

Serenity Times

3rd quarter 2023

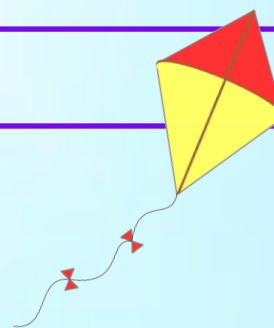
A Westchester United Intergroup Publication



THIS IS WHAT RECOVERY LOOKS LIKE

Personal journeys of experience, strength, and hope.

Table of Contents



News and Events

WUIG	3
Body Image	4
R6 Convention	5
Gratitude Circle	15
A Step Ahead News	21
Lighten Up	24
Working With Others	27
Virtual Convention	27
Keep Connected	28
R2 Convention	31
Wonderful Wednesdays	33
Local News	35
Stepping Stones	35
Big Book 12 Step Study.....	40

Odds and Ends

Done Deal	13
Slip Inventory	30
12 Concepts	36
The Courier	37
Book Marks	17, 24, 25, 26, 27
Printable Flyer	38
WUIG notes & messages	41

Articles

Rules	8
Forty-One Years	10
Then & Now	12
Whose Business	13
An OA Journey to Joy	14
Gift of Desperation	16
Sponsoring	19
My God Box	20
Step 12 Promises	22
Long Journey, Strong Memory....	25
Daily Food	29
The Mouse	32
God Sends	34



WUIG News and Service

WUIG Vacant Positions:

12-Step Committee Chair, Treasurer, Corresponding Secretary, and Sponsorship Day Co-Chairs (for August)

Contact clcprogram14@gmail.com.



Sponsorship Day: 3rd week of August. Location and time TBD.

Check oahelps.com for updates.

Big Book 12 Step Study: 9/12/2023-12/5/2023 (See p 40 for details)

R6 Fall Assembly: Saturday, 9/23, Albany, NY (<https://oaregion6.org/r6-assembly-2/assembly-documents/>)



OA Zoom Meetings:

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

https://docs.google.com/document/d/18bXW0gCJEVsxVYO-WGe_ZqSTsOjOtx83I94zBVOwuY0/edit

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

Newcomers in your meeting? Welcome them with the OA Newcomer Pamphlet, *Where Do I Start? Everything a Newcomer Needs to Know*.

Email the newcomer's name and physical address to Roberta at rzeebean@gmail.com and she will mail one to them. WUIG would also appreciate information about how the newcomer learned about OA.

Westchester United Intergroup (WUIG) meets monthly (except for the month of July) on the first Thursday from 7 - 8:30 PM ET. <https://us04web.zoom.us/j/668275613>

Meeting ID: 668275613# password: 121212

Visit our intergroup's website at oahelps.org

Anniversary Celebration

Tuesday Night Body Image Meeting

Tuesday, July 11th, 7-8:30 pm ET.

Healing the Distorted Lens:

Speakers, Q&A panel, & general sharing



All genders are welcome

Pleasantville Presbyterian Church
400 Bedford Road, Pleasantville, NY

Or on Zoom

Link: 233 569 433

Passcode: 121212



WELCOME home

WHITE PLAINS NY

Region 6 of Overeaters Anonymous
invites you to attend the
2023 Region 6 Convention!
JOIN US IN PERSON

TENTATIVE HIGHLIGHTS

Friday, October 13

3:00 pm Registration opens
4:00 pm Workshops begin
6:00 pm Buffet
8:00 pm Grand opening/keynote speaker

Saturday, October 14

8:30 am Workshops continue throughout day
6:30 pm Banquet
8:00 pm Keynote speaker

Sunday, October 15

9:00 am Workshops begin
10:30 am Closing session

General Service Opportunities

We need your help with service
Email will arrive in late-summer
with all the service options

Workshop Speakers

Information to follow in late summer

For additional information, please contact:

r6conventionchair@oaregion6.org

For registration information, please contact:

r6conventionregistrar@gmail.com

2023 REGION 6 CONVENTION WELCOME HOME

CONVENTION REGISTRATION

Registration is online only to Sept 28th:

[Click here to register](#)

Credit Card/PayPal accepted

****No refunds or transfers****

- \$55 USD to August 15
- \$65 USD - August 16 - Sept 28
- \$75 USD - Registration at the door
- \$45 USD - Friday Night Buffet Dinner
- \$60 USD - Saturday Night Banquet Dinner

HOTEL INFORMATION

Sonesta Hotel

66 Hale Ave., White Plains, NY, 10601

Hotel Occupancy Rates

- King/Double Room \$179 US + tax/night
- Triple Room \$189 US + tax/night
- Quad Room \$199 US + tax/night

Room Reservation Information

- Hotel reservations must be made by September 12 to guarantee the R6 Convention rate
- Cancellation Policy:** Cancel by 3pm 48 hours prior to arrival to avoid charges

Additional Hotel Information

- Self Parking is \$10 per car per day

2 Ways to Register for the Hotel

1. OA Region 6 website:

[Click Here](#)

2. Phone reservations 1-866-594-6747



Raffle Tickets



OA Region 6 Convention - 2023

WELCOME
home

2023 Convention - Welcome Home - Region 6 of Overeaters Anonymous

WHITE PLAINS NY

Raffle Tickets

Prizes:

1st prize: Convention Registration and Hotels

2nd prize: Full set of Convention Recordings

3rd prize: Convention Registration (prizes are transferrable)

\$10.00 USD for 5 chances

Unfortunately, no refunds are available.

Prize drawn during the Fall assembly on 9/23/2023.

Purchase your raffle tickets by 1:30pm ET 9/23/2023:

<https://square.link/u/2wJny2sr>

OA Region 6 Convention — 2023

Talent Show

Friday Evening 10/13/2023

9:30-11:00



The convention's entertainment committee needs performers and others to do service!

Contact Cathy C, NY: clcprogram14@gmail.com



At the Sonesta Hotel in White Plains, NY. [2023 Convention - Welcome Home - Region 6 of Overeaters Anonymous](#)

oa6region6.org



WUIG's Shortened & Loose Interpretation of Robert's Rules of Order

Robert's Rules of Order is based on parliamentary procedure. It is a tool used by representative bodies of all kinds to bring order to meetings and allow the group to take care of business in an efficient and predictable manner. It is a proven way of conducting meetings.

One BIG significant difference between WUIG and Robert's Rules

Robert's Rules depends on a majority vote to pass a motion or take an action. WUIG depends upon **consensus**, which is defined as "substantial unanimity." This is stated in OA's Concepts of Service #12.

Another difference between WUIG and Robert's Rules

Not everything has to be voted on fully. If it is apparent that there are no changes to the Minutes or the Treasurer's Report, for instance, the Chair can just say, "Assuming no objection, the Minutes are approved." This is equivalent to saying, "Speak now, or forever hold your peace." The same goes for adjournment, or any other change to the order of business where it is obvious that virtually everyone is in agreement.

The Order of Business at a Meeting

<u>Robert's Rules</u>	vs.	<u>WUIG</u>
Call to Order		Serenity Prayer, Introductions, and Tradition of the Month
Reading of Minutes & Approval		Minutes Sent Out Ahead & Approval
Reading of Treasurer's Report & Approval		Report Sent Out Ahead, Discussion & Approval
Reports of Other Officers		Reports of Other Officers (if needed)
Reports of Standing Committees		Reports of Standing (Permanent) Committees
Reports of Special Committees		Reports of Ad Hoc (Temporary) Committees
Unfinished Business		Old Business (Issues previously raised)
New Business		New Business (New issues)
Announcements		Key Points Service Concept of the Month
Adjournment		Adjournment

(continued on p 9)

(Rules, continued from p8)

Making a Motion

Anyone (except the Chair and Visitors) may make a motion at virtually any time, although it is usually done during Reports, Old, or New Business. Motions should be clearly stated, and it is wise to ask the Recording Secretary to read back the motion. This assures that it is recorded as intended by its author. [The Chair may “entertain” a motion, which means the Chair is encouraging anyone else to make that motion, such as “I will entertain a motion for adjournment.”]

