Happy New Year —Karen B.

Welcome Newcomers & Returnees

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another’s anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Unlike other organizations, OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.—Adapted from OA Website www.oa.org

STEP ONE

The new year is upon us and I’m so very grateful to be abstinent instead of living in constant fear of food, obsession with my weight and treating exercise like a higher power.

Step ONE is the ONLY step which I can do “perfectly.” To admit my powerlessness over food (and everyone and everything for that matter), and to see the unmanageability of my life when I’m not working the steps and abstinent is a sobering reminder of how hard life can be. The difficulty comes not because of circumstances – they still remain the same whether I’m abstinent or not. The challenges come when I’m so focused on the food, weight and exercise that everything around me suffers. People are ignored, engagements are canceled at the last minute, anger and fear is paramount and I am a walking, obsessed, selfish zombie. That is not living. That is just existing.

The admission of my powerlessness is really freedom for me. I know now that I can’t control my food alone. I tried for many years to control it through manipulation, denial and self will. My abstinence today is less based on the food and more based on my surrender to God, my HP. I know that He will help me with my food, body and exercise when I ask him for that help. I have been asking for over 7 years and he has granted me abstinence for that long.

I work the steps daily, use the tools and try to help my fellow compulsive eater through sponsorship, phone calls and service. By just claiming your seat at a meeting, you are doing service. Don’t quit before the miracle happens……and then don’t quit once it has.

Happy New Year to each of you – my OA family. —LW

From OA program, we receive

INTERNALLY
MENTALLY
PHYSICALLY
RECOVERY
OBSESSION – FREEDOM
VALUABLE TIPS
EMOTIONALLY
MOTIVATIONAL
ENERGIZING
NECESSARY
THANKFULLY
SPIRITUALLY

The Problem

Because I’m Not Good Enough

Guide Of Destiny

The Solution
Stepping Stone Word Search
How many of the OA words below can you find?
(Print PDF. Solution in next month’s Stepping Stone)

ABSTINENCE  HEARING  PROGRESS  FOR TODAY  GRATITUDE
ACCEPTANCE  HIGHER POWER  REACHING OUT  PRAYING  PRINCIPLES
ACTION PLAN  HONEST  RECOVERY  LISTENING  LISTENING
AMENDS  LETTING GO  RELAPSE  MEDITATING  OPENNESS
AWAKENING  LETTING GOD  SERENITY  TRUST  ROTTING
BIG BOOK  LISTENING  SERVICE  WORSHIP  TRUST
BLESSED  LITERATURE  SOLUTION  WORSHIP  WISH
BROWN BOOK  MEDITATING  SPIRITUAL  WISHES  WISDOM
CARRY MESSAGE  MEETINGS  SUPPORT  WISDOM  WITNESS
COMPULSIVE  NINE TOOLS  STEPS  WRITING  WITNESS
CONTROL  OPENNESS  TRADITIONS  WRITING  WITNESS
COURAGE  OVEREATER  UNDERSTANDING  WRITING  WITNESS
CREATOR  PHONE CALLS  UNMANAGEABLE  WRITING  WITNESS
DEFECTS  POWERLESS  WILLINGNESS  WRITING  WITNESS
FOOD PLAN  PRAYING  WISDOM  WRITING  WITNESS
FOR TODAY  PRESENT  WISDOM  WRITING  WITNESS
GRATITUDE  PRINCIPLES

Came to Believe.
I always believed in God. I knew there was a supreme power that created everything around me. I never felt connected to that power while growing up. Yes, I knew what my religion said about God, but I just didn’t get the concept. Why would God single me out and take care of me? There were so many more important things for Him to do that I felt insignificant in the mix. I came to my first 12 Step Program when I was 24. I kept hearing about this Higher Power. I heard that without a connection to HP, I would relapse again. I needed to complete the missing link of my recovery. I came to believe that what I needed was a spiritual connection not so much a religion. I needed to trust and have faith that I, too, was just as important to God. I came to meetings and listened. I asked people what they did and how did it work for them. I began to pray simple things, asking God to help me stay sober and abstinent. I took everything in my life to my HP, who I choose to call God. Over the years, I have seen the miracles in my life and in those around me trying to recover from this fatal disease. I came to believe that yes, I do have a higher power that loves me in my totality and is always there for me no matter what the circumstances may be. That it is a fail safe connection – always available as long as I am willing.—Lesley M.

