

# The Serenity Times

A Westchester United Intergroup Publication



## Big Book Treasures

Whether it's a well-worn paragraph we read just before switching off a bedroom lamp, a prayer we recite in moments of distress, a formula for getting rid of a resentment, a reminder of a Promise yet to be fulfilled, or an anecdote that tells our story, the Big Book of *Alcoholics Anonymous* is our constant companion, our loyal guide, by which we commune with our Higher Power, ever evolving into who we would be.



### OA Zoom Meetings:

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

[https://docs.google.com/document/d/18bXW0gCJEVsxVY0-WGe\\_ZqSTsOjOtx83I94zBV0wuY0/edit](https://docs.google.com/document/d/18bXW0gCJEVsxVY0-WGe_ZqSTsOjOtx83I94zBV0wuY0/edit)

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

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

The collage features three key documents:

- OVERALL SERVICE STRUCTURE:** An inverted pyramid diagram showing the hierarchy from the World Service Women Conference at the base to various service bodies at the top.
- AFFILIATION AND PARTICIPATION FLOW CHART:** A flow diagram illustrating how support and information flow through service bodies and vice-versa, including boxes for Affiliation, Participation, and Support.
- OA REGIONS:** A world map with color-coded regions: North America (yellow), South America (green), Europe (purple), Africa (orange), and Asia (red).

OA World Service is excited to share new documents, beautifully illustrating changes to our service structure that have evolved with the rise of virtual groups in our Fellowship.

OA Regions map in color or black and white

OA Overall Service Structure (our inverted service pyramid) in color or black and white

Affiliation and Participation Flow Chart in color or black and white

<https://oa.org/news/understand-oas-global-service-structure-with-these-new-documents/?news-category=0>

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

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



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

## Letter from the editor:

Welcome to adventuring through the pages of  
**Big Book Treasures**

From fellows around the world, united by a mutual problem and  
a 12 Step solution.

Every fiber of my heart and soul is embedded in each of these  
pages, reaching out to each one of you in love and fellowship.

Many thanks to Carol G., editorial assistant, for her keen eye and support.

In Service, Diane T.



**OVEREATERS  
ANONYMOUS®**

## Responsibility Pledge

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

**WESTCHESTER UNITED IG**  
**BIG BOOK STUDY**  
**WORKSHOP**

Fri 12/9 - Sun 12/11/2022

Sonesta Hotel

66 Hale Ave  
White Plains, NY  
(914) 682-0050

In-person Event Only! Limited Seating

\$55 Fee. Full Workshop. No partial days. Info & to

reserve: <https://www.eventbrite.com/e/oa-big-book-study-workshop-registration-397085973837>

Friday 12/9, 5-7pm: Optional Meet and Greet

7-9pm: Speaker's story & *The Doctor's Opinion* (open mtg)

Saturday 12/10, 9-11:30am: *Bill's Story*, Steps 1 & 2

Saturday 11:45am-1pm: Lunch

Saturday 12/10, 1-4:30pm: Steps 4-9. Chapters 5 & 6

Saturday 12/10, 5:30pm: Optional Banquet & Entertainment

Sunday 12/11, 9-11:30am:  
Steps 10, 11,  
& 12. Q & A

Pre-holiday fellowship!  
Recovery enrichment!  
Love!



<https://www.eventbrite.com/e/oa-big-book-study-workshop-registration-397085973837>

## OA Big Book Study Weekend

Join Westchester United Intergroup for an invigorating, 12 Step, weekend workshop. This is an in-person only event with limited tickets.

An optional tour of Stepping Stones\*, the historic home of Bill and Lois Wilson, in Katonah, NY, is available on Thursday, December eighth, and on Friday, December ninth, both from 1:00-2:30pm. Stepping Stones is twenty-one miles north of the Sonesta Hotel in White Plains and accessible by train or car. Tickets are limited to forty attendees per day with a suggested donation of \$10.00. For more information and to register: <https://www.steppingstones.org/visit-events/reserve-a-visit/> or by sending an email to [visit@steppingstones.org](mailto:visit@steppingstones.org), or calling directly at (914) 232-4822.

### Thursday, December 8, 2022:

- 12:30-2:30pm: Stepping Stones tour\*

### Friday, December 9, 2022:

- 12:30-2:30pm: Stepping Stones tour\*
- 5:00pm-7:00pm: Fellowship meet and greet\*
- 7:00pm-9:00pm: Speaker's story & *The Doctor's Opinion*. (healthcare professionals attending)

### Saturday, December 10, 2022:

- 7:30am-8:30am OA meeting\*
- 9:00am-11:30am: *Bill's Story*, Steps 1 & 2
- 11:45am-1:00pm: Lunch
- 1:00pm-4:30pm: Steps 4-9. Chapters 5 & 6
- 4:30-4:45pm: Raffle drawing\*
- 5:15pm-8:00pm: Banquet Dinner with Entertainment\*

### Sunday December 11, 2022:

- 7:30am-8:30am: Fellowship Meeting\*
- 9:00am-11:30am: Steps 10, 11, & 12. Q & A

\*Optional events apart from the primary workshop.

#### Location

Sonesta White Plains Downtown  
66 Hale Avenue  
White Plains, NY 10601  
[View map](#)

**\$55**

#### Refund policy

No Refunds



Stepping Stones



If the event sells out, and you would like to be on a waiting list, contact Diane T at: [decemberbigbook@gmail.com](mailto:decemberbigbook@gmail.com)

Talent Show  
During Saturday Eve Banquet



Share your gift with fellows with up to five minutes of singing, dancing, comedy, juggling, playing instruments, or whatever your talent is!



Contact the Talent Show Coordinator  
Cathy C. at [clcprogram14@gmail.com](mailto:clcprogram14@gmail.com)

Guardian Angels Wanted for  
December Big Book Study  
Workshop



If you would like to do service, at the workshop, by helping our fellows feel warm and welcomed, as well as assisting them with questions or needs, contact

Diane T. (914) 659-0192  
[decemberbigbook@gmail.com](mailto:decemberbigbook@gmail.com)

# December Big Book Workshop

RAFFLE DONATION REQUEST

Westchester United Intergroup  
OA Big Book Study Workshop  
in White Plains, NY  
December 9-11, 2022

**Your opportunity to participate and serve!**

**Calling all Westchester OA members:**  
Would you consider making a contribution for the raffle at this Big Book workshop as part of our fundraising effort?

**Be Creative!**

For example:

- Gardening: tools or expertise!
- Sports: equipment or tickets
- Health & fitness: equipment or lessons
- Crafts & Artwork & Jewelry...language of the soul!
- OA Literature...so much to choose from!

**All Can Contribute!**

Gift cards are very popular and easy to donate...also easy to re-gift!

Only OA-approved recovery literature please!



For more information contact Dina S:  
[DinaStav@gmail.com](mailto:DinaStav@gmail.com) or (914) 582-1906

Last day for donations: 11/9/2022

## WhatsApp



Stay up to date with Big Book Workshop updates and news by joining the WhatsApp group dedicated to this event: <https://chat.whatsapp.com/WWM7bjrda3rGFConGS4fFv>



Overeaters Anonymous

South Salem, NY Hybrid Meeting

Workshop

*Diversity, Equity,  
Inclusion: Acceptance &  
Appreciation of ALL  
Differences*

Join us as we listen to 3 speakers, share our writings, meditate and enjoy fellowship!

**OCTOBER 29 \* SATURDAY \* 9 AM – 10:30 AM (EST)**

**ST. JOHN'S EPISCOPAL CHURCH  
82 SPRING ST. SOUTH SALEM, NY 10590**

ZOOM MEETING ID: 561 595 895  
PASSCODE: 121212

Questions? Contact Laurence at 914-734-5230 (EST) or Ann A. 914-539-1620 (EST)



**Westchester United Intergroup  
Elections and R6 Convention**

WUIG is offering five needs-based \$10 scholarships for the 2022 virtual [Region 6 convention](#) "Join Us on the Road to Recovery" held October 21 - 23rd. Please email [wuigtreasurer@gmail.com](mailto:wuigtreasurer@gmail.com) to apply.

Come to next month's virtual intergroup on October 6th to vote in the **elections** for WUIG treasurer, corresponding secretary, recording secretary and three Region 6 representatives. Please contact Deborah at [mopandbean@gmail.com](mailto:mopandbean@gmail.com) if you are interested in running.

# The Serenity Flowchart.

vs. Self-Will

## Serenity Flowchart



Self-will  
Flowchart  
By Diane T

How do I change it?

There's a problem.

Can I change it?

Maybe

Yes

Strategize

Ask for wisdom

I'm meeting resistance

No

Manipulate any way I need to.

Ask for serenity

Ask for courage

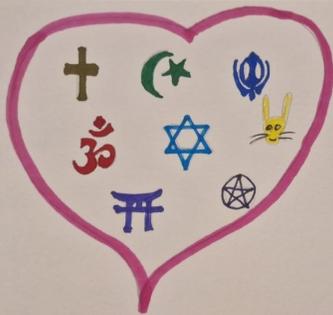
= Stress & Exhaustion  
Make it happen, no matter what.

Accept it.

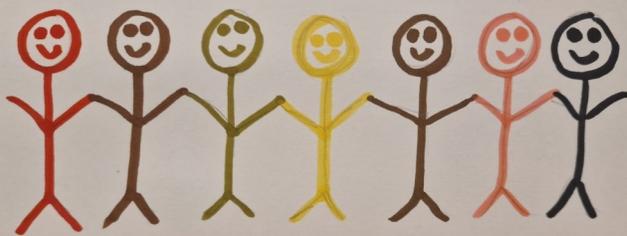
Change it.



Diane T



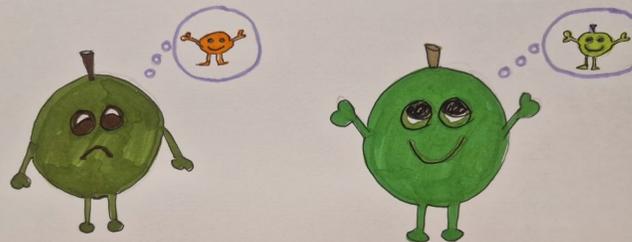
"WE HAD TO FIND A POWER BY WHICH WE COULD LIVE, AND IT HAD TO BE A POWER GREATER THAN OURSELVES." p.45



"AND SHOULD I HAVE MORE BAD TIMES, I KNOW THAT I'LL NEVER AGAIN HAVE TO GO THROUGH THEM ALONE." p.587

# Naomi R in Wales

# Big Book Doodles



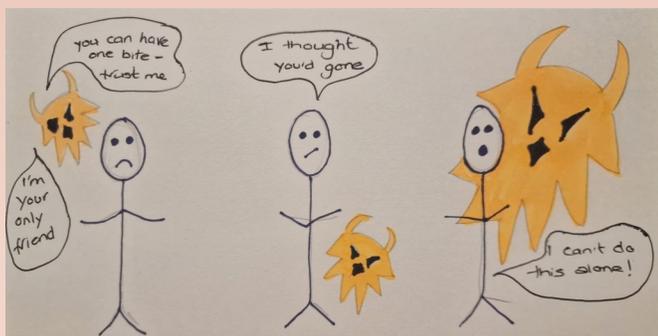
"IF YOU'RE AN APPLE, YOU CAN BE THE BEST APPLE YOU CAN BE. YOU CAN NEVER BE AN ORANGE." p.427



"SHOWING UP FOR LIFE EVERY DAY. GOOD DAYS AND BAD DAYS, REALITY IS A WILD RIDE, AND I WOULDN'T MISS IT FOR THE WORLD." p.337



"WE ARE THERE TO SWEEP OFF OUR SIDE OF THE STREET" p.77



"CUNNING, BAFFLING, POWERFUL!" p.58



"I WAS AFRAID TO LET GO OF WHAT I HAD IN ORDER TO TRY SOMETHING NEW, THERE WAS A CERTAIN SENSE OF SECURITY IN THE FAMILIAR." p.416.

