

# The Serenity Times

A Westchester United Intergroup Publication



## We Are The Message

### Overeaters Anonymous Tradition 5:

Each group has but one primary purpose—  
to carry its message to the compulsive overeater who still suffers.

In this issue, fellows share how they are examples of the message.



### OA Zoom Meetings:

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

[https://docs.google.com/document/d/18bXW0gCIEVsxVYO-WGe\\_ZqSTsOjOtx83I94zBV0wuY0/edit](https://docs.google.com/document/d/18bXW0gCIEVsxVYO-WGe_ZqSTsOjOtx83I94zBV0wuY0/edit)

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

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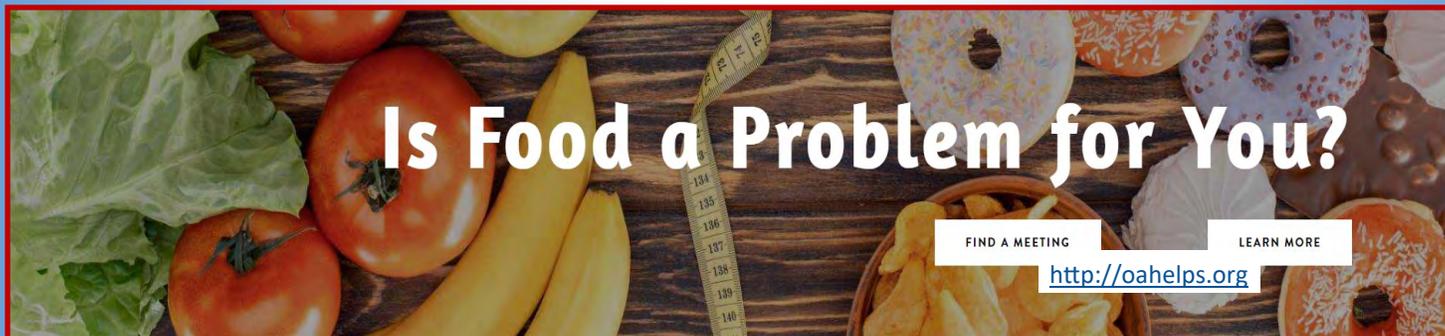
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## Letter from the editor:

Thank you to *all* who contributed on, "We Are The Message," which was the theme of our December Big Book Extravaganza in White Plains.



An enormous shout out to Carol G, Editorial Assistant, whose keen eyes and generosity of service have saved me, time and again, from embarrassing snafus in putting together this magazine.

### **LOVE OF GOD AS REFLECTED IN LOVE FOR SELF & OTHERS**

will be the theme of the 2nd quarter Serenity Times in 2023.

Share what inspires you to [wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com) by 3/15/2023.





# OA Westchester United Intergroup News

## **December Big Book Weekend Workshop Extravaganza!**

What a wonderful weekend of fellowship and recovery! Our December 9-11th In-Person event was filled with love, hugs, laughter, and oodles of strengthened recovery. *We Are The Message!*

### **New Intergroup Officers:**

Congratulations to: Janice K., Vice Chair; Michelle JB, Recording Secretary; Corresponding Secretary, Annie A; Region 6 Rep, Ann A; and Region 6 Rep, Rob M.

### **Hybrid Meeting Equipment:**

Does your meeting need financial assistance in purchasing hybrid equipment for WUIG meetings?

Tech Committee Contact: Fontaine S, at (914) 522-9312

### **Show the love: Send money!**

Our intergroup has ongoing costs for Zoom accounts, insurance, a phone line, website upkeep, R6 and WSO travel expenses, and for spreading the message of recovery to the still sick and suffering compulsive overeater.

Send your contribution to: WUIG, P.O. Box 125, White Plains, NY 10603.

### **Upcoming Events:**

Westchester United Intergroup monthly intergroup meeting:

January 5, 2023, 7pm-8:30pm Eastern. All are welcome to attend and share in ideas and events you'd like to see in the new year.

Zoom info: <https://us04web.zoom.us/j/668275613> Passcode: 121212

### **Intergroup Service Position Opportunities:**

Treasurer and Service Coordinator

Contact: [Mopandbean@gmail.com](mailto:Mopandbean@gmail.com)



# OA Westchester United Intergroup News

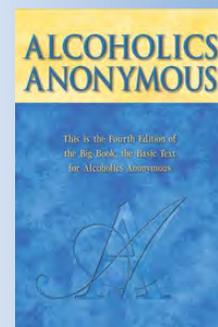
## STEP STUDY

New 16 Week Zoom Study, Wednesdays at 7pm Eastern,  
Starting January 4th.

Look for the link to sign up!!

Contact: Michelle JB (917) 250-8943

Fontaine S (914) 522-9312



## E-subscribe to the *Serenity Times*!



in

Email : [wuigwebsite@gmail.com](mailto:wuigwebsite@gmail.com)

Write: E-subscribe to *Serenity Times*,  
the subject header.



**OVEREATERS  
ANONYMOUS<sup>®</sup>**

## Responsibility Pledge

Always to extend the hand and heart of OA  
to all who share my compulsion;  
for this I am responsible.



## SECURITY

Some best practices the meeting host can follow to secure meetings are located in this twelve page document: <https://zoom.us/docs/doc/Securing%20Your%20Zoom%20Meetings.pdf>.

Zoom has recently implemented additional [in-meeting security enhancements](#), including the ability for the host to pause the meeting in order to remove any bad actors and report them via our [webform](#), to provide additional security in your future meetings.

Should you choose to report an incident to law enforcement, we would gladly cooperate with their investigation with the service of a valid legal process. Meanwhile, to streamline the law enforcement investigation, you may provide to law enforcement the following link: <https://zoom.us/docs/en-us/government-requests-guide.html> for more information as to how to work with Zoom in law enforcement related investigation.

