



Weekend Event Planed

Stepping It Up

By Mike B.
NEWSLETTER EDITOR

Do not forget that this month is your chance to kick start your recovery with the Sunday 21 January 2006 the first educational workshop. If you want to go, be at the Unitarian Universalist Church of Delaware County (UUC of DC) at 145 West Rose Tree Road in Media, PA be there 2:30 PM. See workshop flier for directins.

However, there is more in store. On May 18 to 20 there will be a, "Weekend Walkthrough the Steps," at Saint Frances Center fo Renewal in Bethlehem, PA. Don't be afraid of the drive because people have been already offering to take anyone who does not like to drive and car pools are going to be the norm. Also, there could be some scholarships for those who wish to go and can not afford it.

An other thing that may happen is a picnic or dance. This event could be an excellent way for your family to meet your OA friends. This scares some members but others who have been through gatherings like this have found it will break down the family verses the OA people mentality many spouses and other family members may have. At these kind of events they find out we are not the three eyed two headed creatures from planet X like they always pictured us!!

Finally, there is also a few more things going on in the intergroup and beyond. Fore example, we are planning to send two delegates to the Region 7 assembly on April 13 through 15, 2007. Next it will be World Service Business Conference (WSBC), which will convene in Albuquerque, New Mexico USA, April 30–May 5, 2007. Also, the website is going to upgrade so the threat of someone using our domain name with an other there letter extension like "com" or "net" is elevated. This also brings to us new tools that we can utilize to make the web site even more helpful. Also, the BIG Bylaws/Polices and Practices committee is getting ready to change the infrastructure. Finally, Don't Miss OA's Next World Service Convention, August 30–September 2, 2007 in Philadelphia.☺

KICK START

YOUR RECOVERY FOR THE NEW YEAR
EDUCATIONAL WORKSHOP 1

Sunday, January 21, 2007
2:30 to 5:30 PM

Unitarian Universalist Church
of Delaware County (UUC of DC)
145 West Rose Tree Road, Media, PA 19063

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Meeting News

By Mike B.

NEWSLETTER EDITOR

This month's news brings a great opportunity for service. The following meetings need your support: Monday and Wednesday Collegeville; Wednesday Downingtown; Sunday Havertown Evening; Thursday Conshohocken; Saturday Step Darby and Monday East Norriton. So armed with that information you can start planning your trips to new meetings which is synonymous with new friends and adventures.☺

Bargain Shopping

Tip

By Mike B.

NEWSLETTER EDITOR

There is a place you can get a CD for only six dollars. Don't rush out to any music store at the mall just yet, head out to a meeting and get OA's newest, soon to be platinum, CD, **Hearing is Believing: OA Members**

Speak . . . As described on OA's web site:

This inspiring collection of interviews depicts the journeys of several OA members from despair to recovery and serenity. Helpful for newcomers, returning members and longtimers alike.

So if you go to your next meeting and it is not there beg, plead or demand this CD. Then when you get it, pop it into your car CD player on the way up to the Weekend Walk Through the Steps in May to get into the mood.☺

My New Life in OA

By Michelle R.

NEWSLETTER CONTRIBUTOR

When this article goes to print I will have only been in OA for two months. However, while writing this article I am coming upon my first thirty days of abstinence. It's hard for me to believe. I recently asked another OA member "when do you

stop being considered a newcomer"? She replied, "I've been in the program for two years and I still feel like a newcomer". I guess that just shows that recovery is an ongoing journey that doesn't stop after a designated period of time. I have found myself using the word grateful a lot more since joining OA. I feel so blessed to have such a great support system in the OA family. It has made what felt like such an overwhelming endeavor much easier by taking it one day at a time. I find that I do use the slogans in my daily life and they

do allow me serenity. I have embraced the program and by doing so have been given a number of gifts. My sponsor gives me hope and courage which helps me work my program. Going to meetings and listening to others tell their stories gives me the strength to face each day with a willingness to learn and grow. I am thankful for OA and I am glad to have had this opportunity to share my experience.☺



Welcome Dear Newcomer

By C., Downingtown

NEWSLETTER CONTRIBUTOR

I can remember the first day I walked in the doors of an OA meeting. Not knowing anyone, not knowing how a 12 step program worked, and not knowing, most of all, how to get through one more day with the pain and self disgust I felt, it was kind of a miracle that I got there. Miracle #1.

I got there. It wasn't like a diet program. Where was the scale? People were all sizes and types, and they were talking and laughing and hugging before the meeting. They said hi, and acted like they were GLAD I was there. They were glad I was there? Miracle #2.

How could they accept me when they didn't even know me? What was this strange way of holding a meeting, when each person shared and no one

responded to them? What was this language they spoke, of abstinence, cross talk, program, HALT? It was strange, but I sat there, and I listened. Miracle #3.

SEE NEWCOMER PAGE 3

Newcomer

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How could people be so honest, admitting to a whole group what they had done with food? I had done those things too, and had buried that shameful truth deep inside of me. I loved them for their courageous honesty. Could I ever be honest like that? And would they love me anyway? Now THAT would take a miracle. Miracle #4

People said they had changed through this program. They had found peace and purpose. They were at a normal weight. They had regained health and rebuilt relationships.

