

~ ~ ~ ~ ~ The Newsletter of the Brandywine OA Intergroup ~ ~ ~ ~ ~

Exciting Intergroup Happenings

OA encourages groups and intergroups to do periodic inventories to assess how we are doing in fulfilling our primary purpose: to carry the message of recovery to the compulsive overeater who still suffers (Tradition 5). Just as each of us is tasked with a personal inventory in Step 4, intergroups must also occasionally look inward and review just how well we are supporting our OA meetings and members. Brandywine Intergroup (BIG) recently completed such an inventory, and learned a lot about where we have been, where we'd like to be, and how we plan to get there!

One of the results of the inventory was a strong desire to investigate how we could be of greater service to individual OA groups. In order to find this out, a survey is being developed and will be distributed to all meetings in the BIG area. The survey will allow all OA members to share valuable information, ideas and feedback. This information will be used by BIG as the basis for planning, prioritizing and budgeting. It will also allow us to identify our strong points, our weaknesses, and allow us to focus on what is most important... supporting everyone in our OA groups!

So, keep your eye out for the survey, and make sure your meeting's Intergroup rep is attending BIG's monthly meeting. Don't forget, everyone is always welcome to be a part of Intergroup! Meetings are held on the third Monday of every month at 7:30pm, at the King of Prussia Church of Christ, 590 West Valley Forge Rd., King of Prussia. See you there!

After attending a meeting where we read and discussed Step 3, where someone shared about using common sense and not needing an **ethereal** voice to make most decisions (i.e. "Should I eat this whole bag of such-and-such?"), I was inspired to write the following....

My Ethereal Cereal

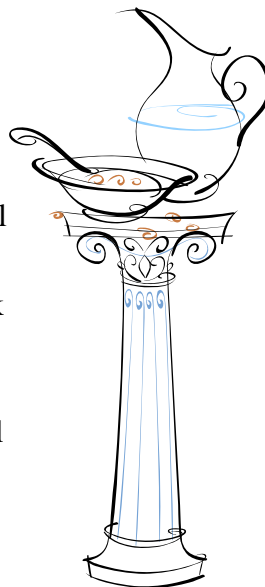
My cereal is simple not fancy or frilly
I weigh it each day which some earthlings call
silly.

"But my cereal's ethereal, it keeps me on task
of doing God's will," I say when they ask.

I don't want to go back to the grazing
of bingeing and purging which makes me feel
crazy.

My cereal's ethereal, it's easy to see
It keeps me open to my HP

- Janice M.



Online Speaker Resource

Last month, we shared with you that the Los Angeles OA Intergroup has a "Virtual Speakers Bureau", at:

www.oalaintergroup.org/speakers

Here you can click on any of the links to hear inspirational OA messages. Most of the speakers on the site have 20, 30 and even 40 years in the program.

More good news – they have just uploaded 17 more sound files – for a total of 54 files (almost 40 hours of speakers)!

Don't miss out on this valuable resource, whether it be for your meetings or yourself!

Help Us Celebrate our 5th Anniversary!

“The Courage To Change”

Conshohocken Meeting of Overeaters
Anonymous
Thursday, March 30th
Noon to 1 p.m.

Join us for a speaker and special sharing.

Conshohocken United Methodist Church
6th and Fayette Streets
For more information, call 610-828-6770

Step of the Month:

Step 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him..

Tradition of the Month:

Tradition 3:

The only requirement for OA membership is a desire to stop eating compulsively.

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: newsletter@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.



HEY, WHERE'S THE REST OF THE NEWSLETTER?

It's in *your* computer... in *your* journal... in *your* creativity...

We know that *Recovery* is read by a lot of people in a lot of meetings, so there are plenty of writers out there who can make this a great newsletter. 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.

Please send your submissions to: newsletter@oa-brandywine.org, or to the address above.

THANK YOU!