

Serenity Times

3rd Quarter 2022

A Westchester United Intergroup Publication

Footprints of Love and Service



“If we can share what we have learned,
if we can apply it to all areas of our lives,
we will have indeed performed the task for which
we have been placed on this earth.”

—Beyond Our Wildest Dreams, p 122

Table of Contents

Service Footprints:

Why Service? p 4

Living to Serve God..... p 6

Giving it Away.....p 7

Sharing My ESH.....p 7

Spiritual Awakening.....p 9

Service Through.....p 10

No Service Too Small.....p 10

The Path.....p 11

Hidden Benefits.....p12

Service In & Out of OA.....p 15

Problem and Solutions.....p 15

Service is Essential.....p 16

Hi, I'm Ann.....p 17

Service Isn't Optional.....p 18

Rewarding Service.....p 19

Road to Recovery.....p 19

Surrendering to Service.....p 20

Recovery Doodles.....p 21

Legacy of Humility.....p 22

Serenity of Service.....p 23

Thy Will Be Done.....p 24

Recovery Gems.....p 25

Blossoming Garden.....p 27

12 Stepping It.....p 28

The Voice of My HP.....p 31

Westchester United

Intergroup (WUIG) News:

Service Positions..... p 3

Speaker Bank..... p14

Sponsorship Day..... p 29

News, Events, & Links

Greater NY Metro Intergroup.... p 5

Scottsdale Big Book Study..... p 8

WSBC April 2022 Key Notes.....p 8

12 Step Workshop..... p 14

WhatsApp Groups.....p 30

4th Step Workshop.....p 32

September Retreat.....p 33

OA Literature:

A New Beginning..... P 5

WSO Literature Updates..... P 8

A Step Ahead quarterly.....p 14

12 Freedoms.....p 32

Service Position Opportunities:

Assistance with Microsoft Publisher:

Occasional troubleshooting help. Please contact Diane T at

wuignewsletter@gmail.com

Service Coordinator for WUIG:

Service Coordinator is a trusted servant of Intergroup who acts as an OA Recruiter and finds people to fill specific service positions. There is no abstinence requirement.

Contact Deborah S. at mopandbean@gmail.com



Graphic Designers or People with Graphic Design Skills: The Diversity/Equity/Inclusion + Welcoming Committee of Westchester United Intergroup needs help designing flyers that emphasize its values for mailings. Can you help? Please contact Janice K at

janice2251@gmail.com.

The DIVERSITY/EQUITY/INCLUSION + WELCOMING COMMITTEE



was formed last Fall to attract more diverse groups to OA and to our local meetings in particular. We welcome everyone, and diversity in OA relates to age, gender, race, sexual orientation, disability, and type of eating disorder, among other traits. We are looking at all of Westchester's and Putnam's meetings and recommend ways for meetings to be more welcoming to Newcomers, respectful of our diversity and sensitive to all individual differences. The DEI & W Committee is committed to finding ways to expand our program to groups who may not know about us and to getting out our message. Please join our committee and let us know your ideas, and help us help others to find OA.

Please contact Janice K at janice2251@gmail.com.

Why Service?



Serve Others and Recover.

A key part of recovery in addition to working the Twelve Steps? Service.

When you hear about performing service, you may think, “Wow. Working Twelve Steps *and* giving service? That’s a lot!” Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

- **Show up.** Attending a meeting is service.
- **Unlock the venue for meetings each week.** This is a seemingly simple task, but one of great importance. Without this act of service, your group can’t meet to work on their recovery.
- **Set up and clean up meetings.** Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.
- **Participate in the meeting.** Welcome newcomers, read or share your own experience, strength and hope on the topic.
When you are ready for more
- **Moderate or lead the meeting.** The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.
- **Operate the dashboard.** Unique to the virtual world this position protects the meeting from disruptive participants.
- **Participate in group conscience.** There are always different ways of doing things and the meeting members decide together what is best for the group.
As your recovery continues, consider being an intergroup rep, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies. A writer? Contribute to your local newsletter, or submit to calls for stories.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others.

The best part? There’s a magical thing that happens when you serve others; you end up giving yourself a gift too.

<https://oa.org/why-service/>

OVEREATERS ANONYMOUS®
METRO GREATER NEW YORK INTERGROUP

12th Step Within Hotline

available 24 hours a day:

1-929-376-2662

if you would like to do service
 answering phones, contact :

oa12thstepwithinnyc@gmail.com

I PUT MY HAND
 IN YOURS, AND
 TOGETHER WE CAN
 DO WHAT WE COULD
 NEVER DO ALONE.



**Multiple Meetings Everyday in NYC,
 Brooklyn, and Queens.**

Meeting List:

https://docs.google.com/spreadsheets/d/1FkVY8537zlagRILsVOx1RQ8sZacNsY4WEI4x_tWuThQ/edit#gid=0

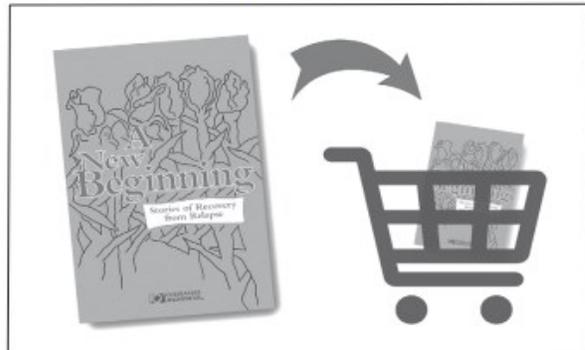
Metro Memo Monthly Newsletter:



<https://mailchi.mp/9775cc075410/metro-memo-december-8665836>

A New Beginning

— available once again in print paperback —



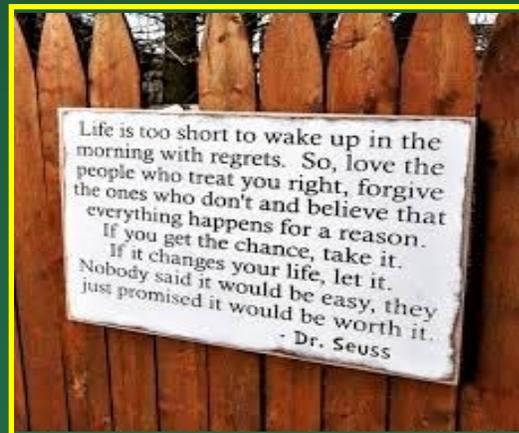
GO TO amazon.com
ENTER 1889681016
CLICK "Paperback \$9.99" *
GET *A New Beginning*, printed
 and delivered to your address

OA's heartfelt story collection from *Lifeline* speaks to anyone struggling with slips and relapse. Full of experience, inspiration, and wisdom, this recovery resource is a valuable gift and a tool for your Twelfth Step Within toolbox.

*OA receives a royalty share for this printed literature only when you choose the "Paperback \$9.99" option.

A New Beginning is also available as an e-book for your Amazon Kindle, Apple iBooks device, and Barnes and Noble Nook.

— Find help and offer hope with *A New Beginning* —



Life is too short to wake up in the morning with regrets. So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason. If you get the chance, take it. If it changes your life, let it. Nobody said it would be easy, they just promised it would be worth it.
 - Dr. Seuss

Vigilance in Remembering
 that I am a Compulsive Overeater is the mantra that helps keep my disease from popping up in all areas of my life.

