



## New Intergroup Meeting Section

### Group Issues and Feedback

By Mike B.  
NEWSLETTER EDITOR

Last month a new section was introduced into the intergroup meeting. It is called "Group Issues and Feedback." It is where group problems and situations can be discussed at intergroup.

It started with an interesting topic. One intergroup attendee wanted to know what to do about poor business meeting attendance. Even though the issues discussed affected all the group members, only a few would attend the business meeting and do the service required to keep the group functioning well.

The intergroup representatives and officers had a few suggestions from their experience. One suggestion was to make the business meeting part of the regular business meeting. Some meetings reported putting the business meeting in the middle of the regular meeting and others made the meeting the last 15 minutes and the regular meeting. A quick pole was taken and it was found that half the meetings represented had the business meeting as part of the regular meeting.

This also led into a discussion of meeting steering committee meetings. It is done regularly by the meeting officers and helps streamline business meeting by having the new business already discussed. That way logical reasons can be presented in the business meeting for the remainder of the group to vote on. There is more in the group handbook.

The new Public Information Campaign was brought up. Kerry said he needed people with experience to help.

The guaranteed speaker program was and other intergroup topic. Everyone was informed that April will be the last month. Here will no longer be speakers arranged for groups requesting them. Instead we will

have a list at intergroup of available speakers at intergroup. If your group is interested in getting a speaker your representative will be able to pick up the list and bring it back to the meeting. If your group needs a speaker you can pick one off the list and call them.

Also at intergroup we voted for an intergroup representative's manual. It was approved that the BIG Administrative ad hoc committee assemble and distribute it. The manual will have the bylaws, OA Guidelines and other information in it.

Don't forget this month is our weekend retreat. Brandywine Intergroup's "A Weekend Walk Through the Steps" Retreat is May 18-20, 2007. It is at St. Francis Center for Renewal, Bethlehem, Pa.

In the region there are a few things going on. First is the Dundalk, Maryland meeting's "31st Annual" Retreat in Ocean City, MD, May 18-20, 2007. Second, there is Washington DC Area Intergroup "Summer Solstice Weekend" Retreat, June 22 - 24, 2007. For more information on those and more events to boost your program, check it out at the Region 7 web site events page:<http://www.oaregion7.org/events.php> ☼

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# 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. ☺

## Newsletter Article Submission

It was brought to my attention that people are sending articles for the newsletter and I never receive them. Remember you must send it to this address:

*newsletter@oa-brandywine.org*

Thanks for your cooperation in the matter. If you do send it to this address it will get to me.

## My 5<sup>th</sup> Step Experience

By Susan A.

NEWSLETTER CONTRIBUTOR

Slogans have always been the shorthand of the program for me. They distill the basic I took my first fifth step in spring of 2000. It was

shortly after my official date I consider my abstinence from food to be which is February 18, 2000. My sponsor at the time was so wonderful, firm, comical, sensitive, and educational. It is hard to discuss the fifth step without discussing the others, specifically step four.

First, it is obviously essential to have already taken the first three steps and really have the ability to "scoop them up in your hand" and lean on them as my sponsor advised when you are doing your fourth step. The fourth step is a story of your reactions, behaviors, and emotional state of mind prior to overeaters anonymous or even you first memories of how you "acted" with food. For me, I finished my fourth step journal and was very ready to change and was willing to share my story with my sponsor even though I was scared. I remember reading

right from my journal and being tempted to leave parts and sentences out. Of course, thinking that she wouldn't notice. But, if I did that, then the only person I would be cheating myself. Why go through all this hard work to change if it isn't going to be as much as I can at this time? After all, the Big Book says that "half measures availed us nothing".

So, I was surprised to see a new side of myself, a new honest side which felt the deceit and dishonesty seeping

## Brandywine Intergroup of Overeaters Anonymous

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out of me. My sponsor really guided me through the fifth step my working step six, eight, and ten at the same time. She asked me to pull out two blank sheets of paper. The first titled "Defects of Character", and the second titled "People I Had Harmed". I didn't ask why or what for I just did it. As I was reading my fifth step she would interrupt with things like, "that sounds like you were tricking that person or deceiving that person and yourself, why don't you write down deceit and dishonest on your list titled "defects of character". Then put down your own name as number one on your list titled "people I have harmed". And so it went, more defects of character were listed and more people I had harmed were added.

Once finished, I was exhausted, sad, relieved, and a new person had emerged. This went on over a few sessions, not all at once. That was just the style of my sponsor. It was done while we meditated with candles, incense, and music playing. It was done while she cooked and measured an abstinent meal for both of us. And it was done together on our knees wrapped up with the serenity prayer, third step prayer, and seventh step prayer before and after to seal it up.

When all was completed to the best of my ability, she asked me, "Is that all of it? Did you leave anything out?" Then I was instructed to read the passage in the Big Book in the chapter "Into Action" which with began with "Returning home, we asked ourselves if we had left anything out....because our house had to have a firm foundation...where we trying to build it out of sand or what it with stone and brick?" That was pivotal as well. I was building and am building a foundation made of stone to stand on for the rest of my life which I hope to be abstinent one day at a time.🌀

## Why I go to meetings

by Danielle S.

