



Oaks Marathon April 14th

Fourth Workshop Also This Month

By Mike B.

NEWSLETTER EDITOR

Come join the members of the Oaks meeting in a one day Marathon on April 14, 2007 from 9am - 12pm. The title of this workshop is, "Experience, Strength and Hope." It should be good.

Intergroup's "A Weekend Walk Through the Steps" Retreat. As the flier says:

Join Brandywine Intergroup for a focused, guided weekend Step Study. Expect writing assignments, group activities, focus on recovery and lots of FUN!

Also, if you are concerned about the drive to Allentown, there is a ride share bulletin board. To get to it go to the intergroup events page, "<http://www.oa-brandywine.org/html/events.html>" and click on "Click Here for Ride-Sharing Bulletin Board".

For more information on intergroup events and more, check our intergroup web site events page mentioned in the previous paragraph. There are more things and more updated information there then here, so check it out.

In the region there are more events to boost your program. Check it out at the Region 7 web site events page:<http://www.oaregion7.org/events.php>



Need For Service
Wednesday, March 28th at
Montgomery County
Community College's annual
Health Fair.

Call: Irene 610-828-6770

Do not forget the workshop. So far people have enjoyed the strength and recovery they have received going to our workshops. If you were at one, time again for an other one! If you have not gone, come join us. This workshop will focus on steps 10, 11 and 12. Check out the flier from intergroup on more topics.

Also this month is the beginning of the temporary speakers list. Check it out. I had a little problem with coordination this month, but you should a list twice as big next month. Also, we have Night Owl and Early Bird lists. If you are up late or early, need someone to call and were concerned about calling before, fear no more. Call someone on the list!

You may be able to get in on Brandywine

CONTENTS

PAGE 2

- ★ Meeting News
- ★ Humility
- ★ Applying th Slogans

PAGE 3

- ★ Fifth State Experience
- ★ Humility . . .

THE BACK SIDE

- ★ OA Promise
- ★ Slogan of the Month
- ★ Call for Articles

Meeting News

By Mike B.

NEWSLETTER EDITOR

The Wednesday night Collegeville meeting has been eliminated. However you can still attend Aston or Downingtown at 7:00 in the evenings on that day.

Other than that, as mentioned on the front page Oaks is having a Marathon the 14th. Have fun going to that meeting and if you here of an other meeting failing, try to go and support it. 🌟

Things to do this Month:

1. Fourth Educational Workshop
2. Go to the Oaks "Experience, Strength and Hope" Marathon.
3. Visit a Meeting in Need
4. Sign up on the Temporary Speaker, Night Owl or Early Bird List
5. Work the Steps

Humility

I was willing to check out an OA meeting a long time ago.

I came back because I heard people who I understood.

I became willing to let them hear me and became willing to trust that they would respect my anonymity. I shared who I was as honestly as I could. Finally, I started to know humility.

I came to believe. I came to believe that I would be restored to sanity regarding my food addiction. I have prayed for willingness many times.

My sponsor first suggested that I pray for willingness. I became willing to pray.

I received the ability to be humble.

Each time I accept that I am a compulsive overeater I am being humble.

Each night I write my food plan I am being humble.

Each time I follow my food plan I am accepting the facts of my life as an individual.

When I am not humble I believe I deserve any food I want because I...**whatever**...worked so hard, did all the dishes myself, did my bosses reports, got up really early, won a free trip to Albuquerque, got a flat tire, stubbed my toe! Humility is my not demanding perfection for my life or the lives of those I care about.

Yes, somehow I learned I am not guaranteed happiness every minute of every day. I am just like all the other humans walking on this earth: good times, bad times, joyful times and sad times.

Where did I get the idea every day should be on my terms? I thought if I tried hard enough I could make it happen. Control?

Acceptance brought me the ability to be humble and I am content with that state of being.

I am ever grateful to the OA way of life.

By Veronica G.

NEWSLETTER WRITER 🌟

Applying the Slogans

By Don C.

NEWSLETTER CONTRIBUTOR

Slogans have always been the shorthand of the program for me. They distill the basic philosophy of the 12-step way of life into memorable phrases that leap into my mind when they're needed. Here's some miscellaneous thoughts on four of them.

Let Go and Let God: Whenever I can't do any more on a situation, can't fix it, can't resolve it, can't control it, I put it in God's hands to work on while I go do something else. I can work on it later, or maybe God will solve it in the meantime, or show me what to do about it, or maybe I just take it back from God's hands, look at it for awhile, then give it back for Him to work on some more. It's remarkable how many things I never get back.

Easy Does It: For me, easy does it includes acceptance of reality as it is rather than how I wish it were, as well as the Alanon concept of emotional detachment. I let go of unrealistic idealism and perfectionism about the way things should be, and go with the flow. I don't work

myself into a frenzy when my imagined scenario doesn't work out. This also applies to setting objectives for myself. I don't make resolutions that simply set me up to feel bad about myself. I try to take it one-day-at-a-time, average speed, average velocity, average intensity, and maneuver through the traffic in a relaxed way. The trap is when there are a thousand things to do and a window in which to do them. The answer to the trap? Don't let there be a thousand things to do! It's me who made the list of 1,000! Reframe my thinking. Less is fine. Stop setting myself up for frustration and stress.

