

# SHORELINES

Winter 2021

JERSEY SHORE INTERGROUP OF OVEREATERS ANONYMOUS NEWSLETTER

## Meet Your Intergroup

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## ARTICLES

GREATLY APPRECIATED!!!

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*God grant me the  
Serenity  
to accept the things  
I cannot change,  
Courage  
to change the things  
I can, and  
Wisdom  
to know the  
difference.*

WE WELCOME AND GIVE A VOICE TO ANY  
PERSON WHO HAS THE DESIRE TO STOP  
EATING COMPULSIVELY.

**A**s I sit and reflect about my last few months in a lock down condo in AC, I am very grateful that my OA program is in lock down with me. I don't have to go to a store to buy it, don't have to go to Amazon to have it mailed to me. Also, I am not running out to volunteer, play cards. And go to the gym. What am I going to do with my life? OMG, all of the sudden messages on my phone, iPad and computer. OA meetings telephone, Zoom (what is zoom, is it another OA link?) Like How or Vision? I was waiting for a drone to send me a message to my 19th floor condo about a virtual meeting.

I am now going to more meetings, still doing volunteering on the phone. I exercise in my hall and boardwalk, I play bridge on the computer, enjoying quality time with Vic and Netflix. I prepare four weighed and measured meals daily. By the time I've accomplished this I'm exhausted and ready for bed. How did I have time to do anything else? I have not made this an excuse to stray away from my abstinence. This is where spirituality and the 12 steps are number one.

I am missing my service as the new chair for our Inter group of Jersey Shore. Our treasurer Jane S. Is still busy keeping our books and excepting donations to continue to spread the word that there is a solution from COE .

My prayers go out to all my fellow OA-ers. Pick your phone up, your Big Book, 12 and 12 before you take that extra bite.

Your trusted servant Jane G.



## OA TOOL: SPONSORS

**S**ponsors are OA members who are living the 12 Steps and 12 Traditions to the best of their ability. They are willing to share their recovery with other members of the Fellowship and are committed to abstinence. We ask a sponsor to help us through our program of recovery on all three levels: physical, emotional, and spiritual.

By working with other members of OA and sharing their experience, strength, and hope, sponsors continually renew and reaffirm their own recovery. Sponsors share their program up to the level of their own experience.

Ours is a program of attraction; find a sponsor who has what you want and ask that person how he or she is achieving it.—OA Tools of Recovery, p.2

Submitted by Pat F

# TAKING THE SPIRITUAL PATH

## Thoughts Are Just Thoughts.

Before OA, I crashed through life like a bull in a china shop. Then slowly I became aware of how my behaviors and words toward others affect them. This is still a work-in-progress, as is my recovery. I am learning not to interrupt others, not to interject my opinion, and to keep my mouth shut when it comes to talking negatively about others. If I have a hurtful thought towards another, I am learning I don't have to express that thought. Thoughts are just thoughts —an amazing amount of garbage can run through my head. I have the choice of accepting that thought or excusing it out of my head. Being the work-in-progress that I am, I have learned when I do hurt others. I recognize it more often (not always), and make amends right then or soon after. Life is much more peaceful this way. —



January is upon us again, a time for new beginnings and new awareness. This is the time of year many of us used to identify as the time to be a “new you.” We have all made resolutions to lose weight, get out of debt, travel more, be more friendly, achieve this or that, only to find ourselves making the same resolutions the next year. Coming into OA, I found that the time of year had nothing to do with it. My food was unmanageable because I was a compulsive eater. I had mastered EVERYTHING in my life EXCEPT FOOD. So, I guess not EVERYTHING. And looking closer, not even everything else: my finances were a mess, relationships with many in my family were not wonderful, my home was not magazine-ready; in fact, the only thing I had really excelled at was my job. Did food really do that to me? Probably not. I have found it was the emotional, spiritual, and physical mess I was in that caused these areas of my life to be a mess. When I came into program, I had no Higher Power I could say I believed in. I could say there was something, as I was unable to create the beauty around me: the leaves turning color, waves on the sand at the ocean side, and my beautiful children and grandchildren. But in my mind, there was no way ONE BEING, ONE ENTITY could do all this alone. Today I know a GOD, a loving forgiving GOD that I can speak to and who will show me the way if I only ask and listen and pay attention to the direction provided. I cannot control anything, really, and when I try to be the controller, everything is unmanageable and old problems become new again. I have learned that I must turn to my Higher Power and be ready to be guided and to follow the direction provided. —Anonymous,

## STEP 1

Experience, strength and hope are the attributes that we are asked to share with others. My recovery depends on being able to let others know what I have done throughout the years. I cannot keep what I have unless I give it to another compulsive eater.

*Experience* includes the way I was grazing with food in the years before program. I would put food in my mouth to relieve the nervous feelings. The excess food started to show on my body and I was almost 60 pounds overweight. The habit of putting food in was very much like smoking a cigarette. It did not matter what the food was or where I found it. I was an addict who needed my “drug.”

*Strength* came from my Higher Power as I began to listen to recovering AA members when I worked at a treatment center. I knew the Twelve Steps worked for those people. I wanted to work the Steps, but was not really ready to give up any food.

*Hope* came with the awareness that I was an alcoholic with food. I did surrender to the power of the people in the meetings. That power has changed my life. I have used my plan of eating for over 35 years. It consists of having a meal three times a day with no calories in between meals.

