



New Servants to be Selected

Elections This Month

By Mike B.

NEWSLETTER EDITOR

On June 18th a new group of servants will be selected to support the meetings in this intergroup. You may want to make this intergroup meeting. When you see the results you will be able to place a face with the people you hear about in this newsletter or on fliers or through word of mouth. Especially if you are an intergroup representative, you should be here to insure that you get the servants that will serve your meeting well.

An other reason to attend the intergroup meeting is the discussion in the "Group Issues and Feedback," portion of the meeting. In the April 16th meeting we discussed closing statements. It was felt that some meetings did not meet the standard suggested ending in OA published literature. After a back and forth dissuasion a general consensus was reached. The consensus was that in accord with our 4th tradition was that each group is autonomous and even though the closing statement do vary they do not affect other groups. Therefore, the different endings are acceptable.

In addition to that you will find out the latest news about our events. For example, at the April 16th meeting we found out that the May retreat was a successful with 45 people attending. Not only was the meeting a success for program strength butt the conference was financially solvent even after giving a couple of scholarships and there should be some left over to support other intergroup events.

Finally, I would like to mention that at this intergroup meeting the published speakers list should be available for your representative to pick up. This is a list of speakers and there phone numbers that your meeting to call if needs a speaker. ☺

Register Now for the International Conference!

By Mike B.

NEWSLETTER EDITOR

If you have not done it already, there is a few reasons you want to register now for the international conference. First, the hours spent vacillating if you want to go or not will be over and you will be happy with your decision. Second, There is only 400 seats at the banquet and they expect to get over 1000 people at the conference so 600 people at the conference will not be able to get in. Registering now, will increase your chance of getting into the banquet. Finally, if you plan to lead a portion of the meeting the organizers will not call you before you have registered. ☺

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Brandywine Intergroup of Overeaters Anonymous

Post Office Box 605 Bryn Mawr, PA 19010

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Published Suggested Closing

As reported on page one there is a suggested meeting format published on the OA website (<http://www.oa.org/pdf/2DSugMtgFormat.pdf>).

For your information it follows:

CLOSING: "By following the Twelve Steps, attending meetings regularly and using the OA tools, thousands have changed their lives. We offer hope and encouragement. To the newcomer, we suggest attending at least six different meetings before deciding if OA is for you. The opinions expressed here today are those of individual OA members and do not represent OA as a whole. Please remember our commitment to honor each others' anonymity. 'What you see here, whom you see here, when you leave here, let it stay here.' Let us all reach out by phone or email to newcomers, returning members and each other. Together we get better."

Remember this is the suggested closing in the suggested meeting format. Meeting autonomy allows a meeting to use any closing they wish as long as it does not affect OA as a whole.

Coming out of Isolation....

By Chrissy

NEWSLETTER WRITER

I have a serious disease. As I face the physical ramifications of the damage it can bring as it progresses, there is no doubt that it is life threatening. Physical recovery is vital to health and happiness.

Recovery, to me, depends on the spiritual solution. The more I "come to believe" in my HP and the miracles that he/she can bring in my life, the more I can turn over my life, my food, and my day in order to make the changes that I am guided to.

This disease, for me, has had a devastating emotional component also. As the shame built, as the pain increased, as the obsession with food took over life, there was time and energy for little else. Food ruled. I was always planning it, buying it, hiding it, needing it, fighting needing it, eating it, sleeping it off, dealing with the increased shame and hopelessness of the cycle, and then watching the cycle begin again, despite my absolute resolve that it would not.

This took a terrible toll on relationships. People worried about me, so I avoided them and their concern. People needed me to be "present", and with my head in the food cycle somewhere, the best they ever got was half my attention. Talents went undeveloped, leaving me feeling unfulfilled. Sneaking, hiding and shame are not conducive to intimacy and honesty in relationships. Friends who were not eating buddies had to go by the wayside. Meals were

preferred alone, when I could eat what I wanted, and not deal with judgment or sharing. Isolation became a way of life.

Life is different today. Beginning in the rooms, I learned to live a new way. I learned I did not have to be alone. I learned that I could even be comfortable with others, when the relationship was based on honesty, self care, and gratitude. Today, that love of life extends far beyond the walls of the rooms, and permeates every area of my life.

Page 152 of the big book says it the best, when it describes the wealth of people that we will find as we commence the 12 step way of life. This has been so true for me. I could not get well when stuck in isolation. It has taken courage to extend my program beyond the hour of the meeting, to show up early and chat, to stay around after and get to know newcomers. It has taken discipline to lift that heavy phone and dial the numbers I have collected, but when I have, I have been able to take relationships with caring friends to new levels. Today I have people I can call who know how I think, and what matters to me. And they can call me. What a relief!

Today I can go to abstinent dinner parties, out to "coffee" after meetings, to OA dances and picnics, and to joyous retreats. To me, the lighthearted activities and daring new experiences are also very important gift of the program. Working the steps with diligence, commitment to abstinence, using the tools with discipline, and praying daily to improve my conscious contact with HP are improving every area of my life.

Today I am also closer to my family and my non-oa friends than ever. Today I can honestly say I know how to share, and how to have fun. One day at a time, I am really seeing that together we can do what we could never do alone. And have a greater, happier time on the journey. 🌟

Meeting News

By Mike B.

NEWSLETTER EDITOR

We had a one year anniversary in May for the Saturday Conshohocken meeting. To celebrate they had a speaker meeting.