Diane T



Living to Serve God



I live to serve God
 In whatever way He directs me:
 Through my fellows,
 Animals, plants, and sea,
 Sky and stars, Earth and Sun.
 Awakening, I speak to my Creator, as
 He orchestrates a symphony adorning a sleepy sky.
 I ask Him to guide my living in the sacred, shunning the secular,
 So that I may be a channel to His voice,
 So I may live in His grace. Yes, I am greedy for grace.
 I ask Him to heal me of my broken humanity,
 Becoming as holy as He would have me be.
 Living Heaven on Earth;
 All the while Heavenly, instead of Earthly,
 Free from the shackles of my sin,
 Safe in His love and protection
 A beacon of His light, love, hope, and strength.
 From evil, He protects me.
 He sanctifies, blesses, washes, strengthens, and shelters me.
 In the hour of my death, may He call me
 That with thy angels and saints I may praise Him.
 And when I pass from this world
 May I continue unfettered in the journey He leads me.

Amen

Diane T. New York



Giving It Away

During our lives, and at the end of our lives, we will know that we have been useful to some other people. We will know that no matter what we have done in our lives and no matter what we have suffered in our lives, everything that has happened to us has been given meaning and has made us more fulfilled than we have ever been before. We will know that we can be changed into useful people. We will know what it means to be happy, joyous, and free! What a gift we have received! Let's give it away!

Therecoverygroup.org

Sharing my Experience, Strength, and Hope

Do I come on too strong?

How am I carrying the message of recovery?

Am I being an attraction not a promotion?

The truth is that program has saved my life.

I know that not everyone wants this or wants to put in the time and effort to work it.

This is a daily reprieve, but it's hard work.

Food prep, praying, meditation, meetings, Zooming, sponsoring, reading, writing etc. It's a full time job.

Pushing it down someone's throat won't work.

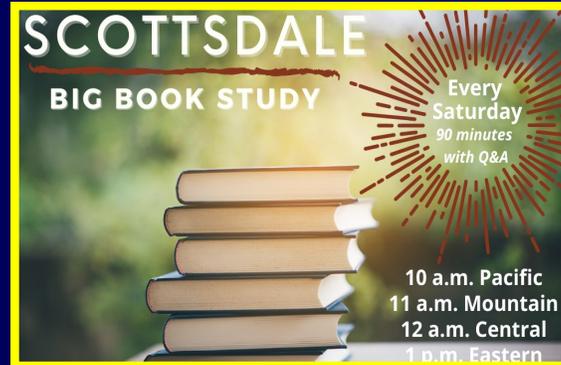
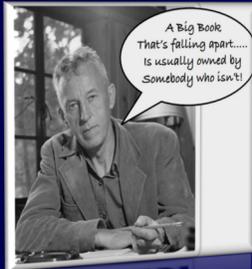
Easy does it, and a spiral effect will.

The key is that I have to want it so badly, like my ass is on fire. Not everyone feels that way.



Linda R, Florida

Arizona Serenity in the Desert Intergroup presents:
Scottsdale Big Book Study Meetings:
 Sun-F 8:30pm EST
 Saturdays 1pm EST



All addicts have these common traits:

1. We lie
2. Assign blame
3. We keep score
4. We fight battles that just don't exist.

<https://www.scottsdalebigbook.com/post/all-addicts-have-these-common-traits>

<https://us02web.zoom.us/j/85330895657?pwd=dG04VWtkcWhDV3ZEd0Z4SlJiNHljUT09>

Zoom Meeting Id: 8533 0895 657
 Passcode: 164758

Podcasts: <https://www.scottsdalebigbook.com/podcast>

April 2022 OA World Service Business Conference



Key News:

Lifeline: Stories of Recovery Blog is launching this year. Member submissions will be in various formats, including stories, art, video, and audio recordings.

OA literature is also now becoming available as audiobooks. *Overeaters Anonymous*, Third Edition is out now, and work has begun recording *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*, Second Edition.

Revised and free to download: *Service, Traditions, and Concepts Workshop Manual and Presentation*.

Where Do I Start? Newcomer pamphlet will now be downloadable, as a pdf, free of charge, for newcomers.

The *OA Responsibility Pledge* will be included in/on all published OA literature, social media, newsletters, and bulletins maintained by the World Service Office. The WSBC further suggests that all OA registered service bodies use the OA Responsibility Pledge on all OA locally produced literature.

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.

—Step Twelve, *Overeaters Anonymous*



The spiritual principle of Step 12 is service. Service has been a gift that keeps giving. Nothing better than that for a compulsive person! More is better, isn't it? I had been a compulsive giver of service for as far as I can remember. Before I came to the rooms, it brewed my resentments. The more I offered to help, the more I was able to control others. After all, I was helpful, all-knowing, capable, dependable, and reliable. Until I was not. I used to be self-seeking, and service made me feel good and important. I gave service with no intention, other than to feel good about myself. Self-centeredness at its worse.

I finally admitted that my life was unmanageable. I had too many commitments. I wanted everything to work my way. There was no better way, of course! I knew exactly how to run the world, and when something would not work right, it was entirely my fault as well. I was guilt-ridden, full of shame for the smallest mistake and failure. I used to look at the day with dread. There was never enough time or energy to do it all. And yet, I filled list after list of to-dos. I satisfied myself with being busy. And yet, it was never enough.

What changed when I took the Twelve Steps?

I admitted I was addicted to my compulsive behaviors, that my life was unmanageable. I had a twist of the mind, so I had to take Step two. It made sense that I could not power myself. I had to get that power from outside my limited being. I had to stop believing I was creating my own energy; it had to come from something that was not me. I had forgotten that I did not create myself. I realized I had been created by a power greater than myself.

Once I made a decision to turn my will and my life over to that Source of Power, being of service became a *gift of thanks* instead of a necessity to feel good. From there on, it became evident to take the following Steps, so that I could experience the Promises that are fulfilled among us. I wanted that quickly!

I am grateful for the daily reprieve from the disease of compulsive eating. I give thanks to whatever Source that reprieve is. It is not me, and I know that. How better to give thanks than to give back? I ask my Higher Power daily about how can I be of service. The answer never fails to present itself. If someone needs to hear a word of hope and encouragement, I can cheerfully share one. That is service and it is easy! I share at meetings. I call my fellows every day. I answer those who call me. I greet people I meet. Easy does it.

Today, I know that service does not equate chores or control. Service is giving back what I have been given freely when I came to the rooms. It keeps me in a fit spiritual condition. It keeps me in conscious contact with that amazing Higher Power that energizes me on a daily basis. It keeps me alive.

Anonymous - South Salem, NY

Service through a power greater than myself



Current creative projects are part of HP's connection to me in my purpose of being of service. I trust where I am being led. I also sponsor in one of my 12 Step programs. My sponsee expresses gratitude, as do fellows that I show up for in my 12 Step programs. Often, my responses feel intuitive when helping others. It's a wonderful feeling. I work to redirect my thinking, in one of my careers, to remember it's not about me. It's about being of service to others, being helpful and addressing what I am there to give them, not what they are there to give me, i.e.: a paycheck, etc. Service creates a positive energy and flow of goodness that has a ripple effect in many ways. I have had people come back to me and tell me their lives were changed because of something I said, or how I helped them. The reality is I am only a tool of my Higher Power, and I don't do it. God does. I just show up and am willing to help. In short, service is allowing Higher Power to run its energy through me to create something a little better each day, one day at a time.