# ARE YOU A SPONSOR? **YES!**

Then come join us for the discussion of this new tool for SPONSORS!

**TEMPORARY SPONSORS:**

**NEWCOMERS' FIRST 12 DAYS!**

We will offer TWO ½ hour sessions a day.

There will be one session at

9:30 am and one at 6 pm EDT.

Oct 30-Nov 11

We are asking you to commit to coming to  
ONE of these meetings EACH day.

We will meet each day Sun - Fri for two weeks (NO SAT)

**Registration required**

<https://forms.gle/CJCz4r8yDUajSKtr7>

Questions?

Email [JACKONTHEMOVE100@GMAIL.COM](mailto:JACKONTHEMOVE100@GMAIL.COM)

**This is being presented by**  
**Nassau NY OA Intergroup Workshop Committee**

We are offering this as service to OA members.  
You **DO NOT NEED** to take this training to do the  
**The First 12 days with your sponsees!**

(This is a we program,  
we thought it's more fun to experience this together!)

**Meeting ID: 836 3176 0268**

**Password: sponsor**



Check out Greater NY Metro Intergroup's newsletter & Meeting List



**Greater New York Metro  
Intergroup Registered  
Zoom, Phone and In-Person  
Summer 2022 Meeting List**

~ **CLICK HERE** ~



Start your day with NYC's popular, daily 7:15am Zoom meeting  
With an average of 200 fellows in attendance from around the world!!



[https://us04web.zoom.us/j/808034156?  
pwd=dDlreTdPanRyVUYxVW0xSHBJR2lvZz09](https://us04web.zoom.us/j/808034156?pwd=dDlreTdPanRyVUYxVW0xSHBJR2lvZz09)  
Passcode: 695747



Read Recovery Stories for  
Free at OAlifeline.org

[https://oa.org/news/read-recovery-stories-for-free-at-  
oalifeline-org/?news-category=0](https://oa.org/news/read-recovery-stories-for-free-at-oalifeline-org/?news-category=0)

Submit your story  
for publication in the new **Lifeline Blog:**

<https://form.jotform.com/220035565825050>

# My Basics



Let's start with some basic definitions.

**Disease:** A condition that causes a vital system in the body to not function properly. In our case, the food control system doesn't work properly, plus our brain and body react differently to certain foods than normal eaters do.

**Allergy:** Abnormal reaction to food, beverage or other substances.

**Obsession:** Mental. An idea that overpowers all other ideas. A persistent disturbing preoccupation with an often unreasonable or irrational idea, so strong that it can make us believe things that are not true. The obsession stops us from seeing the truth - that if we have this food, we likely won't stop. The dopamine pleasure principal kicks in after we have the food. It's important to remember that there is NO PLEASURE when we're obsessing. It's the first bite that starts the pleasure process. The obsession overpowers our resolutions, our promises, our memory of the pain that overeating has caused us. and we take the first bite.



**Compulsion (craving):** Physiological. Irresistible impulse to do something that is often irrational or self-destructive. The body takes over. The mind is no longer in control. We are unable to resist with our own will power. We give into the obsession, have the first bite and the dopamine pleasure neurotransmitter in

the brain takes over. It wants more and we can't stop ourselves from having more.

**Addiction:** A permanent altering of the dopamine pleasure pathway. Unchangeable. Our wiring has been permanently changed. Not curable, but perhaps arrestable under certain conditions. Some of us are born with this. We have a genetic propensity for addition to "something." Others "earn" their way to the "wiring change" through excess "whatever" as a coping mechanism for their feelings.

Now let's look at a net-net of my recovery. It was clearly a three-legged stool.

**The first leg was:** Learning a new way of eating—a new normal.

Taking out all of my trigger foods—for me, sugar and refined carbs

Eating the right amounts to get to a healthy body weight.

Putting structure into my eating—for me 3 meals a day, nothing in between.

**The second leg** was rebuilding my personality - rewiring my operating system to replace the destructive thinking with productive and healthy thinking. As I had toxic foods, so I had toxic feelings/thoughts/ behaviors.

As I cannot afford sugars, so too I cannot afford:

- self-pity
- depression
- anger
- resentment
- animosity
- phoniness
- selfishness/ self-centeredness
- negativity
- Intolerance
- imposing expectations on others
- perfectionism
- procrastination
- guilt/shame
- dishonesty
- imposing shoulds and oughts' on the world
- Living in the what-if's
- Living in the if-only's
- Living in yesterdays or tomorrows.

(continued on page 14)

(continued from page 13)

The third leg of the stool was opening my brain and discovering a spiritual compass and power source hiding out in there that I never knew was there. A hidden reservoir. There seems to be a force for good somehow in the universe of human beings. It manifests in many ways, one of which is a Higher Self deep within that can calm, direct, strengthen and love.

### Getting well meant:

- Taking responsibility for myself
- Stop blaming others
- Letting go of the victim mentality
- Studying the solutions laid out in our 12-step literature
- Embracing the fellowship rather than isolation
- Letting go of feelings of inferiority and not good enough
- Doing things even though I'm afraid to
- Letting go of pretense and phoniness
  - Focusing on giving and usefulness rather than self-centered getting



There are nine categories of shortcomings addressed in the 100 questions of the OA 12&12 fourth step. Here is my miniature checklist of solutions noted in the margins of my book. My life is about trying to live in these solutions.

- Selfishness/self-centeredness: service, let go control, let go my-way thinking
- Anger/resentment: accept, forgive, tolerance, no judging
- Fear: faith, courage, do it anyway
- Pride/False Pride: get real, no phoniness, no playacting, authentic
- Dishonesty: honesty, beginning with self-honesty
- Negative thinking: look for the good, feel for the good, expect the good
- Shame: God loves me, I can love me, I am good enough, I'll work on changing
- Guilt: self-forgiveness, amends
- Sex: unselfish, considerate, faithful, open, honest

This two-page chart is in the front of my control book, always handy to refer to when I get calls from newcomers or people early in their program who don't quite get the disease concept or understand that our program is about physical change (a new way of eating), emotional change (a new way of thinking), and spiritual change (a new way of looking at existence). To be honest, if a meeting gives me 10 minutes to speak it's also usually the page of notes I have in front of me. Some of you may have heard me say all these words on Zoom somewhere. I need notes these days. Getting old sucks.

By Don C, *12 Step Recovery* <https://doncoa.wordpress.com/2022/09/23/my-basics/>

**OBSESSED WITH FOOD?  
YOU ARE NOT ALONE**



**WE RECOVER TOGETHER**

WELCOME TO OVEREATERS ANONYMOUS OF CONNECTICUT



**OVEREATERS  
ANONYMOUS®**

**Connecticut Intergroup**

[https://www\\_connecticutoa.org/](https://www_connecticutoa.org/)

# A Step Ahead

## OA's Quarterly World Newsletter



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

### INSIDE

#### WSBC Important Dates

#### A Message from Our Chair

Apply by February 1, 2023,  
for Translation Assistance  
Funds

#### Translation Royalties

#### A Message from Our Treasurer

#### Ask-It Basket

#### What's New from WSO

#### Apply for Professional Exhibits Funds

#### Secretaries: Update Your Meeting Info

#### New Service Bodies

#### Sponsorship Day

### 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.

### DATEMINDER August 19–21, 2022 Sponsorship Day

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

# A Step Ahead

Third Quarter 2022

Volume 26, Number 3

## Business Accomplished! WSBC 2022 Was One for the Books

Our second fully virtual Conference was a success! Together, 218 delegates from around the world gathered online from April 22–30 for OA's 61st annual World Service Business Conference. Twenty-one countries were represented: Australia, Brazil, Canada, Colombia, France, Germany, Greece, Iceland, India, Iran, Israel, Italy, Mexico, New Zealand, Russia, Scotland (United Kingdom), South Africa, Spain, Sweden, Ukraine, and the United States.



### Trustee Elections

Trustee elections were governed by the pre-WSBC 2022 board structure, which included general service and

region trustee positions. As such, trustees were elected to the following positions:

- Region Five (three-year term): Barb K.
- Region Nine (two-year term): Emilia I.
- General Service (three-year term): Bob L.
- General Service (three-year term): Sandra M.

In addition, Lee R. and Gary D. were appointed by the Board of Trustees to fill vacant trustee positions. As appointed trustees, Lee and Gary will serve through WSBC 2023 and may apply to run for trustee election at that time.

### New: Region Liaisons

Due to the board restructuring motion that was passed during WSBC 2022 (see the newly amended language in OA, Inc. Bylaws, Subpart B, Article VII – Board of Trustees, Section 1 – Composition), OA trustees were assigned as trustee liaisons to the eleven OA regions as follows:

- Region One Trustee Liaison: Margie G.

(WSBC 2022 continued on p. 2)

## Get Familiar with OA's Screen-Sharing Guidelines for Literature

The rising tide of online OA meetings in recent years has brought to the surface the topic of screen sharing OA literature. In response, the OA board issued revised guidelines in February 2022 that aim to balance the needs of members who use OA literature in their meetings and OA's responsibility to protect its copyrights and maintain the Seventh Tradition.

OA members who wish to share from OA literature in their virtual meetings should thoroughly read and understand the full guidelines, entitled "Sharing OA-Copyright Material Electronically," which can be found under "Meeting Resources" in the Document Library at oa.org. Below are abridged highlights.

In videoconference meetings, the

screen or audio share must:

- be temporary, meaning it must be removed at the end of the meeting
- be limited, meaning it is only a small portion of the overall content of the meeting
- be cited as the copyright of Overeaters Anonymous, Inc. (See full guidelines for citation format.)
- not be reproduced beyond the original share.