First Things First: My number one priority – always – has to be abstinence because without it I don't like me. That reflects negatively on everything else in my life.

One Day at a Time: It doesn't mean I don't learn from the past. It means I don't spend today there. It doesn't mean I don't plan for the future. I leave tomorrow to God but do today what I think He would have me do to prepare for tomorrow. I try to stay present in the now, do what's in front of me to be done. I'm only alive in the now. The future is nothing more than an unfolding of nows🌀

Fifth Step Experience

Give it away...I held it far too long. Now my heart is open, my soul is in the light of this day. No more hiding in the shadows of yesterday's mistakes.

My Higher Power knows me and another human being knows me. My sorrows are lessened and I am free to reach my potential because I am no longer a slave to the shame of my secrets.

I trust my HP loves me and I trusted another person would hear and not judge me.

The building of trust has helped me develop friendships that are real and lasting.

Not an easy thing for someone who was very proud of the fact that she did not need anybody.

Well, guess what? I need people. I want to be there for others and myself.

The fifth step is part of my new way of life.

I will do it many times before I am in the ground, along with the other steps.

My transformation has been amazing and I know step four and five have changed my life.

By Veronica G.

NEWSLETTER WRITER 🌀

Humility . . .

By Chrissy

NEWSLETTER WRITER

Humility is the "balance" principle for me. When I first came into the rooms, I was so full of shame, self disgust, defensiveness, and working hard to keep up the facade that hid those feelings from the world. I couldn't dare to look at, let alone express, the things about me that I might have the ability to change or improve. Then I learned I had a disease. That took away so much guilt. Then I learned I was ok in these rooms, and that honesty was key. The love in the rooms helped me to face some of the defects of character that ruled my life. I learned the meaning of humility. I didn't need to pretend to the world (or more importantly to myself), that I was perfect. But suddenly, I could see a LOT that I needed to change.

Passing it on

"Recovery from compulsive overeating isn't a gift which can be clutched selfishly for oneself. Sharing what we have found with others is essential to our own continued abstinence, day by day, year by year. Being willing to give helps us keep what we have received." (from OA Handbook, p. 1)

I am a compulsive person. When the pendulum swings, it has a big arc! I went through a stage where I was doing the proverbial "beating myself with a stick" about my defects of character, and my program progress. Step 2 helped me to grow here, to balance that pendulum swing a bit. Coming to believe in a higher power, who made me, and has given me a role in life, I understood that old saying "God doesn't make junk". No mistakes in HP's world. So if I was going to love HP and all his/her creation, I had better love and accept myself. Just as I am. And if , by following

HP's will another day, I am an "improved version" tomorrow, then so be it. I will love myself tomorrow too. In fact, I will love myself even if I am a "slightly more mixed up mess" tomorrow.
 HUMILITY . . . ON THE BACK SIDE

Humility

Continued from Page 3

Because HP loves me, either way. Today humility means I am loveable. With strong aspects of character, and still having some defects of those aspects of my character. Not perfect. But perfectly acceptable Real. On the path. No better or worse than you, and vice versa. And coming to believe more and more every day that HP will help me (and you) get right where I'm supposed to be.. in HP's time. God is never late. Today it actually feels GREAT to be a bozo on the bus. Humility makes it an exciting ride!

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

Brandywine Intergroup of
 FROM

<http://www.region10a.org/anonymous/slogans.html>

Post Office Box 605
 Bryn Mawr, PA 19001
Worry prevents recovery.

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

Temporary Sponsors List

These are fellow Compulsive Overeaters willing to temporarily sponsor you. You can come to there home meeting and meet them or call them

Name	Phone	Home Meeting
Julie	610-766-1958	Monday Collegeville
Louisa	610-239-6920	Villanova Tuesday
Kathy B-H	484-467-7085	

Night Owl List

These are fellow Compulsive Overeaters willing to take your late night calls.

Name	Phone	Call Between
Meg S.	610-296-0316	Before 12 Midnight
Judy	610-942-9595	Before 11 PM
Teddy	610-696-6069	7PM - 12 Midnight
Mike B.	610-405-1437	9PM - 12 Midnight

Early Bird List

These are fellow Compulsive Overeaters willing to take your early morning calls.

Name	Phone	Call Between
Kathy B-H	484-467-7085	5:30 AM - 7AM
Cheryl F.	610-247-4108	After 8 AM
Mike B.	610-405-1437	6AM - 8AM

Call For Articles

For January's Recovery Newsletter please write
on topics:

- 1. Tradition Four**
- 2. Why I Go to Meetings**

ARTICLES DUE:

Noon Saturday 7 April 2007

E-MAIL ARTICLE TO:
Newsletter@oa-brandywine.org