NEWSLETTER CONTRIBUTOR

I was very resistant to the idea of going to a regular meeting when I first came to OA. Then I was resistant to the notion that I may need more than one. Now, if I could go everyday, I would! I go to meetings because it keeps me centered in my program and in my life. Meetings remind me of the principles and traditions of the program. How quickly I forget them, especially in times of stress or crisis. I never know exactly what I'm going to get from a meeting when I'm on my way, but that's the beauty of it—it's always a nice surprise. I go to hear other oa's experiences and to share my own. I go for the sense of community and camaraderie that

I feel when surrounded by people just like me. I go for the feeling of unconditional love that is in the rooms. What I started to realize was that although I may not always have wanted to go to a meeting, when I left I was always so glad that I went! Now, I look forward to the days of the week when I go to my regular meetings. I keep coming back and its working!🌀

### Call For Articles For June's Recovery Newsletter Please write on topics:

Give up the food - take back myself *OR* Being part of the fellowship.. Coming out of Isolation...

ARTICLES DUE: **Noon Saturday 12 May 2007**  
E-MAIL ARTICLE TO: [Newsletter@oa-brandywine.org](mailto:Newsletter@oa-brandywine.org)

## Question and Answers

By Don C.

CHAIR, BRANDYWINE INTERGROUP

**Q:** Do I have to be abstinent to be an Intergroup Rep?

**A:** First of all, any OA member can attend Intergroup. Guests have a voice, but not a vote. Only a

group's elected representative (or his/her Alternate) has a vote. Here's what the Brandywine Intergroup Bylaws say about Intergroup Reps.

*Each group shall duly elect, by any method of its choosing, its Representative and Alternate to the meetings of the Intergroup. The Group Representative and Alternate should be familiar with the workings of Overeaters Anonymous, including the Twelve Steps and the Twelve Traditions. Each representative and Alternate may be elected for the term to be decided by his/her group. Immediately upon election, the Group Representative and Alternate names, addresses, phone numbers, and email addresses shall be forwarded to Brandywine Intergroup. Communications between the Intergroup and the group shall be through the group's Representative or Alternate. The Group Representative and Alternate shall serve by making the group's conscience known to Intergroup and by relaying information from Intergroup to the group.* In addition to the Intergroup Reps and the Alternates there are five officers and three Conference Delegates. The requirement for the first officer (the chair person) and the three Conference Delegates is one year abstinence. For the other four officers the abstinence requirement is 6 months. All work of the intergroup is accomplished through committees. The abstinence requirement for committee chairpersons is six months As you can see, like so many other things in OA, it's left up to each group to determine through group conscience its requirements for Intergroup Reps and Alternates. All the above is policy.

Now to my personal opinion. As you can see, many of the positions at Intergroup require abstinence. Therefore non-abstinent Reps can limit the choices and effectiveness of the Intergroup. Also, I believe, although I have not polled all groups, that most require that their Rep be abstinent. Finally, as a sponsor, I would suggest that a sponsee have some sustained abstinence before undertaking any service work

as challenging as intergroup work. Personal recovery always comes before everything else. ☼

## Slogan of the Month

FROM <http://www.region5oa.org/annarbor/slogans.html>

Don't hurry. Don't worry. Don't compare.

### 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.

Suzanne M.	610-906-2721	Friday North Coventry
Cory	610-627-0435	Thursday Media/Rosetree
Mike B. (Men Only)	610-405-1437	Sunday Phonixville
Kathy B-H	484-467-7085	Monday Westchester

### Night Owl List

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

Name	Phone	Call Between
Stephanie P.	C:610-329-6399 H:610-644-7490	Before 3:00 AM
Paula R.	610-409-2596	7:00 PM - 12:00 Midnight
Veronica	484-422-8132	10:00 PM - 12:00 Midnight
Mike B.	610-405-1437	9:00 PM - 12:00 Midnight

## Fifth Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, and I do it.

### 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
Ann T.	W:610-326-0205 H: 610-326-2949	Friday North Coventry
Josie	610-831-5948	Sunday Phoenixville
Jennifer	484-629-4343	Sunday Phoenixville
Michelle	610-495-7917	Tuesday Royersford

### Early Bird List

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

Name	Phone	Call Between
Suzanne M.	610-906-2721	5:00 AM - 9:00 AM
Jennifer	484-629-4343	6:00 AM 9:00 AM
Mike B.	610-405-1437	6AM - 8AM

## Singing a New Song

By Kristin

FROM FEBRUARY/MARCH PACE MID-HUDSON  
INTERGROUP NEWSLETTER

I'm not sure what is more amazing - that it is 2007 or that I have consistently written in this journal for two months. In church yesterday, my friend preached about letting our lives sing a new song. That is what I ant

to do this year. Like the good news in today's reading, I want my song to show my surrender to God, my love for others and the care I do for myself - especially my abstinence. The chorus of my new song will be the tools of the program - which I will utilize one day at a time for my recovery. Thank you Higher Power for this good news: that I may have hope and recovery and be able to sing this new song.