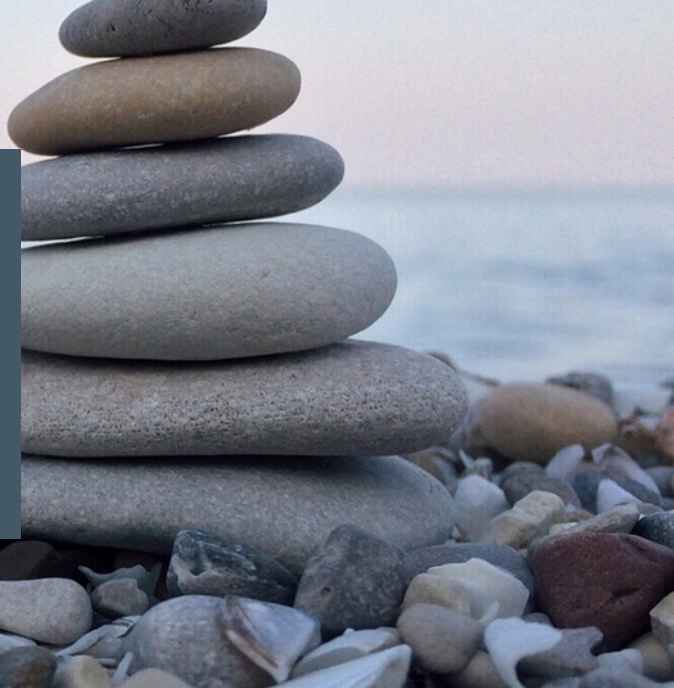


2024 THIRD QUARTER

# SERENITY TIMES

Westchester United Intergroup  
[www.oawestchesterny.org](http://www.oawestchesterny.org)



## Our quarterly newsletter is back!

CINDY A.

In May, the universe nudged me towards service with the WUIG Intergroup. At first, I felt like the new kid on the block, unsure if I was up for it. But after a little chat with my Higher Power, I realized that diving into service is like a power-up for my OA journey and abstinence. So, I decided to jump in!

I'm excited about serving in this role and sharing WUIG news and events with all of you. I'm grateful for the opportunity to continue to the to build on the awesome work of our past editors!

This isn't a solo mission - we need you! Let's share our experience, strength, and hope. Your stories and nuggets of wisdom helps us all and is another great way to do service!

What to share a story or have news or events to promote? Email me at [wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com).



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## News and Events



- Men's Workshop: Speakers share on the challenges, triumphs and gifts of working a female-majority program Sunday, July 7th 2-3:30 PM ET Zoom ID: 914 633 2988, Passcode: 121212 ([link](#) to flyer)



- Big Book Step Study: Summer Saturday! July 13th, 11am-4pm ET (break 1-2pm). In-person only with limited space. Community Unitarian Universalist Church, White Plains, NY. \$30 registration. Contact Diane T (914)659-0192 ([link](#) to flyer)

- WUIG will not meet in July. Our next Intergroup meeting is Thursday, August 1st at 7 PM [online](#) (newcomer orientation at 6:45 PM). Meeting ID: 668275613 Passcode: 121212



- Sponsorship Day! Sunday, August 18th, 12-2 PM. Join us IN-PERSON at the Tea House in Leonard Park (Mount Kisco). Bring a chair and join us for fellowship, speakers, games and more! <https://www.oawestchesterny.org/aug-18-2024.html>



- Region 6 Assembly, September 21 in Albany <https://oaregion6.org/assembly/>
- R6 Convention, October 26-27, Nashua, NH <https://oaregion6.org/convention/>

## Open Positions

- Public Information & Professional Outreach Chair (PIPO) needed! Please email [sinnerinrecovery@gmail.com](mailto:sinnerinrecovery@gmail.com) for more information.

## Important Links

- About meetings: [www.oawestchesterny.org/meetings.html](http://www.oawestchesterny.org/meetings.html)
- 7th Step Tradition: [www.oawestchesterny.org/7th-step-tradition.html](http://www.oawestchesterny.org/7th-step-tradition.html)
- Contact WUIG: [www.oawestchesterny.org/contact.html](http://www.oawestchesterny.org/contact.html)
- Overeaters Anonymous: [www.oa.org](http://www.oa.org)

# Humbly ask him to remove our shortcomings

STEP SEVEN



## CALL FOR STORIES

OA RAINBOW, A VIRTUAL INTERGROUP FOCUSED ON LGBTQ ISSUES, IS LOOKING FOR MEMBER STORIES. (THEIR WEBSITE: [HTTPS://WWW.OARAINBOW.ORG](https://www.oarainbow.org))