All motions must be seconded to continue. Anyone (except the Chair and Visitors) may second a motion.

Motions may be discussed, however, if it appears that no discussion is necessary, such as when there is substantial unanimity about the motion, the Chair may decide to forgo this step (with substantial unanimity in doing so). **The discussion alternates 3 pros and 3 cons.** If there are no more cons, after one or two, there is generally no need to continue with pros. This is usually left to the Chair’s discretion.

In the midst of discussion, a motion may be amended or tabled.

Amending a Motion. Anyone (except the Chair or visitors) may propose an amendment to the motion. A second is required. If the motion maker accepts the amendment, the motion is changed on the spot to include it. If not, the original motion can be discussed and then voted on. The maker of the amendment may then choose to put forward their motion, if relevant.

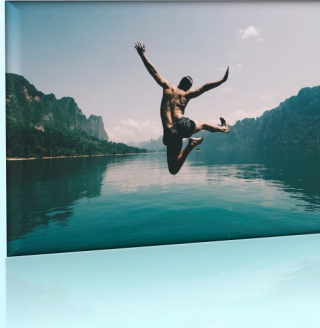
Tabling a Motion. Anyone (except the Chair or visitors) may propose to table (postpone) a motion. A second is required. Tabling usually occurs in order to gather more information relevant to the motion or to allow time at a future meeting for further discussion. There can be discussion of tabling, with pros and cons, however, in the interest of time, the Chair may choose to limit this. Tabling requires a vote.

Calling the Question: If it appears that consensus has been reached and/or that no new discussion is occurring, anyone (except the Chair or visitors) may call the question (ask for a vote). However, one should be careful not to cut off discussion prematurely, as consensus is often reached through detailed discussion. Technically, a vote can be taken on calling the question, however, in the interest of time, the Chair may choose to limit or eliminate this.

Adjournment. Anyone may move to adjourn the meeting (typically after all business is concluded). A second is required.



Forty-One Years



I found my way into my first OA meeting in Durham, North Carolina – 10 women and me on January 26, 1982. I had absolutely no idea what I was doing or what they were talking about. Deep in anger, depression, disappointment, obesity and feeling totally trapped in my life, I had made up my mind a month earlier to check out. No hope whatsoever. I prepared, but at the last minute I couldn't do it. My spouse mentioned that a friend had heard good things about something called Overeaters Anonymous. She said it was a place where they helped you with your weight as well as with your head. It was the head part that she emphasized when she told me. Two weeks later I found myself in a small room surrounded by laughing and joking women who were having a good time. What have I gotten myself into? I asked myself. That was the first time I had heard what I've now heard thousands of times: *Keep Coming Back!*

Some of you could write the rest of the story because you have lived it. It was the beginning of a journey to freedom. Free from the food obsession, free to live and pursue my dreams, free from wanting to die to miraculously wanting to be all I felt created to be. And yes, it was more than the food. It was physical, emotional, and spiritual. I argued and argued, but did the work. I told my sponsor that it was brain washing. He said, "Don, maybe your brain needs washing." It did. In fact, it needed to be totally rewired. The 12 Steps did that.

I got abstinent by being willing to admit myself to the metaphorical OA hospital and say, "Okay, I give up. Tell me what to do." They told me the first thing was to detox from the addictive, junk foods I was endlessly consuming. I didn't believe in addiction, but I decided to pretend and see what happened. That meant three weighed and measured meals a day, no sugar nor any refined carbohydrates. I figured I couldn't do it all my life, but I would play their game, and when I got thin I would leave and be able to control it myself.

I started on the 12 Steps within a few weeks when my brain had cleared up from the sugar, flour, and excess food. They told me I was now in a race. What race? It was the race between the eventual decline of my willpower and the acquisition of a new power that would come from working the 12 Steps. It was willpower that initially helped me follow my plan of eating, but they said willpower would eventually run out and had to be replaced by another kind of power. I didn't know what they were talking about, but my pain gave me the willingness to follow directions. My way hadn't worked. Why not surrender, at least for a while, to another set of ideas?

Meetings, endless meetings. I went almost every day. I still argued with my 'tough love' sponsor. He asked, "Did you come here to argue or to get well?" I didn't exactly know what *well* meant, but I was grudgingly willing to keep following directions. Then there was all that studying of something called a Big Book about a bunch of drunks and how they stopped drinking and stayed stopped. I began to see that I used food like they used alcohol. Like them, my problem had small beginnings that eventually overtook and consumed me.

Willingness was key to everything. Physically, I was willing to accept that the disease was stronger than my willpower, to put structure into my eating, to plan my meals and commit them to someone, to let go of problem foods, and to put abstinence before everything without exception.

(Continued on p 7)

(*Forty-One Years*, continued from p6)

Emotionally, I became willing to accept that I was the enemy, not circumstances, and that my problems became fixed by changing myself, not others. I became willing to face life as it was, to take responsibility, and to forgive myself and others for being human.

Spiritually, I slowly began to have a relationship with a Higher Power. In retrospect, I can see my recovery was a gift, but it was working and living the 12 Steps that put me in a position to receive that gift.

So here it is 41 years later. Half my life. I have never left. I'm maintaining a triple-digit weight loss. I'm abstinent. I live a full and useful life, free from any battle with food, but I still have the disease. The obsession is arrested, but the disease is forever, which means I cannot treat food like normal eaters do. I need a structured food plan and a way of thinking and living that keep me in fit spiritual condition. That means living the ideas and principles of the Steps, Traditions, Tools and slogans.

Every single morning, without exception, I start my day with Steps 10 and 11, which include: inventory; planning my food, work, and attitude for the day; reading OA and other daily readers; writing how the "truths" in the readings apply to my life; a gratitude list; prayers (Serenity, Third, Seventh, Eleventh and others); affirmations; and meditation.

OA saved my life and gave me a second chance at making a life. Now I'm giving back through living a spiritually based life based on patience, tolerance, kindness, love, and service.

Don C, Connecticut, USA

Visit the OA Virtual Region



Home of twenty-one intergroups and fellowship meetings around the world including meetings in English, Spanish, French, and Greek.

<http://www.oavirtualregion.org>



Then & Now



2018: upon entering OA

I weighed myself several times a day
 I ate copious amounts of sugar.
 I thought about suicide regularly
 I was miserable, depressed, scared, and angry
 I lived with someone I couldn't stand for 3 decades
 I loved cats, but couldn't have any
 I resented my brother for sexual harms against me
 I became so ill that all of my hair fell out
 I did what I thought I should do and what I had to
 I believed I didn't need anyone
 I dreamed about what I would do when I retired
 I told people what to do
 I was filled with guilt, shame, and remorse over things I had done.
 I spent money frivolously
 I thought I needed much more than I had
 I helped others when I could

 I would regularly beat myself up after junk food feeding frenzies
 I walked around with a scowl, angry and afraid.

 I concentrated on what needed to change in the world.
 I despised my body and punished it regularly.

 Who I wanted to be seemed like a fantasy.

 I pushed and pushed my game plan, no matter what, trying to make it work.

