

New Day For Intergroup

Moved to Thursday

By Mike B.

NEWSLETTER EDITOR

The focus was on doing what is needed to support our fellow compulsive overeaters. So when a change of day was needed to fill a slate of candidate for intergroup the intergroup did was necessary and changed the meeting date. Intergroup will now meet the thurd Thursday of the month instead of the first Monday of the Month starting in July

There is a second added benefit to that.. More meetings will less difficultly sending a representative to the meeting. With Five evening meetings on Monday and only one evening meeting on Thursday four more additional meetings will be able to make the intergroup meeting and not have a attendee miss the meeting.

The other new thing this month was the first release of the speaker list. This is a result of our speaker program . For six months meetings were supplied with speakers so that meeting that had difficulties getting speakers would have to do nothing but supply a day of the month and ask to be added to a list. Many of the meetings and many of the intergroup members thought that this was a great success. Not wanting to just end this program and leave the meetings with a feeling of abandonment the Speaker List Ad Hoc Committee committed to supply a meeting list at intergroup for the representatives to pick up and bring back to their meeting. A new valuable tool was lunched. Just pick a name on the list and call. ☺

New Speaker List Experience

This editor had had a personal success with the new speaker list . After realizing at the meeting the week before the next scheduled Speaker Meeting he did not have a speaker, he committed to getting a speaker as soon as possible. Unfortunately, as soon as possible ended up being three days later, just four days before the meeting. Resolved to be making quite a few calls to get a speaker, the caller let Higher Power guide him to the first prospective speaker to call. Greatfully, the first call rewarded him with a speaker for the next meeting. Quick and easy the new speaker list did the trick!

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

- ! How I Use the Tools
 - ! Things I have Done With My Higher Powers Help
- ARTICLES DUE: **Noon Saturday 7 July 2007** E-MAIL ARTICLE

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Brandywine Intergroup of
Overeaters Anonymous

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Using the Steps to Let Go of My Defects

By Anonymous
NEWSLETTER WRITER

I have come to see how WORKING the steps is so key to my recovery. I used to come to meetings, read them, hear them, even discuss them. When I started WORKING them on a daily basis, the changes started to happen in my life.

My daughter and son in law have a large garden. Spending a lot of time with them recently, I really got to see how much "work" went into that garden. I also saw how much of the success or failure of the garden and it's harvest had little to do with them. Gardening takes hard work, trust, and acceptance.

I started to see the parallels to my program. I have to do the work. I have to plant the "seeds." I have to do the steps. I have to use the tools. The garden doesn't have a chance without doing that part of the work that is MY share.

But HP has a lot to do with it, and I have to trust. HP lifts the compulsion, guides me when I ask to be shown HP's will for me..gives me what I need. In the garden, HP provides the sunshine, the earth, and the rain to water the crops.

I can help. I can water when needed, and that will help the garden. I can do service when needed, and that will help my program.

I have to weed when needed, just like I have to take things out of my life that clutter, confuse, or keep me from health.

The healthy garden grows in partnership with HP. So do I. I have to learn to do the things that are MY job, and turn over to hp any control, worry, or over-responsibility that I might be inclined to do.

When I WORK the steps, my character defects amazingly recede, and I feel like I'm living in the sunshine.

Just like the garden. I'm very grateful for seeing that. ☀

Living the Principles of the Program Outside of OA

By Anonymous
NEWSLETTER WRITER

In a meeting recently, someone said "The steps help us to live a healthy life, and not want to commit suicide. The traditions help us to live a healthy life and not want to commit homicide." That made me laugh, but it also made me

think.

Learning about the traditions in oa has opened my eyes to the great concept of unity, being responsible and self supporting, letting go of "outside issues" in any walk of life, service, and the list goes on.

Caring about a "group conscience" in lieu of "wanting my own way" has changed my interactions with people both in and out of the rooms.

Being able to "let people be who they are" without judgement, and with loving acceptance has healed an amazing list of family rifts and tensions, and has provided a good example for others to follow. I am constantly noticing this.

With the commitment to be honest is "all" my affairs came the ability to be more intimate and open with family, relationships, and friends. That ability began in the rooms, listening, sharing, doing the steps, and using the tools to practice a new way of living.

To me, its what the 12th step speaks of, the beauty of being able to "practice these principles in all my affairs". Every step I make toward doing this makes me really grateful.



Recovery Garden

By Sue A.
NEWSLETTER CONTRIBUTOR

I recently starting thinking of my recovery as a garden. The

early years were like taking a shovel and breaking into hard ground for the first time. Much effort and discipline were required and the tendency to get discouraged was strong when I didn't see any signs that I would get sustained abstinence soon. This is similar to the flowers of the garden being a long way off. But having seen other plants come up year after year, the way I heard OA stories of sustained abstinence, I was given hope for a beautiful recovery garden.

Once the ground was broken, I began tending to the soil. Without healthy soil the seeds won't germinate and be able to be transformed into plants. Similarly, it is vital that I keep good foods in my food plan and always eat them. If I stop eating vegetables, it's just a matter of time before I go for the refined carbohydrates.

The weeds in my garden are my trigger and binge foods. Just like weeds choke out the healthy plants, trigger foods in my home can undermine my ability to stay clean. If these foods are in my home and I get the urge to taste them, I throw them into the incinerator. Other weeds or pests are my lower power's messages to me. "A small bite or taste won't hurt you," and "you don't have to tell your sponsor if you pick up." I've learned to recognize these falsehoods as my lying addictive voice and to counter them by plucking them from my mind like digging up weeds from the soil.

CVIG Retreat

On the Journey:
Together We Can!