STORIES CAN BE SUBMITTED TO [INFO@OARAINBOW.ORG](mailto:info@oarainbow.org)



Those of us who  
live this program  
don't simply carry  
the message; we  
are the message

THE 12 STEPS AND 12  
TRADITIONS OF OA, 2ND  
ED, PP 86-87



## New Beginnings

I hit my bottom after my job was eliminated during the pandemic. It was an enormous shock when I went from being fully employed one day to being fully retired the next. Having little in the way of coping skills, I turned to food (again). I ate family-size boxes and bags of sweet and salty things daily. I was gaining weight quickly and I didn't care. I had no plans for the future, and no purpose for my life. I was severely depressed, and the only time I got out of my pajamas was to go to the grocery store to refresh my stash of junk foods. Dishes were piled up in the sink and bills weren't getting paid on time. I was very isolated. I had one friend left after pushing everyone else away. I had no God, was a basket case of negative emotions and 50 pounds overweight. My whole focus was on getting my daily dose of sugar and junk while binge-watching Netflix movies.

I had a moment of clarity when I finally had enough of the insanity. I had a talk with myself and said that if I kept doing what I was doing, I would slowly kill myself. I had to decide whether I wanted to live or die, and I chose life.

I went to a meeting on a Tuesday night and everyone there was warm and welcoming. Not being one to trust anyone, I was wary of their kindness. But I kept coming. I went to 90 meetings in 90 days to break my isolation and to be around people. Those meetings saved me. I found a wonderful sponsor and started to work on the steps. I slowly let my guard down as I learned how to trust. This was the start of a new beginning for me.

Today, I am aware that I am changing. I have a second chance to become the person I always wanted to be. My whole outlook has changed. I hum in the morning when I wake up and I talk to the cashiers at the grocery store where I now buy my abstinent food. I am nice to customer service reps where before I would become irritated and snap at them. My thinking is clearer, and I continue to fill my head with program literature and the experience of other meeting members. I have found the God of my understanding, something I never thought I wanted but now can't live without.

I am becoming a positive person, learning how to use the tools to keep me steady. I am sharing at meetings and making new friends as I go along. As a result of working the program, I now feel joy. I am the happiest I've ever been, free of my food obsession and my body is two sizes smaller. I'm truly grateful for the ability to wipe the slate clean and begin to build a new me; with a solid spiritual practice, a zest for living and a heart full of desire to share all that has been given to me.

Ann S.



## Share your experience, strength and hope in the 4th quarter Serenity Times

**THEME: FINDING STRENGTH  
THROUGH OUR HIGHER POWER**

SEND YOUR SUBMISSIONS TO:  
[WUIGNEWSLETTER@GMAIL.COM](mailto:WUIGNEWSLETTER@GMAIL.COM)

DEADLINE: SEPTEMBER 23RD



## Message of New Beginnings

Voices of Recovery - Jan 12

“Each morning brings a new surrender, a new admission of my powerlessness and a new commitment to abstinence through steps one, two and three. It is a quiet time, a new beginning, a new day.” -Lifeline Sampler, p. 69

How am I going to spend today? Will I waste it by looking at my past mistakes, or by daydreaming about what the future may hold? Living in today is often difficult. Once I let go of yesterday and tomorrow, I can live today to its fullest. Planning and dreaming will not change what my Higher Power has in store for me tomorrow, so I will turn that over and rest in the knowledge that I will be taken care of. This frees me to accept the gift of the present. It is what I do today that really matters. I can only be happy by spending today gratefully accepting who I am, what I have, and what I can do in this moment to better myself. Today will eventually become tomorrow, without my worrying or interfering with my Higher Power's plans. Let me live as if tomorrow is just another word in the dictionary. Let me live in today.

## Am I willing to make an amends to my body?

I'd like to start today. My body has been limited by my recent bingeing. I have not been able to do the yoga that I love. My belly and my boobs are so big that they get in the way of many movements. My asthmatic breathing is so out of control, that simply walking up a hill or a flight of stairs is scary.

The good news is that I am willing to be honest today. I have found someone in the program who is willing to guide me. My nighttime cravings are powerful, I feel food cravings with the same intensity that I used to feel cravings for drugs and alcohol. On the plus side, I have an active spiritual life and I have the time to get to daily meetings.