2023

I weigh myself every 3-4 months
 I haven't eaten sugar in 3.5 years
 I haven't thought of suicide in four and a half years
 I am in love with my life and love who I am becoming
 I moved out and have had my own place since 2020
 I have three cats
 My brother is now one of my closest friends
 My hair is down to my belly button!
 I do exactly as I want to do and in concert with God
 I believe I need God and my fellows
 I am living the dream
 I tell people what I do
 I am filled with joy, confidence, and self-respect, grateful for what I do each day for God & fellows.
 I spend money prudently
 I have more than I need
 My life is devoted to helping others as God would have me do.
 I nurture my body with the healthiest of foods.
 I fly about with a perpetual, goofy grin, loving & faith filled.
 I focus on what needs to be changed in me and in my attitudes.
 I love the body God gifted me with and am grateful it persevered decades of abuse.
 I am exactly who God wants me to be and who I want to be.
 I do what I comfortably can and let God manage the results.

Whose Business is it Anyway?



I'm sure you've occasionally heard a fellow in an OA meeting say, "What I weigh is none of my business." I tend to have a big question mark in a cartoon blurb over my head when I hear that.

If I'm doing what I think I should be doing with my plan of eating, what God wants me to do to achieve/maintain a healthy body, then I say groovy. If I'm not doing what God wants me to do, then it damn well is my business!! It means I need to work my program more. I can't eat a dozen bagels and say to myself, "Oh, what I weigh is none of my business. It's God's business." Not! I do my part (like planting seeds in fertile soil, watering the ground, and ensuring the area gets proper sunlight), and God does the rest, making miracles happen; I just need to do my part...that IS my business.

That being said, if I am getting the nutrition and calories I need on a daily basis, then what I weigh, or my body size, is indeed God's business. If I have the energy, strength, and well-being that living in a nutritionally, well-fed body brings, then however my jeans fit, what an ex, a sibling, or a friend may say, is inconsequential.

Diane T



Hello, OA fellows! I recently started a practice, with a few fellows, where we simply text each other: "Done" when we are done with our meals to help keep us accountable, for staying on our committed food plan, and not eat snacks nor go back for more. Breakfast is a no-brainer for me, but sometimes after lunch and dinner I want a snack or more. Doing this has given me pause, even with picking up a healthy snack. It helps keeps my mind free from the chatter of my disease. So, if you'd like to join us, join the Food Forum Fellowship WhatsApp group, and pop in and write, Done, when you have completed your meals. Together we get better!! To join the WhatsApp group, download the WhatsApp application onto your device and email me with your first name, last initial, and let me know you'd like to be added to the group: wuignewsletter@gmail.com

Diane T

An OA Journey to Joy



I have had a problem with food as far back as I can remember. As an infant, my mother described me as pleasingly plump. At the time, that meant healthy. Today it means the opposite.

For over sixty years I had been committing slow suicide through various compulsive, food behaviors. Three years ago, at yet another breaking point, the OA name surfaced in my mind. I had heard of OA, over forty years ago, but certainly would NEVER think of going to a meeting. We did not have PCs and certainly no thoughts of the internet or Zoom. In desperation, I wondered if OA existed on a Zoom platform. Having friends in 12 Step programs, I wondered if it were truly anonymous. Well, I thought, perhaps I could just listen without my camera on. I was desperate for help, so I went to oa.org and searched for a meeting. I found the Gratitude Circle, which was about to start, so I logged on, having no idea what was on the horizon.

That day my life changed. It took weeks of attending the Gratitude Circle daily to finally feel comfortable turning on my camera and speaking. From there I ventured worldwide in attending OA Zoom meetings of all types. I now attend at least two meetings a day and do all kinds of service.

It has always been my belief that God has a plan beyond my understanding. In OA, I have found joy I never thought I deserved. This program saved my life. My prayer is that I can continue to learn and to carry my joy to those who are suffering. I am grateful and blessed.

The Gratitude Circle is a short, 11th Step OA meeting comprised of a short meditation followed by the sharing of gratitude. There is a new theme every week and seven new prompts. The guided meditation helped me calm down and be grateful. Prompts are written by many different service members.

This is one of my favorites:

We bring to mind the sunrise, a stunning array of pinks, oranges, purples and blues that are gifted to us, making us so grateful for the day ahead.

We bring to mind the wind, from the gentlest of breezes that give us goosebumps to a force that shakes our core.

We bring to mind the rain, from the lightest cool spray of water to refresh us, to the heavy cold rain that drenches us and makes us gasp in surprise.

(continued on p 13)

(An OA Journey to Joy continued from p 12)

We bring to mind the sun, from the gentle, warm heat that envelopes us in love, making us smile, to the intense heat that makes us pant.

We bring to mind the clouds, from the cool, calm, blanket of clouds, so comfortable and peaceful, to the angry dark clouds threatening a downpour.

We bring to mind the sunset, the day slowing down and our HP showing us a range of orange, brown, purple, pink, and yellow, providing us with an opportunity to slow down and become quieter.

We bring to mind the dark nights, where the darkness surrounds us, quietens our minds, slows down our breathing and our hearts, allowing our bodies, minds and souls, to rest and replenish.

V Rock, Alabama, USA



You are warmly invited
 to take a moment of pause
 and connection in your day today by connecting with yourself, each other, and your HP through prayer, meditation, breath work, and gratitude.

Zoom: Gratitude Circle 4:15PM EDT

Join Zoom Meeting

<https://us05web.zoom.us/j/4387370725?pwd=V21MVVRVQIA3UmZ1VGxOVnY4b0lzd09>

Meeting ID: 438 737 0725

Passcode: Step11

Together We Get Better



The Gift of Desperation



On June eighth, the fifth anniversary of the death of a renowned chef, adventurer, and author, my twin brother and I emailed each other about thoughts on suicide, especially after I told him I still experience deep, visceral grief when I think about how much pain the icon must have been in, even amidst his majestic and gifted life. I wanted to share the letter I sent back to him, especially in empathy for those of my fellows who have ever been suicidal or have lost loved ones to suicide. Thank you for indulging me:

I understand what you are saying about suicide being the ultimate act of selfishness and cowardice, but I can tell you from having been suicidal, from the disease of compulsive overeating, the mental hell, self-flagellation, and despair were too painful to live with. On several occasions, I had planned on taking one of my wilderness adventures where I would have had a convenient accident while falling off the face of a cliff rock climbing in Siurana, Spain, my parachute getting stuck and not opening while jumping with Special Forces friends of mine in Russia, drowning while surfing in my beloved Hawaii....you name it, so that my family would not have to live with the legacy that I took my life. I've known people who were in too much pain to consider camouflaging their deaths. I'm grateful to God that you are blessed to have never known that kind of suffering from depression, and I pray you never will.

The one time I did try to take my life had to do with physical pain, not depression. When I was in Mexico, June 2018, my intestines exploded a few days after a surgical procedure. I was not able to get hold of the surgeon, and the pain was beyond anything I thought was humanly possible. I've broken limbs, had surgeries, traipsed around the Amazon Jungle solo with a seventy-five pound backpack, so I thought I was a tough cookie, but what I had experienced was beyond human comprehension. The iconic chef had taken his life just days before by asphyxiation, so I took a page out of his playbook and tried to do the same by using the strap from a carry-on bag and tying it against the bed frame as I leaned forward. I was too weak for it to work. God had other plans!

That pain endured for weeks, only slightly ameliorated by the little bit of morphine I was given pre and post op. Having my loved ones around me gave me the courage to face the pain. The surgeon couldn't give me the dose I needed, because I was critical and my vitals were low. He was afraid I would have died if he upped the amount. I still remember you pressing down on my upper abdomen, post-op, when I told you it felt like something was biting into me. I was too weak to press down myself. It may have been our birthday. Your love, support, and tenderness are still clear, like a mini movie, snapshot moments I will always treasure. I even remember when you gave me a few shots of your inhaler, when my lungs were filling with fluid and I was drowning, but the docs didn't realize what was going on and didn't want to give me an inhaler or a nebulizer treatment until fifty pounds of fluid filled my body, as it began shutting down, and I was losing consciousness.