Other forms of sharing, including sharing on messaging apps, social media, websites, apps, and blogs, require obtaining written permission from the World Service Office. To apply for reprint permission, use the Reprint Request form found under the "Copyright" category in the

Document Library at oa.org. OA does not grant permission to reproduce OA literature page by page, chapter by chapter, or entry by entry, in effect, reproducing the entire piece of literature over time.

There is one exception that applies to registered OA groups only: sharing of textual documents and textual web page content that is freely available on oa.org does not require reprint permission, but the material must be cited as the copyright of Overeaters Anonymous, Inc. (See full guidelines for citation format.)

Remember, OA materials are held in trust for the OA Fellowship as a whole. The act of screen or audio sharing purchased OA-owned material without permission affects OA as a whole.

# Service Position Opportunities:

## Assistance with Microsoft Publisher:

Occasional troubleshooting help. Please contact Diane T at  
[wuignewsletter@gmail.com](mailto: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](mailto: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](mailto: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](mailto:janice2251@gmail.com).

## Love and Service

Love and service.  
These are, I sense, one and the same.  
Love, without service, is illusory.  
Service, without love, is cold.

True service always works both ways.  
I cannot give service without receiving it.  
I cannot receive service without giving it.



Love and service are a circuit that connects two or more people.  
The love and service flow between and among us,  
and together we do what we could never do alone.  
We are thus granted the gifts of belonging, of usefulness,  
of fellowship, of common ground,  
and in some blessed cases, of friendship.

And these same qualities pertain in my life with my wife,  
my life with my son,  
and my life with my daughter.

Love and service.  
When I approach my relationships with these actions and attitudes,  
I feel a newfound sense of serenity,  
something I never knew in the throes of active food addiction.

Thanks be to our Fellowship  
and the OA-HOW structured meeting format  
and the solution we share to our shared disease.

• *John-Eric R., Weybridge, Vermont USA*

<https://www.oalifeline.org/service/love-and-service/>

## Overeaters Anonymous: A Vision for You



7am, EST, Daily Meeting Podcast:

<https://www.avision4you.info/7am-daily-meeting-podcast/>

10am, EST, Daily Meeting Podcast:

<https://www.avision4you.info/10am-daily-meeting-podcast/>

**Live Big Book Study: Monday – Friday.**

**Two Each Weekday**

Phone: 712-432-5210 Conf. ID: 876148#

Time: 7am – 9am ET (first 50 mins recorded)

Time: 10am – 11am ET (first 50 mins recorded)



"Beaten into complete defeat by alcohol, confronted by the living proof of release, and surrounded by those who can speak to us from the heart, we have finally surrendered.

And then, paradoxically, we have found ourselves in a new dimension, the real world of spirit and of faith.

Enough willingness, enough open-mindedness -- and there it is!"

AA Co-Founder, Bill W.,  
June 1960  
"The Language of the Heart,"



"Thus was I convinced that God is concerned with us humans when we want Him enough. At long last I saw, I felt, I believed. Scales of pride and prejudice fell from my eyes. A new world came into view."

— Bill W. —

PracticeThesePrinciplesTheBook.com

## Stepping-Stones, Nuggets, and Gems



Spirituality is the solution to our problem of powerlessness, and we find this solution in the Twelve Step program of recovery. I've experienced three stepping-stones in this process: Amen, Amends, Amended Life.

*Step Three.* Amen. So be it. I've made a decision to surrender to this process.

*Steps Four to Nine.* The process of housecleaning, ending with my amends.

*Steps Ten to Twelve.* The third stepping-stone begins with Step Ten, which is practicing the process of Steps Four to Nine on a daily basis. In Step Ten, the Big Book says we are now living a new way of life: developing a "vital sixth sense" (*Alcoholics Anonymous*, 4th ed., p. 85), thinking on "the plane of inspiration" (p. 87), and living a "spiritual life" (p. 83)—an amended life.

The last promise of Step Nine states, "We will suddenly realize that God is doing for us what we could not do for ourselves." (p. 84). The purpose of Step Ten is to convince us that this is true, so Step Ten lists a lot of promises (pp. 84–85) — the results of our actions—to convince us to move on to Step Eleven:

"We have ceased fighting anything or anyone—even alcohol." *It must be God.*

"We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame." *It must be God.*

"We react sanely and normally, and we will find that this has happened automatically." *It must be God.*

I have prayerfully read Step Ten in the Big Book, repeating, "It must be God," every time I read a promise, and that's what convinced me of the Power of God and my need for God. "That is how we react so long as we keep in fit spiritual condition" (p. 85). If I stay connected, God can work in me, through me, and with me. If I choose to disconnect after Step Nine, then my willpower will run out and my sanity will run out with it. And, once again, food will be my only option.

(continued on page 20)

(continued from page 19)

In Step Ten, however, I have only just made contact with God. Yet “what we really have is a daily reprieve contingent on the maintenance of our spiritual condition” (p. 85). Since that is the case, then I’d better get to know this wonderful God and form a relationship with him using the Tools and support of the program. To cross the bridge from Step Ten to Step Eleven “we must go further and that means more action” (p. 85).

To me, the purpose of Step Eleven is to develop and deepen a relationship with the Power source, which is done through prayer and meditation. The OA *Twelve and Twelve* says, “prayer is simply what we do when we talk with our Higher Power, and meditation is simply a way of stilling our minds, listening, and opening our spirits to God’s influence” (p. 77). Step Eleven says we are “praying only for knowledge of His will for us and the power to carry it out.” That tells me prayer is not a “gimme, gimme, gimme” or asking for my desired results. And what has emerged for me is a broader definition of meditation: the energy resulting from my quiet morning prayer that enables me to extend and broaden my conscious contact and live it throughout the day.

The Big Book gives us an outline of Step Eleven—what to do at night, on awakening, in the morning, and all through the day. This is my personal experience:

*At night.* I lie in bed and pray, “Create a clean heart in me, O God, and renew within me a steadfast, willing spirit. Into your hands, I commend my spirit.”

*On awakening.* When my alarm rings, I hear God say, “Arise my beloved, my beautiful one. Come.” I respond, “My heart is ready, O God; my heart is ready. Be it done unto me according to your will.” I then kneel by my bed and pray, “God, I surrender my will and my life to you. Direct my thinking. I ask only for knowledge of your will for me and your power to carry it out.”

*In the morning.* In thinking about my day, I sit quietly with God. I also prepare for phone calls with other OA members and read from spiritual texts as desired. I usually get to walk and reflect, and I attend religious services.

*All through the day.* This is where I use nuggets and gems from the Big Book, OA *Twelve and Twelve*, and AA *Twelve and Twelve* to keep me awake spiritually and extend my meditation all through the day.

In Step Eleven, I need to be willing to improve my conscious contact with God. I need to speak honestly to God through prayer regarding all my disturbances—not gimmes and requests—and I need to be open-minded and awake in order to hear God’s response, which can come at any time, day or night, and both in quiet moments and through others. (If I am not open-minded and awake, God’s response still comes. I just don’t hear it.) As a result, my relationship with God will continue to deepen. God is my magnet who continues to draw me closer and closer to him:

(continued on page 21)

(continued from page 20)

*I am convinced* of the need for prayer and meditation in order to establish and improve my conscious contact with God.

*I am convinced* that I need to deepen my relationship with God on a daily basis.

*I am convinced* that God will continue to change me if I surrender to his will.

*I am convinced* that God can and will transform me if I surrender to his will.

It's the third stepping-stone, beginning with Step Ten, that has instructed me on why and how to form a relationship with God, one that evolves from an initial discovery of God deep within myself to constant conscious contact, if I let it, through the action of extended meditation.

I've come to rely on nuggets and gems found in our literature to help keep me connected to God. I encourage you to seek these gems, and I guarantee that if you seek them you will find them. I especially encourage you to remember the last promise of Step Nine, "We will suddenly realize that God is doing for us what we could not do for ourselves" (p. 84). This promise is a gift that keeps on giving, and it comes to fruition as we continue to live an amended life. *It must be God.*

—Jeanette R.

<https://www.oalifeline.org/spirituality/stepping-stones-nuggets-gems/>



<https://www.oabigbook.info/basicpage.html>



# 12 Step Bookmarks

## The 12 Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## THE PROMISES

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

God grant me  
the Serenity  
to accept the  
things I cannot  
change..  
the Courage  
to change the  
things I can...  
and the Wisdom  
to know the  
difference.

## Acceptance

And 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 could not 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 in my attitudes.

Alcoholics Anonymous  
417

## 3rd Step Prayer

God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy Way of life. May I do Thy will always!

## 7th Step Prayer

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. Amen

# Supersized Recovery

23



I recently heard in a meeting, “I don’t want to be just a survivor, I want to be a thriver.” I thought that was a great way to look at recovery, so I, too, want to be a thriver. I am so, so grateful for how the program works in my life and the lives of people I love. I am grateful that one of the Tools of Recovery is service. Why? Because I love doing service in OA. I love the connections with other recovering people. I love that it’s an opportunity for me to give back a portion of what has been so freely given to me.

I’m grateful that doing service at the region level gets me out of my comfort zone and into the world of OA recovery at large. I enjoy meeting new people and getting to know their stories, getting to hear other speakers and leaders in OA, and getting to help support the groups and intergroups that need it most. It is so important to reach out to them by bringing new ideas for meetings, marathons, workshops, and retreats. This service taps into the creative part of me that I don’t get to use often enough, and it generates new energy for me and my program so I can carry that energy back to my home intergroup and share it here. Recently, one region chair shared the theme “Supersize your recovery with mindful service.” I’m supersizing my recovery this year by giving service at the intergroup and region levels.

I am committed to staying in the program and not just hanging out around it. I am being mindful when I keep my focus on the task of carrying the message to the person who still suffers both inside these rooms and outside. I am a grateful, thriving, recovering compulsive overeater.

- *Edited and reprinted from The Reach Out newsletter, San Diego County Intergroup, May 2010*

<https://www.oalifeline.org/service/supersized-recovery/>

**The only thing necessary for the triumph of evil is for good men to do nothing.**

Edmund Burke

## What Are You Thirsting For?



The Big Book's pages 83-88 give me a daily design for living that helps keep the 12 Steps flowing through me throughout the day. The Ninth Step Promises give me faith that if I live each day according to the Steps, I will live a life of grace, as God intended.

I keep my spiritual body continually hydrated, throughout the day, by quenching it with Step 10 exercises whenever I become selfish, dishonest, resentful, or fearful. I may need a Step 10 fix even when positive emotions are too high and need to be brought to a harmonious level. Any emotion that over revs my psyche needs to be reduced to a tolerable level. Step 10 work, rather than the food, is what brings me back into balance. As long as I do the grunt work, I will stay in fit spiritual condition and the foods that have been poisonous will not beckon.

In fit spiritual condition, I am open to God as He directs my every thought and action. This is the space in which my soul soars. This is the elixir of my existence. This is divine unity with God and my fellows. This is the place I long to live.

