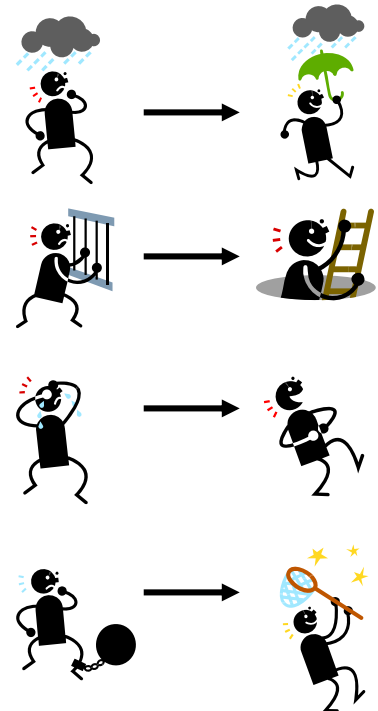


The 12 Rewards (of the 12-Step Program)

1. **HOPE**, Instead of desperation.
2. **FAITH**, Instead of despair.
3. **COURAGE**, Instead of fear.
4. **PEACE OF MIND**, Instead of confusion.
5. **SELF-RESPECT**, Instead of self-contempt.
6. **SELF-CONFIDENCE**, Instead of helplessness.
7. **THE RESPECT OF OTHERS**, Instead of their pity and contempt.
8. **A CLEAN CONSCIENCE**, Instead of a sense of guilt.
9. **GREAT FRIENDSHIPS**, Instead of loneliness.
10. **A CLEAN PATTERN OF LIFE**, Instead of purposeless existence.
11. **THE LOVE AND UNDERSTANDING OF OUR FAMILY**, Instead of their doubts and fears.
12. **THE FREEDOM OF A HAPPY LIFE**, Instead of the bondage of food and weight obsession.



Literature Is Available From Intergroup



There has been some confusion regarding the availability of literature from Intergroup. Some believe Intergroup no longer has literature for sale. This is far from the truth! In fact, Intergroup made a large purchase at the end of last year so that it could supply the literature to the member meetings at the old price before a January World Service price increase. So, if you were thinking about making a literature purchase for your meeting, come to Intergroup. We have the literature you need, and some at a lower price than you can get it from World Service!

SPEAKERS AVAILABLE – 24 HOURS A DAY!

The Los Angeles OA Intergroup considers themselves blessed to live in an area where they can hear from so many strong and inspirational program speakers. They wish to share their talks with us! Whether you are struggling in the middle of the night, living in a remote location, or just need a boost, these speakers will help you remember that you are not alone!

Visit www.oalaintergroup.org/speakers, to visit the “Virtual Speakers Bureau”, and click on any of the links to hear these wonderful messages! Most of the speakers on the site have 20, 30 and even 40 years in the program.

Don't miss this opportunity to hear a fellow OA member from across the country today!

What I've Learned From Relapse....

After years in the program and several relapses and recovery, "I" decided again that "I" needed something different/more than OA. So I left the program with the intention of finding that something different/more. And here I am 18 months later and 70 lbs. heavier, during which time I learned much but suffered more. Here are some of the things I have come to believe as true for me (take what you like and leave the rest):

- There is no "something different/or more" than OA for this compulsive overeater
- I am a compulsive overeater, I have this disease
- Ego, pride and arrogance lead to bingeing, weight gain, insanity, denial and pain (I must die to /surrender these defects of character to live)
- Humility and surrender bring restoration and relief from insanity
- I am not in control
- I am powerless over food and my life is unmanageable
- OA provides love, hope and support
- I do NOT have it all together
- No matter what, "I have these abnormal tendencies toward food", they will be with me until the day I die
- Surrender is "sweet", Surrender is satisfying, Surrender is peaceful
- The tools, the Steps, the Traditions, the people of OA are God's gift to me and my "cure"
- I will never "graduate", I just keep coming back and growing in the program and in my life
- It is difficult/impossible for me to eat compulsively and be close to God and in the will of God
- It is difficult/many times impossible to work and eat compulsively
- It is difficult to love others or myself when I am eating compulsively
- Normal eaters don't understand this relationship with food and eating, and that is o.k., because OA's understand
- The program is simple, "I" complicated it
- Therapy alone does not work
- Exercise and diet alone do not work