(continued on p 17)

(*The Gift of Desperation*, continued from page 16)

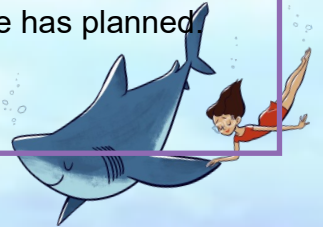
God got me through that nightmare. A few weeks after I came home from the hospital and nursing home, a tube still hanging from my intestines and barely able to walk, the compulsion to eat vast quantities of sugary, processed food returned. I was devastated and desperate.

I'd attended a few OA meetings, some fifteen years back, but when I heard the part about fessing up to my wrongs and making amends, I saw myself naked in a blizzard with a firing squad about to take me out. I bolted from the rooms in fear.

In OA, some of us are grateful for the gift of desperation, because it has been vital in bringing us into the rooms of this miraculous 12 Step program and motivating us to be all-in, going to any lengths for recovery.

As a recipient of that precious gift of desperation, I'm eternally grateful God finally got through to me, because poof! Anything OA would ask of me seemed like a walk in the park in contrast to what I'd just been through. Living in recovery is a gift each and every day. No word is left unsaid, and no deed is left undone. Should any of the G.I. complications take me out today, I will die with a smile on my face, excited to meet the Creator and to move on to the next adventure He has planned.

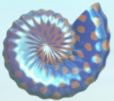
Diane T, New York



My Creator,

I am now willing that You should have all of Me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows.

Grant me strength, as I go out from here, to do Your bidding



7th Step Prayer, *Alcoholics Anonymous*, p 76



Greater ATLOA IG
presents

The Tool of Service

2023 5th Saturday
Virtual Workshops

ID: 431 394 3661
PW: serenity

Our interactive format allows for Q&A, and it's fun as well as informative!
Ever wonder how to increase participation in your service body,
or why you even need to be of service?

Join us on Zoom-- and find out! <https://bit.ly/3e6jdtL>

5th Saturday Meeting Topics

04/29/2023 Structure & Increasing Participation
07/29/2023 Where do I Fit In?
09/30/2023 FAQs about Service
12/30/2023 ABC's & DEF's of Service

1030 AM
to 12 PM
ET



Sponsoring: It Heals What Ails Us

We have the example of the jaywalker who gets a thrill out of running in front of fast-moving vehicles. He is an adrenaline junkie. We see how the disease gets worse and worse over time, as he gets injured several times. He gets a fractured skull. Another time, his arm is broken. He says he is going to stop, but in a few weeks both of his legs are broken. Progression. He tries to stop, but he can't, and finally, he has to stop working. Progression. He gets divorced and ridiculed. Progression is the nature of our disease. Our jaywalker friend even goes so far as to commit himself in an asylum. The day he gets out, he races in front of a fire engine which breaks his back. Progression. No matter how hard the jaywalker tries to get this idea out of his head, it gets worse and worse and worse.

The good news for us is that as we work our program harder and harder, our recovery gets better and better. As the disease progresses, I need to do more and more and more to strengthen my recovery. This is one of the reasons why people continue to relapse in program. They want to get to a level of activity, and they want to stop. Whether they have a job, young kids, need to spit on the sidewalk, whatever it is. They have the same several people they talk to everyday and that's as far in as they are going. Every day we wake up, three things have happened. We have gotten older, which means we have less and less to fend off the effects of this illness. Number two, the disease got worse, since it is progressive. I have to find ways to do more and more and more for others' recovery, as I must be constantly thinking of others and how I can meet their needs. We cannot play the Good Samaritan once in a while. We have to be that Good Samaritan every day. That means that I have to remember that my real purpose is to fit myself to be of maximum service to God and the people about me. That means that I have to remember that faith without works is dead, and how appallingly true. For if an alcoholic failed to perfect and enlarge his spiritual life through service and self-sacrifice for others, he would surely drink again, and with us to drink is to die. With us it is just like that (*Alcoholics Anonymous* 14-15).

Need I go on? The book from one end to the other tells me what I need to do. I need to teach this to others as it had been taught to me. I will not get this program by absorbing spiritual information. I will get this program by transmitting spiritual information. I'm tired of people telling me that they are scared to sponsor. I'd be scared not to sponsor.

The third thing that happens every morning is that things are changing. Covid. The economy crashed. College football games were cancelled. Did any of us see these things coming? I doubt it. Changes have been happening in your lives, and in my life, that none of us saw coming. Divorce, breakups, losses, and things that are challenging to one's recovery and unsettle us. We get older, and our disease is progressing. We get older. Our disease is progressing. Things are changing. These are constants for which there is no remedy except to work these Steps as if our lives depend upon it, because they do. The very nature of our disease demands that we do more and more to stay in recovery. I must expand my horizons, or I will die in this illness. Many of us have accomplished unbelievable things in our lives, but there are two things we cannot do. We cannot control the amount of binge food we eat once we start, because of the allergy, and we cannot keep from eating it now that we want to. We have an illness of the mind and an illness of the body that makes us different from other people. We need to keep that reality in the forefront of our minds, not by memorizing it, but by teaching it to others. (Week 16, 56.5 minutes in – end. Big Book page 37.)

SUMMER EDITION
2023



THE SUNSHINER

My God Box

- Chantal G.

I remember when I first heard about a God box. It's a great tool to consciously connect with my HP, writing down my worries before bed and putting them in the box, or a gratitude list, or whatever else comes to mind. I thought it was a fantastic idea.

The only problem I could see, was the box. What kind of box should I get? People mentioned using a shoe box, or an empty oatmeal carton, but I didn't like that. It just didn't seem special enough for my HP. I needed something nicer, maybe with a hinged lid? I anticipated how satisfying it would be to close that lid, how connected I would feel to my HP

But nothing I found seemed to measure up. The boxes I found were too gaudy, or too small, or too expensive. Nothing was right. Finally, I settled for a box with a pretty wallpapered cover, that had the all-important hinged lid. Not what I wanted, but still.

But I never used it. It sat in the spot I had reserved for it, with a pad and a pencil right there, but I never opened it once. Finally, I put it in a box with other assorted junk, destined to be neither seen nor heard from again.

Life went on, as it always does, and soon I found myself in a very stressful situation. I worried all the time, even at night, which meant I wasn't sleeping. I wrote stepwork, and that helped, but it didn't get rid of the worry. Finally, my sponsor asked me, "Do you have a God box?"

I ran to find my God box, and there it was, waiting for me. It was smaller than I remembered, the cover was peeling, and I only now discovered that the hinged lid opened the wrong way. But I didn't care. I wrote down my worries on little pieces of paper and tucked them inside. And it helped. I needed to be desperate enough to use it but use it I did. I slept better that night than I had in a long time.

Life kept going on, and the stressful situation passed. I kept using my God box, because now I knew that it didn't matter what it looked like, or how special it was or wasn't. My HP didn't care about any of that. My HP cared about me! Now I know what's really important, and it doesn't matter what kind of box it's in.



A Step Ahead News

oa.org/news

We've made a change! A Step Ahead newsletter is now A Step Ahead news blog. Find all world service news here and get notified of new posts via our email newsletter and social media!



OA Men! We Need Your Story



Prepare for Deepfakes: Use OA's Updated Videoconference Meeting Training and Security/Preventive Measures



Still Struggling with Compulsive Eating? Our New Checklist Can Help You to Carry the Message



Revised: Policy Statements Related to Unity With Diversity, Approved Literature



Attention Groups: Our Annual Appeal Is Underway!