Noelle S, New York

No Service is Too Small



Hi, I'm Keeley, and I'm a compulsive overeater. I am learning a day at a time that no service is "too small." My disease wants me to believe that I "should" do "big things," and if it's not big why bother? Today I keep turning those thoughts over to my HIGHER POWER and ask for strength to do the next right thing. Service, for me today, is reaching out by making a phone call to another fellow, smiling at someone when walking down the street, or helping out my family. I used to think this was not "enough," but my HP knows better. I am part of "We" today, and that is such a gift. I will keep coming back. Peace to all my fellows.

Keeley S., New York

The Path

11



Ahead of me is a path
I'm new to this hiking.
The path looks hard.
It's rocky and seems endlessly winding uphill.
I start up the path.
My shoes hurt, and I'm tired already.
I see many others on the path ahead of me.
They encourage me to stay on the path,
But this is hard.
I want an easier path.
I head off the path looking for an easier way.
I get caught in vines and brambles, but I'm determined to do this my way.
I find myself alone and lost.
In the distance, I see others who yell over, "Join us on the path!"
I start the path again.
When I stumble, my fellow hikers help me
And simply remind me to stay on the path.
I veer off again and again,
Each time getting lost.
Yet, every time there is a friendly voice encouraging me to get back on the path.
I feel less afraid when I have fellows to hike with.
Safety in numbers.
In amazement, I become willing to stay on the path.
My steps become easier.
The path becomes less steep and more smooth.
I notice more. The sun-dappled path is beautiful.
I help others behind me who stumble, reminding them to stay on the path.
The vistas become even more inviting.
I break into a clearing and am greeted with heartfelt smiles.
This amazing path, hard at first, is the easier softer way.

Deborah S, New York

The Hidden Benefits of Giving Service



Recently in an OA meeting, while teetering on possibly breaking my abstinence, I heard a fellow state that, “doing service helps keep you abstinent, alive and active within the program.” I also read that serving others keeps you focused on the present, which helps avoid getting stuck in your own thoughts, some thoughts which are very far from being facts.

I joined OA in October 2021, so I'm new to the 12-Step program. I have learned so much in such a short time, about the Steps, the Tools, but mostly, about myself. I am retired, so I feel very grateful for the free time I have, although my calendar is chocked full with commitments. I do have to say there are quite a few service activities that I'm involved in.

My husband and I are deacons in our church, so we support a few elderly members by visiting them monthly. We also participate during church services and have helped with the 9th grade confirmation class this year. While we've had a great year working with the kids, the side benefits of seeing them grow is what service is all about.

Outside of church, I am a Harbor Pilot for our local soup kitchen, Bread for Life. Harbor Pilots supports one of the soup kitchen's clients by helping them obtain certain things to help them get more established, such as getting their driver's license back, registering them with Social Security or fixing a healthy meal for them or simply listening to their concerns. I am a Harbor Pilot to a mother in her early forties, who has had breast cancer, had multiple back surgeries, and has no family in the country. She has two teens and is going through a messy divorce. I am thankful for this opportunity to help her. However, she actually has supported me when I had breast cancer and had to have a mastectomy! That is the miracle of doing service work, reaping unexpected blessings and benefits.

Once a month during the holidays, I make cookies, and my husband and I give them to the clients as they wait outside Bread for Life for their hot lunches. We've had an awesome time filled with lots of laughs! We dressed as elves last December. We have learned that it's important to the clients to be addressed by name, to participate in conversations, be respected and have an opportunity to share in their struggles and victories.

(continued on page 13)

(Hidden Benefits continued from page 12)

My OA sponsor encourages me to do service, at the very least, sharing my experience, strength, and hope at meetings. I have spoken for 15-20 minutes at two OA Zoom meetings so far. I really enjoyed the experience; I try to go about it in a unique way by sharing photos. The last time I spoke, I talked about how my love for hiking up mountains reminds me of my OA journey. In October of this year, I am planning to fly to Florida to attend an OA retreat in Leesburg to celebrate being in OA one year. For some odd reason, I felt inclined to volunteer at the retreat, so I was asked to lead a workshop. This should be a good stretch for me!

I am looking forward to sponsoring someone in the Fall, after we return from our summer national park camping adventure. I can't wait to learn more about sponsoring, although my sponsor recently explained to me that we sponsor in the same manner that we are sponsored. I think I was getting all stressed out that I needed to be an expert and know everything. My sponsor assured me that teaching the Steps and listening to God's direction will enable me to be a good sponsor, not a perfect sponsor, but a good one, so I can give back some of the support I feel daily from my OA sponsor and fellows. Like all acts of service, I know I will reap the benefits and grow further from sponsoring someone.

I realize that making the commitment to do service helps keep me abstinent, but most importantly, doing service keeps me focused on TODAY. My service work supports all aspects of my life. It helps keep me sane by keeping me healthy physically, emotionally, and spiritually.

Beth N, Connecticut

This is a picture of the big book of Alcoholics Anonymous.....On the left it has all of the pages ripped out that refer to God and or higher power and on the right it's in its entirety.....Any questions about what the program is really about???



<https://www.scottsdalebigbook.com/>

Speaker Bank

WUIG is establishing a Speaker Bank. Speakers may be contacted for various meetings to qualify or to lead. Abstinence requirements may be applicable. If you would like to be part of the WUIG Speaker Bank,

Send your name and contact information to: servicewuig@gmail.com



QUICK STEP THE 12 STEPS WORKSHOP HOSTED BY ISRAEL & OCEAN & BAY OA



This step study takes participants through the 12 steps during 4 sessions of 2 hours each primarily using the Big Book. Sessions will be in English. All OA'ers invited!!

WHEN: Saturdays 1:30 PM – 3:30 PM Connecticut time, 8:30 PM – 10:30 PM Israel time as follows:

- July 9, 2022
- July 16, 2022
- July 30, 2022
- August 6, 2022

WHERE: ZOOM – login information will be sent to registered participants.

Attendance is limited to 8 people. If you are interested in attending, please contact Eileen at eilrecovers@gmail.com. Registration is first come, first served. Please consider your commitment to attending all 4 sessions before signing-up as space is limited.

A Step Ahead World Service Newsletter

<https://oa.org/app/uploads/2022/04/a-step-ahead-second-quarter-2022.pdf>



A Publication of Overeaters Anonymous, Inc. PO Box 40727 Rio Rancho, NM 87174-4727 USA Phone: 1-505-891-2664 Email: info@oa.org Website: oa.org

A Step Ahead

Second Quarter 2022

Volume 26, Number 2

We'll Be a "Can Do" Bunch at World Service Business Conference

ISSUE: *Overeaters Anonymous, Third Edition Year on Popular Instructional Materials*
Apply by June 1 for Translation Assistance Funds
Send Your Story of Experience, Strength, and Hope to Lifetime
Apply for Professional Exhibits Funds
Secretaries: Update Your Meeting Info
New Service Bodies
What's New from WSO
Ask-it Basht

More than 200 delegates from around the world will soon be logging in to participate in our worldwide group conscience meeting and move OA forward. "We Can Do Together What We Could Never Do Alone" is the theme of this year's World Service Business Conference, convening virtually April 22–30. The tentative agenda includes two new workshops on Friday, April 22; the Literature Q&A on Sunday, April 24; and the Trustee Nominee Speeches and Q&A on Monday, April 25. Following the speeches, the region chairs will present the Forum, titled "Using Spiritual Principles to Do Together What We Could Never Do Alone."

Committee assignments will be made prior to Conference, and committee co-chairs will contact delegates with the details of the dates of meetings and the materials they need to prepare.

