



New Newsletter Feature

Temporary Sponsor List & More

By Mike B.

NEWSLETTER EDITOR

To better serve you next Month's Recovery will include a Night-Owl, Early Bird and Temporary Sponsors list. In the spirit of the fifth tradition this is an effort to carry the message to those still suffering.

- Things to do this Month:
1. Third Educational Workshop
 2. Sign up for the Step Study Weekend
 3. Visit a Meeting in Need
 4. Sign up on the Temporary Speaker, Night Owl or Early Bird List

The temporary sponsor list will have the person's name who wishes to be a temporary sponsor along with their phone number and home meeting. That way those looking for a temporary sponsor will be able to find one or be able to identify meetings where there is a high density of fellow overeaters who are willing to do service.

A Night Owl list is a list of people willing to take late night phone calls. That way if you get called by the food late at night you will have a list of people to call. You will be able to find a sympathetic ear to listen and a firm voice of experience to guide you through the darkness and desperation of the night.

The third list is an Early Bird List. If you want to make contact with someone first thing in the morning to

get your abstinent day off right, you can use this list. Contact one of the early rising people who are bright-eyed and bushy-tailed as the first beams of the sun start to break thorough the darkness to give you cheerful words of encouragement to get you going.

Other things coming up in the intergroup are Brandywine Intergroup's "A Weekend Walk Through the Steps" Retreat May 18-20, 2007 and the next workshop March 25, 2007. Ask your intergroup representative for the flier for the workshop or check out our website at: <http://www.oa-brandywine.org>.

At the Regional level, there are a few things going on. First, there is the Celebrate in Style - Beach Retreat XV, Friday, March 16th - Sunday, March 18th 2007, Virginia Beach Resort Hotel & Conf. Center, Va. Beach, VA. Next there is South Jersey IG Spring Retreat Friday, March 16th - Sunday, March 18th 2007 St. Pius X Retreat House, Blackwood, NJ. Then there is Jersey Shore IG Spring Retreat Friday, March 30th - Sunday, April 1st 2007, Mt. Misery Retreat Center, Browns Mills, NJ. Find out more about these and more at the Region 7 web site events page:

<http://www.oaregion7.org/events.php> 🌐

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Meeting News

By Mike B.

NEWSLETTER EDITOR

Monday Overbrook Meeting celebrates its 34th Anniversary. They will have Two Speakers sharing their Experience, Strength, and Hope. Be there from 8:00 – 9:30pm Monday, February 26th, 2007.

Also, I made a mistake last month. There was not an 8 PM Monday West Chester meeting that closed. I misunderstood an e-mail I got. There was never a meeting like that on the list.

However, like last month, make an effort to attend one of these meetings: Monday and Wednesday Collegeville; Wednesday Downingtown; Sunday Havertown Evening; Thursday Conshohocken; Saturday Step Darby and Monday East Norriton.

I have attended two Collegeville meetings in the last two months by myself. Stop by and keep me company. 🌟

Willingness

By Kathy K.

NEWSLETTER WRITER

“Willing-1. of or resulting from the process of choosing. 2. disposed to accept or tolerate; acquiescent, 3. Acting or ready to act gladly; compliant.” American Heritage Dictionary

This morning I'd rather switch on the TV and veg' out on my day off. But, our Recovery editor asked me to write. I am willing.

Our 12 & 12 on page 73 tells us we can be willing to do something we don't want to do. Sometimes I don't want to plan my grocery list and go to the store, but I do it every week. I don't always want to take the time out of my evening to do my 10th step work and use the tools of the program, but I do it. I don't want to abstain from eating desserts at my brother's birthday party tonight, but I commit to doing it. From where did this willingness come?

“Alas, it is not enough to want to be rid of the unpleasant side effects of my illness. I need to be willing to give up that which attracts me in the first

place: the gratification, sedation, or whatever payoff I get for practicing my compulsion. For today: I surrender everything that compulsive overeating means to me, trusting God to put something incomparably better in its place.” For Today page 132.

It's the “something incomparably better” that I desire. Willingness became real for me when I felt the love and camaraderie at my first OA meeting. I wanted more, I kept coming back. Williness bloomed in me when I first experienced peace and sanity going to bed in my abstinent body and waking up happy and content. This was the “something incomparably better” which God was giving me. I wanted more. I became more willing. I got more. I have wonderful loving program friends, peace of mind, spirituality, purpose, a normal sized body, and a happy life. I received “something incomparably better” from that first little bit of willingness. 🌟

“Just For Today”

By Christine B.

NEWSLETTER WRITER

I have a lifetime disease. I practiced it for many years. Along with physical damage, it brought emotional devastation and spiritual bankruptcy. I felt shame to the core.

Learning that I had a disease was a great relief. Learning that I was still an acceptable human being was a greater relief. In my first meeting, people welcomed me, no matter my weight, no matter what I had eaten. This allowed me to be honest. I felt the principle of the 3rd tradition before I ever knew what it was. I am so grateful for that. I was treated as if I was “enough” today. I felt like I deserved a seat in the room.

If I had been presented with a strict food plan, or an atmosphere of judgment, I would have refused the invitation, “Keep coming back”. Instead of fear of failure.. I felt a spark of hope.

