

Come to the July 17 Kick Off Meeting!

Everyone is welcome to join the July 17 Brandywine Intergroup meeting. There are many exciting things happening in our area, and we hope to share the news and information with as many individuals and groups as possible!

Member Survey Results

A summary of the member survey completed in May will be presented at the July meeting of Brandywine Intergroup. The meeting is open to all members. Survey results will also be published in the August *Recovery* newsletter and someone from Intergroup will be available if invited to individual meetings to discuss the survey.

OA Renewal

In response to the survey, Brandywine Intergroup will begin discussing plans at the meeting for a campaign to help strengthen OA individual recovery in our area. Working to help members strengthen their individual recovery will result in an increased number of sponsors as well as attract more newcomers.

The Intergroup meeting is held from 7:00 - 9:00 pm at the King of Prussia Church of Christ, 590 West Valley Forge Road in King Of Prussia. For directions, please visit <http://www.kopcoc.org/directions.html>.

See you there!

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.

Qualify:

To qualify is the act of telling a group the length of time the speaker is recovering in the Fellowship and of the inner and outer changes experienced as a result of abstaining and working the Twelve-Step program of recovery.



Happy Summer!

If you're going away on vacation, don't forget to pack:

- Program literature
- OA friends' phone numbers
- Local meeting list
- Abstinent food you can't get on the road
- Your journal and a pen
- Gratitude for the program that helps us enjoy the beautiful world around us!

“I put my hand in yours, and together we can do what we could never do alone.”

Farewell to a Dear Friend

A few weeks ago, I had to say goodbye to a dear friend. This friend was there for me through thick and thin (literally). They kept me balanced and told me when I was going overboard. They told me how to weigh my options and stick within my limits.

This friend was my very first food scale.

My food scale's demise was painful and slow. First, its plate came loose. I tried to screw it back on but it wobbled under the weight of healthy meals. Then the buttons started to wear, and eventually the plastic covering broke through. As I pushed the "On" button one last time, my dear friend gave out. I could see in its sad digital face that it wished me well, and urged me to move on to a new scale. We said our sad goodbyes.

I remember the first time I used my food scale. As I took it out of the box and unwrapped its sterile plastic covering, I thought to myself, "There is NO WAY I can do this. I will NEVER be able to weigh my food like this forever. This is horrible!" My scale helped me with my very first abstinent meal... chicken, rice and green beans. "Ugh, who eats like this?" I grumbled. My scale sat quietly, knowing how much I would come to appreciate the safety and reliability of my food plan.

I had no idea what "tare" meant or how to change the mode from pounds to ounces. But my friend was patient. During times of bad moods, difficult days and periods of unwillingness, my bright white scale sat steadfast and loyal on the counter, refusing to give up on me. And I swear it seemed like its digital numbers flashed sternly at me when I "accidentally" went over my allotted amount. "Fine..." I would say as I scooped the extra from my plate. "You'll thank me later," my wise friend seemed to say.

I now have a new scale, the same make and model. But I have to say it just doesn't have the same personality as my first. I know my old friend would want me to move on, so I'm doing my best to get to know this sparkling clean appliance. And I'm sure the new scale and I will grow closer through the years... one day at a time, that is.

- Kelly C.

First Thin Summer

I came into the OA program when I was 24. I weighed 300 pounds, and I was miserable. I was in a marriage that wasn't working. I tried everything and nothing helped. OA was my last hope. If I failed at OA, I knew there was no hope.

It took me months in the program to catch on to what the OA members were saying, but eventually they seemed to make sense. They said things like, "Keep It Simple," "Let Go and Let God," "One Day at a Time." I discovered these were words to live by. I would put them into practice everyday. I started saying the Serenity Prayer as many times as I needed it. The "Big Book" and "Twelve and Twelve" were always at my side. Every time I had a free minute, I would read them.

All I knew was that something good was happening to me, and I wanted it to continue. I was changing. My attitudes were changing. My emotions were becoming stable, whereas before they were always wildly variable. My weight stopped going up and started to come down. I began liking myself, and then loving myself.