Meeting Descriptions Will Change in 2023



Member Contribution Limits Increased to US\$7,500



New! Send an E-book to Your Health Provider to Carry the Message

Step 12 Promises



Some promises of Step Twelve from *Alcoholics Anonymous*: Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends—this is an experience you must not miss (p 89). Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances! (p100). So even though we HAVE to carry the message, it turns out that carrying the message becomes, for us, one of the most significant things that we do.

I know that is certainly true for me. I've done a lot of things in my life that other people would have said should be fulfilling, but I never felt fulfilled doing them. I was always judging myself against impossible criteria and finding myself wanting. When I carry the message, I don't even have to be good at carrying the message to feel good about myself. I know I'm giving of myself without hope of reward or gain. It is the giving that is important, not how well the recipient is receiving the message. The most awful things that have happened to us, or that we may have done to others, now become a means of carrying the message of recovery to those who still suffer. One of the Promises is that "we will see how our experience can benefit others." On page 124, the Big Book says: Showing others who suffer how we were given help is the very thing which makes life seem so worth while to us now. Cling to the thought that, in God's hands, the dark past is the greatest possession you have—the key to life and happiness for others. With it you can avert death and misery for them. Meaning has now been given to our suffering or to the harms we've done others. We are different from what we used to be. The suffering we have undergone, or the harm we have done, were things that happened to someone we used to be, not to us. We have the ability to say to those who still suffer that recovery is around the corner for them, that they can overcome whatever hands the past has dealt them! We must not forget, however, the Big Book's statement on page 164: "you cannot transmit something you haven't got." It's important that we recover in order to be ABLE to carry the message!

Tell your eating stories in such a way that the other person understands. Don't say anything about what you did to stop. Just tell your stories. I will often start off by saying that I appreciate the opportunity to tell my story, because it helps me in my program. I then tell stories similar to the ones I told back in the first Step—the hand going from food to mouth, from food to mouth, and not being able to stop it; my most disgusting eating stories; and my various attempts to lose weight, always undercut by my return to overeating. Then describe yourself as a compulsive eater. Never comment on the other person. I will often say something like, "You're probably nothing like me, but I realized that I was a compulsive eater." You talk about this from the basis of recovery.

(Step 12 Promises, continued from p 22)

I talk about how freeing it has been to be able to have ice cream in the house and not to want to eat it, to watch other people eating foods that I used to binge on and be happy for them and not regret the fact that I can't eat that stuff. Then talk about "how you finally learned that you were sick" (p 92). Talk about how you tried to stop but couldn't. I go into details on the many reasons I had always slipped. "I'm standing up so it doesn't count. I feel depressed. I've been good the last year or month or week or day or hour. I'll never have this taste again. It'll go to waste. Etc., etc." Ultimately, talk explicitly about the allergy of the body and the obsession of the mind.



I have worked on telling my story that way. I now tell my eating stories in such a way that they illustrate the two-fold nature of the problem. I first tell the stories of my uncontrollable binge eating and my complete inability to stop once I've started. Then I tell the stories of my yo-yo dieting and my complete inability to stop from starting again. These are the two problems—my physical cravings (allergy) and my mental obsession. At this point the person will almost certainly be sharing his or her stories. Then "begin to dwell on the hopeless feature of the malady" p (92). This is extremely important. You tell your story in such a way that the other person understands that

you—not him or her, but you—were in the grips of a hopeless illness. I will say something like, "I don't know about you, but I began to see how hopeless I was on my own, how I couldn't ever solve this problem on my own. I couldn't stop once I started to eat my binge foods, and I couldn't stop from starting again even if I'd managed to stop for a while. That explained my yo-yo dieting. It explained why I felt so defeated."

If the other person doesn't show interest, don't try to convince him or her. Just tell your story the best you can. Thank the other person for letting you tell your story. Say that if you can ever be of help, you're available, and then leave. We don't try to recruit anyone. We don't tell everyone that OA is for them. It may not be. Nor should they come if they don't feel desperate. They'll come to meetings as hangers-on, but not as real members. They have to feel desperation, and it's our job to talk about that desperation. So if the other person isn't interested, just leave.

If the other person has ANY interest, that person will ask you how you recovered. Then tell that person about the Steps and how they worked for you. The Big Book is clear that you don't hold anything back, that you don't sugar-coat the Steps. The Big Book talks about how to deal with the higher power issue with both agnostics and religious people on page 93. It's pretty blunt stuff. For the agnostics you tell them that's no problem—it's their own conception of a higher power. For the religious people you tell them that their religion certainly hasn't helped them at all, and they'd better remember that "faith without works is dead." Go into detail about the inventory.

Here are some important words from the Big Book on page 94:

Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him. "He may be helping you more than you are helping him!" Of course that's true. I get something out of talking to the other person whether or not that person gets anything out of me. So I'm thankful for the opportunity to talk, to tell my story. Then basically, after pleasantries, you leave! You don't continue the conversation, you don't try to be a friend.

You've conveyed information about yourself and told the other person that if he or she is interested "you will do ANYTHING to help" (p 95). If the other person is interested, you give him or her some homework, such as, read the Big Book, and let that person initiate the next meeting.

(continued on p24)

(Step 12 Promises, continued from p23)

The Big Book cautions us against pushing the person at all, trying to rush that person into the program. The Big Book thus describes a pretty short conversation, maybe a few hours at the most. Then it's up to the other person. Page 96: We find it a waste of time to keep chasing a man who cannot or will not work with you. If you leave such a person alone, he may soon become convinced that he cannot recover by himself. To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy. This is pretty different from other methods of carrying the message I've experienced in OA, and actually quite different from what AAers did for the years prior to the publishing of the Big Book. Basically, the initiative is up to the other person. You've made yourself available, and it's up to the other person to make use of your knowledge, IF he or she wants!

OA Long-timer



Zoom Workshop: Lighten Up, Let Go, Laugh!

Sunday, July 23rd, 4-6:00pm ET

A Zoom Workshop presented by the OA San Diego Intergroup 12 Step Within Committee

“

We are not a Glum Lot

Zoom Link

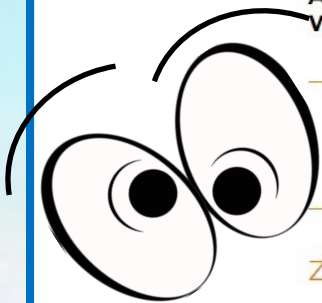
<https://us02web.zoom.us/j/8542974968>
Zoom ID: 854 2974 9682 (no passcode)

All are welcome from newcomers to long-term recovering members and folks in relapse.

You might be a compulsive overeater, a binger, a restrictor, a bulimic, anorexic or you might be using food for therapy, dealing with life, or rituals to soothe you through difficult times. Wherever you're at, please join the workshop for a big dose of **Hope** and **Happiness**.

There is no charge or registration. The 7th tradition will be observed.

Questions? Email tsw@oasandiego.org





Long Journey, Strong Memory

Today my husband and I are living our retirement dream, thanks to OA and the [Twelve Steps](#). My life is so different today than it was before program. Today, I have a life and food has its proper place, thanks to a food plan that works for me.

Two years ago, I relapsed after seventeen years of abstinence. It was seven weeks of pure hell. My disease had gotten much stronger, and I was as powerless as I'd ever been. When it got to the point that I had become so obsessed that I didn't want to give up the food but I also didn't want to continue being nauseous every night and gaining weight—25 pounds (11 kg) in that seven weeks!—I began to pray for the willingness to go back to OA.