Prayer and meditation, an ongoing conversation with God, is the primal language of spirit that I seek to become ever more fluent in, during the morning and throughout the day. I strive to have His voice replace the mundane chatter in my all too human brain.

When I lay my head down at night, I go over the day's events and reflect on the successes, which are all God's, and the failures, which are all mine. I smile as I fall asleep, knowing I followed His voice and that my ever-present human frailties, which have caused the day's missteps, have been taken to Him for repair and maintenance.

Upon awakening, I transition from prayer and meditation into the rest of the day's plan of action. I count on God to guide me in everything, from a plan of eating to the big and small decisions encountered throughout the day's endeavors. When I am uncertain of God's will, I remind myself, as my sponsor has said, that His will leaves me peaceful rather than conflicted.

Action and more action, especially with 12 Step service, is the mission of being in this physical body, since faith without works is dead. God's voice is the running water that nourishes my body and soul.



## I Don't Have Funny Stories

I don't have a lot of humorous stories about my eating. I know that with drinking and drugging, it can be a little different. I was listening to someone this morning, whom I have been honored enough to be his sponsor. He told me a story about his alcoholism. One day he found himself coming out of a blackout, and he was in an elevator in his underpants. No keys, no wallet, no nothing. He had to walk home from an

office in his underpants. It didn't occur to me that I don't have stories quite like that. My stories are very, very different. My stories are more tragic. At least they are to me. Maybe, in retrospect, they can be, but I don't normally see the humor.

I used to eat my way to the meetings. I used to pray for a Russian airstrike during the meetings, and I would eat my way home. I remember it was a Thursday night. On Thursday nights, at Swedish Covenant Hospital, it was a speaker meeting. At that meeting, on the north side of Chicago, where I am from, that meeting used to get upwards of one hundred and fifty people. It was a big meeting.

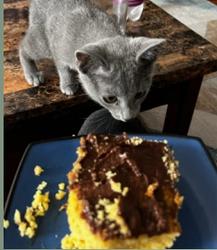
I went to a place where they had Chinese food, and for some reason they forgot to pack the silverware. It was a freezing, cold, winter night. I mean it was five or ten below zero. I was in the car, and I was burning my fingers going in there and scooping Chinese food and eating it with my hands like an animal. The stuff was going all over my shirt. It was going all over. The brown, heavy gravy, that flour gravy was just all over my shirt, and when enough of the gravy went on my shirt, the steam started coming off my chest, off of my shirt, because it was freezing cold, and the gravy was hot. The steam was coming up out of my shirt, and I was tipping the container, eating it, and it was going all over my face, and it was burning my skin. It was hot food, and it was going all over the car. I was reaching down and getting fistfuls of beef off the floor of my car. Then I went into Swedish Covenant Hospital, and I was washing my shirt in the sink. I went into the meeting and smelled from gravy, and I smelled from crapping in my pants and peeing in my pants, and my hands and my sleeve were all full of gravy. I did the best I could to wash. I was an animal. I wasn't a human being at that moment. I was an eating animal. It never occurred to me that I was sick. It just occurred to me that I was horrible, and what was the point of living in this world if this was how I was going to live? I just wanted to die. It never occurred to me to do what they were doing, and stop it, and acquiesce to the program of recovery set forth in front of me.

I don't have funny stories of eating. I have tragic ones. I don't have escapades of getting drunk at the wrong time and going swimming in the fountain at the shopping center or at the hotel. I don't have it. What I have, and what you have, is your tragedy, your story of starving yourself, of throwing up to the point that you were bordering on esophageal surgery, of exercising to the point past absurdity, of using laxatives, of using all kinds of methods to purge the food out of your body. You have that experience of living a double life. You speak and understand the language of the heart. You have your experiences. Maybe they are not comic. I don't know that this disease leads to comic eating. I don't think it does. Maybe it does for you. I don't know. I never looked back at all the eating I did and laughed. You have your experience, that knowledge, and that qualifies you to be a sponsor. It qualifies you to speak and understand the language of the heart.

(Week 46, 38 minutes in.) <https://www.scottsdalebigbook.com> Harlan G. **Editor's Post Script: Harlan has kept off 500 pounds for over twenty years.**

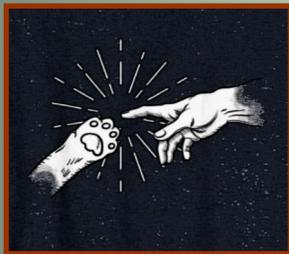
# The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food—that our lives had become unmanageable.



2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over to the care of God as we understood Him.



4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.



6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.



8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

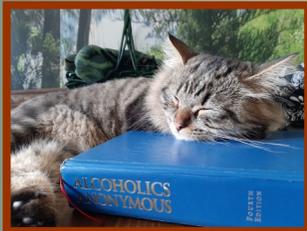
# Feline Fine in The Twelve Steps of Overeaters Anonymous

10. Continued to take personal inventory and when we were wrong, promptly admitted it.



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

12. 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.



A very special thanks to cousins Stormy George T, Nikita T, and Tukay T for sharing their feline experience, strength, and hope.



**Trust God.**

**Clean house.**

**Help others.**

**The Steps For Feline Fine!**



# Never-ending Action

BY DONC ON AUGUST 28, 2022 • ( 8 COMMENTS )



## Never-ending Action

I've done a lot of service in my 40 years to help me hold on to my recovery. Perhaps the most important has been to lead weekend step study retreats. There have been 40 of them which adds up to approximately 1,500 OAers.

As I continue going through these slowly dwindling piles of notes from my 40 years, I came across some notes from a retreat I did in Biddeford, Maine October 3-5, 2003. I of course remember very little about it except that the building was on the Atlantic Ocean. The first retreat I ever did, by the way, was in the late 80's and on the Pacific Ocean (Santa Cruz I think).

The last hour of these weekend step study retreats on Sunday morning has always been devoted to a willingness exercise. The question for discussion was: Are you willing to take actions to change your food habits (since we get over overeating by stopping overeating), actions to change your counterproductive thinking and behaviors (since we act our way into right thinking not think our way into right acting), and actions to develop a personal relationship with a power greater than yourself (we pursue God through prayer and meditation – He doesn't seem to come to us uninvited)? Each was asked to write down what they were willing to do for at least the next 30 days and then commit the actions to the whole group.

Here's some miscellaneous things from my leader notes that might be helpful to some of you. Several had to do with the spiritual leg of the stool. Others were simply points to be discussed during the study.

- *God will guide me in constructive positive behavior if I believe He will, and I let him.*
- *God will remove the compulsion if I believe He will, and I let Him.*
- *God will remove the fear if I believe He will, and I let Him.*
- *God will remove the anxiety if I believe He will, and I let Him.*
- *God will give me courage to take constructive actions that I need to take if I believe He will, and I let Him.*
  
- *God can, and will, if I let Him. God can, and will, if I ask Him.*
- *Before letting comes asking.*
- *Before asking comes belief.*
- *Before belief comes taking the actions to find Him deep within.*
- *Before finding Him comes putting down the substance and taking the steps.*
- *Having found Him, I turn my life over to Him.* (Click on the link to read more.)

<https://doncoa.wordpress.com/2022/08/28/never-ending-action/>

**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???**



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



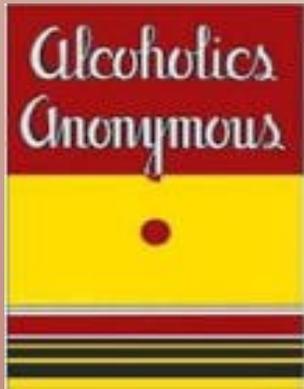
# The Real Problem



The food wasn't the problem. The problem was emotion. The build up of human emotion: the fear, the jealousy, the anger, the frustration. All the various things in life that every human being faces were solved by eating candy, solved by eating certain things like Doritos, or pizza, or whatever it is for you. And food became a solution. That's what explains the insanity. If you are sponsoring, and your sponsees are looking for an answer to why they did what they did, the best answer is, 'because you are a compulsive overeater, but more specifically, you did what you did in search of the untenable, searing, unrelenting, unforgiving pain of not eating. The eating, that was destroying you, became the only solution that you knew. Against hope, against every odd, against any kind of common sense, you hoped against hope that this Nestles Crunch Bar wouldn't kill you or wouldn't make you gain weight. So, you hoped against hope that was true, but you *needed* a Nestles Crunch Bar right now, because you couldn't stand the fear any longer. You couldn't stand the jealousy. You couldn't stand the pain of not eating any longer.' Dr. Silkworth says we are restless, irritable, and discontent unless we can again experience the sense of ease and comfort that comes instantly by drinking the alcohol. We pass through the well known stages of a spree, emerging remorseful with a firm resolution not to drink that way again, and we will repeat that cycle over and over and over again. The mind telling us the food makes perfect sense, while the body ensures it does not. Why did you drink? Because you couldn't stand the pain of not drinking. Why did you eat? Because you could not stand the pain of not eating. There's only one other substitute on the face of this planet that will help you, and that is the Steps, which will bring about a spiritual awakening, and that will make the pain go away. (Week 15, 71 minutes in.)

Harlan G, AZ <https://www.scottsdalebigbook.com/>

# How did the Big Book get its name?



The printer, Edward Blackwell of the Cornwall Press, was told to use the thickest paper in his shop. **The large, bulky volume** became known as the “Big Book” and the name has stuck ever since. <https://aa-semi.org/archive/alcoholics-anonymous-a-k-a-the-big-book-is-born/>

## Thanksgiving and Gratitude: The Four Paradoxes

They are called the Four Paradoxes of AA: (1) we surrender to win, (2) we give away to keep, (3) we suffer to get well and (4) we die to live.

<https://floridarecoverycenter.ufhealth.org/2019/11/28/thanksgiving-and-gratitude-the-four-paradoxes/>



## Main Books that Influenced the Writing of the Big Book:

*Sermon on The Mount, Varieties of Religious Experience, Book of James, and The Common Sense of Drinking.*

<https://silkworth.net/alcoholics-anonymous/a-new-way-out/>

# OA Region 6 2022 Convention

October 21-23



JOIN US ON THE  
ROAD TO RECOVERY  
OCTOBER 21-23, 2022

Virtually  
on Zoom

Keynote  
speakers

French  
interpretation



Step  
workshops

Special-focus  
meetings

New topics and  
old favorites

Registration: \$10, \$20, \$30 (USD)

*Program available soon!*

<https://r6convention2018.ticketleap.com/2022-convention-join-us-on-the-road-to-recovery/>



# Letter from Dr. Carl Jung to Bill Wilson

In 1961, regarding Rowland H. and what is now often referred to as a God-shaped hole in a person's heart that can only be filled by the spiritual awakening, or experience,  
in union with God, through working the 12 Steps..