I have avoided some specific foods also. I am now at a healthy body weight. But the most amazing thing is that I have a whole new attitude to life. Instead of worrying, I pray and thank my HP. I have accepted what I could not change which includes my family and the outside issues from other sources. I stay thankful for the meetings and the message of love I receive from members.

Barbara S. Baker City, OR

“Not compulsively eating creates infinite possibilities for me ... Who knows? This could be the greatest day of my life.”

## Here is a story worth repeating

When I went to my first OA meeting in February 1989, I was a broken man – emotionally, spiritually, and physically. I knew I had a problem with food, but I was unable (or unwilling?) to make the connection between my problems with food and the unmanageability of my life. What I knew then was that I gained and lost huge amounts of weight through binge eating that would last weeks and months, followed by weeks and months of exercising to exhaustion and controlled starvation regimens (sometimes under medical supervision). A 50 pound weight gain for me was easy and frequent, as was the 50 pound weight loss, albeit a little less easy. Over time, the gains got bigger and the losses got smaller and I settled into a 240 pound level on my small frame (I had been as low as 130 pounds!).

So I was fat and desperate. I had heard about OA from a therapist who I did not like (probably because he was telling me the truth, truth I was an addict). I went to a meeting, eventually recognized that although my addiction was to food and the physical manifestation of this was rapid weight gain and weight loss, there were many more serious consequences than weight gain and weight loss. I was an addict and an addicts life is always out of control and unmanageable. This was the beginning of a profound awareness and with abstinence has come many years of physical, emotional, and spiritual recovery.

- Anonymous

## Renewal In Recovery!

It's been 14 years since I slid into my first OA meeting. I came absolutely beaten by my conflicting addictions. I was addicted to both overeating sugary foods and staying as skinny as possible! I walked miles briskly, vigorously, as often as possible to burn up calories, sometimes with a bar of my favorite binge food in my pocket. Now at the end of one year and the beginning of a new year, I am recommitting myself once again to this phenomenal program. It has been a path of building awareness, developing healthy life affirming practices, and learning loving kindness and acceptance, especially for myself. My former yo-yoing weight is a distant memory. Long gone are the "thin clothes" and "fat clothes" in my wardrobe. According to my doctor, my weight is perfect for my height and frame. (She has OA Literature on her bulletin board.) Best of all, I've made peace with the way I look, my natural curves, most of the time. OA is where I finally got the encouragement and support I needed to succeed with creating a life of sanity and moderation. I have also learned how to deal with toxic feelings WITHOUT EATING over them. This is amazing to me. Of course, these wonderful benefits have come from years of taking this food addiction seriously, working my program diligently (more often than not), slipping and struggling and reaching out for help every so often, attending and sometimes leading meetings, and integrating the steps, tool, and traditions into my everyday life.

Thank you OA. You have made my life sing! No matter where you are this moment, folks, there is HOPE.  
Investigate OA, deeper and deeper, today. Hooray! -

Raleigh

## Note from an Old Newcomer

I need you  
To be 12-stepping.  
I have walked  
These steps before  
Over and over for  
Other addictions,  
20 years clean  
At my back.  
The desire shed  
Away gratefully  
And not always  
Gracefully but  
Removed by a power  
So sweet, so divine  
And Higher than  
The ego that I  
Sometimes am. This  
Compulsive eating  
Is at the core  
Of me, and again  
I am a beginner,  
I face my first  
And last addiction.  
OA-ers, I need you  
To be 12-stepping,  
Carry your message,  
Your promises,  
Your hope to me,  
And just for today  
I will open to receive the steps  
That you are living.

Sherylyn



Visit us on the web at:

[www.jerseyshoreoa.org](http://www.jerseyshoreoa.org)

# Jersey shore intergroup

## We would like to hear from you!!!

Our virtual winter newsletter would love some brief thoughts on OA during COVID. Anecdotes about lock down, greetings to fallen members, ways you've kept in touch in these unusual times; are all welcome.

Please send to Donna S. at [dars413@yahoo.com](mailto:dars413@yahoo.com)

*" Together we can do what we could never do alone."  
There's lots of experience strength and hope out there to share.*

"We need another compulsive eater to share their story, what it was like, what happened, and what we are like now, so we can identify as a compulsive over-eater, so we can hear the message of recovery. "

### THE 12 STEPS TO A SLIP

**Are a direct result of failure to consciously apply to our lives the 12 suggested steps to recovery:**

- 1)We neglect 12th step work
- 2)We omit contact with the Higher Power
- 3)We forget personal inventory
- 4)We assume grudges against others
- 5)We miss OA meetings
- 6)Avoid OA friends
- 7)We gradually lose humility
- 8)We fall into self-pity
- 9)We worry about unalterable
- 10)Our thinkin' really starts stinkin'
- 11)We become 'cocky' and overconfident
- 12)We neglect to ask for help from Our HP...and take "just one"

No matter what your problem with food — compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over exercising — we have a solution.

Is a Step, Tool, or Tradition on your mind? Are you experiencing a new level of recovery? A deeper joy or spiritual connection? Struggling and needing to reach out? Give service and submit an article, drawing, or poem. Entries can be submitted any time of the month on any topic related to recovery. Send to [dars413@yahoo.com](mailto:dars413@yahoo.com)