New Business Motions and Bylaw Amendments
 Delegates will consider nine New Business Motions and fifteen Bylaw Amendments to OA Bylaws, Subpart B. New Business Motions, labeled A through I, include:

- A. Include the OA Responsibility Pledge in all literature, social media, newsletters, and bulletins published by the World Service Office.
- B. Amend the WSO committees policy to allow for an equal percentage of delegates to serve on each committee.
- C. Allow registered OA groups to screen- and voice-share OA copyrighted material during OA meetings.
- D. Refund the Paycheck Protection Program funds to the US government.
- E. Establish July as OA Service Month.
- F. Create a policy to issue screen-sharing licenses for a fee to OA registered groups and service bodies.
- G. Create a policy for OA to make PDFs of all new-comer-oriented pamphlets and allow members to download and print single copies for free.
- H. Review the role, scope, membership, distribution, function, and structure of the OA regions.
- I. Establish a member literature fund for members who do not have access to OA literature. (WSBC 2022 continued on p. 2)

Sweeping Survey Sheds Light on Sponsorship in OA About 30 Percent of OA Members are Available to Sponsor

— OA Twelfth Step Within Committee

If you are looking for a sponsor, take heart! A recent survey of 1,149 OA members suggests that three of every ten OA members are sponsors who are willing to take on new sponsors.

What's the most effective way to find a sponsor? According to the survey, OA members are most likely to find a sponsor when sponsors and those looking for a sponsor announce themselves at OA meetings and events.

Here's more good news: the survey suggests that eight of every ten OA members has a sponsor, and 80 percent of sponsors say their relationship with their sponsor is "going very well."

Understanding OA's Sponsors

The survey indicates that six of every ten OA members

serve as sponsors. When it comes to the total number of sponsors that OA sponsors typically support, there is a fifty-fifty split: half of all OA sponsors have one or two new sponsors while the other half takes on three or more.

What makes for a good sponsor? Here's what members said, in order of importance:

1. Being abstinent
2. Working the Steps
3. Having spiritual recovery
4. Having emotional recovery
5. Having physical recovery
6. Having a sponsor of their own
7. Having a perspective that the sponsor admires and that makes the sponsor feel understood (Sponsorship Survey continued on p. 2)

Attention Intergroups and Service Boards: Please inform the WSO whenever you have meeting changes to your directory by going to Edit a Meeting at oa.org.

Attention Group Secretaries: Please make copies of this newsletter to share with your group members.

DATEMINDER
 April 22–30, 2022
 World Service Business Conference

How I give service in and out of Program

Service can be given simply by showing up to a meeting, also by sharing my experience, strength, and hope at, before, or after a meeting. I offer newcomers a warm welcome, and, if we are virtual, I offer to mail them a newcomer's pamphlet. I offer my number and tell newcomers to feel free to call with any questions they may have. Leading a meeting and taking a topic is also a great way to be of service. I have served as an Intergroup Representative (which took me out of my comfort zone). I've shared the message with people who have inquired about how I lost so much weight and want me to "share my secret."

With any service I do I grow, I change, and I become more of the person my Higher Power wants me to be. I'm grateful to have had the willingness to do service and for how much I've learned from it. I can see the growth and confidence service has given me. Service, along with the continued work in this program, has changed my life, and I will be forever grateful for this program of recovery and for each and every one of you who have led the way!

Fran G, Connecticut



I found OA in April of 2021. My life was in the midst of chaos. I filed for divorce, had no contact with my husband, due to domestic violence, and found myself raising a three-year-old on my own, while managing to work from home. I had no obvious health problems, as a result of my disease, other than slightly high cholesterol levels and a high BMI.

I decided to join OA, because I knew my eating behaviors were killing me. I was in pain, emotionally and physically. As I found a sponsor and worked the Steps, I came to understand that service was part of the solution. I started to take an interest in fellows. Now, I complete daily outreach with ease. I was to be of service. I pray and ask God to give me opportunities for service. I occasionally read and offer service in meetings. I do what I can when I can. Although in the midst of no contact with my husband, selling and buying a new home, I also decided to serve once a week at a local homeless shelter. I assist with food prep, and the unique thing about this shelter is that their mission is to lead others to Jesus Christ, which is who I identify with as my Higher Power. This service, along with OA, was teaching me to learn food neutrality. I was seeing, touching, and smelling trigger foods. Now, I try to volunteer at least once a month, as I am still trying to settle into my new home and attempting to rebuild my marriage. Although I have achieved abstinence and released about 40 lbs, I have noticed now that when I smell trigger foods, I need more connection with my Higher Power. I pay attention to the signs HP gives me along the way. In my experience, abstinence is not possible without Service. Service is part of the solution.

Katie C, PA

Service is Essential

16



Service is essential to my recovery. I've always heard, "I can't keep it, if I don't give it away." That has been true for me. After being in OA for over 25 years, it is easy for me to think "I've got this," even though experience has shown me that I don't. That sense of complacency is dangerous to my recovery. I can't be complacent with any aspect of my recovery – physical, emotional, or spiritual.

I have done service of every kind – arranging chairs and making coffee at a meeting, taking a service position at a meeting (treasurer, literature chair, business meeting chair, and secretary, contact person, newcomer greeter), Intergroup Representative and Board Member, Region 6 Representative, World Service Business Conference Delegate, and more.

There are three forms of service that have helped me the most: sponsoring; leading or speaking at meetings; and speaking with newcomers, returnees, or anyone struggling with compulsive eating. When I speak about the program to others, it reinforces my own recovery. I have to be willing to do anything that I suggest others do. This type of service also helps me to get outside myself and can reduce my self-centeredness. It also increases the "we" of the program. I am not in this alone. I am with you. I need you as much as you need me. That is a good feeling.

The only legacy that it is important to me to leave is a belief and sense of hope that anyone can recover from compulsive eating – the idea that if I have done this, you can too. Perhaps I have said something, almost always taken from the literature or from another person in recovery, that will resonate with you and help you to recover. We "trudge the road of Happy Destiny" together, and, if not for someone else's service, I wouldn't be here.

Carol G, New York



Genuine humility
enables meaningful contribution





I have been given a reprieve from my disease and am ever so grateful to my HP who whispered in my mind "OA" 25 months ago, thus continuing a journey I had started 44 years prior. My prayer and meditation life has to be nurtured daily as if I were preparing one of my flower beds for planting. This preparation begins with my first thought upon awakening, "How can I be of service to my fellows, my family, and to my community?" This is the soil I add to enrich what is in the flower beds. Other fertilizers include reading or listening to p. 86 in the Big Book, "On Awakening," followed by two meditation books. I try to pray and meditate at least 30 minutes in the morning, or even more, further preparing the soil for my recovery, which equates to my HP's plans for me. The last part is mulching and preventing weeds from seeping in, which can show up in stinking thinking and character defects. Continued prayers assist me, throughout the day, for "His Will, Not Mine" be done. Or as my friend, Craig F. from Oklahoma says, "Pray Up!" And, let's not forget The Tools of Recovery!

I was a seedling 25 months ago, and now I am a flower, (by His grace) joining my sponsor. My sponsees are in my garden too, as precious seedlings whose gardens I help cultivate daily. Who waters the garden? My sponsor "waters" mine and I "water" my sponsees. Where's the sunlight? Well, dear fellows, that's provided by you, whose love has allowed me to grow when I couldn't love myself. So, now it is my turn to be a part of the light to shine on our fellows; for that is my footprint - to help the still suffering compulsive overeater.

