

# THE ROAD TO RECOVERY



Visit our Westchester Website - [www.oahelps.org](http://www.oahelps.org)

## John B., our “unlikely Chair” of WUIG

I don't know why but a couple of years ago I decided to go to a WUIG meeting. I guess I wanted to see what all the fuss was about. I remember a few things about the meeting:

- It seemed so formal, Robert's Rules and all.
- The static energy was so different from a regular meeting.
- It was intimidating and serious.
- People were confrontational, to put it mildly.
- I was uncomfortable and nervous for everybody in the room.

I also went with the thought that I might do some service. At the time I could not see how. The meeting seemed counterproductive to my recovery. I could not see myself having anything to do with this meeting or its process. Not in my wildest dreams would I hold any office. It's still hard for me to believe that I am, for the next twenty-four months, the Chair of WUIG. As hard as it is to believe, there is a very simple explanation for how it happened

I said 'Yes.' I answered the call. Here's how: a couple of years ago Carol B. asked me to participate in the Public Information Committee (PI), and I said 'Yes.' As a group we have done wonderful things getting the OA message to people by sharing our experience, strength, and hope. It has been a wonderful experience. Then, I found out that WUIG needed people to do service. I started showing-up at meetings, to see where I could help.

At that time, a very close friend of mine suggested, and then convinced me, that I should be Vice-Chair. He assured me that the Vice Chair just sits there and doesn't do much. I was fearful and apprehensive, but he sold me on the job. I would go on to lead at least four Intergroup meetings, as acting Chair. It was a stretch for me, but I answered the call and with God's help everything was fine.

Success in this program has come to me because of my willingness to say 'Yes' and to answer the call. I say:

Yes to the Steps.

Yes to the tools.

Yes to my Sponsor.

Yes to those looking for a Sponsor.

Yes to service.

Yes to the God of my understanding.

A deep-seated willingness and saying 'Yes' aligns me with God's plan for me. Service opens me up, takes my focus off perceived difficulties and allows me to experience and participate in a process that saved my life. For today, I seek and choose salvation; saving myself from suffering, returning to mental, physical, and spiritual health. Salvation is my responsibility, it's my work, passion and it's at the forefront of my life. (cont. p.2)

### WUIG

#### Monthly Meeting

*Intergroup* meets the first Thursday of every month—  
7:30 pm at the Emanuel  
Lutheran Church,  
197 Manville Rd.,  
Pleasantville

**All are welcome!**

## John B., our unlikely Chair of WUIG, (cont.)

This program gives me purpose and continues to educate me; giving me new tools and strategies for navigating life on life's terms. It was hard for me to recognize my dysfunction and admit I couldn't do it alone; I needed help and didn't have the answers.

The tools, steps, my sponsor, and God guide me and move me forward on a widening path of peace, love and understanding. My Higher Power is guiding me, holding my hand, whispering in my ear and opening my heart. I am committed to this process and there is much work to be done; this is no small task. Moving away from our compulsions and addictions is no easy matter; it takes courage and loving compassion.

In order to live my life in the now, I have to continually surrender the past and the future to God's plan for me. This program opens me up, challenging me to stay present for old feelings and new feelings. I am working hard at being open to life. I couldn't do this by myself—not a chance. I need the OA program and everybody in it. It offers me a miracle. I am growing, maturing, ripening, showing up for life and answering the call: stretching and challenging myself into new roles and levels of service. I am crossing new thresholds into the great mystery of life.

We are all on this journey together. The people who make up this fellowship are my brothers, sisters, guides and mentors. We are a team. How can I say 'No?' A 'No' to program for me is like a 'No' to life. For today, I am moving forward toward freedom, light, truth, and wisdom. What an opportunity, what a gift.

Peace, Love and many bows,  
John B., Your *unlikely Chair*

**Moving away from our compulsions and addictions is no easy matter; it takes courage and loving compassion.**

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## No Matter What, Anne

I just attended an anniversary meeting at Bryant Avenue. It reminded me that my very first OA meeting was three years ago in that room. The question came up, as it does so many times:

### How does one get & stay abstinent?

I've always had a hard time conveying to others what happened to me. I always say that I was "struck abstinent" while praying in my kitchen the week before I joined program. That's hard to communicate. Others say to me "I wish I would be struck abstinent also," but obviously it isn't happening for them. I sometimes feel frustrated by not knowing how to tell people how to pray. It is not something one can demonstrate like swimming or skiing. When I look back, there *was* more complexity to what happened than just being struck. Praying alone in my kitchen wouldn't have been good enough; I needed the program. But I did pray -- and I felt energy course through me.

***Since then I've been as one possessed!***

I went to OA and I constantly prayed and meditated that I not eat. I went to at least three meetings a week and made three program phone calls a day. I read the 12 & 12. I read the first 164 pages of the Big Book. I signed up and paid for a retreat that was to be held 5 months in the future, because I wanted to guarantee that I would stay in the program. Surely I would not miss a retreat that I had already paid for!

### I worked the steps.

I went through sponsor after sponsor, until I found the right fit for both of us. I committed my food. I journaled. I became an Intergroup Rep within 3 months of joining program. I even sponsored before I had any clue **how** to sponsor. I preached enthusiastically to anyone who would listen about how wonderful OA was. I did all those things. And I became thin. And I stayed abstinent - even though sometimes I felt so crazy that I thought I would run out in the street screaming and the neighbors would call the men in the little white coats to take me away! But, I persisted. (cont. p.4)

## WUIG's 4<sup>th</sup> Step Inventory by Kimi D.

In my experience, going through a 4<sup>th</sup> step inventory is one of the most loving acts we can do for ourselves. Only when we face our defects of character (selfishness, self-seeking, dishonesty and fear) are we truly able to look the world in the eye and be of maximum service to our higher power and our fellows.

