

Survey Says...

Did you take a few moments in the last month to fill out the Brandywine Intergroup (BIG) Member Survey? We hope you did! The results are being tabulated as we speak, and soon we hope to have a better idea about how BIG can better serve its members and groups. Stay tuned, and next month we will be publishing the results of your feedback. BIG is committed to the needs of its groups and members!

But remember, we are ALL members of Intergroup! Maybe giving your feedback has triggered the desire to do more service... Maybe reading about all of the things BIG can do has made you realize how much support we need... Maybe you have great ideas about how to build programs within Intergroup, and you are just the person to coordinate... Maybe your sponsor has been subtly (or not so subtly!) suggesting that more service would help your recovery...

These are all great reasons to become involved at the group and Intergroup levels. OA cannot survive without each of us contributing in some way. Don't wait for "THEM" to do something. There is no "THEM" or "THEY" (as in, "When will **they** do more to support my home group?"). Intergroup is made up of all of "US"!! Come join US!

OA Glossary Term of the Month

As a new feature to the *Recovery* newsletter, each month we will define an OA term (as defined by OA World Service) that is heard often in the rooms, but may not be completely understood by everyone.

In several meetings, the topic of "Cross Talk" has recently come up. This seems like a good phrase to define for our first glossary term of the month!

Cross Talk: "Cross talk" during an OA meeting is giving advice to others who have already shared, speaking directly to another person rather than to the group, and questioning or interrupting the person speaking/sharing at the time.

Lifeline Magazine

Lifeline, OA's international magazine, serves as an indispensable "meeting-on-the-go." Since 1962, when the first issue debuted as the OA Bulletin, *Lifeline* has offered encouragement and hope to thousands of readers. Tucked in a purse, a coat pocket or a lunch bag, *Lifeline* accompanies members around the world, ready to provide inspiration and support when needed.

As of January 1, 2006, WSO will publish 10 issues of *Lifeline* and e-*Lifeline* a year instead of 12. No issues will be printed in April and October 2006. Those who have purchased subscriptions prior to Jan. 1 will still receive the full number of issues purchased.

To subscribe to this wonderful source of recovery, visit the OA website at:

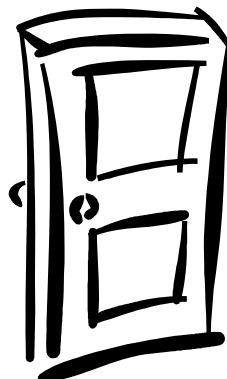
<http://www.aa.org/subscribe.html>

“Always to extend the hand and heart of OA to all those who share my compulsion; for this I am responsible.”

“The Door”

I am your addiction – I am your disease;
I’m watching you, and waiting – you see, I’m just
a sleaze.
I’m cunning and I’m baffling and oh so powerful
too!
And to get you to give up is what I aim to do!
If you think you’re standing beware you do not fall
To get proud ones to stumble is my greatest feat
of all!
I’ve killed millions and enjoyed it! I caught them
by surprise –
They had such good intentions but they weren’t
very wise.
I got them to trust in me – they thought I was their
friend
The food – the booze – the sex – the drugs – got
them in the end!
I gave them so much comfort – I helped to ease
their pain
And I can be there for you – I’ll be your crutch –
your cane!
I’ll con you and I’ll fool you – Yet you’ll think I’m
still your friend
You’ll chase me and I’ll let you and I’ll get you in
the end!
Heart attacks are serious – diabetes and strokes
are too
Yet these are things that I create and I’ve saved a
few for you!
Oh come on now! Don’t hate me! I knocked and
you opened the door!
Did you ever stop and think what I was knocking
for?
You see I don’t come uninvited – you let me
make myself at home
By entertaining “thoughts” of me you forgot to use
the phone!
I smile yet you don’t see me!... you see a good
T.V. show on!
It’s the T.V. or the meeting – Ah! Another tool is
gone!
Now how can you call your sponsor? You know
what will be said

You see your journal laying there – there’s not
much to write.
Another tool out the window! What a beautiful
sight!
Forget about that Big Book – you’ve read the
thing before!
I’m getting so excited – five tools down, now just
three more!
You can’t do any service by staying home alone
I’ve almost got you down and out and you don’t
even groan!
As long as friends don’t call you or they call and
you don’t answer the phone
Let it be just you and me – the two of us alone!
I’ll bring back your drug of choice with the joy you
“thought” you had’;
You’ll convince yourself your addiction really
wasn’t that bad!
You’ll start playing mind games – a game like
solitaire
Just you and your thoughts and your feelings –
isolating – yet I’ll be there!
So quit those twelve step meetings and quiet time
don’t take
Don’t pick up the phone or pen – I’ll be there
when you wake!
I’m right here doing cartwheels! Don’t I “look” like
fun?
Don’t I look enticing? The twelve steps have
NOT won!
Together we’ll create a new life – worse than it
was before
But hey, it isn’t all my fault – it was you who
opened the door!