It took a solid week of prayer and concentration on a spiritual truth that I had come upon: I was so focused on what I had to give up, that I couldn't see what I had to gain. And that was a miracle because the last time I relapsed, in 1993, it took about a year to regain my abstinence. And that was after three and a half years of the hell of relapse.

Before I went back, I called a dear OA friend. We talked for an hour, and she agreed to meet outside and walk into the meeting with me. It was difficult coming back—I had obviously gained weight. And, it was humiliating to ask for a white chip after getting a seventeen-year chip the year before. But I did it, and my HP has kept me abstinent ever since, 640 days as I write this, one day at a time.

I would have never believed that I could start over at this point in my life, but miracles abound! I've just had to be willing. I shared about that at a meeting, and someone came up to me afterwards and said, "Recovery has memory." Now I see that recovery has stuck with me, and I believe it's because I had been growing and changing in the rooms for so long. I had a stable foundation to fall back on.

(continued on p26)

Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

How To | Work With Others

Date:

Sunday, September 10, 2023 2 – 3 p.m. EDT

Location

Zoom:
Meeting ID: 825 9072 7351
Passcode: 030322

No pre-registration and no maximum number of participants.

www.oaontario.org



Responsibility Pledge

Always to extend the
Heart and hand to all
who

Share my compulsion;

For this I am

Responsible.



There is a Solution

OA Virtual Region
2024 Convention: Call for service
Sunday, July 9, 1:00 pm ET (UTC -4)

Zoom Link

Meeting ID: 86746273223
Passcode: 101112



The time to start planning for the OA Virtual Region 2024 Convention is now! We are organizing our subcommittees. Please join us. Interpretation provided to members willing to serve on our committee. (Please contact us in advance with requests.)

OA Virtual Region 2024 Convention – There is a Solution! The Joy of our Diverse

Membership United in Recovery. March 1-3, 2024

OA Region 6 and the Greater
Rochester IG present:

“Keeping Connected”

A workshop on Sponsorship given by our
Region 6 Chair and Trustee Liaison



Greater Rochester Intergroup

**7th Tradition
basket**

Topics Include:

Why sponsor
Why have a sponsor
How to sponsor
How to find a sponsor

Sunday

July 16, 2023

1:00pm—4:00pm



Meeting ID: 857 5959 9548

Passcode: 104764

Daily Food Plan Ranking



10.0. Perfect. Ate and drank exactly what was on my plan, at the times planned, felt satiated, ate slowly, enjoyed the food, and even left a bit on the plate.

9.5. Exactly as planned.

9.25. Slight blip: ate a little bit more than planned or necessary, ate too fast, ate too early, etc., or didn't eat as much as planned.

9.0. Blip...more than a slight blip.

8.75. Ate too much abstinent food, indulged in a yellow-list food, snacked on meals before mealtime, etc, or skipped a meal.

8.5. Just plain sloppy, but not breaking abstinence nor eating a red-list food. Need to do a Slip Inventory/did a Slip Inventory to get in touch with what's going on. If food is the last thing to go, I need to look at the events of my life over the last 24 hours, or several days, to see what led me here and to take action accordingly.

8.0. Having a food free-for-all, grazing all day, bingeing, but not breaking abstinence, or restricting and barely eating..

7.5. Broke abstinence and told my sponsor or a fellow in program immediately.

7.0 Broke abstinence for at least ten minutes, or skipped two planned meals.

6.5. Broke abstinence and stayed on the crazy train into a binge, or didn't eat all day.

6.0. Broke abstinence and binged repeatedly, or heading into day two without eating..

5.5. Cannot seem to stop bingeing/restricting even though I have a sponsor and am working ALL the tools of my program: meetings, literature, sponsoring, being sponsored, telephone, action plan, prayer and meditation, anonymity, writing, and service.

5.0. Continual bingeing/restricting and not diligently working my program.

4.5. The promises of OA seem like a cruel joke, not meant for me.



Diane T

Half goofing, and half seriously, I put this together several years back, and it seems to have stuck. My food buddy and I use it to check in with one another daily by text. If I've scored anything less than a 9.25, we have a chat and I do a Slip Inventory as part of a pre-slip precaution. (Slip Inventory document is on the next page.)

So, feel free to use it, have a laugh, pass it on, or ignore it.



Diane T

SLIPS ARE LEARNING EXPERIENCES. INVENTORY THEM TO SEE WHAT CAN BE LEARNED*



1. The food is always the last to go, so inventory it first. Write down exactly what happened as if there was a video camera rolling...(i.e., *I had committed to one apple, one cup of milk and one-half cup of rice. I intended to take a short nap and missed my meal...etc.*)

2. Before the food went, there was some emotional or mental problem. Go back several hours or the previous 24 hours or a few days and come forward.
 - a. What feelings were you experiencing before the slip. (*It may help to think about this first and also to talk to someone else to get clear before writing*).
 - b. What lies did your disease tell you that you decided to believe? How did you decide that it was okay to eat and drink?

3. What was the spiritual problem? Was God anywhere? Did you do your morning 11th step work?

GOING FORWARD

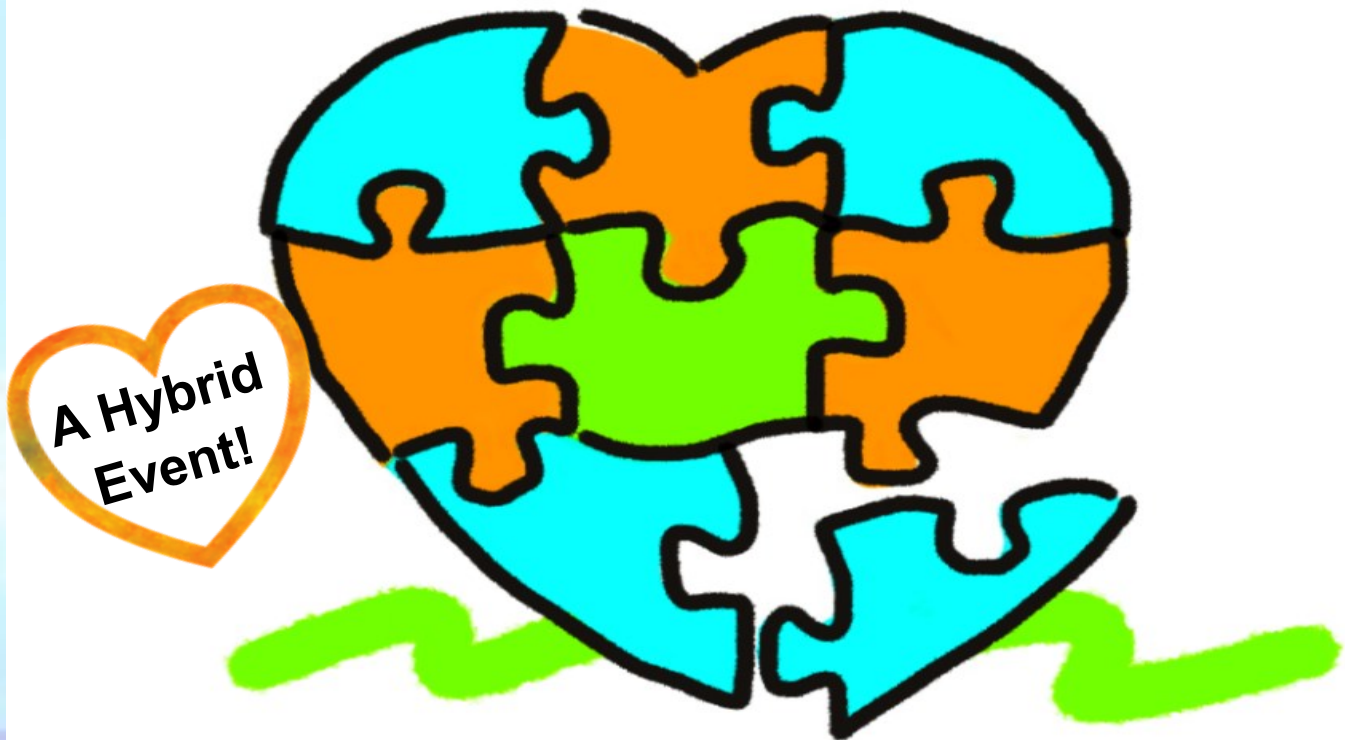
4. What spiritual actions are you ready to take to become abstinent and stay abstinent?