- Self-help books, affirmations, workshops and seminars about self-discovery and the like, do not work in and of themselves
- No one could relieve my compulsion (not husband, family, friends, co-workers, therapist, or church), only God could and would (through this program)...
- Relapse creates despair. Recovery (including going to meetings) creates hope
- The program as prescribed is the "easier, softer way" (in comparison to relapse and compulsive overeating)!
- Recovery is a life-long process
- Relapse, weight gain, pride, ego and arrogance are symptoms of my disease. Weight loss (through abstaining from compulsive overeating), sanity (well, reasonable sanity most days!), and humility are symptoms of recovery
- It's true- "meeting makers make it" (meetings are essential to my recovery)
- H.O.W. (Honesty, Openness and Willingness) are the keys to recovery from relapse
- Praying for willingness to be willing works
- There's no place like home (OA)

- **Karen P. Lancaster**

*(Reprinted from the October 2005 issue of **CALLING**, South Central PA OA Intergroup)*



Step of the Month:

Step 2:

Came to believe that a Power greater than ourselves could restore us to sanity..

Tradition of the Month:

Tradition 2:

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

10 Best Reasons For Going To OA Meetings

1. I need meetings for my recovery.
2. Going to meetings shows willingness.
3. Meetings increase my spirituality.
4. I get to laugh at meetings.
5. I need to talk about my feelings.
6. To hear other compulsive eaters stories.
7. To break the denial of my disease.
8. Meetings help me get back on track.
9. At meetings I see my OA friends.
10. To be part of the OA fellowship.

10 Worst Reasons For Not Going To OA Meetings

1. I ate too much and I am ashamed to admit it.
2. I don't want to face the reality of the disease.
3. I might have to admit i'm not doing well.
4. I am deep in 'stinking thinking.'
5. I am alone and feeling miserable.
6. I feel down and want to isolate.
7. I need a rest from the program.
8. I stayed home to eat.
9. I might hear something I need to hear.
10. Recovery scares me.

- **Sunflower Group**

(Reprinted from the October 2005 issue of **AWARE**, Philadelphia Area Intergroup)



Recovery Submissions

We are looking for original articles, poems and writings to help share our experience, strength, hope and continuing recovery from compulsive overeating. Recovery is published on a monthly basis, and we need your input! Please send your contributions to:

Recovery Editor
P.O. Box 605
Bryn Mawr, PA 19010
Or email: info@oa-brandywine.org

We look forward to hearing from you!

Editorial Policy

The opinions expressed in Recovery reflect those of the writers and not the Brandywine Intergroup or OA as a whole. We reserve the right to edit for space and grammar, and it is understood that all copy may be reprinted by other OA groups without permission.

THIS SPACE FOR RENT

Price: FREE!

- Do you enjoy reading the Recovery newsletter every month? Do you find yourself nodding and saying, "I feel that way, too!"
- Do you find it helpful to read tips and suggestions as to how to get through difficult situations like the holidays, family gatherings, grief, etc?
- Do you laugh at the OA cartoon every month?

If you answered "Yes!", then PICK UP YOUR PEN, or GET TO YOUR KEYBOARD! We need your help!

This newsletter isn't written by "THEM", it's written by "US!" Please share your experience, strength and hope! Write a poem, a story, a letter, or just send in your "passing thoughts". Tell us about something that helped your recovery. Share a tip that helped you, so that another compulsive overeater may benefit.

WE CAN'T WAIT TO HEAR FROM YOU!

ANNOUNCEMENTS

Special Events

The Saturday morning Green Tree meeting (formerly Audubon) invites you to their new location for a winter marathon...**“The Courage To Change”** - A Celebration of Unity Day.

Workshop Topics:

- Faith Replacing Fear
- Letting Go and Letting God
- New Beginnings
- Welcome Back from Relapse

Date: Saturday, February 25th, 2006
Time: 8:30 am – 12:00 noon (8:00am registration)
Location: Green Tree Church of the Brethren
1078 Egypt Road
Phoenixville, PA 19460
A \$5.00 donation is requested (but if you can't pay, please don't stay away)

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NJIOA presents their 2006 Annual Winter Retreat: **“The Road of Happy Destiny”**

Date: February 3-5, 2006
Location: Starlake Lodge, Bloomington, NJ
For information, go to <http://www.njioa.org>

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SCPOAI presents **“Miracle on the Mountain”**, a spring retreat.

Date: May 5-7, 2006
Location: Camp Hebron, Halifax, PA
For information, go to <http://www.scpoai.org/>

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The Jersey Shore Intergroup announces their spring retreat, **“Celebrate Life in Recovery; How We Get It – How We Keep It”**

Date: May 5-7, 2006
Location: Mt. Misery Retreat Center, Browns Mills, NJ
For information, contact Pat D. 732-766-0674

