

The Westchester

# Serenity Times

Brought to you by Westchester United Intergroup



*Stay in  
touch*

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

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; Send all submissions to [wuignewsletter@gmail.com](mailto:wuignewsletter@gmail.com)

## Letter from your editor:

Welcome to the second issue of *The Serenity Times* with a special focus on THE PROMISES. Our last workshop had three speakers dive into not only the well-known ninth step promises, but the promises of each step, as described in the Big Book. I think there is no better topic to kick off the season of high holidays (Halloween through New Years!) with than how recovery is transforming the lives of OA members in our area. Putting down the food in Step 1, or 'Step 0,' as some say, comes with many promises right off the bat, and I can say from my own experience that continuing to work the steps on a daily basis brings more healing, discovery, spirituality and even sanity (!) after that. Let us all stay connected and share in the commitment of our common welfare as we enter into the winter months.



## Voices of Recovery: NOVEMBER 24

"Think gratefully how fortunate you are to have a disease that can be arrested one day at a time, simply by not taking that first compulsive bite."

— *Before you Take That First Compulsive Bite*. . . Copyright 1995

When the mental obsession and cravings hit, I have many thoughts and actions that help me avoid that fist compulsive bite. I remember the tools and the guilt and remorse I fell after a slip or a binge. Why compound the uncomfortable feelings of food thoughts and cravings with remorse, guilt, and self-condemnation? Why not live through the food thoughts and

relish the knowledge that this too shall pass if I'm willing to turn my attention to prayer, phone calls, OA service, literature, housework or anything else until it's time for my next abstinent meal?

Often I tally the number of obsessive food thoughts I overcome during the day with my Higher Power's help. It's amazing how many times I've received the miracle of recovery in just one day! Try it; you'll like it.



**Nov. 19th, IDEA  
Day  
Internatioanl  
Day (of)  
Experiencing  
Abstinence**

## UPCOMING EVENTS

- November 5, 9am - 4pm: Rochester Share-a-Thon
- November 13, 3:00 pm – 4:00 pm: OA "Service & My Recovery" Workshops: Call 641-715-3818, PIN: 925619#
- November 19th, 10am - 4pm: IDEA Day Marathon: Recovery Reboot!
- January 20th-22nd, Fri, Sat, Sun: NYMetro Intergroup Winter Retreat

## What Romper Room and Ding Dong School Taught Me About Being Abstinent

*If you are as old as I am, you may remember the television shows called Romper Room and Ding Dong School. Romper Room was on for years and different “teachers” appeared on it. My teacher's name was Miss Joan. Ding Dong School only had one teacher, Miss Frances. The set for Romper Room was designed like a kindergarten classroom, with Miss Joan's desk in the middle and about five student desks extending diagonally from either side of the teacher's desk. There was also an open area for songs and games. One popular feature on this show featured a Do Bee and a Don't Bee. Miss Joan had bee puppets on her hands and sang a song about being a Do Bee and not a Don't Bee with the children and, of course, us at home. Then Miss Joan related something a Do Bee would do and what Don't Bee would do, which was a bad choice. I thought that I would resurrect the bees for a little abstinence lesson.*

*Miss Frances didn't have a class on Ding Dong School. I remember the show in which she showed us how to make a circle from a square. Miss Frances showed us how the square could not roll because of the corners, so she cut them off. (I think we were making wheels for some project). Then she tried to make the new shape “roll.” “Rumpety rumpety rump,” she said as she demonstrated that the shape still would not do. She kept cutting corners and demonstrating until she miraculously had a true circle. It was great!*

*When we come to OA we may feel like square pegs trying to fit into a round hole. But the more we come, the more our bumps are cut off. Some of us stay in the dodecagon (12 sided) state for a long time. It's not the smoothest ride, but it's better than being square.*

~ Loretta L.

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### Step of the Month

#### Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

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

Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met. Varieties of inventory. Anger, resentment, jealousy, envy, self-pity, hurt pride - all led to the bottle. Self-restraint first objective. Insurance against “big-shotism.” Let's look at credits as well as debits. Examination of motives.