Prof. Doc. C. G. JUNG

Küsnacht Zürich  
January 30th, 1961

Mr. William G. Wilson  
Alcoholics Anonymous  
Box 459 Grand Central Station  
New York 17, NY

Dear Mr. Wilson,

Your letter has been very welcome indeed.

I had no news from Rowland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Rowland H. But what I really thought about was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is that it happens to you in reality and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Rowland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition, if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Roland H., but I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism.

You see, "alcohol" in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum*.

Thanking you again for your kind letter.

I remain

Yours sincerely

C. G. Jung



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

Zoom: Gratitude Circle 4:15PM EDT, 7 days a week

Join Zoom Meeting

<https://us05web.zoom.us/j/4387370725?pwd=V21MVVRVQIA3UmZ1VGxOVnY4b0lzdz09>

Meeting ID: 438 737 075

Passcode: Step11

## The Joy of Selflessness



To me, all quotes from BB are powerful, and some touch my heart at a different level. We can never be too grateful for the OA program. The opportunity to share my gratitude for the OA program, and my ESH with those who still suffer, is a blessing from God.

“A complete change takes place in our approach to life. Where we used to run from responsibility, we find ourselves accepting it with gratitude that we can successfully shoulder it” (*Alcoholics Anonymous*, 275).

This text triggered my brain, remembering how God and the OA program have reshaped my way of thinking from self-centered thoughts and actions to understanding and compassion for others. Instead of waking up with an exhausted mind, I wake up grateful and joyful, concentrating on what is good and how I can help others who still suffer. To be honest...helping others is a bit self-centered, as helping a fellow helps me ten-fold by showing me that God did put me on earth for a reason. The question I have asked God for 50+ years, "Why am I here?" has been answered. I share gratitude daily with my fellows. Recently, I expressed my gratitude to the people that have hurt me in my life for they have made me stronger.

“When I focus on what’s good today, I have a good day. When I focus on what is bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases” (*Alcoholics Anonymous*, 419).

“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. We know you will not want to miss it. Frequent contact with newcomers, and with each other, is the bright spot of our lives” (*Alcoholics Anonymous*, 89).

Prayers and Joy, V (Alabama)



**Noble be man,  
Helpful and good!  
For that alone  
Sets him apart  
From every other creature  
On earth.**

—Johann Wolfgang van Goethe



One person helping another is a practice as old as humanity.

Help is not telling another what to do, or even suggesting it.

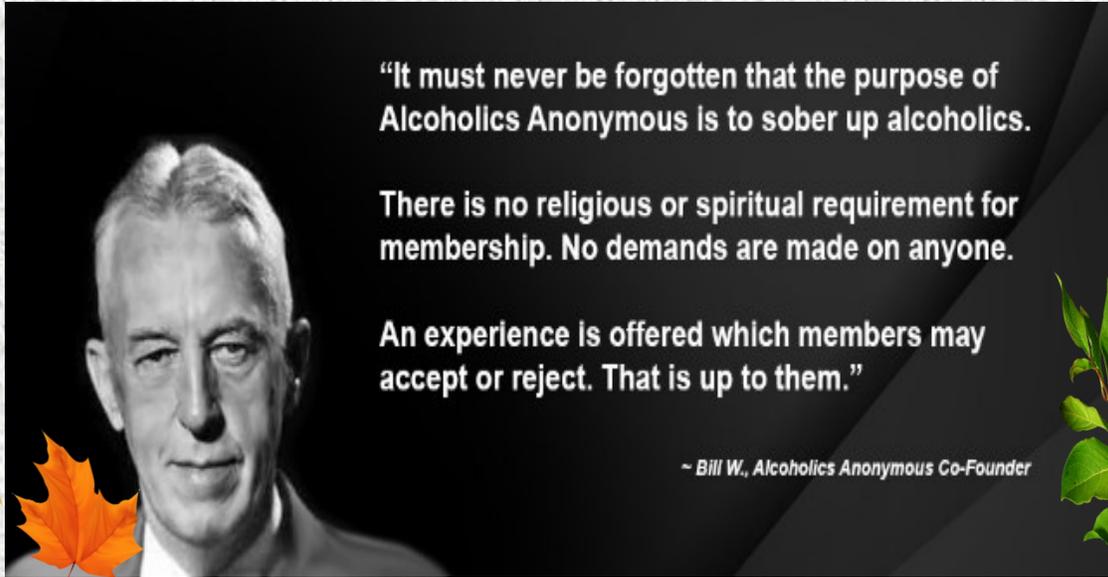
Help is being there for someone, to share experience, to lend support,  
to do what needs to be done when a friend's burden becomes crippling.

I need the awareness to keep my ego, my advice, my good intentions out of another's life,  
even though they appear in the guise of help.

If I want to help others develop their own strengths and realize their full potential,  
I cannot do it by telling them what to do.

**For today:** I am an instrument of my Higher Power. I carry the message, but I do not interfere  
with it.

— *For Today*, September 2



## Lawrie C's Twelve Provocations

1. I am a recovered compulsive eater, not a recovering one.
2. Abstinence is not the most important thing in my life without exception; the consciousness of the presence of God is.
3. Although a sponsor, if available, is very important for recovery, a sponsor is not necessary to recover.
4. You can recover in weeks.
5. The Tools of Recovery are not an essential part of the OA program.
6. You don't take Steps One and Two.
7. Steps Three, Six, Seven, and Eight, should not take a long time to get through
8. You don't make amends to yourself.
9. You cannot carry the message until after you have completed Step Nine.
10. Service is not slimming.
11. Food can be discussed at meetings.
12. Every person who wants to be a member of OA should know exactly what having "a desire to stop eating compulsively" means.



THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

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

*Age of Miracles*

**SAVE THE DATE!**

**Friday, January 13th - January 15th 2023**  
**at the LAX Hilton**

**5711 W Century Blvd, Los Angeles, CA 90045**

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Let's bring our zoom squares to life!

Workshops, panels, special focus meetings, marathons, opening ceremony  
on Friday night, dance party on Saturday night, yoga, meditation, and more.

**REGISTRATION OPENS OCTOBER 15<sup>TH</sup> 2022**

Tickets will be \$45 in advance, \$65 at the door.

**FOR MORE INFO GO TO**

**[OABDP.ORG](https://www.oabdp.org)**



## Daily Inventories/Tenth Steps

The Overeaters Anonymous (OA) version of Step 10 reads, "Continued to take personal inventory, and when we were wrong, promptly admitted it." You can do these short writing exercises at any point in your Step work, even if you haven't completed any of the Steps! Is there a Tenth Step format you like? Share it with us at [SecularOvereaters@gmail.com](mailto:SecularOvereaters@gmail.com).

---

### AEIOUY

In this format, each letter stands for a question:

- A** = Have I been **Abstinent** today?
- E** = Have I **Exercised** today?
- I** = What have I done for myself today?
- O** = What have I done for **Others** today?
- U** = Am I holding on to **Unexpressed** emotions today?
- Y** = **Yeah** or **Yippy!** What is something good that's happened?

---

### What's on your plate today?

This about your schedule, not food. It's sort of an action plan or to do list.

1. How was the food yesterday, and how has it been today?
2. What feels hard for me? Do I have any resentments?
3. What do I need to turn over to the care of the universe so I can get present?
4. When was I wrong? Did I promptly admit it? Do I have unfinished business?
5. How have I participated in my own recovery and self-care in the last day?
6. Have I done anything I love or that made me happy recently?
7. What did I do that took courage?
8. List 10 things I am most grateful for.

---

### The 4 Gs

Spend 10 minutes writing about these four G words:

- What went **Great** today?
- What **Glitches** did I encounter?
- What am I **Grateful** for?
- What are my **Goals** for tomorrow?

---

### Ten Things

1. List 10 things you wish you'd done differently. (These can be little or big.)
2. List 10 things you are grateful for.

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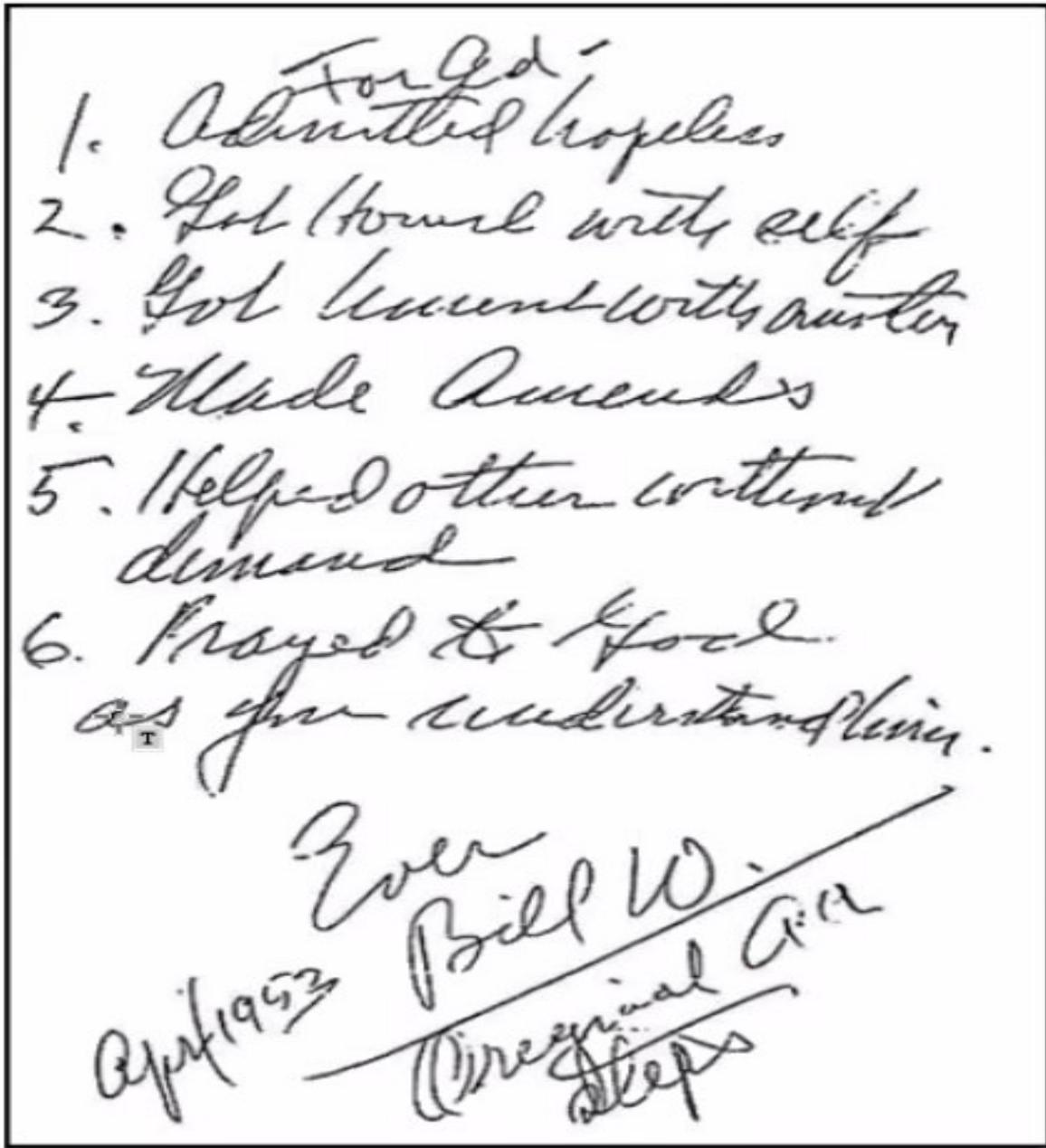
### Traditional Alcoholics Anonymous (AA) Tenth Step Nightly Inventory

1. Was I resentful today?
2. Was I dishonest?
3. Did I promptly admit when I was wrong?
4. Do I owe an apology?
5. Did I do or say something out of fear?
6. Have I kept something to myself that should be discussed with another person at once?
7. Did I think of what I could do for others?
8. Was I kind and loving towards all?
9. Did I reach out to someone in recovery to see how they were doing?
10. Did I take the time to connect with my higher power [or your favorite substitute] through prayer or meditation?