I wondered if they were telling the truth. But then I realized that people who could tell the truth about eating out of a trashcan could certainly tell the truth when they had stopped. I felt a sense of hope. Miracle #5

So much to learn. So much to read. I was baffled at times, doubtful, scared. but people said "Keep coming back.". So I did. Miracle #6

steps. I learned about recovery. I learned that in order to keep it you have to give it back. To each other, to the world, to newcomers, like you. I learned that we are all worthwhile human beings who just have a disease, and that one day at

a time, life can be beautiful if we help each other remember that. I learned that I matter, and that YOU matter. No matter what your circumstances, no matter if you can feel the love I have for you, please know that it is there. Thanks for being here for me. It took a while, but now I know that "Together we can do what we can never do alone." Miracle #7.

Welcome, newcomer! I'm really glad you are here. I hope your list of miracles begins today and I hope that you, too, "Keep coming back."

with a spiritual death that only other OA's can understand.

Thank you H.P. and every other compulsive overeater I have ever met in the rooms of OA for setting me free of food obsession. I am truly grateful.



Brandywine Intergroup of Overeaters

Anonymous

Post Office Box 605

Bryn Mawr, PA 19010

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.

<http://www.oa-brandywine.org>

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It's Not Supposed to be Easy

By Neil R.

SEPTEMBER'S STEPPINGSTONE NEWSLETTER OF THE BALTIMORE AREA INTERGROUP OF OA

When I dragged my sorry butt into my first OA meeting in 1990, I was dispirited, agitated, out of sorts, and frustrated. I knew I was overweight, I knew I ate more than I planned on, and I knew that

happy. Beyond that, I didn't have a clue that I was spiritually ill, and frequently not of sound mind. I felt like a loser, especially when the chips were down, which happened more & more often. I was told that I might be a compulsive eater, and if I was, they could show me a few things that would restore a sense of order to my very unmanageable life, and possibly even some balance.

But first, I would have to address my food issue. It was recommended that if I was unhappy with my weight

I might try eating less. And if I suffered from a lack of discipline, I might spend more time organizing and preparing my food, and have what I needed for abstinence in the house.

If I weighed and measured, I could chart my progress, and I could make sure I'd always get everything that I had coming. (Of course, I could only see what was being taken away from me).

They suggested that I get a sponsor; someone who could help me deal with the logistics of being abstinent, and everything that followed. What I found out was that they meant I had to learn to be accountable to another person, something I'd studiously avoided most of my life. I started to write down and commit my food to my sponsor every morning at exactly the same time. Each food and quantity, right down to the type of dressing, fat or condiment.

SEE EASY ON THE BACK SIDE

OA

Promise

I PUT MY
HAND IN
YOURS AND
TOGETHER
WE CAN DO
WHAT WE
COULD
NEVER DO
ALONE! NO

Call For Articles

For February's Recovery Newsletter
please write on topics:

1. Why I am a sponsor....
2. How I Became a Sponsor

ARTICLES DUE:

Noon Saturday 6 January 2007

E-MAIL ARTICLE TO:

Newsletter@oa-brandywine.org

LONGER IS THERE A SENSE
OF HOPELESSNESS, NO
LONGER MUST WE EACH
DEPEND UPON OUR OWN
UNSTEADY WILLPOWER. WE
ARE ALL TOGETHER NOW,
REACHING OUT OUR HANDS
FOR POWER AND STRENGTH
GREATER THAN OURS, AND
AS WE JOIN HANDS, WE FIND

LOVE AND UNDERSTANDING BEYOND OUR WILDEST DREAMS.

Slogan of the Month

FROM <http://www.oahouston.org/oa-slogans.html>

The way to ask for help is to say,
"I need help."

Easy

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What an outrage....that I should have to humble myself to share my food with a stranger.

Well, the truth is, my arrogance, my pride, and most of my other character defects revealed themselves in the coming months as I struggled to be abstinent for one day. If I wrote down a pear, I wanted to have an apple. If I wrote down that I was eating at home, I wanted to go out. If I committed to eating at 6AM, Noon, and 6:30PM, I wanted to eat at 9, 12 and 4. I had no idea that my thoughts and my feelings influenced what I ate, when I ate it, and how much I ate. I was out of control, and using food as a pacifier. I was powerless over food. Duh!!

It's sixteen years later, and I have over ten years of abstinence - 3,832 days and 11,500 meals...and some days, it's still hard to stick with my food plan, and keep my life simple.

I have dealt with success and loss without needed to medicate with food. I get excited, bored and everything in between, and still haven't found a situation that eating compulsively wouldn't make worse. I have matured and learned to respond to life instead of reacting to it.

Recovery never gets easier, but I feel comfortable in my own skin. I suit up, show up, and give the day my undivided attention. Oh yes...and I strive to be always mindful around food, and appreciative of how easy it would be to return to my chaotic life if I picked up the first compulsive bite. The literature says "the disease is activated before the bite is taken"...and I believe it.☺

Newcomer Notes

By Mike B.

NEWSLETTER EDITOR

You walk into your first meeting of Overeaters Anonymous and your excited and hopeful, scared and a little overwhelmed. What do you do next?

The next thing you want to do is plan on going to an another meeting. The sooner the better. This is not a weekly diet club. Most people that I heard share with long term abstinence do about three meetings a week. Some do

more and a few do less. A good rule of thumb is if you are not abstinent you probably need to attend more meetings. Also, attend different meetings. Each meeting has its own personality, you need to go to different meetings to find the ones that help you the most.

Also, you should read your newcomer packet. If you did not get one at your first meeting ask for one at your second and if they don't have one ask what meeting does and go to it as soon as possible.

Now, get a sponsor. The sooner the better. It is really scary thing to do but you need to do it quickly. If no one is willing to become a permanent sponsor ask someone to be your temporary sponsor. Believe me, you are sicker than you think and you need to start working the steps and they are done best with a sponsor. (to be continued)☺