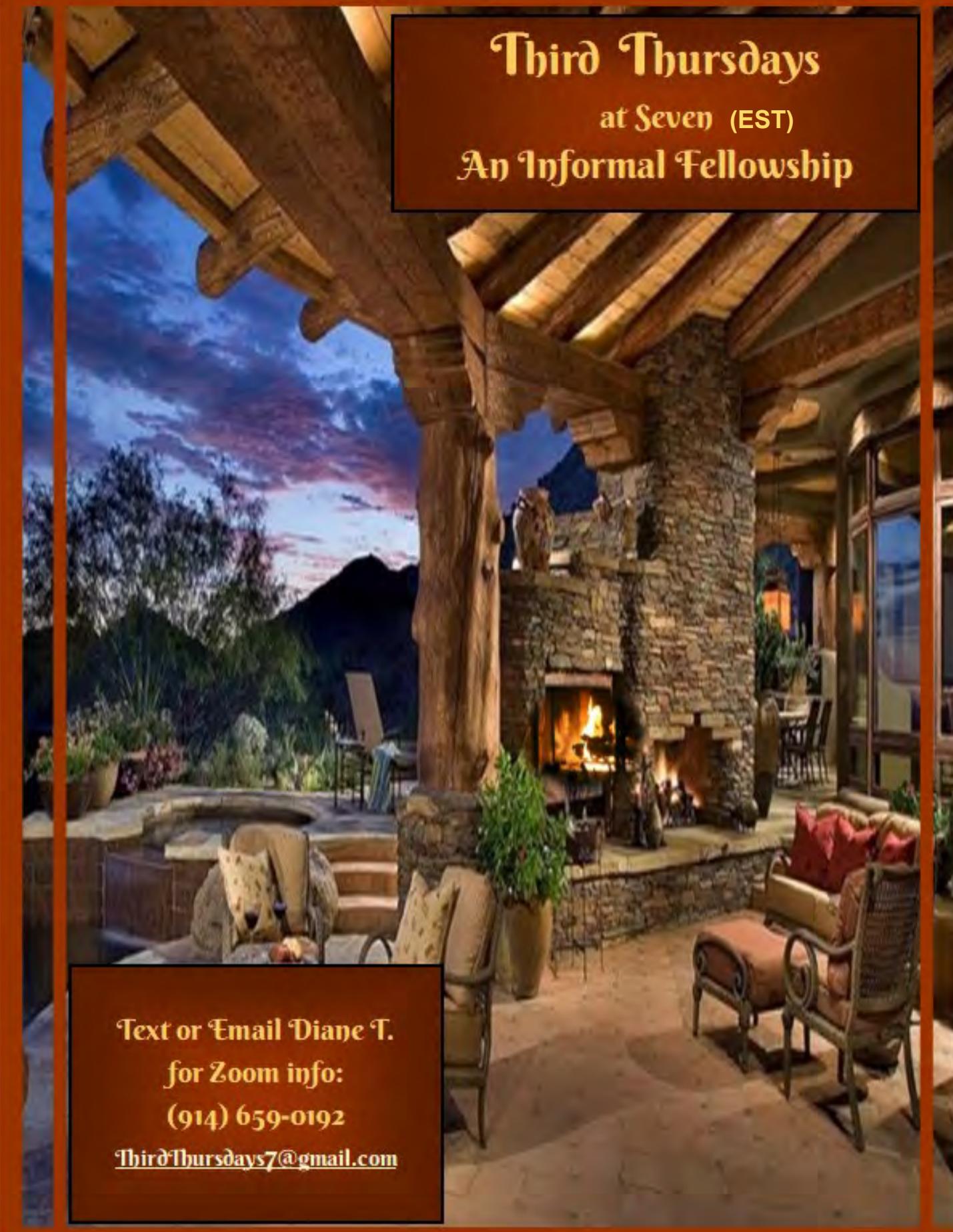
(Thanks to Anne B. for providing the Zoom Security information.)



For crying out loud, can someone please create a 12 Step Program for the still sick and suffering Zoom Bombers?

Check out more information on Zoom Security Support at:

<https://support.zoom.us/hc/en-us/search?q=security&t=All&sort=relevancy>

A rustic outdoor patio at dusk. The scene features a large stone fireplace with a warm fire burning inside. The patio is supported by thick wooden beams and columns. In the foreground, there are several wicker chairs with cushions. To the left, a hot tub is visible. The background shows a mountain range under a twilight sky with purple and blue hues. The entire image is framed by a thick orange border.

**Third Thursdays**  
at Seven (EST)  
**An Informal Fellowship**

Text or Email Diane T.  
for Zoom info:  
(914) 659-0192

[ThirdThursdays7@gmail.com](mailto:ThirdThursdays7@gmail.com)

# Overeaters Anonymous World News



## 2023 World Service Business Conference

*Concepts of Service: The Heart of Fellowship*

**Dates: April 25-29, 2023**

**Face-to-face attendance only. No virtual attendance.**

Online registration will open in January 2023.

<https://oa.org/world-service-business-conference/>

## 2025 World Service Convention

**Dates: August 21-23, 2025**

Renaissance Orlando at SeaWorld®

6677 Sea Harbor Drive

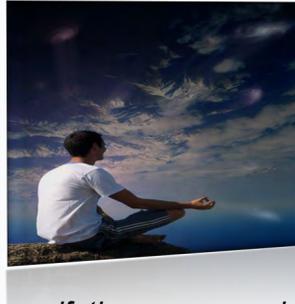
Orlando, FL 32821 USA

Phone: 407-351-5555

<https://oa.org/world-service-convention/>

Click here to view the OA.org [Event Calendar](#)

## My Recovery Brings Peace to Others



*First keep the peace within yourself, then you can also bring peace to others.*

— Thomas A. Kempis

As I begin putting into practice the principles of the program, my first reward is a miraculous, unprecedented peace of mind. Without any effort on my part, my life is changing: I am easier to get along with at home and at work; people smile at me more, and I realize it is because I am smiling. Even in an argument, that deep inner peace makes me different: I am actually expressing disagreement without being disagreeable.

That is how this program enables me to bring peace to others. It is impossible to keep serenity to myself. It radiates from my innermost core, without my having to say a word or lift a finger.

For today: This is how to influence the nervous, contentious people I know: go to any length to get and keep my own peace of mind.

—For Today, December 20th

## Check out Greater NY Metro Intergroup's newsletter, the Metro Memo:



<https://oanyc.org/metro-memo/>



## & Meeting List:

[https://docs.google.com/spreadsheets/d/1FkVY8537zlagRiLsVOx1RQ8sZacNsY4WEI4x\\_tWuThQ/edit#gid=0](https://docs.google.com/spreadsheets/d/1FkVY8537zlagRiLsVOx1RQ8sZacNsY4WEI4x_tWuThQ/edit#gid=0)



## Let's Have Fun and Get It Done!

**Do you wish to help us reach the still-suffering compulsive eater and support our members?**

We are looking for members comfortable working on, or willing to learn how to use a variety of digital technologies.

Those of you who came to the service fair saw our wonderful spin the wheel app. It was a lot of fun and conveyed a wonderful service message. So much is possible in the virtual world! The sky is the limit!

We can put our talents to use, have fun, and reach out attractively to the still-suffering compulsive Overeaters.

**The Virtual Region Digital Communications Committee is in need of:**

- Audio creation and modification – Audacity
- Analytical / Proofreading / Planning
- Website – WordPress
- Flyers – Canva
- Forms – WPForms
- Newsletter + Blog – Constant Contact
- Newsletter + Blog – WordPress
- Social Media
- Video creation and modification – Technology Currently Unknown

You do not need to be a member of the Virtual Region, a Region Representative, or a Member of an intergroup.

All skill levels are needed so if you are anywhere between 'just want to serve' through to 'an expert' please come and join us.

Please email [info@digital.oavirtualregion.org](mailto:info@digital.oavirtualregion.org) for more information or to join the committee.



**Bi-lingual and Want to Serve?**

## Multilingual and Want to Serve? Register Here!

**No matter what language they speak or where they live, INTERPRETERS unite OA Members!**

Members who are multilingual can find many ways to carry the message within and without OA.

**YOU DON'T HAVE TO BE A PROFESSIONAL.**

This is a great way to give service within the OA Virtual Region.

Questions? Contact: [secretary@oavirtualregion.org](mailto:secretary@oavirtualregion.org)



## ***Recovery Talks – The 12 Traditions in Daily Living***

While the 12 Traditions are a compass for maintaining the health of OA, we can also apply these principles in our own lives to complement our recovery through the steps and further our spiritual growth. Join us to learn how.

January 8th: 2-3pm Eastern

Date: Sunday, January 8, 2023, at 2-3 pm EST

Location

[oaontario.org](http://oaontario.org) for more information

No pre-registration and no maximum number of participants.