Learn more at [SecularOvereaters.org](http://SecularOvereaters.org)



# The Original Six Steps in Bill W's Handwriting



Prior to the writing of the Big Book, A.A. operated with a kind of loosely stated Six Step system. Below is a short version of those Six Steps which Bill W. wrote out in his own hand many years later, in April 1953, probably for Father Ed Dowling. This document was brought to our knowledge by Biker Gary G. (Sparta, New Jersey), who has a copy in his collection. The photograph is a photocopy of the original, which is in the New York A.A. Archives. It reads:

- For Ed –
- 1. Admitted hopeless
  - 2. Got Honest with self
  - 3. Got honest with another
  - 4. Made amends
  - 5. Helped others without demand
  - 6. Prayed to God as you understand Him

Apr/1953 Bill W.  
Original AA steps

# Scottsdale Big Book Study Gems

by Harlan G.



The Steps are divided into four sections. Step 1 is admission. Steps 2 through 7 are submission. Steps 8 and 9 are restitution. Steps 10 through 12 are reconstruction. (Week 10, 22 minutes in.) Steps 4 through 9 can be summed up as uncover, discover, and discard. (Week 6, 51 minutes in.)

## Sponsoring:

Service, especially sponsoring, must be done in order to stay abstinent. It is a 12 Step program, not an 11 Step program. (Week 8, 60 minutes in.)

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

The disease will lie to us, and sometimes we will believe it. The lie is that I don't need to help anybody, that I'm not good enough to help anybody, that I'm not perfect, that I'm not going to be the perfect sponsor. Who is? I don't know the perfect sponsor. I never heard of a perfect sponsor. Get out of the results business. The ego has three jobs: make me right; make me feel good right now; and make me different from everybody else. I know how to look up to you, and I know how to look down at you. Through sponsoring we realize these resentments, fears, sexual harms, and experiences of life are not unique unto us. I begin to understand, as I am taking fifth and tenth Steps, that there are two words that will unlock the cave of the addiction: me too. As I start to feel kindred to you, rather than apart from you, I begin to see our sameness, our humanity, our equality in God.' (Week 59, 50-57 minutes in.)

Before people care what you know, they need to know that you care. (Week 8, 51 minutes in.)

I know some of us are afraid to sponsor. Be more afraid not to sponsor, because, like Clancy Imislund used to say, "You will never get this program by absorbing spiritual information. You will get the program by transmitting spiritual information." By transmitting spiritual information, you will open up vistas in your mind of who you are and what you are and where you can find God and how you can be of maximum service to God and to the people around you, because that is really **our purpose**. This is a vicious illness, and for those of us who are in recovery, or recovered, meaning those of us who have not yet had a spiritual awakening and those who have, we will only stay recovered by continuing the journey. If we stop treading that journey, trudging that path of happy destiny, we will not retain that position of recovered. We will slip back into the disease. It's about the journey, not the destination. There is no destination. We must give away what we find or we will not be able to retain it. (Week 47, 7 minutes in)

(continued on page 40)

Regarding having lost the power to choose to put down the food or not, I hear this all the time. People say, “Food is my drug of choice.” Food is my drug of *no* choice, because once I took the bite, the bite took me. Food is my drug of no choice. I take the mouth full of food, and the mouth full of food takes me. (Week 15, 65 minutes in.)

This is not a program for people who need it. This is not a program for people who want it. **This is a program for people who do it.** It is a program of action. There is no needing or wanting necessary. (Week 15, 67 minutes in.)



### **Emotional Regulation in the Normal Person versus. The Addict:**

The food was never the problem. It was the solution to the problem. The problem was the buildup of normal, human emotion. All human beings experience love, fear, jealousy, happiness, anger, and frustration. Normal people can dissipate these emotions through very simple things. They can go drive out a bucket of golf balls. They can walk around the block. They can play with the dog. They can go to the gym. They can listen to music. Whatever it is that they do—and we see them doing it every day—they knock these emotions down to the point where they are okay and they can live. I can't. I'm an addict. As these emotions start pinballing around inside of me, my brain is going to sense the disturbance, and it will send me a signal that I will listen to. It will tell me to go eat some Chips Ahoy cookies, and I don't want to eat them, but the signal from my brain is so seductive that in search of relief from the untenable, unrelenting, pain of not eating Chips Ahoy cookies, I will eat the cookies in search of relief from the pain, because eating becomes a step up from where I am in the absence of the Steps. I eat that cookie, and for about nine seconds, I feel fantastic. Nothing in the world feels quite like that. It's what Dr. Silkworth called, “the effect.” When I eat the cookie, something else happens, and this is not so good. I will trigger the physical allergy, whether I want to or not, or whether I know it or not. It is an abnormal, adverse reaction to the substance, and I will be set upon by an irrefutable, biological craving for more of the same. The more I eat, the more I'm going to want. The more I want, the more I'm going to eat, and it's just endless. (Week 52, 20 minutes in)

From *The Doctor's Opinion*, Page xxix:

Dr. Duncan Silkworth conceded that he was as powerless over the alcoholic as the alcoholic was over alcohol. Silkworth wanted to help and understood the problem but knew there was nothing he could do. The only force in this universe that can help us is a Power greater than ourselves. If you work these Steps, and you have a **spiritual awakening**, as the result of these Steps, you will be **neutral to food**, because your mind will already feel better. Your mind will not see the need to hyper focus on pizza, ice cream, candy, and cookies. (Week 85/season 2, 21 minutes in: intro summary.)

From *Bill's Story*:

When I started working the Steps, I had to stop waiting for willingness. **Willingness is highly overrated.** I had to start taking action after action after action that I did not yet believe in. When I started taking that action, willingness came upon me. It came over me like a flood, like a tide, like being in the middle of Lake Michigan.

“For a brief moment, I had needed and wanted God. There had been a humble willingness to have Him with me —and He came. But soon the sense of His presence had been blotted out by worldly clamors, mostly those within myself. And so, it had been ever since. How blind I had been.” (Week 91/season 2, 19 minutes in.)

**The fourth Step shouldn't take more than two or three hours, tops.** You know who or what you resent. There is nothing to think about. You've been rehearsing these resentments for decades. You've told anyone who has been willing to listen why you hate your mother-in-law, why you hate your father-in-law, why you hate your next-door neighbor, and why you hate your boss. (BB Study OA Bday 2021, Sunday, 16 minutes in.)

### Step 10 Work Throughout the Day

“...Continue to watch for selfishness, dishonesty, resentment, and fear. (We first did this in Step 4.) When these crop up, we ask God at once to remove them.” (This is referring to Steps 6 & 7, and it’s not suggesting that we ask our Higher Power to “at once remove them,” it’s saying that we “at once ASK God to remove them.” Also, notice that this line says, “WHEN these crop up,” not, “IF these crop up,” so we need to stay aware of when selfishness, dishonesty, resentment, and fear are resurfacing throughout our life. And Step Ten is NOT to be taken ONLY at night, as it is sometimes suggested in our fellowship, the book says that it’s to be **taken ALL through the day, WHENEVER these things crop up**, moment by moment, as soon as we become aware of them. The book continues.) “We discuss them with someone immediately (Step 5) and make amends QUICKLY if we have harmed anyone (Steps 8 & 9). Then we resolutely turn our thoughts to someone we CAN help (Not just anybody, but someone we CAN help, Step 12.). Love and tolerance of others is our code.”

<https://www.justloveaudio.com/resources/12 Steps Recovery/Step 10 11/A Working Steps 10 11 Guide READ FIRST.pdf>

#### Example of a 10<sup>th</sup> Step:

Nancy shared that her son upset her. He criticized the food she prepared. The first defect of character involved was selfishness, because he was not sticking to her script. The dishonesty was the lie she told herself that her son needs to approve of everything she does. The fear was that he didn’t respect her. Then Nancy asked God to remove her defects of character.

STEP FOUR RESENTMENT INVENTORY			
Who/What do I resent?	Why do I have this resentment? (19 words or less)	Basic Instincts Affected: (Social, Sexual, or Security) Security has 3 subcategories: emotional, physical, or financial)	My part/my character defects: selfishness, dishonesty, resentment, self-seeking, and fear. Selfish = what I wanted to happen Self-seeking = how I tried to manipulate

Next, if there were any amends to be made, she was to do so. If she was rude, obnoxious, or upset with him, she cleans it up. Finally, she resolutely turns her thoughts to someone she can help. *Love and tolerance of others is our code.* Nancy will turn to someone she can help without mentioning anything about her son, nothing, zero, nothing. (Week 42, 39 minutes in.)

#### Page 77 from the big book:

**“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”**

**The biggest reason people don’t stay sober is that they do not do Steps 10, 11, and 12. (Steps 2 and 10 and the most underutilized of the Steps. Steps 3 and 4 are the most misunderstood Steps.) If you’re not doing the work, you will not stay abstinent, because the emotions will continue to build.**

People say they are too busy to **sponsor**. We found the time to eat. We found the time to practice the disease. We found the time to feel sorry for ourselves. We found the time to rehearse resentment and fear. We have to make that time to recover, and an integral ingredient to recovery is sponsoring. If you’ve had a spiritual awakening as the result of the Steps, you need to be working a twelve Step program. **This is not an eleven Step program.**

**Willpower** and guts have nothing to do with it whatsoever. We have thrown water pistols in the paths of tanks. We have thrown water balloons at destroyers. We have done whatever we could try to do to at least slow down the unbelievable onslaught of a disease that we didn’t know we had, that we couldn’t control, that we didn’t cause, and that we cannot cure. We did everything we could. We cried out into the night, and we begged God to please help us. When no help came, we turned on God and said, screw you. Then we came into program and hopefully we get a new relationship with our Creator that’s loving and kind and benevolent. And we come to see that God could and would if He were sought. We just didn’t know how to seek him before. The way to seek Him is to work the Steps. (Week 64, 2 and 15 minutes in).