I had always been fat, from the time I was a child until the day I entered OA. I hated summer and the cute summer outfits that came with it. I could never wear them, so I stayed inside and wore slacks to cover my legs. If I did go out, I wore knickers, which were just as bad.

This year, thanks to the grace of my Higher Power and the support of OA, I can wear those cute little summer outfits. I can go outside and have fun. I can feel good about me. I don't have to hide anymore.

I have lost 145 pounds and have gained a new life. I used to wear a size 48/50; now I wear a 12/14. At 26, I am just beginning to live.

It has been almost two years since I started coming to OA, and I wouldn't trade OA for anything. I love my life; I love my program. Thanks to OA, I am having my first thin summer! Am I excited? You bet I am! OA and my Higher Power did for me what I could not do for myself.

- Reprinted from *Lifeline*, March 1998, p. 9

Have You Joined the \$2.00 Club Yet?

Most of us who have been coming to meetings for a while have been putting a single dollar in the basket for as long as we can remember. But at most meetings, the format requests “a donation of \$2.00 or more...”



The following table is excerpted from “The 12th Stepper”, the newsletter of the Los Angeles Intergroup. It reminds us that **while our everyday expenses have increased through the years, most contributions by individual members have not.**

	1960	1970	1980	1990	2006
Soft Drink	\$.10	\$.20	\$.35	\$.50	\$1.25
Coffee	.05	.15	.35	.50	1.50
Gasoline	.22	.35	.90	1.40	2.94
OA Basket	1.00	1.00	1.00	1.00	1.00

These days, one dollar barely stretches beyond the cost of a meeting. But as a self-supporting group, we must finance all of OA’s services. That’s why we are asking each member to give an extra dollar per meeting. It will help:

- **Your Intergroup** maintain telephone service, publish meeting lists, and sponsor marathons and retreats.
- **Your Region** sponsor assemblies and conventions, and maintain direct communications with groups and intergroups.
- **The WSO (World Service Organization)** publish *Lifeline*, produce and ship more than one million pieces of literature per year, provide kits to new meetings, maintain a worldwide directory, and sponsor the World Service Conference.

The Tradition of the month for July is the 7th Tradition: Every OA group ought to be fully self-supporting, declining outside contributions. It may help to ask ourselves, “How much did I used to spend on binge food?” “How much did I spend on diet programs / self-help books / ever-expanding wardrobes?” When we think about it in those terms, two dollars is the best bargain around!

Q: *With our \$2 suggested donation, are we not really imposing an unofficial fee on our newcomers?*

A: Editor’s Note: The following exchange between an OA member and the Treasurer of OA’s Board of Trustees concerns WSO’s Suggested Meeting Format, which provides a statement regarding the Seventh Tradition to be read at meetings. “The financial support of OA is our responsibility as members of the Fellowship,” it says, “starting with the first meeting at which we

acknowledge ourselves to be compulsive overeaters. A suggested donation of \$2 or more by each member will help ensure that not only are the group expenses of rent and literature met, but that there are funds to support the work carried out by our intergroup, region and World Service Office. While we recognize that there are those among us who may be experiencing financial struggles, we also acknowledge that we have the responsibility to do what we can, when we can, giving back some of the help we have been given in OA.”

- Reprinted from OA Ask-It-Basket at oa.org

Step of the Month:

Step 7:

Humbly asked Him to remove our shortcomings.

Tradition of the Month:

Tradition 7:

Every OA group ought to be fully self-supporting, declining outside contributions.

THE BLESSING IN "NO"

I asked God to take away my pride.

God said "No".

It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.

God said "No".

Her spirit was whole, her body was only temporary.

I asked God to grant me patience.

God said "No".

Patience is a by-product of tribulations; it isn't granted, it's earned.

I asked God to give me happiness.

God said "No".

I give you blessings, happiness is up to you.

I asked God to spare me pain.

God said "No".

Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.

God said "No".

You must grow on your own, but I will prune you to make you fruitful.

I asked for all things that I might enjoy life.

God said "No".

I will give you life so that you may enjoy all things.

I ask God to help me LOVE others, as much as he loves me.

God said... Ahhhh, finally you have the idea!

- Anonymous

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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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.