Ann A, NY



Photo: courtesy of Sarah T, PA

Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation—some fact of my life—unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Alcoholics Anonymous, 4th Edition, Page 417

Service Isn't Optional



I accepted the idea from the beginning that service wasn't optional – probably because of the sponsor who pounded it into my head. What I learned pretty quickly was some sort of service was a requirement, not a choice. It was part of the getting well and staying well process, and if I wanted what these people had, I better do it. It's one of the antidotes for the self-centeredness which the Big Book suggests is at the core of my problem. I must pass on the gifts I receive as I practice the Program's design for living.

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.

"Helping others is the foundation stone of your recovery. A kindly act once in a while isn't enough." BB p.97

"Each group has but one primary purpose – to carry its message to the compulsive over-eater who still suffers." OA Tradition 5. This is OA. We exist for only one reason.

Whatever gifts I receive from God are meant to be given away, to be passed on to others. If I feel gratitude, I have received some sort of gift. To be clear, a lake must have an inflow and an outflow. Helping others is my outflow.

We don't just carry the message...we are the message. This is a program of attraction. An example is worth a thousand sermons.

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



Rewarding Service

While I'm new to OA, I have a strong history of service in my family going back generations. My grandmother inspired me, as a teenager, to volunteer. Since then, sharing my time, skills and expertise with others has become a big part of my life. Through my service work, I've taught writing, weeded gardens, educated visitors at a museum, and visited patients at a hospital. Among the most rewarding was a volunteer gig at a neighborhood shelter for older women without homes. They offered regular classes that taught residents everything from interview skills to meditation. I chose to teach several sessions of beginning ukulele. All the ladies had very long nails that made it difficult to strum the strings, but we always chuckled and had fun. In their difficult lives, an hour filled with laughter was worth a lot—whether or not they ever remembered anything about playing the ukulele.

Anonymous



For me, service is a tool because it actually HELPS me. When I am disturbed in any way, the very best thing I can do is get out of myself and focus on someone else. At a party, I'm nervous. I look for someone who might be more nervous than I am. Am I sitting at a table with tons of food? I get up and start doing the dishes. Service changes the channel on my disease, reminds me I'm not at the center of the universe, and moves my focus to someone other than me, me, me.

It's also part of my Tenth Step. When I am filled with selfishness, dishonesty, resentment, or fear, I ask my HP to remove them, I share them with someone else, and then, as the Big Book suggests, "I turn my attention to someone else." It NEVER fails to change my energy! Most of my disturbances are happening because I can't get out of myself... when I do service of any kind-- make a call, say good morning, or do something no one will ever see-- I am reminded that I'm not the only person in the universe, that all creatures need support, and that I have a purpose. I'm so grateful I learned this lesson in this amazing program!!

-- Anonymous



Surrendering to Service

I had reached a time in my life where the weight was literally killing me. I was not feeling well, and was dizzy, lightheaded, nauseous, had belly pain, hand shakes, tremors, and I was stumbling from a loss of balance. I had sharp pains in my eye, flashes of light and black spots, flaking skin and cracked fissures on the soles of my feet. My mouth was dry and my lips were chapped. Something was seriously wrong.

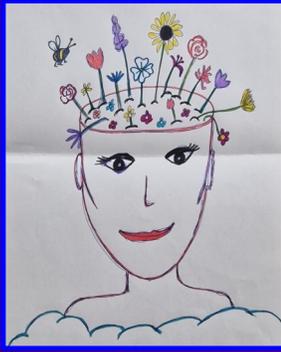
I went through a parade of medical appointments. Finding out I was a diabetic was devastating news. There was no *sugar coating* or attempt to soften the blow. It was a hard fact. I had no other choice than to treat the disease with medication, because it was that severe. It wasn't an option to lose weight instead or really attempt to change my diet, or even to start, or to increase exercising.

If only the medical professionals had seen the numbers before OA. Imagine what they would have been then? Imagination not needed here, because the HgbA1C tells the tales of truth of all my transgressions from the last three months. What did I think was going to happen after being told for the past twenty plus years to watch what I eat, watch my weight, and that I needed to exercise? What right do I have to be shocked over this news when I have continued to eat like a line-backer all these years? An elephant comes to mind. Even it can maintain a massive, body habitus on greens alone. So, sure, I may have cut out what I thought the main trigger foods were in OA, but these numbers at my physician's office told me that quantity makes a difference, too. My Plan of Action needed changing. Part of implementing the changes has come from the support my HP gives me by doing service.

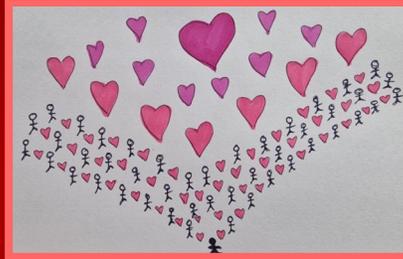
How do I do service? By sharing my story. It should not have happened to me, but it did. I hope it never happens to anyone else. I am following the 12 Steps and 12 Traditions of OA, being truthful to others, and being true to who I am. I do service in helping others. I write, call, text, and reach out. I make bigger changes. I make it enough to strengthen my recovery by reaching out to others.

Sarah B, FL

Recovery Naomi R in Wales: Doodles



An open mind is a healthy mind where thoughts and ideas can grow and flourish.



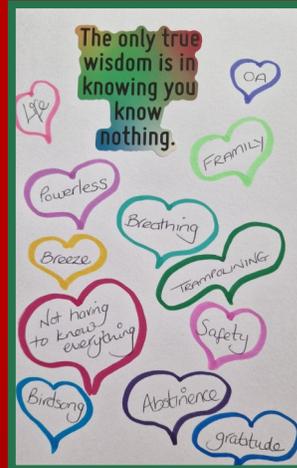
One OA fellow spreads the message and love to just two people which has a ripple effect on spreading love far and wide.



I am trudging the road of happy destiny, following in others' footsteps, and leaving my footsteps behind for others to follow.



If I water myself with OA, love, hope, and truth, I grow abundantly.



Gratitude



Responsibility Pledge

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



A Legacy of Humility and Acceptance



This is a challenging topic for me, because it plays into my fear of death. That's one of my major fears: death and, also, dying. My fear is accentuated, because I am in remission from cancer, and I don't know for how long that remission will last.

My fear leads me to insane activities. I feel like I have to cram everything in, because I don't know how long I have. I'm afraid to make any long-term commitments. I stay up late at night, often because of that sense of having to cram one more thing in — and one leads to many.

Fear, as I've learned from the big book, is one of the character defects that is a major source of addictive behavior. I have been abstinent from food, but I've often transferred my compulsive impulses to YouTube videos, social media, and frantic chores in the wee hours of the morning.

One of the manifestations of my fear of death is the desire for some kind of immortality — the desire for a creation of mine to become famous or go viral — the desire for some kind of public acknowledgment — the desire to have footprints. Yet, as I've learned from working the steps in the big book tradition, such desires are fundamentally selfish.

Also, my father came to this country as a refugee from the Holocaust. He and his family members were able to escape, because some of them had significant public accomplishments. His uncle was the president of a large bank. His second cousin won a Nobel prize. If they hadn't had such accomplishments, they would have died. They would not have been able to escape. The experiences of my father's family further accentuate my fear.

I have to accept that I may not have footprints, at least not substantial ones. I have to accept that perfectly fine people go through their lives, live functionally within their families and community, and disappear from public consciousness when they die. That has to be OK. It has to be OK not to have footprints. Ashes to ashes, dust to dust, have to be OK. I have to accept my fundamental insignificance. I cannot change it.

The Serenity Prayer has so many profound answers. This is one of them.

