

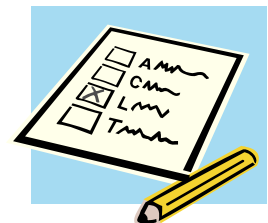
## EXTRA! EXTRA! Member Survey Underway!

See your Intergroup Rep for a copy, or print out the survey from <http://www.oa-brandywine.org>. EVERY person's opinion is needed - newcomer or long-timer, in recovery or in relapse!

One of the conclusions of the recent Brandywine Intergroup self-inventory was that Intergroup would like to increase our level of service to members, if possible. (For more information on the inventory results, see the "Inventory Results" article on page 2). As a first step in doing this, we need to know more about what each member thinks. A member survey is a great way to gather this information.

The 26-question member survey should provide:

- Information on the overall health of OA in the Brandywine Intergroup area
- Member ideas on things that might strengthen their individual recovery
- Member ideas on things that might help carry the message to more people
- Information that could help OA remain vital and growing in the area



The survey is anonymous. Every person's opinion is needed, whether newcomer or long-timer, in recovery or in relapse. The more people who participate, the greater the value of the information gained. Survey results will be used to help set Brandywine Intergroup priorities in the coming year. A survey summary will be published in a future newsletter. For more information or questions, contact Don C. 610-935-1484; email [fobb@comcast.net](mailto:fobb@comcast.net).

### OA Mailing Sent to Health Care Providers

An OA information package was mailed to 100 local health care professionals on April 13. Thank you to all the members who suggested the names! Recipients included medical doctors, psychologists, counselors, social workers and nurses. The package contained a cover letter with a name to call for more information, a meeting list, the *Courier* (an OA newsletter for professional health care providers) and two pamphlets: *Introducing OA to Health Care Professionals*, and *About OA*. A particular thanks to the Wednesday morning Devon meeting that helped stuff the envelopes!

### Special Meeting News

The **Saturday morning Green Tree meeting** is happy to announce a new beginner's meeting! It will be held at 9:30am each week, as needed, after the regular meeting (which starts at 8:00). For more information, call Kelly at 610-240-0753.

The **Monday and Wednesday night Collegeville meetings** have strengthened, and welcome new attendees! For more information, call Kathy at 610-831-9390.

The **Tuesday night Royersford meeting** is having a special meeting on sponsorship on Tuesday, May 23. For more information, call Mike B. at 610-409-1437.



# Brandywine Intergroup (BIG) Inventory Results

The 37-question inventory, as suggested in OA's *Twelfth-Step-Within Handbook*, was completed over the course of three Intergroup meetings, ending in January 2006. Average attendance was 13. The inventory is divided into three sections: the function of the Intergroup; carrying the message to existing members (called twelfth-step work); and carrying the message outside the Fellowship. Following is a summary for each section, each divided into two parts: strengths and opportunities for improvement.

## I. The Function of the Intergroup

Strengths: Parliamentary procedures are followed; meeting lists are published monthly; World Service Office meeting listings are kept up-to-date; anonymity is observed; everyone has the opportunity to participate in meetings; the Intergroup meeting facility is good; BIG participates in Region 7 and World Service activities IF people are available who meet the abstinence and experience requirements.

Opportunities: There is no clearly-defined consensus on mission, goals or priorities; good income and expense records are kept but there is no budget process; a healthy prudent reserve is maintained but there is no policy on what amount it should be; there is no "policies and procedures manual" to ensure things are done and done consistently as new members join Intergroup and rotate through the positions.

## II. Twelfth-Step-Within (Internal)

On average, 10-12 of 29 member groups are represented – about 40%.

Strengths: BIG sends Intergroup meeting handouts to non-attending groups; there are no unaffiliated groups in the area; monthly newsletters and meeting lists are distributed to meetings; a large stock of literature is maintained for sale to groups; a speaker list is maintained.

Opportunities: BIG would like to increase, if possible, its level of service to members and groups, for example: keep meetings better informed about OA overall, including its structure or changes decided at World Service Business Conference; how and where to send donations and the suggested split between Intergroup, World Service and Region 7; sponsor more Intergroup-wide events such as marathons, workshops and retreats; help people find sponsors; increase the number of sponsors; help floundering groups.

## III. Carrying the Message (External)

Strengths: BIG maintains a post office mailing address and an answering service for people to call for information; it is listed in many phone books in the area, but not all; a mailing is currently underway to 100 healthcare professionals.

Opportunities: BIG is not doing much public information work with the media or community including newspapers, radio, TV, magazines, bulletin boards, libraries, public information meetings, or sending speakers to community gatherings; newspaper meeting notices are left to individual meetings with no process in place for BIG to help; there is no public information work being done with teachers, social workers or clergy, nor with institutions such as schools, hospitals and training facilities.

## Addendum to Inventory

One BIG member did a survey of average estimated attendance at meetings. The mathematical average was 11 per meeting, but this average was significantly influenced by the four largest meetings (35, 25, 30, 20). Sixty-two percent of the meetings had between two and 8 people. The median meeting attendance was 7. (median = half of the meetings below 7 and half above 7.)

## Conclusions

1. There is a need to do some internal organizational work; for example, a "policy and procedures manual" to institutionalize processes that need to continue as Intergroup membership turns over.
2. Each of the items listed in the three "Opportunities" sections needs to be addressed by the Intergroup.
3. BIG is committed to undertaking a revitalization effort in the area. The first step will be to survey the membership for opinions and ideas. Basic objectives include strengthening personal recovery, strengthening meetings, increasing the number of sponsors and increasing the number of newcomers.
4. One key challenge in undertaking any effort will be to increase the number of people doing service for Intergroup. At the current time several committee positions are unfilled.