**Recovery** can only happen when the fear of more food and more weight, or the fear of less food and less weight, overcomes the fear of letting it go. I have to fear more Reese’s Peanut Butter Cups more than I fear letting them go. (Week 53, 49 minutes in)

The disease is progressive in three ways: each day I grow older, so my body is less resilient; the disease is getting stronger; life around me changes. With these things being the case, my connection to my Higher Power must grow stronger. I must do more service. “Faith without works was dead. For if an alcoholic failed to enlarge his spiritual life, he will drink again. And for us, to drink is to die. And faith will be dead indeed” (BB 14-15 Bill’s Story). If we forget these things, we settle in to a level of service that may be okay today, or tomorrow, but at some point, that level of service will be inadequate to fend off the temptation to use food as a solution to our problem. It is bedrock fact that this is true. That is why our real purpose is to fit myself to be of maximum service to God and the people about us. (Week 18, 11 minutes in.)

“Those who do not recover are those who cannot or will not completely give themselves to this simple program...” (*Alcoholics Anonymous*, 58). Sometimes people ask me how they can work the program with the busy lives they have. For me, this is either number one in my life, or it’s nothing. We are either doing the program or we are not. **There are no half measures.** This must be the priority if we are to recover.

I doubt it. So, when Bill W. says that someone cannot or will not completely give themselves over to this simple program, I have to remember that this is what my life depends on. More so than any other factor, my recovery will determine the direction that the rest of my living days will take. **I’m either going to go north into the re-**



covery, or I’m going to go south into the disease. And so, I must completely give myself to this simple program (Week 27, 23 minutes in). Here’s a conversation I’ve never had with anyone. “Hi, Harlan. My name is Mike, and I just don’t think I’m going to make it over to the convenience store today to get three candy bars that I’ve had a hankering for all day. I think I’ll let that go and do it tomorrow. I’m just too busy.” I’ve never had that conversation with anybody. I must put the same energy into my recovery that I put into the disease. Did you ever tell yourself that you were so busy that you couldn’t make it to your binge foods?

**covery, or I’m going to go south into the disease.** And so, I must completely give myself to this simple program (Week 27, 23 minutes in).

In discussing **Step Four**, we need to realize that by giving safe haven to resentments, we are going to die. We need to ask ourselves if this is the hill we want to die on? Do you feel so smug in that resentment, so justified in holding that resentment, that you will die for it? That is the choice you will be faced with. It’s either give up that resentment or die. You are not going to strike middle ground. You are either going to let go of that resentment, and leave retribution to God, or you are not, and you are going to die, because you will eat again. It’s not a question of if you are going to eat again; it’s a question of when.

(Week 32/33, 28 minutes in).

**Resentment** allows me to abdicate responsibility. (Week 32/33, 37.5 minutes in.)

From The Doctor’s Opinion, Page xxix:

Dr. Duncan Silkworth conceded that he was as powerless over the alcoholic as the alcoholic was over alcohol. Silkworth wanted to help and understood the problem but knew there was nothing he could do. The only force in this universe that can help us is a Power greater than ourselves. If you work these Steps and you have a spiritual awakening, as the result of these Steps, you will be neutral to food, because your mind will already feel better. Your mind will not see the need to hyper focus on pizza, ice cream, candy, and cookies. (Week 85/season 2, 21 minutes in: intro summary.)



**Fun Fact:**

The *Serenity Prayer* was brought in by Bill C., a.k.a. Bill Carney, brother of Art Carney, (who was an alcoholic), from the Honymooners. Bill C. had shown Bill W. a copy of the *Serenity Prayer* that had appeared in a New York Times obituary. (Week 72: 13, 21, 26 minutes in)

## Variations: Original Six Steps

### Bill W's July 1953 Grapevine Article - The Language of the Heart (pg 200)

1. We admitted that we were powerless over alcohol.
2. We got honest with ourselves.
3. We got honest with another person, in confidence.
4. We made amends for harms done others.
5. We worked with other alcoholics without demand for prestige or money.
6. We prayed to God to help us to do these things as best we could.

### AA Comes of Age (pg 160) and Pass It On (pg 197)

1. We admitted that we were licked, that we were powerless over alcohol.
2. We made a moral inventory of our defects or sins.
3. We confessed or shared our shortcomings with another person in confidence.
4. We made restitution to all those we had harmed by our drinking.
5. We tried to help other alcoholics, with no thought of reward in money or prestige
6. We prayed to whatever God we thought there was for power to practice these precepts.

### Big Book Story - He Sold Himself Short (pg 263 in 4<sup>th</sup> edition)

1. Complete deflation.
2. Dependence and guidance from a Higher Power
3. Moral inventory.
4. Confession.
5. Restitution.
6. Continued work with other alcoholics

Courtesy of Lawrie C.



# **OVEREATERS ANONYMOUS®**

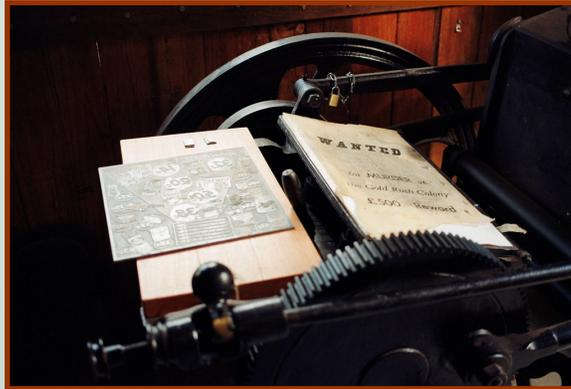
**Westchester United Intergroup**

**OAhelps.org**

**(914) 633-2988**



# My Problem



## The Physical Allergy:

An allergy is an abnormal physical reaction to something. In my case, it's my binge foods and my binge eating behaviors. Once I start eating my binge food or indulging in my binge eating behaviors, I find it almost impossible to stop eating it.

## The Mental Obsession:

An obsession is an idea which takes control over all other ideas. In my case, if I've stopped eating my binge foods or indulging in my binge eating behaviors, my mental obsession gives me reasons to go back to eat the binge foods or indulge in my binge eating behaviors.

## My problem in a nutshell—the addict's dilemma:

I can't stop once I've started. And I can't stop from starting again.

Lawrie C.

# The Four Impediments to Recovery

- STEP 4: A resentment you won't let go of
- STEP 5: A secret you will not tell.
- STEP 6 & 7: Vicarious thrill you will not stop.
- STEP 8: Restitution you will not make.

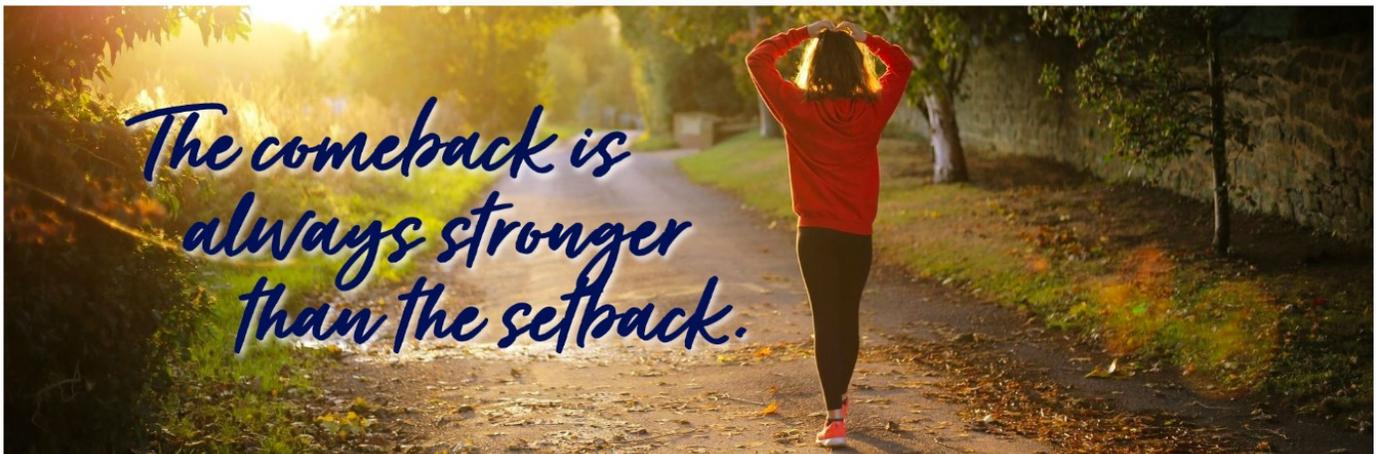


<https://www.scottsdalebigbook.com/post/the-four-impediments-to-recovery>

*“You can live in spite of it,  
or die because of it.”*



OAsis Newsletter



<https://www.njioa.org/more/oasis-newsletter>

Stay connected between meetings.



# WhatsApp

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

## Book Club Fellowship



**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

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## WhatsApp



Stay connected for our December Big Book Workshop

Stay up to date with Big Book Workshop updates and news by joining the WhatsApp group dedicated to this event: <https://chat.whatsapp.com/IWM7bjrda3rGFConGS4IFv>

# New and Improved OA Literature!

## *The OA Twelve and Twelve*

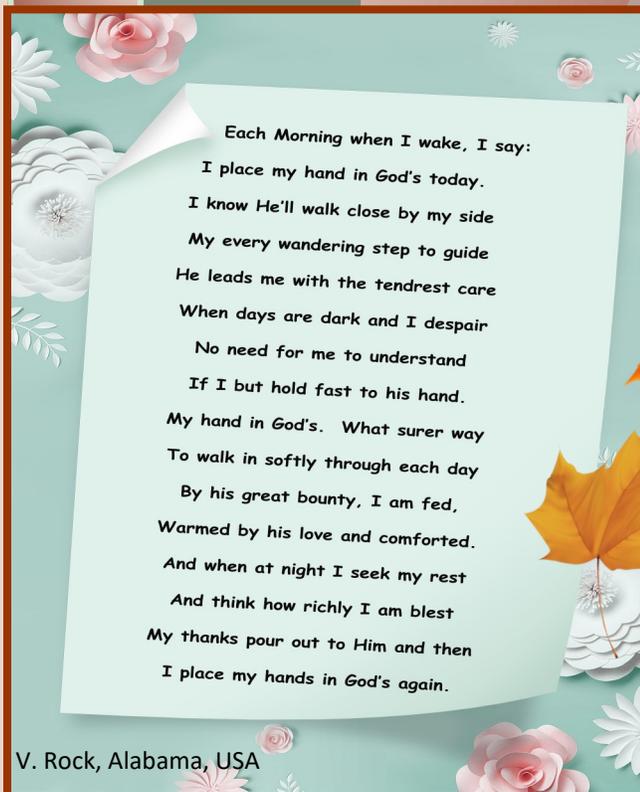
new audiobook format,

read by one reader for a cohesive message, is a total of 4 hours and 43 minutes long. Find this vital OA text in audio by visiting these links: Audible: <https://adbl.co/3K2bper>; Amazon: <https://amzn.to/3K5qYIF>; Apple Books: <https://apple.co/3R0415Q>.