Anne B, New York

The Serenity of Service



Service is something very much on my mind on a daily basis. I'm almost always out playing tennis or walking my doggies during the daily online OA meeting I attend, and I'm on my cell. So chairing a meeting, reading the Traditions, or being time-keeper aren't really in possible. Those are the ways I usually think about giving service.

Since I'm a firm believer that, "you have to give it away to keep it," and I very much want to keep the sobriety I've been blessed with, I've had to find other ways to do service. For anyone in similar circumstances—maybe you do meetings while driving to work, or while you're watching your three-year-old twins—here are some of the ones I use:

1. Remember that OA meetings not only need leaders, they also need people to attend. Just by attending, you are doing service.
2. You might also find yourself sharing, especially if, like me, you're having an extra-difficult day or a particularly challenging personal situation. Sharing with others is also a form of service.
3. Newcomers are the most important people in the room, virtual or physical. One thing I can do, even on my phone, is to text a newcomer who just shared, welcome him/her to the meeting, and encouraging him/her to, "just keep coming back to us." (I do this so often I even have the text in a notepad app, so I can just cut 'n paste.)
4. Make outreach calls. Yes, we all have trouble making calls, and we tend to make them when we really need help and fellowship. Our calls also help the person we're talking with, because many of them are phone-shy, too and could really use a friend. I also post my number in the chat to let people in need know that I'm available for calls.
5. Offer to sponsor. Sponsorship is one of the main ways of doing service in our fellowship and one of the most important. Even being a sponsee is a form of service.

And last of all...

6. Perform small, random, senseless acts of kindness. I pick up used tennis balls off the ground people have discarded as I head home. I try to offer a smile to folks I pass on the street. Sometimes, when I'm walking the dogs and they've done their business, (gross-out alert!) I even grab the baggy someone else dumped just short of the garbage can and toss it with mine, so the sanitation workers don't have to do it.

I agree, this last one is yucky and silly and probably not for you (especially if you're a cat owner!). But it reminds me of two things: first, life will often present me with poop, but I can still make something good out of it. Second, spiritual growth is a process of subtraction, of shrinking my Self to make more room for HP. And sometimes, getting down in the poop is the quickest way to shrink down my over-size ego.

After all that, I'm totally pooped out. So with that, I pass. :-}

Riki W, FL
gendersobriety@gmail.com



Thy Will Be Done, Not Mine

The subject of service is an interesting one to me. My faith lists a number of spiritual gifts, of which service is one. While we all have some spiritual gifts, I can say that service is *not* one of mine!

I was led to start volunteering for service at my church about thirteen years ago as an actionable form of sacrificial worship and gratitude for the gift of a relationship with my Higher Power. While my wife and I have moved a few times since then, including changing states and relocating churches, I have worked to maintain a level of service. This has included being an usher, doing set-up for and serving on a parking lot team, or with our current church, setting up for the morning service once a month, and serving as an usher a couple times per month. After spending much of my work week in conference calls and emails, I enjoy the change of pace with these forms of service. In addition, joyful service is also important to me. As such, while I appreciate the opportunity to grow out of my sense of self, I also need to make certain that I bring some semblance of balance to not overextend myself and invite resentment.

I've been in OA for nearly a year. July will be twelve months! I am so thankful for this program! In order to describe my service experience in OA, it is relevant to share that I had a period of abstinence for nearly six months followed by a period of random relapses earlier in the year. I am grateful that yesterday was day forty-seven of beautiful abstinence. As part of my OA program, I have had the wonderful experience to serve as a sponsor, a quarterly Tech Co-host/screen sharer at my home meeting, and am now reading the 7th Tradition for the current quarter. It's admittedly odd, since I always enjoy reaching out to OA fellows and am also aware that I can do a better job with this facet of my program. In addition, my periods of abstinence have resulted in twenty-five pounds of mostly fat loss, which is noticeable. When asked, I enjoy the opportunity to share how impactful OA has been after years of dieting, acquiring knowledge about nutrition and exercise, gaining a better understanding of eating behaviors, working with life coaches, and even having some understanding that my compulsive eating is a spiritual issue, but still not having been able to put it all together until I came to OA. I am so amazed and grateful with how OA and working the Steps has brought that cohesion and draws me even closer to my Higher Power – Wow!

I will likely be retiring in six to eight years, and I know that service will be even more critical for continued spiritual and personal growth during that season of life. I appreciate the examples set by my mom and mother-in-law. I am also inspired by people in OA who seem to always be serving as exemplary role models, in this area, as well as the amazing impacts from my Sponsor and Food Sponsor. You are all so amazing – thank you! In addition, I am deeply moved and just blown away by the example set by my Higher Power who came not to be served, but to serve.

As the saying goes in volunteering, 10% of the people do 90% of the work. Again, I am not wired to “want” to serve. Service is an extension of the paradoxical freedom through willing obedience to serve in the loving example set by my Higher Power. Our wonderful program also calls me to serve. My service either yields a joyful peace from serving or, occasionally, leads to a bit of discomfort that furthers my dependence on my Higher Power in order to remain abstinent. Either way, serving gets me out of my sense of self and ego and draws me closer to my Higher Power instead of the false idols listed in Step 12, including food!

May today be a day of true spiritual peace, regardless of the circumstances, and the abstinence it will bring! Thank you for letting me share.

Anonymous



Recovery Gems

Over the twenty-four years that I have been attending at least three OA meetings a week, numerous retreats and conferences, I have accumulated a number of recovery sayings and slogans. Among them are three that help me tremendously:

ly: "Take the body & the mind will follow." "I can't think my way into right action, but I can act my way into right thinking." "Depend on God entirely, and keep rowing to shore." Recovery is not a passive program for me; it requires learning as much as I can and then passing on what I've learned to others. I've been told that I can't keep it if I don't give it away, but also that I can't give what I haven't got. This means that in order to be useful I must remain abstinent from compulsive eating behaviors. If I am still mired down by food thoughts, I cannot be of service to others, and if I am not of service to others, I will not be able to live in recovery.

The AA founders figured this out early on – it's a secret to success in many of the stories in the Big Book. When the food thoughts come, I am told that I need to help another sick and suffering fellow to get out of my own head. I was told to call newcomers and those people that I haven't seen around the meetings in a while. Our meetings cannot exist without the steady influx of new people, and it's my job as a recovered addict to nurture the newcomers and relapsers to get them into the meetings. At each meeting I attend, I volunteer for a service position. I do it to help the meeting, but I also do it for me, to ensure that I get to the meeting. When my life gets big and busy, and the food is not calling, I tend to relax and think that I can do this on my own. That's when I get into trouble, and the voice of the disease gets loud. If I could do this on my own, I would have no need for a recovery program, but I can't – I need my OA family in order to "live a life of sane and happy usefulness."

Some of the gems that help strengthen my recovery, so that I may be useful to others, include:

God grant me the grace to live in the space between impulse and action.

Surrender is choosing to cooperate.

Bless them, change me.

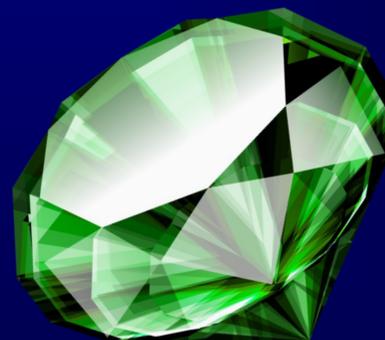
An urge is not a command.

Trust God, clean house, help others.

You can't stay clean on yesterday's shower.

If I am still fighting food, I haven't changed enough.

