

Intergroup To Develop Outreach Program

Could Boost Service

By Mike B.
NEWSLETTER EDITOR

Many people in the meetings across the intergroup think the intergroup representatives and what they do at intergroup meetings and at the intergroup level is on of those *THEY* groups. For example, some OA members think, "*THEY* take our donations and publish a meeting list and a newsletter then *THEY* waste the rest like the government". Some groups don't even bother to send a representative to find out what is happening at the intergroup level and support the work done at the intergroup level. It was also said at one intergroup meeting that there is a meeting in our intergroup whose a opinion is "Don't bother us and we won't bother you."

Those members do not realize, like you may, that there is many things done at intergroup level to help support each member. First there is a **12th Step Within** committee which is waiting for your phone call when you face the tough times of your program. Second, the intergroup does twelve step work for you to attract new members. One example is the Bus Cards. Intergroup coordinated producing a Bus Card that was on SEPTA busses for over a month sharing with people the OA message and how to contact us. An other example of 12th step work is the booth maned by Intergroup

members in conjunction with Philadelphia Intergroup to attract new members by informing Nurse Practitioners how OA can benefit their patients. From that convention OA was asked to give a presentation to the group of nurses and doctors which perform gastric bypass surgery on how OA can provide support to gastric bypass recipients.

SEE OUTREACH ON
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Intergroup Service Positions Vacant:

1. Chair
2. Vice Chair
3. Literature Chair
4. Two Regional Representatives

THINK ABOUT FILLING
ONE OF THESE POSITIONS!

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Meeting News

By Mike B.
NEWSLETTER EDITOR

Great news this month on meetings! You can give your program a boost by attending this month's *Back to Basics* meeting. The theme is "The Gift of Gratitude." There will be three speakers with 30 to 40 years of combined abstinence. See the notice on the following page for more information.

More great news, there is a new meeting in Aston. (Aston is in southern Delaware county west of Philadelphia) It is at St. Timothy's Evangelical Lutheran Church on Pennel Road & Lamp Post Lane. The

meeting starts at 7:00 P.M. It meets on Wednesday nights. If you need any more information contact Diane at 610-494-6968.

There is also a group that needs help. That is Wednesday Downingtown at St James Episcopal Church 409 E Lancaster Avenue. The meeting runs from 7:00 P.M. to 8:00 P.M. Please try to make it there this month and support it.

Finally in meeting news, there is a need for service to start a new meeting at West Chester University. At the Wellness Fair there was a request from the attendees to start a meeting at West Chester University. If you have the time and desire to strengthen your program through service this is a great opportunity for you.

NOTICE

Due to our lack of a vice chair there is no one to update and produce the published meeting list. For the most up to date and correct meeting list visit Brandywine Intergroup's Web site at: <http://www.oa-brandywine.org> CONTACT WEBMASTER, JANE, WITH UPDATES BY USING THE E-MAIL LINK ON THE WEBSITE OR CALLING HER AT 215-991-5692

Outreach

CONTINUED FROM PAGE 1

To help solve this *THEY* situation a committee was formed to investigate the who what where and hows of the Intergroup Outreach Program everyone at the November intergroup meeting agreed needed to be formed. One of the ideas was the Outreach Program could send members to the meetings that do not have a intergroup representative to find out why they do not and help them get one. A second idea was to provide speakers for meetings wanting to know more about what intergroup does or talk to intergroup position holders directly.

When this program is in operation it may help informing many members what they have to offer the intergroup. Some may think there lack of long term abstinence will prevent them from helping out at the intergroup level. However, like any other meeting we need help setting up literature or cleaning up the meeting. This group could also tell this member that he or she can share your experience in a newsletter article. Additionally, they could tell people a member who is new to the program could support an other member at events intergroup representatives attend to attract new members. This newcomer would show that all member are different and not thin and abstinent.

