

The Westchester

Serenity Times

Brought to you by Westchester United Intergroup

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The Serenity Times needs your service. It is written by local members for local members.

Letter from your editor:

Welcome to the revamped Serenity Times, the newsletter of Westchester United Intergroup of Overeaters Anonymous. This is our first issue after a three year hiatus and we are excited to be back. This publication aims to give a voice to all members of Westchester OA and help spread the message of recovery in our area. I hope you enjoy the first issue back and I wish you well as you trudge the road of happy destiny ONE DAY AT A TIME!



Without you there is no *Serenity Times*. Work Step 12 and use the tools of service & writing by writing an article of your choice. We welcome poems, stories, lists, anything!

Questions? Contact Chelsea F. and send all submissions to wuignewsletter@gmail.com

Welcome from Your Intergroup Chair

It is an honor to pen my first Letter from the Chair in this Aug/Sept edition of the Serenity Times. Among the various service positions I've had the honor to hold, I never imagined that I'd end up the Chair of Intergroup, much less move beyond that and serve you at Region 6 and World Service levels. But my Higher Power, as usual, had different plans.

Honoring my decision to turn ALL of my life and will over in Step 3 has led me to accept positions that were so obviously chosen for me, and I have grown in ways that were, indeed, "beyond my wildest dreams". I re-learned our basic tenets of asking for help and the Power of We and Us at a much deeper level when handling the business of OA in these positions. I've been able to learn new computer and organizational skills along the journey as well!

In our service positions, Mike C. (WUIG's Vice-Chair) and I have met folks from all over the world who are living lives of "sane and happy usefulness," and are carrying the message of recovery through the Twelve Steps of OA to those who still suffer—our primary purpose. OA's Strategic Plan for 2016 is to increase focus on the individual's responsibility to carry the message of recovery. We use our service positions as opportunities to bring back information and resources to WUIG that continue the revitalization of our area meetings and WUIG to help us to support OA's strategic plan.

Speaking of resources, please take this opportunity to find out what's happening worldwide in OA by reading A Step Ahead, OA's quarterly newsletter. You'll find out the latest details about the Sept 1-4 World Service Convention 2016 in Boston, the WSBC 2016 Wrap-Up Report including details about the recent approval of OA's use of social media, and much more.

Closer to home, Region Six has been busy this year as you can read in Assembly Bytes (a quick summary of the BIG NEWS from the Spring 2016 Assembly—HINT: WUIG had a large presence at the first training workshop!) This gives you an idea of how the 10% region split of your group's 7th Tradition is used to increase the strength of OA and pass

on the message of recovery.

Our intergroup (WUIG) is booming! We welcome a NEW MEETING in Yonkers on Thursday night at 6:30 PM: A Vision for Us All--Big Book. We have workshops scheduled for September 25 and October 23, and an all-day marathon scheduled for IDEA-Day on November 19, including a clothing swap! Our December meeting will be all about ideas for next year...where did the time go?

In Grateful Service,

Mary T - Chair WUIG

A New Lease on Life

At the Tuesday night Pleasantville Body Image Meeting we were asked to write about what a new lease on life would look like:

A new lease on life is a very appropriate term as I came back to program after crashing my serenity mobile that I drove safely and efficiently for over 21 years.

I'm renewing my lease for a car but the one selected will incorporate my higher power as my daily chauffeur as I sit peacefully in the back. I don't have to worry about anything, as I know mechanically nothing will fail and I'll be transported daily to a life where all I have to do is just show up. I'm so grateful my leasing company still exists along with the other drivers. I'm grateful beyond words and looking forward to a beautiful serene drive daily - just for today and everyday. I share my chauffeur if anyone tonight needs a quick ride or transportation. For today I don't have to own the keys.

~ Hope



UPCOMING EVENTS

- World Service Convention in Boston September 1-4
- September 24 Region 6 Assembly (Albany)
- September 25 Workshop: Beyond Our Wildest Dreams (The Promises)
- October 23 Workshop with R6 Trustee: Living in the Solution
- November 19th IDEA Day Marathon: Recovery Reboot!

Step of the Month

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

From the longform of the A.A. Twelve Steps and Twelve Traditions:

A tranquil mind is the first requisite for good judgement. Good timing is important in making amends. What is courage? Prudence means taking calculated chances. Amends begin when we join A.A. Peace of mind cannot be bought at the expense of others. Need for discretion. Readiness to take consequences of our past and to take responsibility for well-being of others is the spirit of Step Nine.

TRADITIONS CORNER

Tradition 8: Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers

From the longform of the A.A. Twelve Steps and Twelve Traditions:

Alcoholics Anonymous should remain forever nonprofessional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we might otherwise have to engage nonalcoholics. Such special services may be well recompensed. But our usual A.A. Twelfth Step work is never to be paid for.

Coping with the Distorted Lens: Notes from the May 22 Workshop

Acceptance - Get comfortable with you body and sexuality

Work the Steps regarding your body

Step 1) Honestly look at yourself Step 2) Hope is possible Step 3) Faith: How does God see my body?