# INTERGROUP ELECTIONS TO BE HELD IN MAY

- ***Are you looking for a way to give back to the organization that gives you so much?***
- ***Has your sponsor been encouraging you to do more service?***
- ***Would you like to be a part of all the exciting things that are happening at Intergroup level to revitalize our OA area?***

Brandywine Intergroup (BIG) elections are taking place in just one month! Please read the descriptions below for each of the available positions, and ask yourself if you feel the desire and responsibility to share your talents, feedback and organizational skills with Intergroup.

All officers and Conference Delegates will be elected by the members of Intergroup at the June meeting, with nominations closing at the May meeting.

## **OFFICERS**

The officers shall serve a term of one year and may run for a second term.

**Chairperson** - shall be the chief executive officer of the Intergroup and shall preside at all meetings of the membership. He/she shall manage the affairs of the Intergroup and shall see that all orders and resolutions of the membership are carried out. He/she shall be the spokesperson of the Intergroup for official purposes and correspondence.

Qualifications: One year of current abstinence and one year of service to BIG.

**Vice Chairperson** – shall be responsible for maintaining a current update of all changes and additions to the groups in the area, along with current names, addresses, phone numbers, and e-mail addresses of the groups' contact persons and Representatives. He/she will preside at meetings in the absence of the Chairperson.

Qualifications: Six months of current abstinence and six months of service to BIG.

**Recording Secretary** – shall take the minutes of each Intergroup meeting and shall see to their distribution at the subsequent Intergroup meeting.

Qualifications: Six months of current abstinence and six months of service to BIG.

**Treasurer** – shall have the care and custody of all funds of the Intergroup. He/She shall deposit said funds in the Intergroup bank account and disperse funds as appropriate. He/she shall exhibit his/her books and accounts to any member of the Intergroup upon request. The financial condition of the Intergroup shall be presented in full at mid-term and end-term.

Qualifications: Six months of current abstinence and six months of service to BIG.

**Corresponding Secretary** – shall attend to such correspondence as may be assigned to him/her. He/she shall provide the Intergroup bylaws to all groups and Intergroup Representatives. He/she shall maintain an attendance record of the Intergroup meetings.

Qualifications: Six months of current abstinence and six months of service to BIG.

## **CONFERENCE DELEGATES AND ALTERNATES**

The term for Delegates is two years, and one year for Alternate Delegates.

**Delegates** - provide communication between the local groups and World Service, enabling all members to become better informed on issues that vitally affect OA.

Qualifications: At least one year of current abstinence and at least two years of service above the group level. Must be willing and able to attend Conference and Regional meetings, and attend Brandywine Intergroup meetings.

### ***Wondering why this issue of Recovery is for both April and May?***

Since we moved the Intergroup meeting to the third Monday of the month, the ***Recovery*** newsletter was being distributed to meetings later and later each month. It seemed silly to get a February issue the first week of March!

Next month's issue will be for June, and then we'll be back to normal!

## Steps of the Month:

### Step 4:

Made a searching and fearless moral inventory of ourselves.

### Step 5:

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

## Traditions of the Month:

### Tradition 4:

Each group should be autonomous except in matters affecting other groups or OA as a whole.

### Tradition 5:

Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.



## “Caller ID”

When I heard someone in today’s meeting talking about how the food had been calling, I wondered if the concept of “caller ID” could help me screen out my disease just like I sometimes screen out unwanted telephone calls...

I need to check the caller every time a food thought crosses my mind – is it the disease calling me or my recovery??? If the little voice in my head says, “it won’t hurt if you have it at a meal,” **or** “it’s sugar free, after all” **or** “this food’s on your food plan – does it really matter that it’s fried?”, it might just be a caller I don’t want to listen to! If the voice is reminding me to “leave it out when I’m in doubt” or to “check with my sponsor before I eat that”, then it may be a ‘call’ I want to pick up!

I haven’t yet found a way to stop having crazy food thoughts, though they do come much less frequently now. And sometimes, I actually hear the voice of recovery instead of that of the disease. The concept of “checking caller ID” – taking the time to stop when a food thought enters my head, and check to make sure it makes sense to listen – can only help me screen out the disease and screen in recovery!

- K.C.

## 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](mailto: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.

## Brandywine Intergroup Speakers List

Susan 484/744-2770	John M 610/352-9287
Diane T. 610/494-6968	Marilyn 610/525-3397
Ethy 267/257-1173	Gil 610/864-8080
Laura 610/771-0142	Bruce 610/645-0790
Marilyn K. 610/356-2762	Lee H. 215/473-2232
Margie 610/642-3411	Kelly C. 610/240-0753
Jake 610/687-4201	Judy 610/586 –8855
Bob 610/753 –9231	Mike B. 610/970 –0570
Bobbi 215/753 –9231	Cathe 610/352-9919
Mary L. 610/604-0440	Sherry 610/361-1390

This is the speakers list that is currently being maintained by Brandywine Intergroup. The goal is to have a list of people willing to perform this vital service (if available) to call on if the need for speakers arises. This can be useful to assist new or smaller meetings, marathons or retreats. Anyone who is willing to have their name added to the list please contact John M. at 610/352-9287 or email [mccreajf@aol.com](mailto:mccreajf@aol.com).