[www.oaontario.org](http://www.oaontario.org)



Click image for Flyer

***OA Foot Steps Presents...***

***New Year – Fresh Start***

***STEPS 1, 2, 3***

***2 Speakers with Q&A***

Sunday, January 8, 2023

3PM – 4:30PM ET / 8PM – 9:30PM UTC

[oaontario.org](http://oaontario.org) for more information

January 8th: 3pm—4:30pm Eastern



Click on image for Flyer

**A Design for Living (AD4L) Intergroup hosts a monthly Speaker Series**

**Topic for January: "Bill's Story"**

Saturday, January 7th – 3.30pm – 5.00pm in New York/USA

Saturday, January 7th – 8.30pm – 10.00pm in London/UK

Sunday, January 8th – 7.30am – 9.00am in Melbourne/Australia

[oaontario.org](http://oaontario.org) for more information

January 7th: 3:30pm—5pm Eastern

**We look forward to welcoming you!**



**Great for  
Newcomers or  
Long Timers!**



OA Central Ontario Intergroup

Presents a:

## **Quick Step Study**

- ⦿ **TUESDAYS (Five sessions)**  
Jan 31, Feb 7, 21, 28 and Mar 7, 2023.  
(Skip Feb 14)  
6:00pm – 7:30pm ET.
- ⦿ **By Zoom or phone**
- ⦿ **Free - 7th Tradition**
- ⦿ **Session Format: Write on the step, share on the step. (Read the step ahead of time.)**
- ⦿ **You don't have to attend all the sessions**
- ⦿ **Registration is limited:**
  - Please register early to receive the handouts and zoom details.
  - Registration required 24 hours ahead of the start time.
  - Register by emailing:  
[coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org)

 **OVEREATERS  
ANONYMOUS.**  
CENTRAL ONTARIO INTERGROUP

**"This workshop has been  
all and more than I could  
have hoped for."**

*~former workshop participant*

# NASSAU COUNTY INTERGROUP OF OVEREATERS ANONYMOUS (516) 544 -0703

*Enhancing recovery, one event at a time.*

## Local Events:

ARE YOU STRUGGLING WITH RELAPSE?? LOOKING TO  
KEEP YOUR PROGRAM STRONG AND PREVENT  
RELAPSE?? THEN JOIN US ON THURSDAY NIGHTS.  
ALL ARE WELCOME!!

RELAPSE PREVENTION MEETING  
THURSDAY EVENINGS 7:15 PM EDT

7:15pm Thursday Recovery & Relapse Meeting  
Dial in #: 1.646.876.9923  
Meeting ID: 774-646-690  
Join Zoom Meeting:  
<https://us04web.zoom.us/j/774646690>  
Password: 535356

CLICK HERE TO GET THIS  
BOOK [A-New-Beginning-](#)  
([oa.org](http://oa.org))

Doing Well and Looking for a Service  
Opportunity? This Meeting Needs  
Sponsors

NASSAU COUNTY INTERGROUP OF OVEREATERS ANONYMOUS  
[www.oa.org](http://www.oa.org)

**Nassau County Intergroup**

**Meetings In-Person and on Zoom:**

<https://www.nassauoa.org/meetings.html>

# News & Events

From OA.org:

<https://oa.org/news-events/?news-category=0>



**NEW** Videoconference Meeting Training and Security/Preventive Measures



**Take Our Short Survey about OA.org**



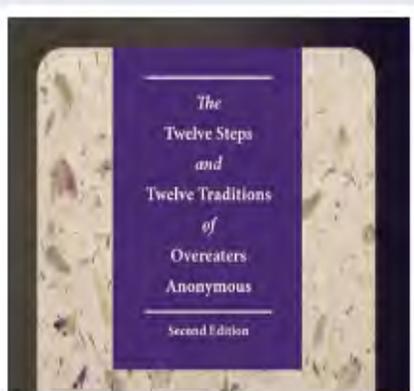
**Updated Lifeline Meeting Format Available**



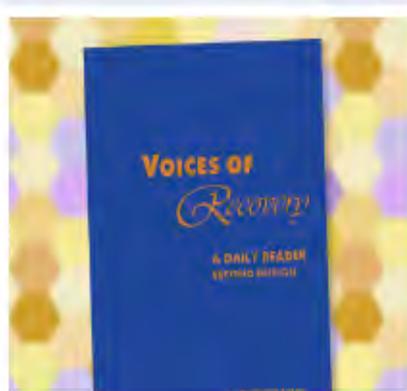
**Twelve Concepts Pamphlet Published as E-book**



**Literature Price Increases Coming in 2023**



**New Audiobook! The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition Audiobook Now Available**



**Voices of Recovery, Second Edition Arrives in Print and Digital Formats**



**Where Do I Start? Translations Now Available at OA.org**

From OA.org:

<https://oa.org/news-events/page/2/?>

# News & Events



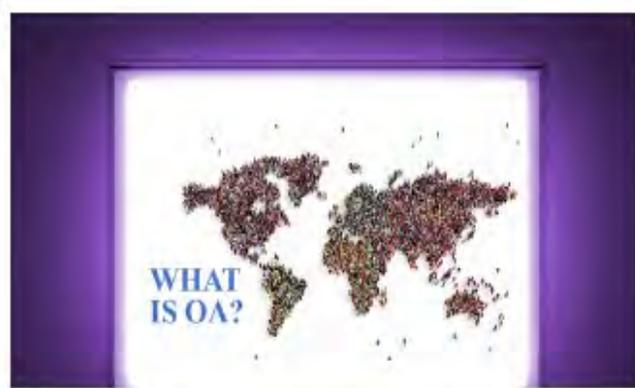
**A Step Ahead, Third Quarter 2022 Issue, Now Available**



**Where Do I Start? Pamphlet Now Available as Free Download on OA.org**



**JUST IN: Fifteen Questions for the Young Person Outreach Flyer**



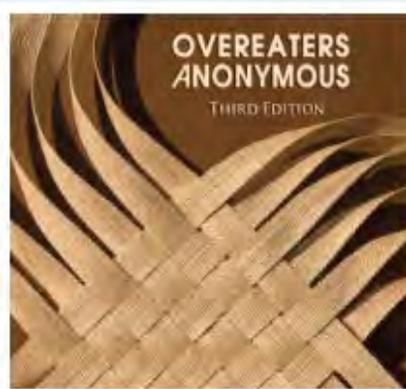
**New Free Digital Download on OA.org: Service, Traditions, and Concepts Workshop Manual and Presentation**



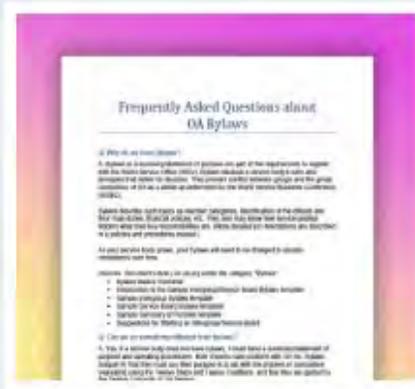
**Just Posted: Letter from Young People in OA to Intergroups/Service Boards and Regions**



**ALL OA Groups: REVISED Guidelines about Screen Sharing OA Literature**



**Audiobook! Overeaters Anonymous, Third Edition Now Available**



**Bylaws FAQs Answered in New Document**

# From OA.org:

## News & Events

<https://oa.org/news-events/page/3/?news-category=0>



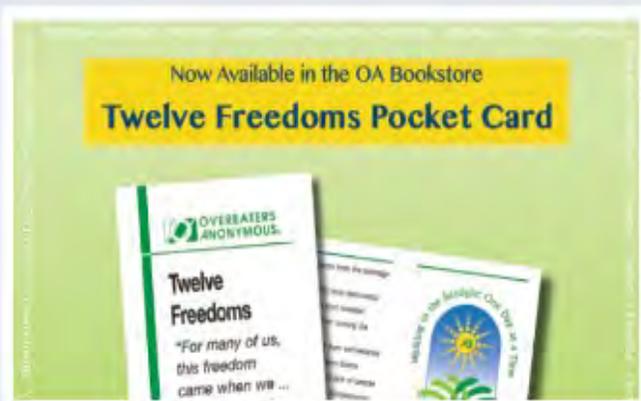
**Understand OA's Global Service Structure with These New Documents**