Healthy food plan and Abstinence

Allow myself: TO BE; TO BE WITH PEOPLE; TO BE BY MYSELF

Spiritual Surrender; Dialogue with yourself and your HP

Send God in first; Throw out the scale or weigh on a schedule

DON'T LET YOUR BODY KEEP YOU FROM LIFE

Gratitude: What does my body do FOR me? Exercise and stay active

Align my will with God's; DON'T HIDE; Create a Higher Power of YOUR understanding; Consistency: Stick with it ONE DAY AT A TIME; AFFIRMATIONS



OA on SPANISH HOLIDAY

I was off to Spain on vacation. I've been in program almost four years and have lost 85-100 pounds. I felt that with my new thin body, I could enjoy Europe in a way that I would not have been able to before. Despite my four years in OA, I hadn't fully absorbed the fact that my self esteem and personal satisfaction should not be based on my current weight.

Before leaving, I stepped upon that dreaded Machine, THE SCALE. Somehow, my weight had crept up to 219 lbs, 14 pounds above my 195-205lb goal weight. I felt I had distanced myself significantly from being that 100 lb winner I was when I hit 197. Apathy, resentment, and anger infiltrated my consciousness.

Coincidentally, the day before my departure, I went to a workshop based on body image in White Plains. This inspired three distinct actions I could take to ensure my abstinence for my 12 day visit to Spain:

(1) While I was away, I would text my food choices to my sponsor.

(2) I would make contact with OA members from Spain via phone, or at an English-speaking OA meeting

(3) REMIND MYSELF THAT AS LONG AS I WORKED MY PROGRAM TO THE BEST OF MY ABILITY, THE NUMBER ON THE SCALE WAS IN GOD'S HANDS, NOT MINE.

I called an English-speaking OA member from Madrid and talked about how I was trying not to let tight clothes and a distorted body image ruin my trip. She told me about what she was going through and I actually listened - a good thing since my natural inclination can be to treat people like a captive audience.

In Madrid, I stayed within my food plan, and was more meticulous than usual when I texted my food across the pond to my sponsor. Because the food was taken care of, I was able to relax and focus on what I came to Spain for - seeing different museums, walking and exploring interesting parts of the city, and having flawed Spanish conversations with anyone who was patient enough to listen.

After Madrid, I went to Valencia then Barcelona. In Barcelona, there were no English-speaking meetings but, I discovered that there was a Spanish-speaking meeting five minutes walk from my hotel and so I went to my first OA meeting ever in another country and another language.

When I arrived I only saw one woman. She spoke no English and I speak only a little Spanish. We did manage to communicate, and eventually more people showed up who could speak some English. They were kind enough to translate my English shares into Spanish.

Through all this I came to understand that in this city 3800 miles from where I live, there are people who had the same struggles that I did. This personal contact with other OAs helped me relax for the rest of the trip. I was able to connect with fellow tourists and residents of Barcelona, and not worry

or even think much about my food or my weight. To my surprise, I was 6 lbs thinner and had an infinitely lighter attitude when I returned to

Thanks to OA I could focus on what Spain had to offer, eat out meals and remember all the towns, landmarks and events that occurred more completely than ever before.
~ Mike W.

Chair	Mary T	
Vice Chair	Mike C	
Treasurer	Cindy C	
Corresponding Secretary	Kimberly C	
Recording Secretary	Megan	
World Service Delegates	Mike C, Mary T	
Region 6 Reps	Don C, Mike C, Cynthia N	

7th Tradition Donation

We are fully self-supporting through our own contributions declining outside donations

60% WUIG
PO Box 125 White Plains, NY 10603
info@oawestchester-ny.org
Tel: 914.633.2988

30% OA World Service Office
PO Box 44020; Rio Rancho, NM 87174
info@overeatersanonymous.org
Tel: 505.891.2664

10% OA Region 6
PO Box 1792
Westfield, MA 01086

For increased security you are encouraged to make online donations to Region 6 via paypal



CALL 5 TO STAY ALIVE

OA's population is shrinking and our meetings are getting smaller. One way to reach out to the struggling compulsive eater is to make phone calls. Go through the WeCARE Books at your meetings and find names of people you haven't seen in a while; CALL THEM. Let them know that they are in your thoughts and that OA welcomes all, regardless of where they are on their road to recovery. This is a simple way to let fellows know that we're here and we care, and it helps your recovery too. If you are interested in working on the 12th Step Within Committee, contact Cynthia at cynnovick@optonline.net



Avoiding chronic relapse (Writing from the April 3 Workshop):

When I had sustained abstinence it was because of a few things that happened as a result of honestly working this program:

- 1) I came to believe that sustained abstinence was possible for me
 - 2) I saw the importance of as many meetings as possible
 - 3) Humility came
 - 4) Writing, which I tried to avoid, was part of my program
 - 5) The comfort that I once got from food was now coming from abstinence and God consciousness
 - 6) I did more service and put myself out there
- ~ Dawn G

One of the most important things that has come to mind lately is the importance of having a food plan, however strict or flexible it is. Mine has been very flexible for several years, with very clear boundaries that define clean abstinence. My disease is very patient and cunning however. While I can say that I am abstinent, the slope is slippery if I don't carefully maintain the plan itself. Being in recovery, I can see how the firm clear boundary could some day be breached. I would think I was in relapse "suddenly" overnight - but I will have been approaching it for months if not years. Perhaps the firmer stricter plan is the key to freedom after all.

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