#### Do be a Do Bee and Don't be a Don't Bee

I always do what's right  
I never do anything wrong  
I'm a Romper Room Do Bee  
A Do Bee all day long

Do be a meeting goer,  
(Don't be a no show-er)  
Do be a sponsor caller  
(Don't be a telephone staller)  
Do remember to weigh and measure  
(Don't eat anything at your leisure)  
Do be a Big Book reader  
(Don't be a constant feeder)  
Do write when you're unhappy  
(Don't doubt you'll feel less crappy)  
Do practice anonymity  
(Don't gossip to infinity)  
Do the very best you ca-ann  
(Don't forget to follow a plan)

I try to do what's right  
Tho fail at times I might  
I'm an O A Do Bee  
A Do Bee all life long.

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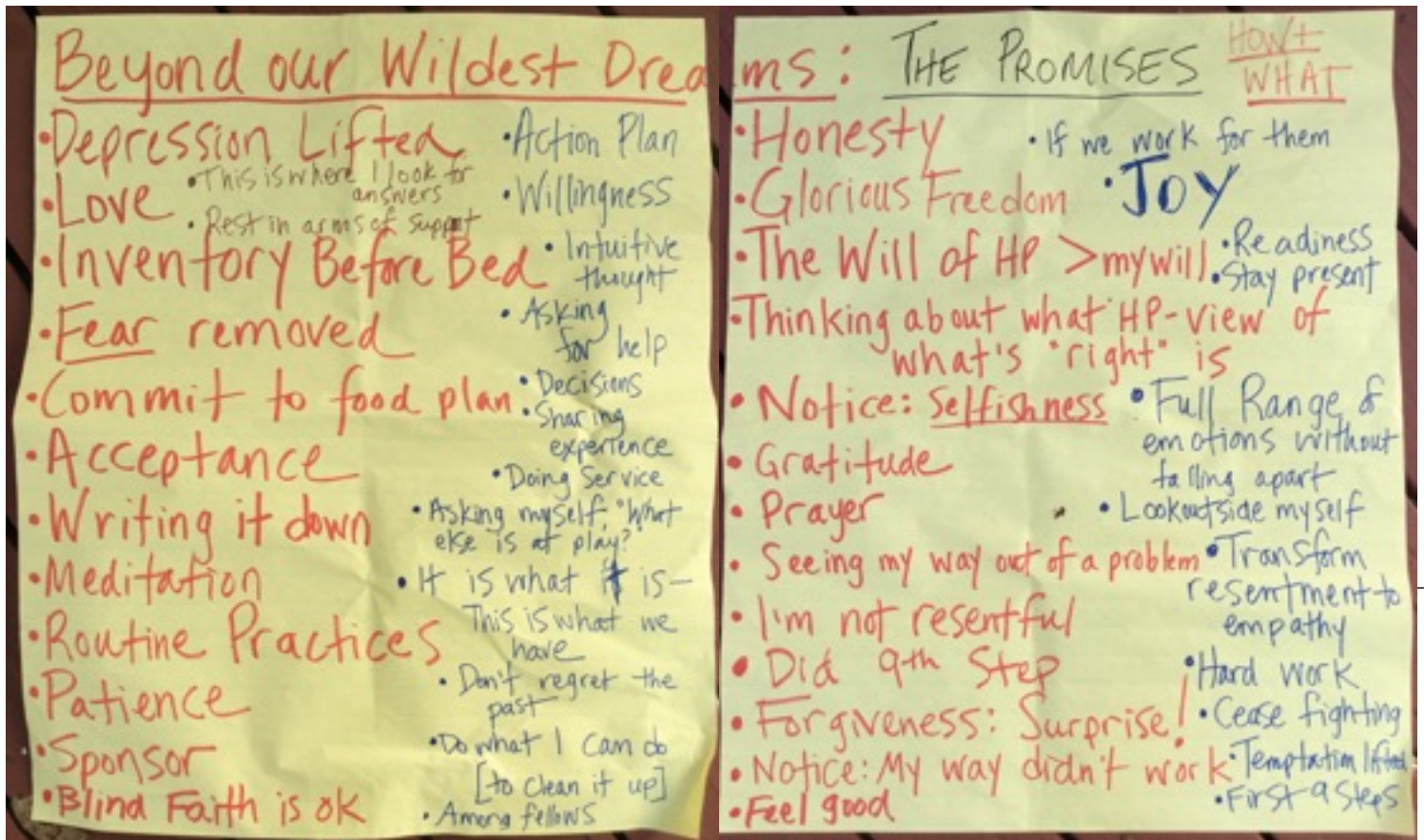
### TRADITIONS CORNER

#### Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

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

Public relations are important to A.A. Good public relations save lives. We seek publicity for A.A. principles, not A.A. members. The press has cooperated. Personal anonymity at the public level is the cornerstone of our public relations policy. Eleventh Tradition is a constant reminder that personal ambition has no place in A.A. Each member becomes an active guardian of our Fellowship.

## Group Notes from the September 25th Promises Workshop



### My OA Testimony

I was sitting in a meeting the other day and listening to some newcomers who were wondering what it would feel like to have worked a program for about 30 years and to have had the OA promises come true. In view of the fact that I was in this situation, I wanted to do some reflecting myself.

One woman was talking about how she was always screwing things up and always expecting the worst to happen. She came to the meeting to find out what she could do to achieve sobriety and what the promises would look like when they came true.

First, I said I believed that having a good food plan would help people to lose weight and my own body was a testament to this, but there were, of course, some people in the room, including me, who still had some problems with how they experience eating everyday.

Ultimately, I believe that seeing the promises of OA come true is seeing what God can do if you let him come into your life. I said that you just let him come in and have taken control of your life.

You wake up in the morning expecting that the very best will happen to you. You lose all concept of "the worst thing," and begin to expect the very best things to happen most of the time.

Carol B. - White Plains 12:30 meeting

### How are the Promises in my life?

*I have found that the promises are virtually all coming true or have come true in my life. I especially relate to the position of neutrality about food. I love what I eat but generally don't have cravings. Also about moving from self-centeredness to service. This is huge because I also need to keep from being resentful about doing service. That is quite a balancing act. Also knowing what is God's will in my life vs. my will. That is probably the most key thing for me. I thought once I got to Step 11 I would just stay in this meditative, contemplative, holier than thou state all the time. So not the case! It's not about me feeling good. It's about me seeking to know and DO my HP's will - which generally means service and more service.*

*Whether at home, at work, in OA, or just out and about in the community, I am finding that I feel serene more and more of the time, especially since I really have no control over anything but myself. And I'm also finding that the occasional inspiration is becoming more and more a working part of my mind. I do, however, have trouble making time or taking time for meditation, so that is still something I'm working on.*

*- Anonymous*

## Intergroup Trusted Servants

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## 7th Tradition Donation

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

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## **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 that 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](mailto:cynnovick@optonline.net)

## **Reflections on the Holidays**



*Thinking back on what holidays looked like before I was in OA, now nearly 12 years ago, I had so much anxiety around all the food. I'd eat everything in sight all day and then leftovers all day for days after. My main concern was what could I get and take from the experience and never what I could offer. Resentment building with every bite – 'if only people didn't make this food!' I'd say to myself – as if it was it was other people putting the food into my mouth.*

*At first, after starting OA, there were holidays that I just could not participate in for the whole day. I was still uncomfortable around so much food and so many people. Over time, I felt more and more at ease as I started to be of service, asking how I could help and what I could bring (even if it was a food I didn't eat myself, or something "inconvenient" like getting somewhere early to help.) Doing that allowed me to start making holiday memories that were about my experience with the family and friends present, instead of only remembering how much and what I ate.*

*Today it is no small miracle that by accepting the help of others I can actually host holidays in my own home, free of the old fears about binging and the constant mental chatter of what and how much to eat, etc. Sometimes I still struggle with all the leftovers – "when and how and who will eat all this?!" – but I can be of service and bring it to work or give it to friends and family to share and enjoy.*

*~Meghan K.*

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