**NEW Downloadable: Twelve and Twelve Introduction**



**Revised Tools of Recovery Pamphlet Available**



**Commemorative Twelve Freedoms Wallet Card Now Available**



**A New Plan of Eating Combines and Replaces both Dignity of Choice and A Plan of Eating**



**To the Young Person e-Pamphlet Now Free to Download**



**Read Recovery Stories for Free at OAlifeline.org**



**Two Rozanne Recordings Are Free to Stream**

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

# THE 63<sup>RD</sup> ANNUAL OA BIRTHDAY PARTY

*Age of Miracles*



The 2023 Birthday Party will be in person!

Friday, January 13th - January 15th 2023  
at the LAX Hilton  
5711 W Century Blvd, Los Angeles, CA 90045

**For registration and more information, go to:**

<https://www.oalaig.org/oa-birthday-party/>

## Tickets

### Early Bird Registration

Early-bird price for registration (**the price at the door will be \$65**). This ticket is for admission to the 63rd OA Birthday Party - Age of Miracles, taking place live and in-person at the LAX Hilton in Los Angeles. It includes admission to all sessions, including the Saturday night dance.

**\$45.00**

+ \$1.65 Fee

Available until: Jan 07, 2023



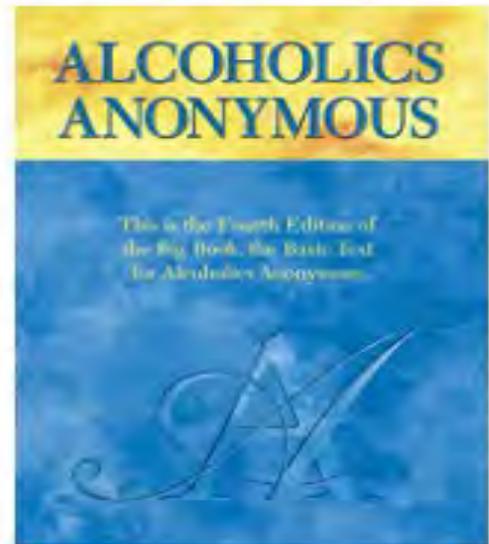
## Overeaters Anonymous - San Diego Intergroup

### Big Book Study

Thursdays  
11 am PST

Starting January 12th

These sessions will meet for approximately 1 hour,  
followed by 1/2 hour for member sharing.



**This Big Book Study is open to all.**

**No abstinence requirement.**

**No commitment needed.**

**No homework.**

**The group will last approximately 6 months.**

This Big Book Study is a wonderful introduction for those new to 12-step programs. Join us for a page-by-page reading of *Alcoholics Anonymous*, aka *The Big Book*. We will read through page 103 and include explanations on the history and the meaning of these important chapters.

Each week, we will offer discussion questions for those who would like to stay and share after the 1-hour session.

Sessions will be recorded and posted to the San Diego Intergroup website –  
<https://oasandiego.org>.

The *Big Book* can be purchased from [bookstore.aa.org](https://bookstore.aa.org) or [amazon.com](https://amazon.com) in paper or digital format. It is also available online as a PDF.

More information:

Contact: Ann-Marie P  
Phone: 619-300-6215  
Email: [Ann-Marie-SD2010@hotmail.com](mailto:Ann-Marie-SD2010@hotmail.com)

#### Zoom Link:

[https://us02web.zoom.us/j/83312351060?  
pwd=MkVMTUUhDMENOU212QkxCdnJDS2QyZz09](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUUhDMENOU212QkxCdnJDS2QyZz09)

Passcode: 449999



## Overeaters Anonymous - San Diego Intergroup



### Relapse and Recovery Workshop

<https://oasandiego.org/workshops/relapse/>  
Sunday, January 29, 2023

1:00 P.M. – 3:00 P.M. Pacific Time

Zoom Link: [https://us02web.zoom.us/j/83312351060?](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09)

[pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09)

Zoom ID: 854 2974 9682 (no passcode)

What are the Danger Signals of Relapse?

Relapse is not a Moral Issue – We are Powerless!

Feeling Desperate in Relapse – There is a Way Out.

Join us for this timely Workshop. All of us gain hope and joy hearing the message. The Workshop is for everyone, whatever stage of recovery or relapse your program may be. All are welcome. No registration or fees.

Questions? Please contact Elyesse at [tsw@oasandiego.org](mailto:tsw@oasandiego.org)

Offered by the OA San Diego Intergroup's Twelfth Step Within Committee



[https://us02web.zoom.us/](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09)

[j/83312351060?](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09)

[pwd=MkVMTUhdMENOU212Qkx](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09)

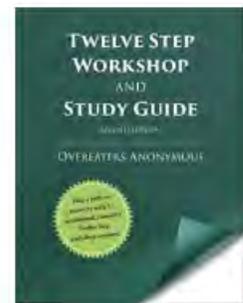
[CdnJDS2QyZz09](https://us02web.zoom.us/j/83312351060?pwd=MkVMTUhdMENOU212QkxCdnJDS2QyZz09)



### Step Study

using OA's

*Twelve Step Workshop  
and Study Guide*



Join us for a Step Study using the TWELVE STEP WORKSHOP and STUDY GUIDE. It will continue on a weekly basis. This is a committed step study, with homework and partners to call in between meetings.

We hold the meetings on zoom so people from all over the country can participate in this in-depth and accessible format. Between each Step, we will study a Tradition, which has been invaluable for our understanding and support of the O.A. program. All are invited, whatever your experience in Overeaters Anonymous.

January 10, 2023 – Start date

February 7, 2023 – Group closes to new participants

November 7, 2023 – Study group ends

Tuesdays, 6:00 -7:30 pm PT on Zoom

More information and sign up:

Contact: Elyesse U

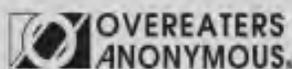
Phone: 858-531-0045

Email: [uhlereyesse@gmail.com](mailto:uhlereyesse@gmail.com).

Materials needed:

- *Twelve Step Workshop and Study Guide*, 2nd Edition (hard copy) by Overeaters Anonymous
- *Alcoholics Anonymous* ("Big Book")
- *The Twelve Steps and Traditions of Overeaters Anonymous*
- *The Twelve Steps and Twelve Traditions* by Alcoholics Anonymous
- *Voices of Recovery: A Daily Reader* by Overeaters Anonymous
- *For Today* by Overeaters Anonymous





- Compulsive eating
- Under-eating
- Food addiction
  - Anorexia
  - Bulimia
- Binge eating
- Overexercising

No matter what the problem with food, we can provide ongoing support to your patients or clients.

### Complement Your Care with Overeaters Anonymous

OA works, in part, because it offers an ongoing support system for members and encourages them to help one another, thereby weakening their isolation and loneliness.

Many members consider OA a complement to the professional services they receive. In fact, OA claims no medical, nutritional, or psychological expertise, and suggests that interested members contact qualified professionals for help in these areas.