Unfortunately we had a meeting almost close. The 7:00 PM Sunday Havertown meeting needs support. The Monday Collegeville also could use help. Especially since there is a lot of newcomers there. 🌟

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

Leaving Go of My Defects *OR* Sharing My Recovery With Others Outside OA

ARTICLES DUE: **Noon Saturday 9 June 2007**

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

Little Things

By Danielle

NEWSLETTER CONTRIBUTOR

A funny thing started happening when I first got my abstinence. I started to take care of myself in little ways that all started to add up. Like washing my face before bed every night or taking vitamins regularly. They may sound like silly little things but they make a big difference in how I see myself but more importantly how I feel about myself. When I finally got out of the food, I was able to start doing things that I didn't even realize I was missing. It all comes down to self care for me. The biggest step in caring for myself was to put down the food, after that I started to realize that I was WORTH taking care of in other ways too! Now, I'm not too lazy to take these little steps because I want to care for this person that I love...

me. 🌟

My Fortunate OA Experiences. Living In The Solution

By Nancy M

NEWSLETTER CONTRIBUTOR

OA is the most important thing in my life because it has given me a life greater than I ever would have imagined. Abstinence from compulsive overeating is equally as important. I remember this every single morning of my life, praying for the willingness to do God's will and writing my feelings down in my journal. reminding me that this is a far better way to live. I work the Steps, use the Tools, read OA literature and the AA Big Book and do the footwork I need to do to stay in recovery. Life is not easy, but OA has made it more manageable.

When I came into my first OA meeting, I could feel, after sitting and listening for a few minutes, that I was in a wonderful place. People felt and acted as I did. I was not alone. I felt "a part of". I learned, one day at a time how fortunate I was to have found OA. Actually I was told about it by a customer who lead me to the location of a meeting close to my home. Being the outgoing person that I am, it wasn't that difficult for me to go to this myself the first time and feel comfortable sharing my feelings. I found that I have a disease, not unlike diabetes, as was mentioned in Step One. What a relief! Why had I never known this? I found the answer. I had isolated myself, not from other people, but from myself. I had no other way to cope with my fears and feelings than to use food to comfort me. I had no spirituality, let alone emotional or physical stability. These things I learned about in this program. Food was a symptom of my problems, my "issues" in my life. It was the only way I knew to sate the fears, the anxiety, the pain. I was powerless over food and my life was definitely unmanageable. Step One was my beginning of my new life. No matter how much food I would consume, it would not relieve me of the pain I felt inside.

I say it frequently and hope newcomers feel it to.

There is love and acceptance in this fellowship- one I had never experienced before. Here are roomfulls of people- all different, all unique and we had one basic thing in common- our disease. I would never have found all of you- my friends who I love and accept without reservation. I hope that you feel that way about me. But, you know what? It is none of my business what other people think of me. It is only my business how I feel about myself and what actions I can take, with God's help, to be the best person I can be.

I have learned so much in this fellowship and I continue to grow, one day at a time. With all of your sharing your lives with me and your experiences, strength and hope, I too, can share the same with you. We are all in this program together. I always have a place to go and receive what I need. G-d always gives me what I need, not always what I want. Thank God for OA ! 🌟

Trade - "Self" or "Food"

By Nancy M

NEWSLETTER CONTRIBUTOR

The self that wakes up before the alarm and appreciates a warm spring morning and the pink blossoms on my way to work.

The self that feels real gratitude for the abundance of choice of healthy foods I am privileged to eat everyday. This is the self I am holding onto when I write my food plan every night before bed, whether or not I feel like it.

The self that can be angry for hours if need be but has learned she can release the anger through speaking and writing and letting it go.

The self that is in pain and sore from a too long workout or long day but is learning when too much is enough. This is the self I am when I do not obliterate myself with too much food so that I lose the feelings I should be paying attention to with each extra bite.

The self that is starting to believe I deserve all that is offered to me in this life and that if I follow the program's suggestions recovery is mine every day.

The person who chooses what is best for her not always what is easiest.

The person who wants to do a Higher Power's will because it feels right and makes her feel whole instead of always wanting to consume and be driven by appetite.

A self that can reach out, ask for help, support and love from healthy people.

A self that has opinions and preferences and flexibility.

A self who relishes living humbly with nature and doesn't need it all to be the way she wants it to be. Handing over the extra special food treats, rewards or false gifts of self indulgence in my substance – (food I don't need to live a healthy life) - gives me the self I can be.

When I am in the food I am a food addict when I am trading in the food for life without it I am myself. Keep it simple....that's the deal. 🌟

Slogan of the Month

FROM

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

Would I rather be right -- or happy?

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
Mike B. (Men Only)	610-405-1437	Sunday Phonixville
Larey B.	610-296-0540	Thursday Media
Josie W.	610-831-5948	Sunday Phonixville
Susan A.	610-889-9724	Mon. King of Prussia
Barbra	610-828-7382	Mon. Radnor
Chrissy	610-687-2747	Mon. Radnor

Night Owl List

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

Name	Phone	Call Between
Kathi C.	610-789-6871	Up to 1:00 AM
Pat	610-666-6487	Up to 11:00 PM
Marilyn V.	610-565-5679	10:00 AM - 11:00 PM
Marian	610-825-0366	10:00 AM - 11:00 PM
Christine S.	267-254-4886	Any
Mike B.	610-405-1437	9:00 PM - 12:00 Midnight

Early Bird List

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

Name	Phone	Call Between
Jeannette	610-367-0533	7:00 AM - 9:00 AM
Kathi B-H	489-467-7085	5:00 AM - 7:30 AM
Barb	610-828-7382	After 6:30 AM
Harlene	610-430-7102	6:00 AM - 8:00 PM
Kathi C.	610-789-6871	6:00 AM - 1:00 PM
Mike B.	610-405-1437	6:00 AM - 8:00 AM

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.

6th Step Prayer

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God, I still cling to some things that I have admitted are objectionable. Help me to be willing to let them go.

FROM: http://www.oasv.org/html/oa_prayers.htm