the fullness of my heart as I think of how God speaks to me. He is omnipresent with open arms, filled with love, only asking that I come to Him. In every moment, I am either selfish or selfless, just as I am living in the roots of fear or in faith. As I evolve in deciphering and following God's will, instead of my will, I am blessed with a new language, a new state of awareness, that unlocks the grace that God wants me to have.

I begin my mornings with prayer and meditation. Acknowledging what I am grateful for fills me with love and a goofy happiness. I feel His divine presence in the beautiful apartment I designed that looks like an outdoor wilderness. He speaks to me in the childlike frivolity of my silly, cat friend, Tukay, trying to drink out of a straw in a glass of water, and then darting into his favorite abode, the fridge, as I retrieve breakfast fixings, (and then having to put on a three-minute timer, so I don't forget he's in there!). God speaks to me in the happiness of waking up abstinent with yet another day's opportunity to do His will and live in His grace. He speaks to me in caring for my day-to-day needs: the healthy, nourishing food I am able to feed the strong and resilient body he has gifted me with and feeling secure in knowing I have enough money to take care of my needs. He speaks to me in the delightful exchanges with friends and family, that have grown healthier and stronger since I came to OA. He speaks to me in the fulfillment I feel doing service in and out of program, utilizing the gifts He has given me to carry out His will.

God speaks to me in subtle and in profound ways. I asked Him, while riding my bike to worship service one morning, to communicate with me. I heard a silent, melodious voice say, "I am all around you." I was at once filled with a heightened awareness, with joy and excitement, akin to a child's first time in an amusement park. I saw Him and felt Him everywhere, as if for the first time. He greeted me with miraculous pastels edging through the disappearing night, the symphony of songbirds, the exchanged greetings with strangers on their way to work, the sweet, morning air, the warmth of the waking sun caressing my skin, and bliss filling my soul, knowing that living in His grace is the only thing I want, and I want it with every breath.

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(Continued from page 8: **IN HIS GRACE**)

With my kayak resting on the shore, He speaks to me in the baptismal, summer sea as I cool off from kayaking.

Several months ago, while working with a sponsor on Zoom, I clasped my hands in prayer and started with, "Dear God." Visceral beams of love flooded my upper chest and abdomen, for what was probably a few seconds, during which time stood still. God spoke to the very fiber of my soul.

On a birthday morning, in late June of 2020, I cycled my daily route, several miles to church over flat roads and winding, steep hills, with a favorite hill allowing me to fly at an average of twenty-seven mph. A few miles later, I slowed down, as I was less than several feet before church, and the back wheel popped off. Goose bumps danced over me as God set me down safely, and I easily got off the bike. The outcome may have been quite different going down the steep hill, just minutes earlier. God said, through His actions, "I have you, my child. You are safe."

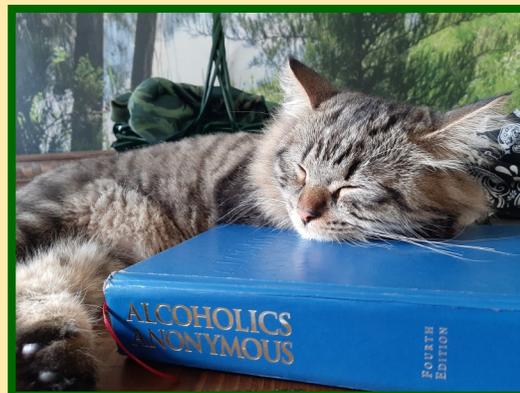
God speaks to me in the joyful laughter my surgeon greets me with when I occasionally check in with him. "Here is my miracle patient," he says, his eyes dancing with delight. "I never thought you would live." I had spent two months in and out of ICU in June 2018, courtesy of septic peritonitis brought on by a fifty-year food addiction. God was in the whisper of my grandmother's prayers while I lay in ICU.

He speaks to me through divine intervention. Recently, I had a succession of car issues that caused me to be off-road from driving for several weeks. Through His actions, He was telling me He wanted me to take a holiday from being behind the wheel.

He is the baby, at the back of church, who turns his head to look at me, smiling with eyes dancing with magic and delight.

God speaks to me anytime I listen. May recovery gift me with His voice, and His will, every moment I live.

Diane T



## HOW HP SPEAKS TO ME

There is no one answer as to how my HP speaks to me.

Using words to describe God would not capture the infinite nature and how we recover from this deadly obsession. I was told early on that I needed something much larger to replace the power of the disease and that "God" had to be Real.

My experiences of God have been evolving, and I can describe some recent moments which could be classified as spiritual experiences.

A couple of years ago, when I was grappling with a lot of stress and feeling overwhelmed, I had a vivid dream whereby I felt a 'Divine Hug.' It occurred quickly, but there was something about it that was everlasting. Somehow, I was reminded that all would be okay.

I had another recent experience while swimming, also feeling stressed, anxious and overwhelmed (my normal default state), when I saw a beautiful glimmering of glorious sun and brightness illuminate the water in which I was swimming. There was a fleeting feeling that I was part of something much bigger than myself, and it calmed me.