*"I have served in teaching, counseling, and nursing capacities in the health professions for more than forty years. I received a solution in Overeaters Anonymous, and I have had the opportunity to point others to the OA way."*

—N. J., R.N., M.H.S

A publication of:  
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Website: oa.org

# PROFESSIONAL COMMUNITY COURIER

OA News and Information for the Professional Community

Issue 1

## The Doctor as Patient

**H**ow did it come to this? I was 40 years old, sitting across from a leading weight-loss doctor. But I was the patient! After five years, I was returning to his practice. My weight had gone up and down 30 to 60 pounds (14 to 27 kg) every year.

There I sat, a well-respected physician, graduate of Johns Hopkins University, board certified in two specialties, noted lecturer home and abroad, and now I was a desperate patient. I weighed 290 pounds (132 kg), 50 to 60 pounds (23 to 27 kg) more than when I first left his practice. I had developed malignant hypertension with proteinuria, severe sleep apnea, and debilitating arthritis.

After reviewing my records, the doctor, knowing I had succeeded on his diet before, asked a question that cut through my fat and into my soul: "Are you stupid?" I turned red and could not answer. I had asked myself that question after each binge.

One year after that doctor's visit, my father passed away. My depression and anxiety increased with the feelings of restlessness, irritability, and discontent described in the addiction-recovery book *Alcoholics Anonymous*. My eating increased, my binges got worse, and my weight went up to 330 pounds (150 kg).

In December 2001, I rediscovered OA. There I learned I was not stupid and had more than adequate willpower to succeed in my life, except when food, feelings, meals, relationships, discomfort, and snacks came together. I was a food addict. Like alcohol for an alcoholic, food was more powerful than I was with all my medical knowledge.

I surrendered to the program and began to work OA's twelve steps and use OA's tools for recovery, such as following a healthy food plan and becoming accountable to a peer sponsor, who was my recovery mentor and guide. One hundred thirty pounds (59

*Learning that I am a food addict and discovering the OA program has saved my life.*



kg) came off in fifteen months, and I have maintained a 120- to 130-pound (54- to 59-kg) weight loss for more than ten years.

The miracle is that I don't obsess over my binge foods. I have been sugar, flour, and fried food free for 99.9 percent of 4,350 days in program. OA has helped restore my mental, spiritual, and physical health. I continue to go to meetings, surrender, do service, work with a sponsor, and follow a plan of eating. All my medical numbers look good, and my compliance as a patient has improved.

I recommend OA to my obese patients; discuss my experience; encourage them to visit the OA website, oa.org; try six OA meetings within one month; and find a sponsor.

My medical knowledge now includes an acceptance that certain foods and eating habits can be addictive. The neurobehavioral, brain-scanning research continues to prove this, and hopefully, that information will reach more practitioners in the medical field.

Learning that I am a food addict and discovering the OA program has saved my life.

— Anonymous

# Living Step 12



Step 12 comes in three parts: spiritual awakening, passing it on (helping others, service), practicing these principles in all my affairs, i.e., living the design for living laid out in the Program

A spiritual awakening for me was a new awareness of the God – a force for good – within me, of my spiritual nature, of my inner spiritual power, of an unsuspected inner resource. I tapped into a resource that was there all the time. The things that blocked me from a relationship with that force were my character defects. There is clearly a force...a force that wants me to be a living and useful human being and be all that I've been given the ability to be...or all that I can be. It's an unproveable, unseeable but very feelable force. **My job as a human being is to do all I can to stay aligned with that force.** The program shows me how to do that. Physical abstinence, emotional abstinence, spiritual abstinence obtained through the 12-step process. The idea is reflected in the Third, Seventh and Eleventh Step prayers.

I break service into two parts. First, one-on-one helping another individual, with or without being called a sponsor. I think this is the type of service that most assures that I hold on and grow. The second part of service is all the many things that need to be done to keep meetings and OA alive and well at the local, intergroup, regional and world service levels. I was told from the beginning I must have some job, no matter what job, in every meeting I went to. I did it. It was part of my recovery.

Yes, I said MUST. I don't use that word very often in Program. I fully appreciate there is no one way of working the Steps. But, if there is an exception, this is it. Service is NOT optional. It's the 12th Step. If I don't pass on the gift, I'm not working and living the program, and I will lose the gift of freedom from the obsession. Period. I'm 100% positive. I guarantee this.

Another way to define the design for living is the moral principles underlying each step as described in our OA literature: *honesty, hope, faith, courage, integrity, willingness, humility, self-discipline* (I add forgiveness), *love, spiritual awareness, and service*. Here's how I apply them to myself.

1. Honesty. Practice honesty in all aspects of my life, particularly self-honesty. Accept that I'm not truly in control of anything except my own priorities, attitudes, and actions. God is in charge of outcomes; I'm in charge of action.
2. Hope. Cultivate an attitude of hope and positive thinking, rather than gloominess, negativity and faultfinding. Expect the best, not the worst.

3. Faith. Leave tomorrow to God, but do today what I think He would have me do to prepare for tomorrow. Have faith that God will give me what I need to deal with whatever life brings.
  4. Courage. Face and deal with life as it is, not as I wish it were or think it ought to be. Courage is not the absence of fear; it's doing it anyway.
  5. Integrity. Be open be who I am; be part of the world. Be my true self. No hiding out. Let my behavior match my values, i.e., no dissonance between my inside and outside.
  6. Willingness. Maintain an open-minded, flexible and accepting attitude toward life, knowing that the only constant in the world is change. Always be willing to learn and change and cooperate with the guidance of my HP.
  7. Humility. Be teachable be rightsized, be openminded – no better than, no worse than, a simple child of God. Let go of status seeking, pride, thoughts, or actions belittling myself or others, trust God to change me. Wear the world like a loose garment.
  8. Self-discipline and forgiveness: Practice self-discipline in my words and actions toward others so as to not hurt them. I have no right to hurt others to soothe my own conscience. Practice forgiveness. Hold no grudges. Give up blaming. A closed mouth gathers no foot.
  9. Love and tolerance. Unconditional love for myself and others. Love and accept others as they are, not as I would wish them to be. Take full responsibility for my actions and my feelings.
  10. Perseverance. Perseverance to work at growth every day. Keep on keeping on in all areas of my life. Do not quit.
  11. Spiritual awareness. Let God be my compass instead of my logic. Cultivate things and people who nourish my soul. It's God who heals, but I have to put myself in a position to receive the miracle.
  12. Service. Live a life of service. See what I can put in rather than take out. An attitude of, "How may I be of use?" Allow God to serve others through me.
- God's will for me has to be abstaining not just from compulsive eating, but also from selfishness, dishonesty, resentment, fear, pride, self-pity, intolerance, procrastination, laziness, greed, jealousy, and other self-destructive behaviors.

How do I know if a decision I'm about to make is God's will or my self-serving ego? A decision is likely to be God's will if it will bring self-respect, is loving toward others, will likely leave me feeling peaceful rather than conflicted, and is consistent with the principles of the Steps, Traditions, Tools and slogans.

