



## 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](http://www.oa.org)

### THE PROBLEM

**B**ecause **I**'m **N**ot **G**ood **E**nough

## Guide Of Destiny

### THE SOLUTION

From OA program, we receive

**I**NTERNALLY  
**M**ENTALLY  
**P**HYSICALLY  
**R**ECOVERY  
**O**BSESSION — FREEDOM  
**V**ALUABLE TIPS  
**E**MOTIONALLY  
**M**MOTIVATIONAL  
**E**NERGIZING  
**N**CESSARY  
**T**HANKFULLY  
**S**PIRITUALLY



## 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

# Stepping Stone Word Search

How many of the OA words below can you find?

(Print PDF. Solution in next month's Stepping Stone)

F S O G N I Y A R P O L K V L R F X T U I T S  
 O L O N O I T U L O S S E B E U W P E O C N P  
 R L H D H T G N A D M K E T R B F F Q T B E I  
 T A F E E L W N N C V E A L T O L K O W C S R  
 O C O S A C Z E I U C E E C P I W E N F Q E I  
 D E O L R A M O A D R O E T T I N N S A P R T  
 A N D O I A O W S E N L M Z I I C G B S H P U  
 Y O P O N H A E V R B A W P P N O N G O E T A  
 R H L T G K R O L A R I T R U E G N I O O D L  
 S P A E E E Z O E E L J O S C L L S P R D K R  
 L W N N N C R G A L E G S N R D S L C L P K E  
 Q V I I M T A C I C R T E K H E G I D Y A Z W  
 O N T N N N H N I E E N M F O O D L V C Q N O  
 G Y Y O A I G V S P I I Z R Y O N N P E T R P  
 G Y C M N N R S S T M O D S I W B E U O G S R  
 N M N G E E G A S S E M Y R R A C G S S N T E  
 I U O S S G Q B I E D U T I T A R G I T I U H  
 T U S W Y U A Y R E V O C E R A A L L B N B G  
 T S N O I T I D A R T R O P E N N E S S E B I  
 E L E M E D I T A T I N G D E F E C T S T O H  
 L R O T A E R C L I T E R A T U R E L B S R D  
 E T T C O U R A G E A C C E P T A N C E I N K  
 E S P A L E R X S S E L R E W O P E I Q L Z A

ABSTINENCE  
 ACCEPTANCE  
 ACTION PLAN  
 AMENDS  
 AWAKENING  
 BIG BOOK  
 BLESSED  
 BROWN BOOK  
 CARRY MESSAGE  
 COMPULSIVE  
 CONTROL  
 COURAGE  
 CREATOR  
 DEFECTS  
 FOOD PLAN  
 FOR TODAY  
 GRATITUDE

HEARING  
 HIGHER POWER  
 HONEST  
 LETTING GO  
 LETTING GOD  
 LISTENING  
 LITERATURE  
 MEDITATING  
 MEETINGS  
 NINE TOOLS  
 OPENNESS  
 OVEREATER  
 PHONE CALLS  
 POWERLESS  
 PRAYING  
 PRESENT  
 PRINCIPLES

PROGRESS  
 REACHING OUT  
 RECOVERY  
 RELAPSE  
 SERENITY  
 SERVICE  
 SOLUTION  
 SPIRITUAL  
 STEPS  
 STUBBORN  
 THANKFUL  
 TRADITIONS  
 UNDERSTANDING  
 UNMANAGEABLE  
 WILLINGNESS  
 WISDOM

## 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.*

## THE TOOL OF WRITING...

Topic: Carrying This Message/Working With Others.  
 Helping others is the foundation stone of recovery.

**How It Works for You – SHARE IT!**

*What Recovery Actions do you practice to help you meet the conditions outlined in The Big Book on pgs 18-19 for approaching and working with others.*

Email: [Newsletter@oa-southjersey.org](mailto:Newsletter@oa-southjersey.org)

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)  
 (use form to submit stories, upload files, etc.)

# The Solution



**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, 4<sup>th</sup> Ed)



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.

## 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.

## MORE AND MORE KEEPS CLEARING UP



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*



# SJIG 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](http://www.oaregion7.org) for more information.)  
 09/25-29/2015 Region 7 Assembly; Reading, PA (Go to [www.oaregion7.org](http://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

## South Jersey Intergroup Trusted Servants

Board Position	Board Member	Contact
Chair	Karen B	Chair@oa-southjersey.org
Vice Chair	Open	
Treasurer	Jill F	Treasurer@oa-southjersey.org
Secretary	Open	Secretary@oa-southjersey.org
Region 7/WSBC Rep	Lesley M	Region7-Rep@oa-southjersey.org
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### The *Stepping Stone* Contributions & Ideas

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)**  
 (use form to submit stories, upload files, etc.)

### Please send 7<sup>th</sup> 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%)

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