During my early days of recovery, I recall having been in the rooms for eight or so years with no success in abstaining from compulsive eating for more than a few days at a time. I began working the Steps in a way I had not done so prior. My journey began with rigorous honesty with food and practicing the principals of unselfishness. Suddenly, after two weeks, I looked back and realized that the vicious obsession with food had been completely lifted. This was something I had never experienced before. At that point I knew that God did for me what I could not have done for myself.

I experience peaceful pleasure, or 'God moments.' when

Praying and meditating effectively

Writing my thoughts on paper

In the grip of nature, the elegance of trees, flowers, sky, sunset/sunrise

Listening to music

Listening and being with sponsees and OA fellows

Engaged in a good movie, book, or article

Lighting a candle

Swimming, walking, or riding my bike

Chatting with close friends and bringing my whole self

Seeing my children happy

My work is truly effective and appreciated by others

Ocean Waves and sand absorbs my feet

And the list goes on and on!



Anonymous

## UPCOMING EVENTS!!



### SURRENDER

A Workshop hosted by the Sunday WP Meeting

10/10/2021 8:30am—10:00am

<https://zoom.us/j/952442954> Meeting ID: 952 442 954



***SAVE THE DATE !!!***

### WESTCHESTER UNITED INTERGROUP PRESENTS: IDEA DAY

International Day Experiencing Abstinence (IDEA) encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

**Sunday, 11/21/2021 1-2:30pm EST via ZOOM**

Check [oahelps.org](http://oahelps.org) for Zoom connection information



When meditating, we consciously choose to focus our minds on something other than our everyday desires and concerns. We might begin to do this by breathing deeply and counting our breaths, by holding a special object and concentrating on how it feels, by listening to soft music, by repeating a word or phrase, by concentrating on an image, by staring at an object or picture, or by other means. When we are distracted by worries or annoyances, we practice gently letting go of these distractions and returning our attention to listening to what our Higher Power has to tell us. Our purpose in meditating is simple: We seek to relax and receive spiritual nourishment by experiencing more fully our connections with our true unfragmented selves and with our Higher Power.

OA 12&12, p79

*Remembering that our goal is to develop a closer conscious contact with God, prayer is simply what we do when we talk with our Higher Power, and meditation is simply a way of stilling our minds, listening and opening our spirits to God's influence.*

OA 12&12 p77

Meditation is our way of quieting our minds so we can better get acquainted with this Higher Power of ours. As with prayer, there is no one right way to practice meditation. In fact, most of us vary our practice from time to time. The only way to do meditation wrong is not to do it at all. We compulsive people are oriented to action. Meditation is an action that gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment.

OA 12&12, p78-79



**Follow OA on 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/).

**WUIG TEXT MESSAGES:**



IF YOU'D LIKE TO RECEIVE TEXT UPDATES ABOUT EVENTS, MEETING CLOSURES, ETC., TEXT @OAWUIG TO 81010. TO STOP RECEIVING WUIG TEXTS, REPLY @LEAVE TO THE NUMBER YOU ARE RECEIVING



**2021 TOPICS**

**VIRTUAL REGION WORKSHOP e-WORKSHOP Series "4th Saturday of the Month"**

5:30 to 7:00 PM BST (GMT+1 / UTC+1)  
12:30 to 2:00 EDT (GMT-4 / UTC-4)

EST Eastern Standard Time Nov to Feb Workshops (GMT-5/UTC-5)  
EDT Eastern Daylight Time March 14 to Oct Workshops (GMT-4/UTC-4)

May	22	"Service and Recovery"
June	26	"Anonymity as a spiritual principle"
July	24	"Bondage To Self"
August	28	"The Promises"
September	25	"Step 10 - How to Turn it Around"
October	23	"Sponsor and Sponsee - A Unique Relationship"
November	27	"Trudging the Road to Happy Destiny"
December	25	"Step 2 - Came to Believe" (the date is subject to change)



<https://zoom.us/j/89165540024> Password: 120912  
ID: 891 6554 0024 Password: 120912



For United States or International numbers  
<https://zoom.us/join>

For more information: [oavirtualregion.org](mailto:oavirtualregion.org)  
(Charlotte) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org)  
(Lee) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

**Suggested workshop contribution €5**



**The Serenity Times**

NEEDS YOUR SERVICE! IT IS WRITTEN BY LOCAL MEMBERS FOR LOCAL MEMBERS. THE THEME FOR THE FIRST QUARTER OF 2022 IS, HOW I DEFINE MY ABSTINENCE. 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 DIANE T: [WUIGNEWSLETTER@GMAIL.COM](mailto:WUIGNEWSLETTER@GMAIL.COM)

**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](mailto: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



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**Sponsorship:**

Need a sponsor? Are you an available sponsor? Email Barb, Sponsor Bank Coordinator:

[servicewuig@gmail.com](mailto:servicewuig@gmail.com)



**Intergroup Trusted Servants:**

CHAIR: CAROL G [WUIGCHAIR@GMAIL.COM](mailto:WUIGCHAIR@GMAIL.COM)

VICE CHAIR: MICHELLE J.B. [WUIGVICECHAIR@GMAIL.COM](mailto:WUIGVICECHAIR@GMAIL.COM)

TREASURER: ANNE B. [WUIGTREASURER@GMAIL.COM](mailto:WUIGTREASURER@GMAIL.COM)

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