Don C. <https://doncoa.wordpress.com/2017/06/30/living-step-12/>





## Carrying the Message

**Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.**

### DOs

- I am open to talking about my recovery.
- I mention how much my weight has changed, and I may show my pre-OA photo.
- I am positive and happy when talking about OA.
- I am always willing to give out the *New Prospect Card* and my phone number.
- I emphasize the peace of mind I have found in life around food.
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I mention OA to my doctor and other health care professionals.
- I carry the message as part of my action plan.
- I am concise when talking about the OA program, leaving room for curiosity.
- I explain the concept of “just for today.”
- I mention that OA is a non-profit organization and there are no membership dues or fees.
- I share how OA has helped in all facets of my life.
- I explain some of the program’s Tools.
- I give examples of my unhealthy eating behaviors from before OA, such as eternal dieting, starving, bingeing, constantly weighing myself.
- I say that our program is modeled on Alcoholics Anonymous and that my problem is similar to alcoholism. OA is for people who use food just like alcoholics use alcohol.
- I offer to meet them at their first meeting if at all possible.

### DON'Ts

- I don’t tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don’t judge other people, and I don’t label them as compulsive overeaters.
- I don’t talk about another’s shape or weight, only my own.
- I do not mention specific spiritual or religious beliefs.
- I don’t speak about OA to someone new unless he or she shows an interest.
- I don’t try to “sell” the Twelve Step program or exaggerate about it.
- I don’t promise anything.
- I don’t put down diets or methods of weight loss; I don’t compare OA to other programs.

Continued from page —————

- I don't give too much information about meetings and how it all works; the best way to understand is to come to a meeting.
- I don't give unsolicited advice or suggestions.
- I don't rush people into making a decision.
- I don't argue.
- I don't shut the door. Even if someone is not interested now, he or she may be interested in the future.
- I don't try to give away what I don't have.

### WHY CARRY THE MESSAGE?

"Service is its own reward." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 142)

"When I give service, I receive more than I could ever give." (*Voices of Recovery*, p. 328)

"I don't have to wait until I am perfect to do service." (*Voices of Recovery*, p. 252)

"Service gives me practice at freeing myself from the bondage of self." (*Voices of Recovery*, p. 284)

"Only by working with those who are not yet free [from the disease] do I fully realize that freedom." (*For Today*, p. 252)

"We now have a message of hope to carry to other compulsive overeaters." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 81)

"When all other measures failed, work with another alcoholic would save the day." (*Alcoholics Anonymous, 4<sup>th</sup> ed.*, p. 15)

"Most of us who've worked this program will be unable to keep the recovery we have unless we share our experience, strength, and hope with others." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 82)

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." (*Alcoholics Anonymous, 4<sup>th</sup> ed.*, p. 89)

"Those of us who live this program don't simply carry the message; *we are the message*." (*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, p. 87)

### STEP TWELVE

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

### TRADITION FIVE

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

### OA RESPONSIBILITY PLEDGE

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.

© *Alcoholics Anonymous, 4<sup>th</sup> ed.*, pp. 15, 89, reprinted with permission of Alcoholics Anonymous World Services, Inc.

# Carry The Message, Not The Mess



The point of having a meeting is to have a place where newcomers and members can be reminded why we stay sober and learn what works for each person. ... Sharing experience, strength, and hope. Be relatable and live in the solution

When necessary, use words.

## Working the Program: Person to Person

With the miraculous gift of recovery that is ours in OA comes the privilege and the responsibility of carrying the Twelve-Step message to other suffering compulsive overeaters. With a firm commitment to our own recovery, we stand ready to put our utmost efforts into serving others who still suffer from our common disease.

Carrying the message to others simply means to unselfishly share our experience, our strength and our hope with them. We look for opportunities in our daily lives to be of service, personally revealing to others how the OA program has liberated us, how we've worked the Steps, how we've faced long-standing problems and how we've gained a new understanding about ourselves. Sometimes when we reach out, our motives may be misunderstood or our efforts unappreciated. When this happens we accept it and look for other opportunities to carry the message. Understanding, love and hope for a new life are the gifts we have received in OA.

One of the greatest rewards of OA membership comes with passing on the hope of recovery to another compulsive overeater. Understanding, love and hope for a new life are the gifts we have received in OA. As part of our program, we freely give of ourselves, and by so doing, we discover a fundamental Twelve-Step principle—that our personal recovery depends on our willingness to share it with others.

<https://oa.org/app/uploads/2021/09/person-to-person-carrying-the-message-our-special-gift-108.pdf>

I've been in OA since June 2019 and started practicing abstinence in January 2020.

Worst memories of COE: constant obsession with getting the next sugar high; the demoralization following a binge or purge; and hating myself and wanting to die.

Most important facets of my program :

-Prioritizing my morning devotion time with God . When I put God first, everything falls into place .

-Intentionally remembering to "stay" in Step 1.

I am, and will always be, powerless over food.

-Attending emotional sobriety meetings which helps me learn how to practice the principles/12 Steps in all my affairs.



# I Am The Message



## Favorite Tools:

Meetings- Keep me out of isolation .

Writing - Amazingly reveals my anxious unconscious thoughts. I find this tool power-packed when used in 2 way prayer.

Action Plan-I often turn to this tool when my program feels stale or shaky.

## Favorite OA Slogans:

Keep coming back!

Don't leave before the miracle happens!

Just for today!

## Favorite promise.

It works - it really does. *Alcoholics Anonymous*, pg 88

Anonymous, NY

Dear God:

Thank you for another peaceful day! Food was barely a thought! Help me know what you want from me! Let me be your light shining bright showing the way to peace and happiness! Let me lead instead of lecture, because I know that is always the better way!

Help me listen instead of speak!

Eva:

You are growing by leaps and bounds now! It has been a long path but it is yours and that is what you wanted isn't it! I am glad you found OA to help you through the rest of your life! Don't walk in fear anymore! I love you!

Eva M., Maryland, USA



# TWO Way Prayer

Hi God, it's me, your daughter who loves you, but is beginning to realize how sinful and broken she....I am. I am dishonest, arrogant, prideful, judgmental, vain, fearful, resentful, and, most perniciously, I am much more of a pharisee than I care to acknowledge. I keep thinking about how important it is to me to be humble and holy, yet I have so many character defects I rationalize and let myself indulge in. I know I often act out of compulsion, fear, impatience, and selfishness, and that I often opt for listening to the Dark One by letting myself give into my defects, saying to myself, "I can't help it. I'm neurotic. I'm sick. I will change on God's time....blah...blah...blah." Then I think of an OA speaker I heard say, "Willingness is overrated. Don't wait for willingness. Do the action, and the willingness will come." Sometimes, that is so incredibly hard for me, even with something, appearing simple, like wanting to check my phone, or filing a cuticle during mass, so I don't bite it, and all I can think about is the damn cuticle or the text message that might be important, so I cave and do what is unholy. I am a sinner of the worst kind. The most menial of nonsense to put down, for your greater glory, seems to create a war inside of me. I am weak, and I am ashamed. It shouldn't be so hard to do so little for you, my dearest Creator. Please forgive me, help me, guide me. Speak with me in a way I can understand and hear you.

My child, I am touched by your humility and your honest desire to look within yourself so that you may become anew unto me. Yes, it is your humanity you are grappling with, neither sinful nor wrong, but entirely human. In seeking the bridge to holiness, you are looking at yourself bare, and I bless you for your courage. Take heart and know that I am with you.

Diane T, NY

# We Are The Message



Almost four years ago, I weighed almost three hundred pounds, had a bad case of diabetes, sleep apnea, a pre-cancerous uterus, and too much fat in my blood... and suddenly, my kidneys stopped working. I was overwhelmed by fear, shame, and self-loathing. And the worst part of my life was that I was obsessed with thoughts of food. I felt that I was losing my sanity.

weighed almost three hundred pounds, had a bad case of diabetes, sleep apnea condition, due to too

much fat in my blood... and suddenly, my kidneys stopped working. I was overwhelmed by fear, shame, and self-loathing. And the worst part of my life was that I was obsessed with thoughts of food. I felt that I was losing my sanity.