- Lillian A
Dracut, MA

Q: *When is it okay to use my last name?*

A: Tradition Eleven describes the level at which it is not okay to use a last name: "We need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication"

The misconception is that our Tradition of anonymity means we cannot use our last names under any circumstances. Can you imagine going to the hospital to see Mary without knowing her last name? Or attempting to check into a hotel at an OA event when you are rooming with Susan, and the reservation is in her name? Or trying to find Howard's address, which you've misplaced, so you can mail him information you promised to send. We can use our last names within the Fellowship—for example, when registering for an event, subscribing to a newsletter or signing the meeting record book—or we can choose not to if we wish to protect our anonymity. Members in service positions usually find it convenient to use their last names to facilitate mailings and help other members contact them. However, because the Twelfth Tradition guarantees each member's right to anonymity, it is important to ask permission before giving out another member's last name. Common sense prevails. Will using my last name help me carry the message to another compulsive overeater, extend help to a member or ease communication within the organization? If the answer to any of these is yes, then it is permissible.

*- Reprinted from OA Ask-It-Basket at oa.org
November 2002*

Laughing at Myself

When I have the ability to laugh at myself, it's a good indication that my humility is where it should be. When I take myself, and everyone and everything around me, too seriously, I fall flat into a big lack of humility. There have been days when I'm so busy controlling and manipulating and people-pleasing and lying that I couldn't possibly laugh. But when I'm abstinent, I'm more than halfway there, and when I pray and ask my Higher Power to remove my defects, I'm already on my way to being able to laugh at myself. And it's important to note that it's not self-deprecating laughter, but rather a clear view of a less-than-perfect me. I'm human and fallible and full of faults—and full of love for myself.

- Reprinted from Lifeline, January 1998

“Sponsor to Sponsee Suggestions”

1. Pray.
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say NO to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. Although one is often not enough, two are often too many.
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time.
10. Take one day at a time.
11. Separate worries from concerns. If you can't do anything about a situation, forget it.
12. Live within your budget.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the kid in you every day.
16. Carry a Big Book with you to read while waiting.
17. Get enough exercise.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help you improve the quality of life.
21. Write thoughts and inspirations down.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot.
24. Make friends with Godly people.
25. Keep a folder of favorite spiritual writings on hand.
26. Remember that the shortest bridge between despair and hope is often a good, "Thank you, HP."
27. Laugh! Laugh some more!
28. Take your work seriously, but not yourself at all.
29. Develop a forgiving attitude (most people are doing the best they can).
30. Be kind to unkind people (they probably need it the most).
31. Sit on your ego. Talk less; listen more. Slow down.
32. Remind yourself that you are not the general manager of the universe.
33. Every night before bed, think of one thing you're grateful for that you've never thought of before.

*- Reprinted (and edited for space) from the
Recovery newsletter, March 2004*

Step of the Month:

Step 6:

Were entirely ready to have God remove all these defects of character.

Tradition of the Month:

Tradition 6:

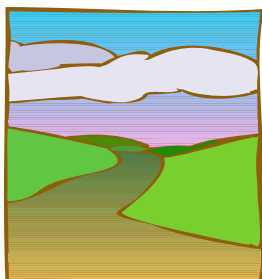
An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The Gratitude Path

It seems to me that the antidote to negative thinking is gratitude. I tend toward negativity, especially when I am confused or stressed. I find that if I substitute thoughts of gratitude, my thinking goes from being fear-based to being God-based. By thinking myself into a state of gratitude, I am freed of my negativity.

It doesn't matter how childish or mundane my thanks are. I can begin with thoughts such as these: Thank you for the chair. Thank you for the stars. Thank you for my shoes. Thank you for the opportunity to serve. Thank you for new challenges. Thank you for guidance. These thoughts help me to get out of my negative feelings and to concentrate on that for which I am grateful. Then I end up in a spiritually high place, where I am in a state of gratitude. Rather than taking all of my blessings for granted, I feel the presence of a power greater than myself. I don't feel alone, vulnerable, insignificant or negative. Instead, I feel full of faith, safe and confident that I am on the right path.

- C.L., Baton Rouge, Louisiana USA



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.

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Laura (610) 771-0142	Bruce (610) 645-0790
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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
Don C. (610) 935-1484	

This is the speaker 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 the newsletter editor at newsletter@oa-brandywine.org.