5. What emotional actions are you ready to take to become abstinent and stay abstinent?

6. What physical actions are you ready to take to become abstinent and stay abstinent?

*Locally produced literature.

Recovery: Putting the Pieces Together



OA Region 2 Convention Orange County, CA July 7-9, 2023

[Watch our event slideshow for more details!](#)

The 2023 Region Two Convention will be accessible to all members of the region!

1. Travel to Orange County in beautiful Southern California and join your OA fellows in person or
2. "Zoom in" from your home location

It's your choice for this hybrid convention!

You can expect marathon OA meetings, speakers, panels, special-topic workshops, fellowship, in-person entertainment and fun! Won't you join us?!

In-person (En-persona):

- July 7 Friday (Viernes) 3:30 pm – 11 pm PDT
 - July 8 Saturday (Sábado) 7 pm – 10 pm PDT
 - July 9 Sunday (Domingo) 7 am – 12 pm PDT
- Online with simultaneous interpretation in Spanish

- July 7 Friday (Viernes) 7 pm – 10 pm PDT
- July 8 Saturday (Sábado) 8 am – 5 pm PDT
- July 9 Sunday (Domingo) 10 am – 12 pm PDT

For registration and information:

<https://www.oar2.org/upcoming-convention.html>



The Mouse

Come into the light.

I know you are scared to venture forth.

Your eyes focus upon the darkness of your little home.

You tremble at any sound.

You dare not be yourself.

You are a fluffy ball of fear, dwelling in darkness.

Do not be afraid.

You have no enemies but fear.

Come out and step into the light of creation.

Do not hide from your femininity.

Do not hide from your passion.

You have much living to do, much love to share.

Be brave and courageous.

Step out for adventure.

Always know the safety of your home is present.

Love is your home.

Helen M, United Kingdom





WONDERFUL WEDNESDAYS!

An informal fellowship at 8:30am ET
A time to share in love, support, and unity.

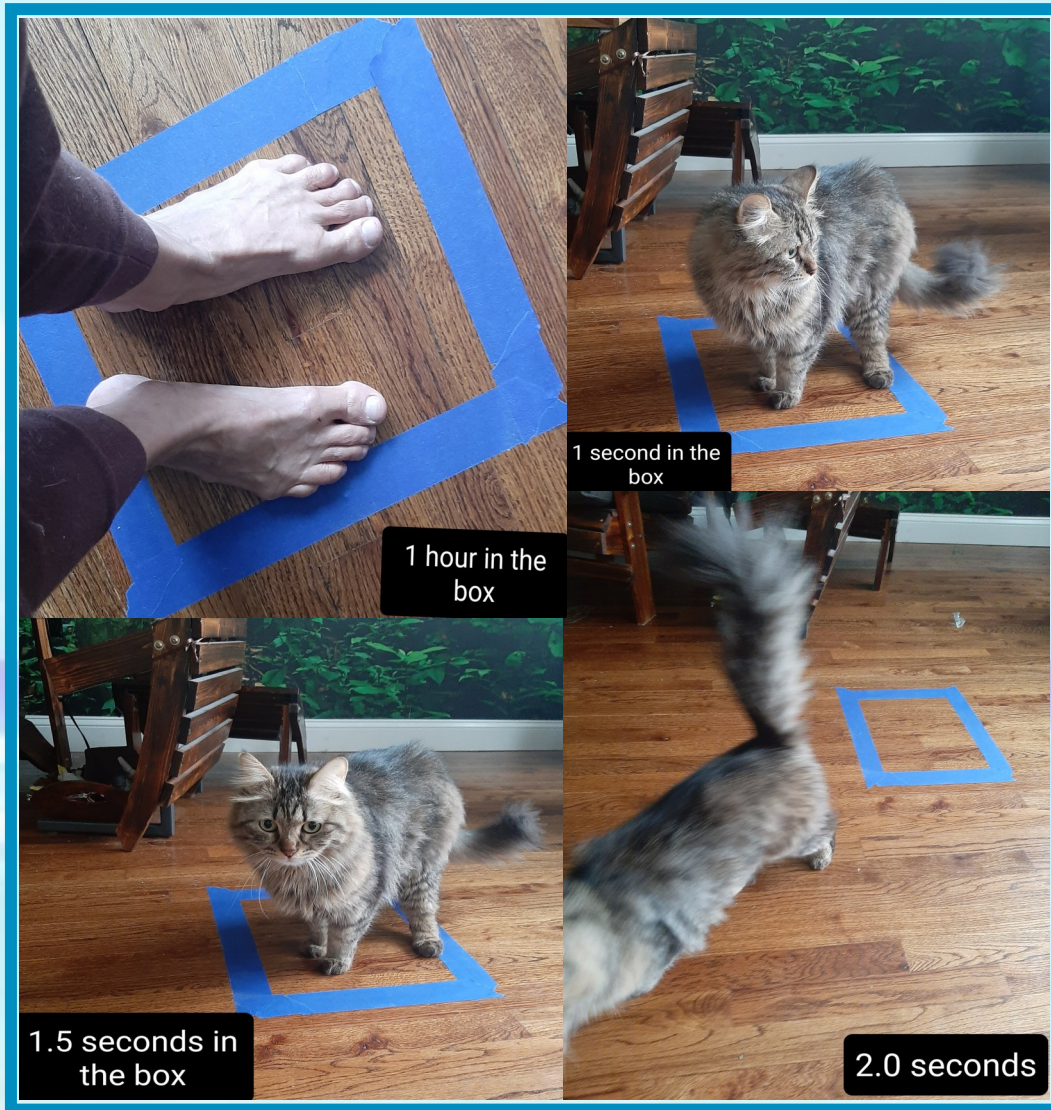
<https://us02web.zoom.us/j/86325091382?pwd=UkdiaE9XVE1xa3YxYUxjK3padE0zZz09>

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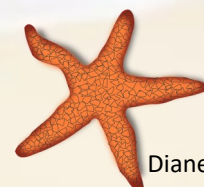
Diane T (914) 659-0192 sinnerinrecovery@gmail.com

This is not an OA Approved Event

God sends me a Messenger



When I am Stuck



Visit Stepping Stones



Stepping Stones

Historic Home of Bill & Lois Wilson
Alcoholics Anonymous Cofounder & Al-Anon Cofounder

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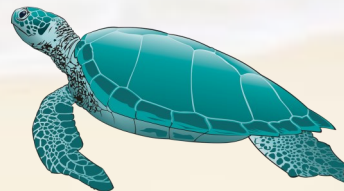
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[CLICK TO WATCH & BE INSPIRED](#)





The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. no OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. no OA member shall ever be placed in a position of unqualified authority;
 - d. all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. no service action shall ever be personally punitive or an incitement to public controversy; and
 - f. no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.



aa.org
No dues | No fees

- 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.