I have an action plan that I have been able to slowly increase. I have gotten to daily meetings and as of today, I have ten squeaky-clean days of abstinence. At the suggestion of my sponsor, I have begun walking or doing yoga at a pace that is manageable for me, daily. I am not stuck in regretting the past or what I cannot do today. I am working on my program, and I am so grateful for the clarity and hope that has been given to me as I do the footwork.

**Dawn J.**

# Share your experience, strength and hope in our next Newsletter

**THEME: FINDING STRENGTH  
THROUGH OUR HIGHER POWER**

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## Thank God for new beginnings.

I do not know about you, but I've had many, many new beginnings in OA.

First, just talking about physical recovery, I was a hard case. Although I had two years of initial abstinence in OA, I then had 13 years of on-and-off relapse. Each time I got abstinent felt like a new beginning, and thankfully there were people to help me, who seemed not to judge. Eventually, after moving to Westchester, I came close to 10 years of abstinence but then had two slips and a year or so later, another slip. I am so grateful that I stayed with the program and that my sponsor and Higher Power helped me find my way back to abstinence and serenity. I prayed for willingness, went to 90 meetings in 90 days (which I highly recommend), and committed my food to my sponsor. I also looked carefully at what caused my slips – emotionally – and did my best to increase my awareness of how I was feeling. A few days ago, I started to have a few food thoughts and was able to recognize what was causing the underlying feelings (because, yes, there are always underlying feelings for me) and was able to address those thoughts and feelings so that I am aware of them and don't need to act on them. It's the feelings that I'm not aware of that get me in trouble. Thank God again.

And that's where we come to new emotional beginnings. I had a recent reunion with a former boyfriend from almost fifty years ago. In some ways, he was the love of my life. My sponsor helped me to plan so that the reunion would be centered on making amends. In the process of amends, I asked him to tell me anything that I had done that had hurt him. He told me about things that I had little to no recollection of but was sure I had done. This reunion brought up so many feelings – loss, grief, humiliation (for what I had done), sadness, and pain, but also faith, love, forgiveness, gratitude, relief, and joy. All in the space of a few hours. He was able to forgive me, and I have been able (mostly) to forgive myself. I have the program and years of therapy to thank for the fact that I am no longer that person who hurt him, and I am humbled by his forgiveness. I am grateful for this new beginning, among many others, that OA and my HP have provided. And I did not feel the need to eat over any of it.

And spiritually, every day is a new beginning. I start my day with either a meeting or a walk in the park with my dog, where I say all my prayers, the steps, and the traditions. I mostly ask my Higher Power to help me be guided by their will. It is renewing, and I am so grateful to be able to live my life in this way.

**With love and in service, Carol G.**

## OA Responsibility Pledge

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

## Sponsorship

Need a sponsor? Are you an available sponsor? Email Barb, Sponsor Bank Coordinator: [servicewuig@gmail.com](mailto:servicewuig@gmail.com)

## Seventh Tradition Contributions

We are fully self-supporting through our own contributions. Send your check to: Westchester United Intergroup of OA, PO Box 125, White Plains, NY 10603. [wuigtreasurer@gmail.com](mailto:wuigtreasurer@gmail.com). State your contribution distribution in the MEMO section. Please contribute what you can, we need you more than your money. OA World Service suggests \$5 for your meeting.

## WUIG Text Messages

If you'd like to receive text updates about events, meeting closures, intergroup key points, news, etc. text @OAWUIG to 81010. To stop receiving WUIG texts, reply @LEAVE to the number you are receiving texts from.

## WUIG Trusted Servants

- Co-Chair: Diane T. and Rob M.: [wuigchair@gmail.com](mailto:wuigchair@gmail.com)
- Treasurer: [wuigtreasurer@gmail.com](mailto:wuigtreasurer@gmail.com)
- Recording Secretary: Michelle J.B. [wuigsecretary@gmail.com](mailto:wuigsecretary@gmail.com)
- Corresponding Secretary: Janice K. [wuigmeetinglist@gmail.com](mailto:wuigmeetinglist@gmail.com)
- Event Coordinator: Joanne D. [wuigevents@gmail.com](mailto:wuigevents@gmail.com)
- Website Liaison: Meg D. [wuigwebsite@gmail.com](mailto:wuigwebsite@gmail.com)
- Region 6 Reps: Rob M. and Dawn P. [wuig6reps@gmail.com](mailto:wuig6reps@gmail.com)
- World Service Business Conference Delegates: Cathy C.
- Newsletter editor: Cindy A. [wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com)

What we do have to offer is far greater...a Fellowship in which we find and share the healing power of love.

THE 12 STEPS & 12 TRADITIONS OA, 2ND ED, P1



INSTAGRAM

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