Someone gave me the little card with the words for “Just For Today”. How I loved that card! I still do. That card showed me the way I could be the best I could be TODAY..not in some future imagined perfection. For some reason, that

freedom opened the door to my recovery.

Each day, I have actions to take. Each step of recovery moves me along the path. One day at a time, each night I can put my head down on the pillow knowing I am the best me, with HP's help, that I can be. I can't change the past. I don't have to worry about the future. I have joy, because just for today, I am ok.

Thanks for your acceptance when I first arrived. I hope everyone who enters our rooms feels as welcome! 🌍

Willingness

By Don C.

NEWSLETTER CONTRIBUTOR

As I look back over the years to that first year of program, I can see that my willingness to take the actions required for recovery was driven by two things: first, there was the terrible pain of life. Obviously my ways of thinking and managing weren't working. Secondly, I had to let go of the myth of self-sufficiency. It is not weak to need help. I wasn't meant to be self-sufficient. We need each other. Here's my personal vision today of some of the things I need to be willing to do to gain and keep recovery.

Willingness in Physical Recovery

- To accept that the disease is stronger than my willpower.
- To put structure into my eating.
- To plan my meals and commit them.
- To let go of problem foods.
- To put abstinence before EVERYTHING.
- To say no to food, activities and people not good for me.
- To ignore the craving.
- To give up my obsession with weight.
- To begin again when I make a mistake.

Willingness in Emotional Recovery

- To give up what compulsive eating is doing for me.
- To face life as it is, without mood-altering substances or behavior.
- To let go of trying to control, change, or improve anyone other than myself.
- To give up ideas from my childhood that don't work anymore

- To put away the past.
- To let go of shortcomings.
- To admit mistakes.
- To make amends.
- To forgive myself and others.
- To accept my best as good enough today.

Willingness in Spiritual Recovery

- To seek a power greater than myself.
- To form a personal relationship with that power.
- To ask that power for guidance and help in all my thinking and behavior.
- To believe that my HP wants only good for me.
- To believe that my HP will not give me more than He and I can handle.
- To believe that life's problems are meant to be learning and growing experiences, not torture.
- To look for the good, listen for the good, and feel for the good in all things. ☸

Gifts

By Suzanne M.

NEWSLETTER CONTRIBUTOR

In doing some reading of program literature to help me understand and work Step 6 - "Were entirely ready to have God remove all these defects of character." - I read a passage about becoming willing and turning my will, life, and character defects over to my Higher Power. I was reminded that when I turn over my will and ask for help from HP, that the help will be there, but I must be in a place of openness to receive it.

This reminded me a bit of receiving a gift from a friend. A friend takes no small effort to think of me and be inspired to give me a gift, select a gift which she thinks is something which I'll enjoy, perhaps wrap, deliver and present it. As the gift receiver, my roles are so much more simple, but not necessarily easy - one is physical - reaching out my hands to accept the gift and the other one of the heart - graciously accepting it. Though simple, I have to admit that upon receiving gifts I have often been embarrassed or guilty to reach out my hands. My mind starts the thought patterns such as: "I can't believe they would buy me a gift" or "I should have gotten the other person a gift as well." I've also been a less than gracious receiver when I've said to myself things like "I wish they

would have gotten me the orange one instead of the blue." Feelings of worthlessness, guilt and lack of gratitude block me from being the receiver I'd like to be.

I realized it's really the same with my Higher Power. There are gifts available to me which are given in a spirit of love including abstinence, acceptance, restoration to sanity, and the removal of character defects. The gifts are more wonderful that I could ever imagine. In program, I work on becoming a better receiver by taking Steps 1-3 in all areas of my life. That means that I acknowledge that I need a Higher Power, that I cannot make these gifts happen on my own. This is akin to reaching out my hands to accept a gift from a friend. Steps 4-9, I believe, will help refine my character so that I can be a more gracious receiver. Those things that keep me from receiving HP's grace will be removed in HP's time. Maintenance of my openness to the physical, emotional and spiritual gifts will come in Steps 10 and 11. Step 12 shows me that gifts are meant to be shared.

One day at a time, I hope to becoming more open to accepting and sharing the gifts of love given by my Higher Power, which are shown to me so often through you. Thank you.

OA Promise

I PUT MY HAND IN YOURS AND
TOGETHER WE CAN DO WHAT WE
COULD NEVER DO ALONE! NO
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.region5oa.org/annarbor/slogans.html>

There is no situation so bad that a compulsive bite can't make it worse.

Call For Articles

For April's Recovery Newsletter please write on topics:

1. My 5th Step Experience
2. Humility

ARTICLES DUE:

Noon Saturday 10 March 2006

E-MAIL ARTICLE TO:

Brandywine Intergroup of
Overeaters Anonymous
Post Office Box 605
Bryn Mawr, PA 19010

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Overeaters Anonymous World Service Convention August 30–September 2, 2007

From Convention Flier and Web Info

Convention Facts:

- Convention registration include commemorative pin and canvas tote bag.
- To do service go to this internet address:
http://www.oa.org/ws_convent_service_2007.htm
- Registration opens 1:00pm Thursday, August 30
- Workshops are not scheduled during general sessions.
- Grand Closing is 10:00am Sunday, September 2
- Registration until 2 July 2007 is \$79 after is \$99
- Registration will be available at Convention.
- Registration does not include hotel room