Feelings aren't facts.



(continued on page 26)

The allergy of the body, obsession of the mind, & emptiness of the spirit.

Don't go to the source of pain for comfort.

What you resist persists.

The answers will come if your spiritual house is in order.

Depend on God entirely, and keep rowing to shore.

Accept, not expect, in my relationships to avoid resentment.

Don't burden others with your expectations of them.

Other people's opinions of me are none of my business.

If you take the time it takes, it takes less time.

Calm waters don't make skilled sailors.

Instead of a period, put a comma; be open to change.

Ritual is in the middle of Spiritual.

My strength is in my weakness. I can learn, grow, and change from my weakness. I cannot do it alone.

Be kind today, and, if not, apologize.

Reading the Steps is one thing, practicing them is another.

HOPE: Hang On, Peace Exists. Hang On. Pain Ends.

TRUST: Try Really Using Step Three.

Awareness, Acceptance, then Action.

When I focus on my recovery, I lose the weight. When I focus on the weight, I lose my recovery.

It's not what I know about recovery, it's what I do.

Take the body, and the mind will follow.

I can't think my way into right action, but I can act my way into right thinking.

I'm not responsible for my first thought. I'm responsible for my second thought and my first action.

Don't try to push the river. It will flow by itself.

If nothing changes, nothing changes.

Instead of telling God how big your problem is, tell your problem how big your God is.

Just because I fall into the water doesn't mean I need to drown. You don't drown from falling in the water; you drown from staying there.

Compare and despair. Utilize, not analyze.

Recovery Saying Gems



Helping Strengthen Recovery & Service

(Recovery Gems, continued from page 26)

I can't wait for it to stop raining. I must learn to dance in the rain.

Steps are the stairway to recovery. The Tools are the handrails.

Take the cotton out of your ears and put it in your mouth.

Pause, Pray, Proceed.

PAUSE: Postpone Action Until Serenity Enters.

What goes into my mouth determines what comes out of my mouth.

10th Step Check-in:

A - Was I abstinent?

E - Did I exercise my body?

I - What did I do for myself?

O - What did I do for others?

U - Did I uncover anything (character trait that caused trouble, situation that made me uncomfortable, etc.)

Y - Yahoo moment? Gratitudes?



Andrea R, SC

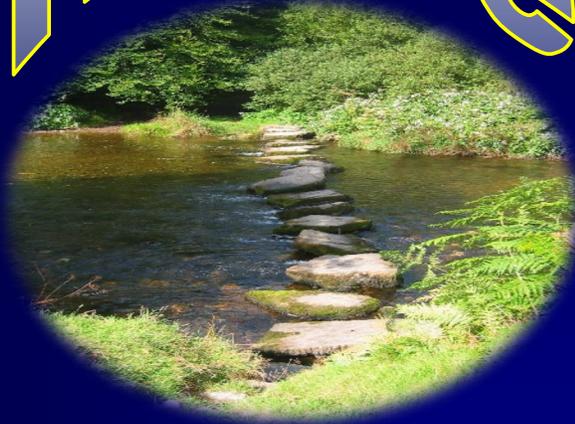
Blossoming Garden



I have had almost every kind of compulsive food behavior imaginable. I am a diabetic and cancer survivor living on a tightrope. COE is a deadly disease that pitches me off the rope, and my OA fellows help me right back up. Service is a pillar of my recovery, though I did not jump in. You could say I inched in. But once I started to give service in the smallest way, my spirits were lifted, and as I gave more, I received more. I was recently elected as group-coordinator of an OA Gratitude Circle. It started in Europe, and I am from America. I never would have thought that I would be giving service to fellows all over the world, lifting each other up. I am eternally grateful to fellows that support me and help me find joy. I want to give back. My OA fellows are the gardeners that make my life blossom. We all have something to give.

Blessings, V

12 Stepping It



I love the section from the Big Book, on *Working With Others*, that reads, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail" (*Alcoholics Anonymous*, 89).

When it comes to service in OA, it helps me to know my abstinence depends on it. In fact, my experience has been that the more I do, the less the food talks to me. The other important thing for me about service is the fact that 'my experience can benefit others' (AA promises). My dark and often painful past has turned around and become an asset. It can indeed save lives. Then I 'no longer regret the past.'

OA gives me the opportunity to practice Step 12 in so many ways. Some days I'll be able to give more than others. The bottom line, however, is that by simply being in a meeting, either in person or online, I am being of service. If I share, I'm practicing Step 12. Somebody might have needed to hear the very thing that I shared. The fellowship offers me the chance of doing service at different levels: group, intergroup, Region, and World Service. My experience has been that the more I put in, the more I get out.

Having recommitted my abstinence a month ago, I am currently keeping things simple and doing service in my online, home group whenever I can. Sometimes, I'll be the spiritual time keeper, or maybe I'll read the 12 Steps. I share and reach out to newcomers, as well as to other fellows. The feedback I get is that calling others helps them.

When I asked my new sponsor to take me through the Big Book he replied, "As long as you sponsor others afterwards." This makes complete sense to me. I have to give it away to keep it. It's how OA works. The idea that I might just keep the program to myself is alien! There is nothing more satisfying, rewarding, and designed to bring peace of mind than watching others get well.

I practice the *spiritual principles in all my affairs* by being the best version of myself in all my roles, including as a wife, mother, grandmother, sister, and as a neighbor. I concentrate on trying to be useful rather than selfish. I clean house and make amends often. I focus on my behavior and not on others. I do regular Step 10s to stay out of the victim role. I also ask myself who might need a kind helping hand today.

I'm not a saint, but I do my best, and that is enough. Amen.

Isabel B, UK

COME BACK TO SPONSORSHIP!



WUIG INVITES YOU TO SPONSORSHIP DAY

WE ARE HOPING TO GET
EVERYONE
AND WE DO MEAN EVERYONE

IN WESTCHESTER & PUTNAM COUNTIES
(WHETHER YOU HAVE A SPONSOR OR NOT)
(WHETHER YOU ARE A SPONSOR OR NOT)
TO COME TO THIS ALL-INCLUSIVE IN-PERSON EVENT.

SUNDAY, AUGUST 21

George's Island Park: Dutch Street, Montrose, NY

12:30 PM FOR BYO (BRING YOUR OWN) LUNCH

1:15 PM FOR:

OUTSTANDING SPEAKERS
A HUMAN JIGSAW PUZZLE
SPONSOR MEET & GREET
ENTERTAINMENT & FUN!

(We are not a glum lot!)

Wouldn't it be amazing to meet everyone in OA from
Westchester & Putnam?

Contact Michelle at mcjasper2@gmail.com

Stay connected between meetings.



WhatsApp

Share your Experience, Strength, and Hope. Reach out and give service to fellows in need of support. Share your day count and food issues on the Food Forum.

Book Club Fellowship



Mondays 6:30pm-7:15pm

(first Monday eve of each month)

Sundays 10:30am-11:15am

(third Sunday of each month)

*Each meeting, whether on a Monday or a Sunday, will be a continuation of reading and discussion from the previous session.

Join our Book Club Fellowship WhatsApp Group

For all related info, including registration, books, and Zoom login info:

<https://chat.whatsapp.com/AWo0jphl2uKKOwhYLckm>

You may also contact Diane T. at (914) 659-0192

JOIN OUR WHATSAPP!

OA WESTCHESTER FELLOWSHIP!

TEXT DIANE T WITH YOUR FIRST NAME AND LAST INITIAL: (914) 659-0192



Join our WhatsApp!