This is something that could help the intergroup solve our service problem and lead to filling all our vacant service positions. It is something other successful intergroups have. All we may need to do at the Brandywine Intergroup is to communicate is how *Service is Slimming!*

EDITORIAL POLICY

The opinions expressed in the Recovery reflect those of the writer's and not the Brandywine Intergroup or OA as a whole; nor does the publication of any articles with the intent of preserving the Twelve Steps and Twelve Traditions. Please e-mail your submissions to benensky1@verizon.net or mail them to Michael Benensky, 91 Sunrise Lane, Pottstown, PA 19464. We look forward to hearing from you!

Region News

By Mike B.

NEWSLETTER EDITOR

In the November Intergroup meeting our Regional representative gave her report of the Regional Assembly. Here are some of the highlights:

- The Region convention was sold out since mid-September
- The theme of the 2005 convention is "It's no jive, recovery is alive in 2005!"
- Philadelphia was chosen from 150 proposals from 39 cities in the US, Canada, Mexico and England to host the 2007 World Service Convention.
- A new board of officers was affirmed and Donna A replaced Sanci M as Region Trustee
- They met to pick the colors of the World Service Convention.

Back To Basics

Presents

"The Gift of Gratitude"

December 15, 2004

With Three Speakers **With a
Combine 30-40 Years of Abstinence
Sharing Their Experience Strength and
Hope**

Register at 7:00 P.M.

Meeting runs 7:30-9:30 P.M.

In the Clothier Living Room
of the

Bryn Mawr Hospital

(opposite the Emergency Room)

130 Bryn Mawr Avenue, Bryn Mawr, PA

The Gift Given to Me by OA

By Dick C.

FELLOW OVEREATER

Of all the many gifts I have receive since becoming a member of the OA Fellowship, the most significant was the lesson that **I Am Not in Charge**. Before I learned that truth, I was drowning in my attempts to control life and my inabilities to accept life on life's terms.

Mostly I was trying to protect my family from the difficulties that life presented on an ongoing basis. This included both large and small problems. I was doing the footwork but I wasn't willing to accept the results. Because of this, I had no serenity.

An early sponsor had me write out, "there is a God, and I'm not it." I've kept it on my desk where I can see it daily. Because of my little addict mind, it is easy for me to selectively forget some important facts. All of this is and other way of saying, "Let go and let God."

Years later, an other wise sponsor encouraged me to write down troubling issues on a piece of paper and then place the note in a God box. This became another way that I learned to turn over problems to my higher power. Gradually I developed feelings of acceptance and the gratitude.

A Brief Thought

By Mike B.

NEWSLETTER EDITOR

Feeling down blue and frustrated? Feel like quitting our program. Your are not alone. I have spent many days like that. However, I managed to drag myself back into meetings and after a long relapse I have regained the gifts of the program again.

Remember it is weakness not strength that band us together. It is the daily struggle against a disease that is unforgiving, unloving and uncontrollable. Our journey is not always joyfully but we are here to share it with you and support you until you surrender your will in exchange for the happiness, joy and serenity of the program.

OA Promise

(Rozanne's Prayer)

I PUT MY HANDS IN YOURS AND TOGETHER WE CAN DO WHAT WE COULD NEVER DO ALONE! NO LONGER IS THERE A SENSE OF HOPELESSNESS, NO LONGER MUST WE EACH DEPEND UPON OUR OWN UNSTEADY WILLPOWER. WE ARE ALL TOGETHER NOW, REACHING OUT OUR HANDS FOR POWER AND STRENGTH GREATER THAN OURS, AND AS WE JOIN HANDS, WE FIND LOVE AND UNDERSTANDING BEYOND OUR WILDEST DREAMS.

Slogan of the Month Keep Coming Back

Call for Articles

Need to keep your program well? Do some service and write some articles:

- January: The New Beginning OA Gave Me
- February: Loving the OA Way

Brandywine Intergroup of Overeaters
Anonymous
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