In a state of total desperation, I came into OA and heard recovered people speak of serenity and peace of mind. I was willing to go to ANY LENGTHS to have what they had, so I mustered up the very last of my courage to work the Steps. It was a brutal effort. My disease was one of secrecy and isolation, and I had to FIGHT my way into doing the opposite action of what my diseased mind was telling me to do.

But I persevered, and to my great surprise, I had a spiritual awakening that took away my fear and self-loathing. I now choose to believe that a Power greater than myself loves and protects me. I also received the gift of food neutrality, and therefore, I regained my sanity.

Now I work the Steps every day, and my life is full of blessings. I feel safe: I am loved, accepted, feel worthy, and I have maintained a healthy body weight, which has cured my physical ailments. The Promises from the Big Book are all coming true for me.

My story of recovery is my message, because I am no one special, and if following the Steps led to my recovery, it can also lead to yours. The solution to our common problem is in the Big Book of *Alcoholics Anonymous*.

In my understanding of Step 12, I believe that I need to share this message every day, because my continued recovery depends on it.

Here's what I do, to work Step 12:

“RECOVER, RECOVER, RECOVER!” Are the words my mentor uses, and heeding his advice, I work all the Steps every day with commitment and diligence.

I share my experience, strength, and hope at meetings, on Zoom and in person.

I share my contact information and answer every email or text that is sent to me.

I participate in “Newcomer Parking Lot Meetings” and answer questions about the program.

I regularly lead a face-to-face meeting in my community.

I speak about my experience in OA to EVERYONE who will listen.

I write articles.

I sponsor others.

In January, I will participate in a One-Hundred-Pounders panel-discussion at the OA Birthday Party.

My mentor says that this program is like a vending machine, and you get from it what you put into it. If you want something from a vending machine that costs a dollar, put the full dollar in, or you will get nothing, and if you want the Promises from the Big Book to come true for you, I encourage you to work the Steps—all twelve of them—honestly and thoroughly every day. Together, we get better!

Dorit P, Ontario, Canada



A venerable prophet, and world-renowned activist, once said, “Be the change you want to see in the world.” If I am to be the message of OA, I must live program and union with God with my every breath. Since ours is a program of attraction, and not of promotion, I need to be a walking advertisement of what the Overeaters Anonymous 12 Step program offers to those sick and suffering with our disease.

Electric with God’s grace, I want to be a beam of His light and love. To be as holy, humble, and healthy as He would have me be, so I can do His will: this is the utmost priority of this life for me. I strive to one day lose any sense of self and to live only for God and His will. May I become like my friends, in the local convent, who rarely start a sentence with the word, “I” and live in profound gratitude and peace in their simple existence, spending their days in prayer and in service to others.

Prayer and meditation inhabit at least two to three hours of my day. Service is what I do in carrying out God’s will, and I do it full-time and then some. And yet, shackled to a mortal body with mortal desires and mortal instincts, I seem to perpetually engage in disturbances that affect my basic instincts and cause my character defects to flare. I work 10 Step as often and as necessary, cleaning up my character defects, praying that each day I am just a little bit holier, a little closer to being the soul God has destined me to be.

Living a Plan of Action includes daily: healthy, abstinent, food choices; mass, prayer, and meditation; OA meetings; Step work; Sponsoring an average of twelve fellows, being sponsored; reaching out to fellows, and leading meetings. Widening the service net, I am involved with two intergroups. I am a meeting representative, PIPO Chair (Public Information & Professional Outreach), Publications Chair for both, a recent Special Events Chair, lead a Book Club Fellowship, administrator of four program-related WhatsApp groups, host a monthly, informal, fellowship get together, am a Region 6 Representative, and a World Service Business delegate.

It’s great when I shine with love, service to others, and sacrifice, but I believe a big part of being the message is in the example of how I deal with adversity. I used to think that I should only share with fellows when I am shining bright in God’s light. It’s not realistic. Being human means that I will have challenges. How I handle the challenges may be, perhaps, an even more important message. As I’ve heard it said, I’d like to, “Carry the message, not the mess.”

I cycle, year round, every day to mass and to feed local, feral, cat colonies. It’s a part of a daily routine I savor. While cycling to church, I was hit by motor vehicles three times within a six-month period. Each time I added more lights, reflectors, and safety clothing to the mix, transforming into a flashing Christmas tree. After getting hit by a school bus, I wasn’t able to cycle without aggravating injuries. (Ha! Like my twin brother would say. I’m thrilled I still have legs to walk on.) So now, for as long as it takes, I defer to God for having a plan for me that I may not ever be privy to. He wants me off the bike. I bow before Him in gratitude. For gratitude in all circumstances is acknowledging that He is in control, not me, and He always has my best interest in His plans. I let go and trust my Creator. Hey, I even get to sleep in a bit longer! ;)



Diane T

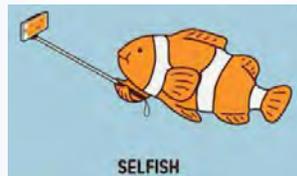
## Selfish versus Self-Seeking

Selfishness is confined to my feelings or thoughts about what I want. Self-seeking is how I go about getting it.

For example, my wanting dinner is selfish in that it is what I want. Making dinner, or buying the groceries to make the dinner, is self-seeking in that it is the behavior I do in order to get what I want. It's how I manipulate the world around me. In program, we look at self-seeking in terms of character defects, so we are not looking at something as innocuous as cooking food. We are looking at how we negatively go about manipulating people and the world around us to get what we want. For example, I want a friend of mine to come over. She let me know she has other plans. I am not living in acceptance, so I attempt to get what I want, via the manipulation of self-seeking, by attempting to appeal to her sense of guilt that it's been over two years since she has come over, that I'm too sick to travel to visit her, and that I've baked her favorite dish.

I think this link explains it well:

<https://goodlifenoalcohol.wordpress.com/2016/12/28/step-4-distinctions-between-selfish-and-self-seeking-in-aa/>



### Where do your branches reach?

Roots firmly planted  
 In communion with God.  
 The trunk of my being stands  
 firm and upright.  
 Branches reach in joyful faith,  
 following the gentle urging  
 the Creator whispers.

Diane T



Artwork submitted by Anonymous



## Every Moment

Its All About Mindset. From The Moment You Open Ur Eyes In The Morning To When You Close Ur Eyes At The End Of Ur Day. Everything Is Up To You, Ur Emotions, Ur Thoughts, Ur Perception Ur Reactions, Every Moment. So, Make The Most Of To-day. Do Ur Best And Let The Great One Do The Rest!

Anonymous

Albuquerque, NM

## The Climb



After sixty-two years of compulsive food behavior, I joined OA by the miracle of Zoom. I was on a great climb. The wall was high, and the stakes were higher. I took my first Step the day I found OA. God gave me his harness and placed a rope in my hands, the Steps.

My first Steps were confident and strong, but with the journey came weariness, and with height came fear. I lost my footing. I lost my focus. I lost my grip and fell. For a moment, that seemed like forever, I tumbled wildly. Out of control. Out of self-control. Disoriented. Dislodged. Falling.