"In OA I found the support of fellows who had the same disease: compulsive overeating. I worked OA's twelve steps, found a healthy food plan, not a diet, and stuck to it with the support of OA. I lost all the weight I needed to and reached a healthy BMI, which I have maintained for four and a half years." — A.C., MSW, LCSW

A publication of:
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Phone: 1-505-891-2664
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Website: oa.org

PROFESSIONAL COMMUNITY COURIER

OA News and Information for the Professional Community

Issue II

Why Should You Refer a Patient to OA?

— Marty Lerner, PhD

Over the past two decades, I have been a clinical director privileged to be involved with people who suffer from eating disorders: compulsive overeating, bulimia, binge eating and some forms of anorexia. Often, I am asked whether joining OA and "working the steps" holds the same beneficial promise for patients who suffer from eating disorders as it does for people who suffer from other addictions, such as those in Alcoholics Anonymous. My consistent response has been a resounding "Yes."

Most "flavors" of eating disorders have in common a sense of powerlessness that is central to all addictions. A lesson from our alcoholic cousins in AA notes that it's not how often or how much someone drinks but what happens to them when they pick up a drink. For a food addict, it's not a matter of how often or how much food he or she eats, or how overweight or underweight the person may be, but how unmanageable life has become because of an addictive relationship with food.

One of the most prevalent misconceptions about OA is that the goal of recovery is to change one's size, assuming weight is the sole symptom of addictive-eating diseases. To be sure, most members experience a significant change in weight as a result of ending their addictive relationship with food. But not all compulsive overeaters are overweight, and many people who purge after binge eating or who alternate between restrictive diets and overeating do not suffer with the symptom of obesity. In my experience, the poorest way to define an eating disorder is to base the diagnosis upon what someone weighs. Add to this the tendency for many to measure



recovery only in terms of weight change rather than the improved quality of life that comes from working a recovery program, and you begin to understand the difference between a diet club and a way of life often referred to as recovery. As a professional working in the field of eating disorders, I find that OA offers more than a support group for people who want to look better. It offers an opportunity for members to achieve monumental changes in their lives that would not be possible by traditional means of treatment alone.

What separates OA from being just another diet or weight-loss group is rooted in OA's twelve steps. Inherent in these principles are the primary elements needed to recover from an addiction. OA, like its cousin AA, seeks to remedy the three cornerstones of addiction: the physical, emotional and spiritual damages resulting from addictive disease. Overeaters Anonymous offers an opportunity for people of all sizes and shapes to meet on the common ground of searching for a way out of the abyss of food addiction. I have found that having our patients participate in OA meetings and encouraging them to continue with meetings when they return home make

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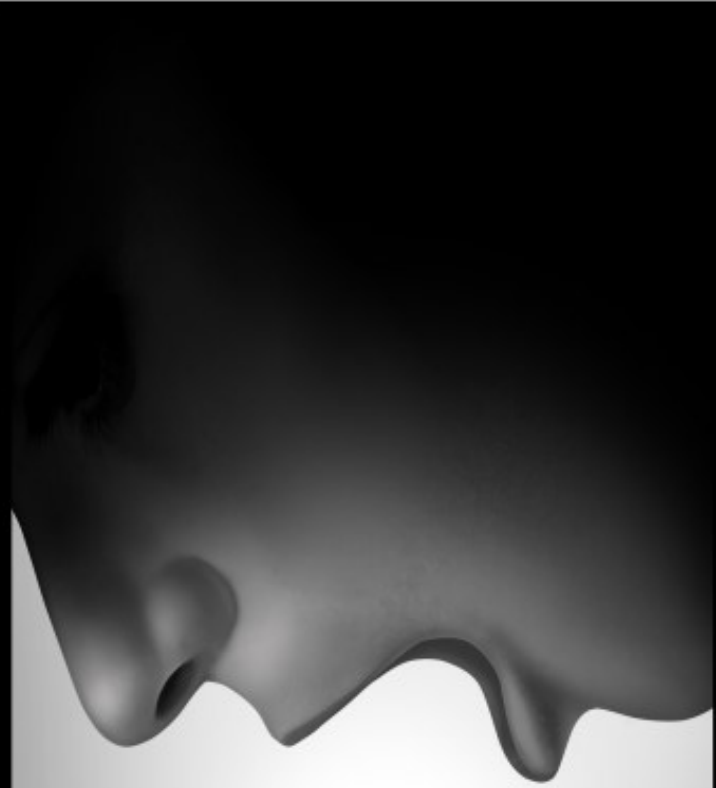


**OVEREATERS
ANONYMOUS®**

Westchester United Intergroup

OAhelps.org

(914) 633-2988



Stay connected between meetings.

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



WhatsApp



WhatsApp

Book Club Fellowship

To join any of these WhatsApp groups, email or text Diane T. at wuignewsletter@gmail.com or (914) 659-0192. Let her know which group/s you'd like to join, your first name, last initial, and your cell phone number.



WhatsApp

Food Forum Fellowship

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 other than raw vegetables.



WhatsApp

Westchester Fellowship

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 an WSO sanctioned site. OA members are admitted upon invitation request.

Please note that the WhatsApp groups are not OA approved.

**COMER SEPTEMBER,
FALL INTO THE STEPS WITH US!**

Westchester
United
Intergroup

Tuesdays, 7-9pm ET
9/12/2023 - 12/5/2023

BIG BOOK 12 STEP STUDY WORKSHOP

All participants
must be currently
working with a
sponsor.



MEETING LOGIN INFORMATION:

<https://us02web.zoom.us/j/81916787801?pwd=ZVY5cUplpic0FzRGFtK2lQd1NNZ3lUQT09>

Meeting ID: 819 1678 7801
Passcode: 158456



REGISTER LIMITED !

For registration information and
Contact Info:

Ann A: Ann@cilia.org

Diane B: boekworms@outlook.com

We will be using the big book of
Alcoholics Anonymous, 4th
edition, and Sunday Edition
podcasts.

The Serenity Times

WANTS YOUR VOICE!

2023'S 4TH QUARTER THEME:

Peak Moments



Share your experiences by working the tool of writing and helping fellow oa's. 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 by 9/15/2023: 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.

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](mailto:wuigchair@gmail.com)

VICE CHAIR: JANICE K. [WUIGVICECHAIR@GMAIL.COM](mailto:wuigvicechair@gmail.com)

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

RECORDING SECRETARY: MICHELLE JB. [WUIGSECRETARY@GMAIL.COM](mailto:wuigsecretary@gmail.com)

CORRESPONDING SECRETARY: [WUIGMEETINGLIST@GMAIL.COM](mailto:wuigmeetinglist@gmail.com)

WORLD SERVICE DELEGATES: MARY T & CATHY C

REGION 6 REPS: MARY T, DIANE T, & ROB M



Seventh Tradition Contributions:

WE ARE FULLY SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS.

SEND YOUR CHECK TO: WUIG, P.O. BOX 125, WHITE PLAINS, NY 10603.

[INFO@OAWESTCHESTER-NY.ORG](mailto:info@oawestchester-ny.org) (914) 633-2988

SHOULD YOU CARE TO DELEGATE YOUR CONTRIBUTION TO THE 3 TIERS OF OA: WUIG, R6, AND WSO:

60% WUIG, P.O. BOX 125, WHITE PLAINS, NY 10603.

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

10% OA REGION 6. P.O. BOX 95. LYNBROOK, NY 11563

FOR WUIG DONATIONS: [HTTPS://WWW.OAWESTCHESTERNY.ORG/7TH-STEP-TRADITION.HTML](https://www.oawestchesterny.org/7th-step-tradition.html)

FOR REGION 6 DONATIONS: [HTTPS://OAREGION6.ORG/ABOUT/CONTRIBUTIONS-NEW/](https://oaregion6.org/about/contributions-new/)

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