## *Voices of Recovery*

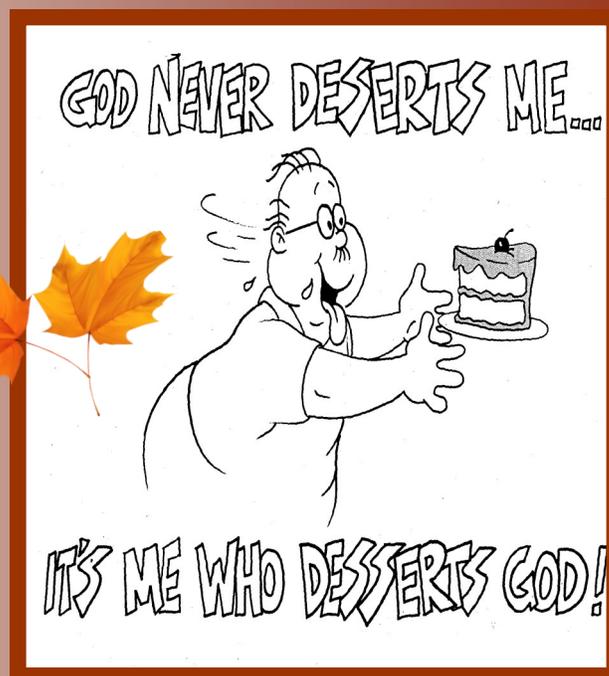
2nd edition of OA's daily reader, is now available in print and digital formats. The edits bring the daily meditations into alignment with OA's current literature and policies. Physical copies can be obtained at [bookstore.oa.org](http://bookstore.oa.org), inventory number #986-2. Digital downloads are available for purchase on the following platforms: Amazon Kindle, Apple Books, and Barnes and Noble Nook.

The revised *Service, Traditions, and Concepts Workshop Manual* and accompanying presentation are available as free digital downloads at [oa.org](http://oa.org). It suggests workshop formats and schedules, includes



Each Morning when I wake, I say:  
 I place my hand in God's today,  
 I know He'll walk close by my side  
 My every wandering step to guide  
 He leads me with the tenderest care  
 When days are dark and I despair  
 No need for me to understand  
 If I but hold fast to his hand,  
 My hand in God's. What surer way  
 To walk in softly through each day  
 By his great bounty, I am fed,  
 Warmed by his love and comforted.  
 And when at night I seek my rest  
 And think how richly I am blest  
 My thanks pour out to Him and then  
 I place my hands in God's again.

V. Rock, Alabama, USA



Howard S.

# seductive Addiction



I am going to assume that if you are anything like me, that this feeling of being different from other people, not in a good way, but this feeling is a lot of what drove the engine of your addiction, because the minute I take a Reese's Peanut Butter Cup into my mouth for about ten seconds—the first one, *not* the eighty-third one—and the smell of that chocolate is wafting into my nose, and the smell of that phony, fake peanut butter is wafting into my nose, and I feel that Reese's Peanut Butter Cup in my mouth, and it's going down my throat, for about ten seconds, maybe nine seconds, the world is a beautiful place. Dr. Silkworth calls this *the effect*. The effect is the sense of ease and comfort that comes instantly by eating that food, and there's no feeling in the world quite like it until you discover the spiritual awakening as the result of the Steps. The only problem with that feeling is that feeling is fleeting, temporary, liquid. It would be like trying to hold water in your hands. You cannot do it. Your hands may be wet but the rest of the water will run through your fingers, and you will eat more food and more food and more food in search of that feeling of that effect, and the physical allergy makes it impossible for you to stop. So, if you cannot stop once you've started, because of the allergy, and you cannot stay stopped, because of the twist of the mind, in search of relief from the untenable pain of not eating, you are powerless over food like I am, and powerless, like Bill W., over his liquor, and our lives have become unmanageable. Can I relate to Bill Wilson? You bet I can.

The only thing that could stop you was hitting that bottom where the fear of more eating outweighed the fear of letting go of the food. You come to fear the disease more than you fear letting go of the food, and at that moment recovery can take place (Week 2, 12 minutes in.)

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



A prominent psychiatrist once wrote that alcoholics are not any more broken than the rest of us, but they are unable to hide it. Eventually, the problem becomes obvious and puts them in a visible crisis, which they *must* address. He called this the great blessing of alcoholism.

Diane T



# OVEREATERS ANONYMOUS<sup>®</sup> VIRTUAL REGION

## Phone Marathons



[View the Full Schedule](#)



[www.ad4l.info](http://www.ad4l.info)

AD4L Speaker Series  
**Spirituality of the Twelve Steps**  
 - Living and Decisions -

Sunday, 9th October 2022

7:30-9:00AM MELBOURNE,  
AUSTRALIA TIME ZONE\*

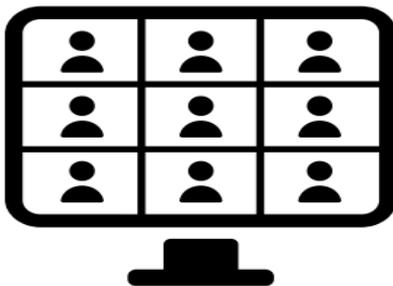
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NOTE: THIS IS SATURDAY 8<sup>TH</sup> OCTOBER

- 1.30PM LOS ANGELES/USA (PDT)
- 4.30PM NEW YORK/USA (EDT)
- 9.30PM LONDON (BST)

Hosted by A Design for Living (Big Book OA)  
\*You can find your time zone on [www.timeanddate.com](http://www.timeanddate.com)

## SAVE THE DATE OA VIRTUAL REGION ASSEMBLY



November 19-20, 2022

Intergroup representatives register at  
[oavirtualregion.org](http://oavirtualregion.org)



## SERVICE FAIR

offered at 2  
different  
times



Come one, come all to our Service Fair!  
Meet and Greet Intergroups Reps and  
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Find out about captivating service  
opportunities!

**October 15, 2022**

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# Wisdom of the Big Book

by: Barb M.

## Favorite Quotes

Below are some of my favorite Quotes from the Big Book of AA. Many of these excerpts literally Saved My Life!

The most powerful chapter for me, is "More About Alcoholism." Page 30 describes Step One and that we must admit and get honest about our common problem. I had to accept that I was not 'normal' and that I needed to live differently than people who did not have an addiction.

## Big Book Chapters and Steps

1	Forwards and Doctor's Opinion
2	Bill's Story
3	There is a Solution
4	More about Alcoholism (Step 1)
5	We Agnostics (Step 2)
6	How it Works (Steps 3, 4)
7	Into Action (Steps 5,6,7,8,9, 10)
8	Working with Others (Step 12)
9	Vision for You

Forward to 1<sup>st</sup> Edition

Doctor's Opinion  
William D. Silkworth, M.D.

**We of AA, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body (year of 1939)**

**To show other alcoholics (compulsive eaters) precisely how we have recovered is the main purpose of this book**

**"phenomenon of craving"**

**"restless, irritable and discontented"**

**"unless person can experience an entire psychic change, there is little hope of his recovery...."drinking (eating compulsively) to overcome a craving beyond mental control"**

Bill's Story

There is a Solution

**"Alcohol was my Master"..... If an alcoholic (compulsive eater) failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead**

**We feel that elimination of our drinking (compulsive eating) is but a beginning. A much more important demonstration of our principals lies before us in our respective homes, occupations, and affairs**

**..once he takes any alcohol whatever into his system, something happens, both in the bodily and mental sense, which makes it virtually impossible for him to stop...problem centers in his mind...**

**...obsession that somehow, someday, they will beat the game....**

**The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically non-existent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink (bite).**

More about Alcoholism

**...unwilling to admit we were alcoholics; no person likes to think he is bodily and mentally different...**

**...countless vain attempts to prove we could drink (eat) like other people**

**The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker. The persistence of this illusion is astonishing. Many pursue it into the gates of insanity or death.**

**We learned that we had to concede to our innermost selves that we were alcoholics (compulsive eaters). This is the first step in recovery. The delusion that we are like other people, or presently may be, has to be smashed.**

**...grip of a progressive illness. Over any considerable period we get worse, never better.**

## We Agnostics

### How it Works

**You may be suffering from an illness which only a spiritual experience will conquer**

**Lack of power was our dilemma**

**Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem**

**Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves.**

**Half measures availed us nothing..**

**Selfishness--Self Centeredness! That, we think is the root of our troubles...Above Everything, we alcoholics (compulsive eaters) must be rid of this selfishness. We must, or it kills us!**

### How it Works continued

**We were now at Step Three. God, I offer myself to Thee... To Build with me...Do with me...Relieve me of Bondage of Self...Take away my difficulties...victory may bear witness to those I would help of Thy Power, Love, Way of Life...**

**Next, we launched out on a vigorous course of action...we started upon a personal inventory. This was step four. A business which takes no regular inventory usually goes broke.**

**Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have been spiritually sick....if we were to live, we had to be free of anger**

**When the spiritual malady is overcome, we straighten out mentally and physically**

**Notice the word "fear" .... This short word somehow touches every aspect of our lives...We trust infinite God rather than our finite selves.....Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity**

### Into Action

**....More than most people, the alcoholic leads a double life**

**We must be entirely honest with somebody if we expect to live long or happily in this world**

**Step seven prayer: ...my creator - willing you should have all of me, good and bad....pray you remove every defect which stands in the way of my usefulness to you and my fellows....**

**Now we need more action - "Faith without works is dead" Steps 8 and 9**

**Our real purpose is to fit ourselves to be of maximum service to God and the People about us**

**This spiritual life is not a theory. We have to live it.**

## Into Action - cont.

## Working with Others

**Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for a lifetime.**

**And we have ceased fighting anything or anyone - even alcohol.**

**Every day is a day when we must carry the vision of God's will into all of our activities**

**Faith without works is dead**

**Practical experience shows that nothing will so much insure immunity from drinking, as intensive work with alcoholics...**

## Vision for You



**Thus we grow. And so can you, though you be but one man with this book in your hand. We believe and hope it contains all you will need to begin.**

**Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give Freely of what you find and join us.**

**We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the road to happy destiny.**

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Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow us at [https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/).

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