As many of you know, this past summer our Westchester United Intergroup took this amazing leap of faith and performed an Intergroup housecleaning. In doing so, we took an honest look at the exact nature of our wrongs and admitted our shortcomings.

Now as a group we're turning these truths to our fellows in the hopes that you will offer service to help fulfill our primary purpose...

*to carry the message to those who still suffer.*

Remember *"Together we can do what we could never do alone."*

On a personal note, I am extremely grateful to WUIG for allowing me to moderate and be a loving witness in this experience. It has meant a great deal to me and my program!

In service,  
Kimi D.

**Please attend Intergroup meetings—  
first Thursday of each month—7:30pm  
at the Emanuel Lutheran Church,  
197 Manville Road, Pleasantville**

## WUIG 4<sup>th</sup> Step Inventory Conclusions

### What is our basic purpose?

The primary purpose of our organization is to carry the message of OA recovery and to serve and represent the OA groups from which WUIG is formed.

### What more can our Intergroup do to carry the message?

Promote and clarify that the message that we have a solution—and that solution is in the 12 steps.

### Is our Intergroup attracting addicts from different backgrounds?

No, we do not have diversity among our members.

### Do new members stick with us or does turnover seem excessive-if so why?

Turnover is excessive because we are not doing an adequate job of promoting/clarifying the 12-step solution.

### Are we choosing our officers with care?

No. We don't have enough abstinent people from whom to choose. People in the rooms who are abstinent are not coming to Intergroup; therefore, we "elect" whoever volunteers.

### Are we providing an attractive meeting place/an abstinent environment?

No. We are not providing a consistently abstinent environment, according to the definition of abstinence as the state of being physically, emotionally and spiritually fit.

### How are we maintaining recovery, unity and service?

We seek to be more abstinent in order to maintain recovery, unity and service.

### Are we bringing the message to professionals?

Yes, we have a Public Information Committee that is bringing the message to professionals.

### Are we fulfilling our 7<sup>th</sup> tradition?

Yes and no. Financially we are meeting our obligations, but we are not fulfilling our responsibilities to our service positions.

**The Road to Recovery** is a bi-monthly publication of Westchester United Intergroup of Overeaters Anonymous. We reserve the right to edit submissions for spelling, length, and clarity. Articles are the sole opinion of the authors and not those of WUIG. PLEASE do service and submit (maximum) 500 word articles to Gerry M. (e-mail to greenbean65@hotmail.com) **Newsletter Deadlines: March 15** for April/May edition; **May 15** for June/July edition.

**No matter what, Anne** (cont.)

I don't know how it happened that I could do what I would not have had the energy or motivation to do before - except that an energy went through me, when I was praying in my kitchen. I felt it, head to toe - and suddenly what would previously have been impossible became possible, necessary, even unavoidable. Not working program became unthinkable.

My praying had changed. I did not start by asking my higher power for anything. I also did not start with meditation. This praying was more like a conversation, starting with the full admission to myself and to God that I was an addict. I told God that I knew I had to regard certain foods with the same horror that I would regard cocaine or heroin - substances that I would **never** consider putting in my body.

I was absolutely persuaded that I was every bit as much an addict as a drunk lying in the gutter, or a desperate heroin addict, or a debt-ridden gambler. Those thoughts were intolerable. I had to be rid of addiction. I felt unclean. I could not bear the thought of continuing to be the person I had become.

**I bowed my head in surrender**, before I even knew that word as I know it now -and that energy came- as it comes again now, when I manage the difficult challenge of complete surrender. Indeed I often wonder if surrender is my choice or another gift from HP.

*My praying had changed...  
I did not start by asking my  
higher power for anything.*

When I felt that energy, I received a vision of myself, (perhaps as God might see me) eating out of self-pity over my problems. I received a vision of people who are starving to death every few minutes around the world. I don't know why God gives me food and not them, but here I was getting food and abusing it over problems that paled in comparison. Seeing my self-pity that way was a big help since I was more revolted by my attitudes, than by my weight.

**Being struck abstinent**, with the vision, changed my prayer. In my early program, I prayed to be transformed into a thin person, eating her right share of food in this world, and to be completely destroyed and re-made anew. I did not want to continue to be filled with self-pity and not see how truly lucky I was.

When I read the Big Book, I feel aligned with the story of Bill W., founder of AA. I see now that I was having the same experiences, even before I read about them in the Big Book.

I hope by expanding on what it means to me to be "*struck abstinent*," I may be helpful to others, even though I am not sure how to help someone have the same experience. Still, when I speak with others in program who have long term abstinence or sobriety they often point to the same thing. They prayed and "*something happened*."

*No matter what,*

Anne

**2007 - 08 INTERGROUP BOARD**

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**WUIG NEEDS A REPRESENTATIVE  
TO ATTEND A WORLD SERVICE  
BUSINESS CONFERENCE IN  
ALBUQUERQUE, NEW MEXICO,  
MAY 5-10, 2008**

**THE NEXT REGION 6 ASSEMBLY WILL BE HELD  
APRIL 12, 2008 IN GLENMONT, NY**

**Speaker Bank**—Call Roberta M. at (914) 423-4540 to volunteer to be a speaker—or to find a speaker

**Temporary Sponsor Bank**—Call Jmel at (914) 725-7013 if you would like to sponsor—or to find a sponsor.