Hotline: 609-239-0022
Website: www.oa-southjersey.org
Please consider giving service for one of the open Trusted Servant positions. Check out the last page of the newsletter to see if there’s an open position you’re interested in filling. Reach out to the SJIG Chair, Karen B, at: Chair@oa-southjersey.org

Thank you for your service.

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Thank you, dear God,
For all you have given me,
For all you have taken away from me,
For all you have left me.
I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so.
But I believe this. I believe that the desire to please you does in fact please you. I hope that I have that desire in everything I do. I hope I never do anything apart from that desire.
And I know that if I do this you will lead me by the right road that I may know nothing about it at the time.
Therefore, I will trust you always for though I may seem to be lost and in the shadow of death, I will not be afraid because I know you will never leave me to face my troubles alone.

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Those of us who live this program don’t simply carry the message; we are the message. Each day that we live well, we are well, and we embody the joy of recovery which attracts others who want what we’ve found in OA. We’re always happy to share our secret: the twelve steps of Overeaters Anonymous, which empower each of us to live well and be well, one day at a time. (OA 12x12, pg 106)

The spiritual life is not a theory. We have to live it. Every day is a day when we must carry the vision of God’s will into all of our activities. “How can I best serve Thee—Thy will (not mine) be done.” These are thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will. (AABB, pgs 83 & 84, 4th Ed)

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I’ve been in OA for over three decades and still keep coming up with the wonderful difference abstinence has made in my life.

Early 2011, I had cataracts removed from my eyes. I have never seen such clearness looking out at my world. Having been near-sighted even as a child, I took for granted that I see fine when I wear glasses for driving, going to movies, etc.

Now I see detail in distance that seems miraculous to me without specs.

Through my yo-yo dieting life, I removed sweets to lose weight because of the high calories in them. Not till OA did I realize that sugar and white flour are ADDICTIVE.

Removing these, like my cataract removals, got me to see my life more clearly.

Just like now using the over-the-counter magnifying specs to read and work on my crafts, I do have to use the 12 Steps, the Tools, and stay around OA people who want recovery like me.

Thank God for Doctors and Eye Surgeons, and Thank God for two drunks who helped to offer recovery for addicts. — Joan G., Mount Laurel

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12 STEPS
Psychic Change
Spiritual Awakening
Spiritual Experience
Personality Change

Ideas
Emotions
Attitudes

MORE AND MORE KEEPS CLEARING UP

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Website: www.oa-southjersey.org
**South Jersey Intergroup Trusted Servants**

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<th>Board Member</th>
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**Hotline:** 609-239-0022  
**Website:** www.oa-southjersey.org

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**South Jersey Intergroup Datebook**

- **02/7/2015**  Next Intergroup Meeting
- **02/28/2015**  Unity Day – more information to follow! (There will be a workshop.)
- **03/13-15/2015**  Region 7 Assembly; Reading, PA (Go to www.oaregion7.org for more information.)
- **09/25-29/2015**  Region 7 Assembly; Reading, PA (Go to www.oaregion7.org for more information.)

**SAVE THE DATE!!!**

- **9/1-4/2016**  The Trail To Freedom: OA World Service Convention – Boston Marriott Copley Place Hotel

**Future Intergroup Meetings for 2015:** 3/7, 4/11, 5/9

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**The Stepping Stone**

Please submit your contributions and ideas for content by the **25th** of every month to:

- **Email:** Newsletter@oa-southjersey.org
- **Fax:** 856-309-1474
- **Mail:** The Stepping Stone  
  c/o Overeaters Anonymous  
  PO Box 766  
  Voorhees, NJ 08043

Website: [www.oa-southjersey.org/newsletter](http://www.oa-southjersey.org/newsletter)

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**Please send 7th Tradition donations to:**

- **South Jersey Intergroup (60%)**  
  Overeaters Anonymous  
  PO Box 766  
  Voorhees, NJ 08043

- **World Service (30%)**  
  World Service Office  
  PO Box 44020  
  Rio Rancho, NM 87174-4020

- **Region 7 (10%)**  
  Region 7, Inc.  
  3500 South DuPont Highway  
  Dover, DE 19901-6011

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