But when the rope tightened, the tumble ceased. I hung in the harness and found it to be strong. I grasped the rope and found it to be true. And though I cannot see my guide, I know Him. I know He is strong. I know He can keep me from falling

In my two and a half years in the program, I have been blessed with many friendships. For the first time in my life, I have a network of people who understand. The family and friends that I have outside the program have seen a change. I only share with those I feel I can help. Opinions of those who do not understand cause me stress, so I choose to lead by example, doing all I can for others along my lifelong journey. The OA program is a life-changing blessing. Every member has something to give that will help others. I wake everyday with thoughts of how can I be a better person and how I can help others. Keep coming back!!! There is peace in life.

V in Alabama



## The Message of Service

One of the lessons that I took away from the Big Book Extravaganza, held in White Plains, New York, this past December, is service. The dynamic recovery I witnessed in OA fellows, altruistically dedicating themselves to service, taught me the imperative of giving service in my program. There were so many people that had worked countless hours putting the weekend together. There was a great speaker, Harlan G., who gave up a weekend to spread the word of OA. I see that he speaks six days a week. This, too, is inspirational. It gave me a deeper understanding of, "A life of sane and happy usefulness."

JP in New York City

## Rewards Of Giving

From *Daily Reflections*



This is indeed the kind of giving that actually demands nothing. He does not expect his brother sufferer to pay him, or even to love him. And then he discovers that by the divine paradox of this kind of giving he has found his own reward, whether his brother has yet received anything or not.

— TWELVE STEPS AND TWELVE TRADITIONS, p. 109

Through experience with Twelfth Step work, I came to understand the rewards of giving that demands nothing in return. At first I expected recovery in others, but I soon learned that this did not happen. Once I acquired the humility to accept the fact that every Twelfth Step call was not going to result in a success, then I was open to receive the rewards of selfless giving

<https://www.aa.org/daily-reflections>

December 20th



# Spiritual Principles of The OA Program

## Spiritual Principles in the Twelve Steps

1. Step One: Honesty
2. Step Two: Hope
3. Step Three: Faith
4. Step Four: Courage
5. Step Five: Integrity
6. Step Six: Willingness
7. Step Seven: Humility
8. Step Eight: Self-discipline
9. Step Nine: Love
10. Step Ten: Perseverance
11. Step Eleven: Spiritual Awareness
12. Step Twelve: Service



(as listed in Step Twelve of "[The Twelve Step and Twelve Traditions of Overeaters Anonymous](#)", Second Edition)

## Spiritual Principles in the Twelve Traditions

1. Tradition One: Unity
2. Tradition Two: Trust
3. Tradition Three: Identity
4. Tradition Four: Autonomy
5. Tradition Five: Purpose
6. Tradition Six: Solidarity
7. Tradition Seven: Responsibility
8. Tradition Eight: Fellowship
9. Tradition Nine: Structure
10. Tradition Ten: Neutrality
11. Tradition Eleven: Anonymity
12. Tradition Twelve: Spirituality



(as listed in Tradition Twelve of "[The Twelve Step and Twelve Traditions of Overeaters Anonymous](#)", Second Edition)

## Spiritual Principles in the Twelve Concepts of OA Service

1. Concept One: Unity
2. Concept Two: Conscience
3. Concept Three: Trust
4. Concept Four: Equality
5. Concept Five: Consideration
6. Concept Six: Responsibility
7. Concept Seven: Balance
8. Concept Eight: Delegation
9. Concept Nine: Ability
10. Concept Ten: Clarity
11. Concept Eleven: Humility
12. Concept Twelve: Guidelines
  - a. Selflessness
  - b. Realism
  - c. Representation
  - d. Dialogue
  - e. Compassion
  - f. Respect

(as listed in "[The Twelve Concepts of OA Service](#)" pamphlet)



## Why We Must Sponsor

I know some of us are afraid to sponsor. Be more afraid not to sponsor, because, like Clancy Imislund used to say, “You will never get this program by absorbing spiritual information. You will get the program by transmitting spiritual information.” By transmitting spiritual information, you will open up vistas in your mind of who you are and what you are and where you can find God and how you can be of maximum service to God and to the people around you, because that is really our purpose. This is a vicious illness, and for those of us who are in recovery, or recovered, meaning those of us who have not yet had a spiritual awakening and those who have, we will only stay recovered by continuing the journey. If we stop treading that journey, trudging that path of happy destiny, we will not retain that position of recovered. We will slip back into the disease. It’s about the journey, not the destination. There is no destination. We must give away what we find or we will not be able to retain it.

Harlan G. [ScottsdaleBigBook.com](http://ScottsdaleBigBook.com) (Week 47, 7 minutes in)

There are those who are afraid to sponsor, because they think they won’t be good enough. We are merely lantern holders who shine a light on the big book by sharing our experience, strength, and hope. As Bill shares, in the Big Book, bottom of page fourteen, how his friend, Ebby, had emphasized, “the absolute necessity of demonstrating these principles in all my affairs. Particularly was it imperative to work with others as he had worked with me. Faith without works is dead he said. And how appallingly true for the alcoholic. For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, (sponsoring!) he could not survive the certain trials and low spots ahead. If he did not work, he would surely drink again, and if he drank, he would surely die. Then faith would be dead indeed. With us it is just like that.” In effect, if you are in recovery, you must sponsor. If you are scared, work your Step Ten, and get to work sponsoring other people.

The disease will lie to us, and sometimes we will believe it. The lie is that I don’t need to help anybody, that I’m not good enough to help anybody, that I’m not perfect, that I’m not going to be the perfect sponsor. Who is? I don’t know the perfect sponsor. I never heard of a perfect sponsor. Get out of the results business. The ego has three jobs: make me right; make me feel good right now; and make me different from everybody else. I know how to look up to you, and I know how to look down at you. Through sponsoring we realize these resentments, fears, sexual harms, and experiences of life are not unique unto us. I begin to understand, as I am taking fifth and tenth Steps, that there are two words that will unlock the cave of the addiction: me too. As I start to feel kindred to you, rather than apart from you, I begin to see our sameness, our humanity, our equality in God.

Harlan G. [ScottsdaleBigBook.com](http://ScottsdaleBigBook.com) (Week 59, 50-57 minutes in.)



# **OVEREATERS ANONYMOUS®**

**Westchester United Intergroup**

**OAhelps.org**

**(914) 633-2988**



Stay connected between meetings.



# WhatsApp

Share your Experience, Strength, and Hope. Reach out and give service to fellows in need of support.





## Book Club Fellowship

Contact Diane T to join our group: (914) 659-0192





## Westchester Fellowship

Text Diane T to join: (914) 659-0192

We share our experience, strength, and hope with other OA Westchester fellows. The opinions expressed here do not reflect OA as a whole, nor is this a WSO sanctioned site. OA members are admitted upon invitation request.





## Food Forum Fellowship

Text Diane T to join: (914) 659-0192

A place to commit a daily plan of eating, find a food buddy to share daily plans with, share recipes, issues, and, most importantly, a place to share experience, strength, and hope. No food pictures please. Please do not share this link, and instead, refer fellows to me, Diane T, to be added to the group. Let's keep our group safe.

Please note that the WhatsApp groups are not OA approved.

# The Serenity Times

WANTS YOUR VOICE! 2023'S 2ND QUARTER THEME: **LOVE OF GOD AS REFLECTED IN LOVE FOR SELF & OTHERS**



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[WUIGNEWSLETTER@GMAIL.COM](mailto:WUIGNEWSLETTER@GMAIL.COM)



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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/).

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