OA FOOD FORUM:

PLANS, PONDERING, & PITFALLS.

TEXT DIANE T WITH YOUR FIRST NAME AND LAST INITIAL:

(914) 659-0192



The Voice of my HP



OA Promise

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady will-power. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Rozanne S.

It was the last stop! I came into the rooms in June of 1985, a young woman afraid of looking inwardly to recover outwardly. I had begun to love myself just enough to be willing to explore meetings. I had heard of OA, but cannot recall from whom or from where.

OA's showed up at meetings, day after day, each member doing this seemingly mundane *service*, not jobs, nor volunteering, but bringing themselves to the we circle of OA meetings. It's a profound service, to be a voice, a presence; WE are OA in a place where there is hope for all who come into this divine fold.

So, I show up and I speak up. I share my truth, sometimes raw, amongst our fellows. I have two sponsors, both complementing the picture of my specific Plan of Eating and with my living in the Steps, my program, and my evolving recovery. I'm blessed with one sponsee who shares much in common with me in our civilian lives, where we are both helpers of sufferers. Fortunately, it was a calling early in my teens, and I have witnessed many recovering, helping-professionals in AA, and in my work community. I was gratefully 12-Stepped in! That's how it worked for me.

I discovered a direct relationship with my Higher Power through music and singing. This love proved to be my most profound GOD connection. Singing, an intense joy, is a great gift I've received, a new way to love being in my body. Prior to OA, I could not connect to my voice. Singing is a gift of recovery, a spiritual experience for me, and I've come to be so grateful to share vocal, choral music in my house of worship. This is my most cherished form of service outside of the rooms. To serve and share connection has been the opposite of active addiction.

Laura L, NY

ZOOM ID:

834 0491 2281

PASSWORD:

step4

4th STEP WORKSHOP

Sunday, August 7, 2022

8:30am - 1:00pm PST

11:30am - 4:00pm EST

10:30am - 3:00pm CST

9:30am - 2:00pm MST

What do I need to bring:

- Ten sheets of lose leaf lined notebook paper (no journals)
- Two pencils/pens
- The Big Book
- Patience

OVEREATERS ANONYMOUS



12 Freedoms

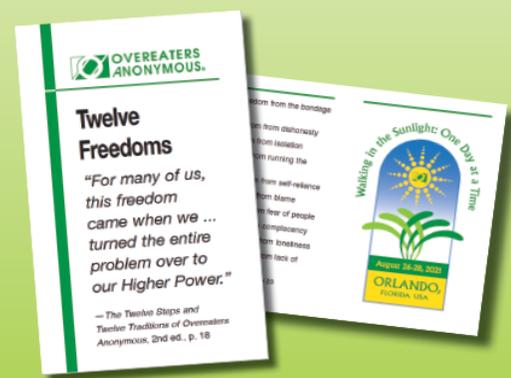


Celebrate your freedom from compulsion with a *Twelve Freedoms* pocket card! Created to commemorate World Service Convention, this limited edition trifold pocket card is an easily accessible reminder of the poignancy of our program, listing the freedoms that we enjoy in our recovery. Whether you're guarding against slips or encouraging another struggling compulsive eater in need, keep the (Twelve Freedoms pocket card #447) close. Available at bookstore.oa.org for only US\$.55.

<https://bookstore.oa.org/pamphlets/twelve-freedoms-wallet-card-447.asp>

Spread the word about the *Twelve Freedoms* wallet card with our color or black and white flyer. <https://oa.org/app/uploads/2021/08/twelve-freedoms-wallet-card-flyer-color.pdf>

Now Available in the OA Bookstore
Twelve Freedoms Pocket Card



- LIMITED QUANTITY -

Available in the
 OA Bookstore at
bookstore.oa.org



55 Cents Each!

Celebrate your freedom from compulsion and
 commemorate World Service Convention with the
Twelve Freedoms Pocket Card!

CAPE COD INTERGROUP PRESENTS
A Day Long Retreat
"SERENITY THROUGH RECOVERY"

Featuring Keynote Speaker and Workshops

Sunday, September 18, 2022

8:45 am to 4:00 pm

Camp Greenough

Rain or Shine (Indoor and Outdoor Space Reserved)

Scouting Camp
227 Pine Street, Yarmouth Port, MA
Coffee, Tea, Water, and Door Prizes provided

BRING YOUR OWN LUNCH

7th Tradition Donations Appreciated

Mail reservations to: CCI Retreat C/O Gerry Emmert,
81 Dillingham Rd., Brewster, MA 02631 by 9/05/2022

For more information Contact:
Gerry at 508-259-2220 or e-mail: gerry_emmert@comcast.net

Please reserve ____ 'Day Long Retreat' seats for me/my group.

Enclosed is 7th Tradition Donation of ____ (Optional) Checks payable to Cape Cod Intergroup

Name _____

Phone _____ E-Mail _____

Additional Names in Group: _____



From the editor:



Thank you to all the OA fellows in Westchester, and from around the world, who have honored us by sharing their experience, strength, and hope on how service has been transforming their lives.

Thank you to Carol G., for being my second set of eyes before we go to print.

With love and gratitude,
Diane T



The Serenity Times

WANTS YOUR VOICE! 2022'S 4TH QUARTER THEME:

REDISCOVERING THE BIG BOOK.

SHARE YOUR EXPERIENCES BY WORKING THE TOOL OF WRITING AND HELPING FELLOW OAS. YOUR DREAMS, PRAYERS, ANECDOTES, POEMS, ART, FAVORITE QUOTES, AND OA LITERATURE ARE AMONGST SOME OF THE ITEMS YOU CAN SUBMIT. SHARE WHAT INSPIRES YOU TO DIANE T:

WUIGNEWSLETTER@GMAIL.COM



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/.

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 MESSAGES FROM.



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?](https://www.paypal.com/webapps/shoppingcart?flowlogging_id=118befaf76dd0&mfid=1589652888366_118befaf76dd0#/)

[flowlogging_id=118befaf76dd0&mfid=1589652888366_118befaf76dd0#/](https://www.paypal.com/webapps/shoppingcart?flowlogging_id=118befaf76dd0&mfid=1589652888366_118befaf76dd0#/)

Sponsorship:

Need a sponsor? Are you an available sponsor? Email Barb,

Sponsor Bank Coordinator:

servicewuig@gmail.com



Intergroup Trusted Servants:

CHAIR: DEBORAH S. WUIGCHAIR@GMAIL.COM

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

TREASURER: ANNE B. WUIGTREASURER@GMAIL.COM

RECORDING SECRETARY: ANN A WUIGSECRETARY@GMAIL.COM

CORRESPONDING SECRETARY: CHELSEA F. WUIGMEETINGLIST@GMAIL.COM

WORLD SERVICE DELEGATES: MARY T, DIANE T, & DEBORAH S

REGION 6 REPS: DIANE T, DEBORAH S, ANNE B., MARY T: WUIGR6REPS@GMAIL.COM



DISCLAIMER: THE OPINIONS EXPRESSED IN *THE SERENITY TIMES* REFLECT THOSE OF THE INDIVIDUAL WRITERS AND NOT THOSE OF WESTCHESTER UNITED INTERGROUP, OA FELLOWS, OR OA AS A WHOLE. MATERIALS SUBMITTED CANNOT BE RETURNED. WE RESERVE THE RIGHT TO EDIT ENTRIES, AND IT IS UNDERSTOOD THAT ALL COPY MAY BE REPRINTED BY OTHER OA GROUPS WITHOUT PERMISSION.