October 19-21, 2007
at Richmond Hill
Richmond VA

for best rate register by
August 15, 2007

Registration Information
Anne 804-262-7877
Susie 804-565-3786

Recovery Garden Cont.

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A garden cannot survive without its life source - water, just like I can't achieve recovery without my Higher Power. Water allows the nourishment from the soil to mix with the seeds. Similarly, my Higher Power is the glue that keeps my emotional, physical and spiritual selves together and functioning within my recovery program.

The fellowships of OA, all of you, are my sunshine in the program. You tell me your stories of recovery, relapse, hope and despair. The honesty of all of you and the support you have given me throughout the years provide the light I needed for my soul that was weighed down by the devastation of my disease.

I used to keep a hedge of protection around my addiction by associating with other drinkers and overeaters. I would never be more than arms length from my substance, food. If I suspected that a party wouldn't have my binge foods, I would load up ahead of time.

Now I keep a hedge of protection around my recovery. I use most of the tools every day and I am committed to working the steps. I don't go into bakeries, pizza & ice cream parlors, or farmers markets. I connect with my higher power each morning.

The flowers in my garden are now in bloom. They include clarity to work on relationships, even difficult ones with confidence. A chance to work in a field I've always been interested in by going back to school at age 48. The ability to see birds and to enjoy nature in a way I never could because I was in a food fog. The ability to enjoy and be around my children even when they are eating things I can't.

- Thanks OA!!!!!!🌻

Blessed At a Young Age

By Kelly of Blandon, PA

FROM NOVEMBER 2006 CALLING
NEWSLETTER OF SOUTH CENTRAL PA

Hello. I'm Kelly, a recovering compulsive eater and I'm 23 years old. I celebrated three years of abstinence on December 2, 2005 and I have to say that these three years have been the best years of my life! I was asked to write a little about my story and how it is possible to come into the program at a young age, so here it goes.....

The first 10 years of my life, I lived with my alcoholic father who was very abusive both verbally and physically. Eating was how I survived and how I stuffed the feelings. I didn't fit in at school and there was no one I could talk to

about the problems that occurred at home, and then, when I was ten, my mother, my brother, and I left my father and started a new life.

My mother put both my brother and me into therapy. We also started going to a 12-step program for kids who had alcoholic parents. Being part of this group really helped me because I could talk to kids who went through some of the same things I went through. However, this did not stop me from eating; even then the disease was strong.

When I was 14, I was seeing a therapist who was also a member of OA. One day, I went into her office and told her I wanted to try OA because I couldn't stop eating. Imagine that, only 14 years old and I had a spiritual awakening! I went to my first meeting, got a sponsor and a food plan. I of course worked the program like a diet, lost the

weight, and left. Looking back now, I think for me, I just was not ready and maybe a little too young.

Throughout high school my weight went up and down but for the most part I could control my eating. I think being able to control it for little amounts of time can be the worst thing for a compulsive overeater. It made me think I was a normal eater. After high school I went to community college and went a little crazy. Up until that point, I was such a goody-goody and I just wanted to be free to do whatever I wanted.

This started a two-year slide down to my bottom. I was asked to leave my parent's house, which was one of the hardest decisions my parents ever made. I got myself into debt within a year and blamed all my problems on my boyfriend or my parents. It was never my fault. I worried about everything, hated myself, and pretty much hated my life. I would always have what my boyfriend likes to call the "end of the world syndrome." Any little thing could set me over the edge and then everything was ruined. Thank God I'm not like that anymore!

At that time, I was also in a therapy group for women. Through that group, God put into my life two wonderful recovering compulsive overeaters and with their help and that of my Higher Power, I hit my bottom. I realized I was dying and I had only two choices: OA or death. Everything seemed so clear and I'll never forget the night I decided to give OA another try. I had so much hope.

Now, life is better than I could have ever hoped it would be. I have a sponsor, I call in my food everyday, and I work the steps. I love doing service, I find it so rewarding. I went back to college while still working full time and in September I started my dream job. I know all the good things that have happened in my life are because of OA and my Higher Power. I also know when I have struggled- I have stayed abstinent because of OA and my Higher Power.

Dear Fellow OA's

For the convention, I am looking for rides between West Chester and the Loew's Hotel over the course of the Labor Day weekend. I am planning on staying with a friend who lives in West Chester on Gay Street.

Diana G. (212) 362-8088
OAFFromNYC@aol.com

I have to say that I always thought God hated me because of all the things that happened in my childhood. I believe now that God loved me and held me through those troubling times. I like to think now that God is a "fan" of me. I don't know why I was blessed with the gift of desperation at a young age; all I can tell you is that I'm very, very grateful. ☺

Slogan of the Month

FROM <http://www.region5oa.org/annarbor/slogans.html>
Nothing tastes as good as abstinence feels!

Temporary Sponsors List

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

Name	Phone	Home Meeting
Mike B. (Men Only)	610-405-1437	Monday Collegeville
Suzanne M.	610-906-2721	Friday North Coventry

Night Owl List

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

Name	Phone	Call Between
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
Suzanne M.	610-906-2721	6:00 AM - 8:00 AM
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.

7th Step Prayer

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My Creator, I am now willing that You should have all of Me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. ☺

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

New Policy for the Lists

Starting Next issue if you sign up for the Temporary Sponsor List, Night Owl List or Early Bird List you will continue to be on it every month unless you ask to be removed. This was decided at the May Intergroup Meeting. ☺

When Should You Recommend Sponsee Begin Sponsoring?

In May's intergroup meeting we discussed "When should you recommend your sponsee begin sponsoring." And we got many different responses. Some said when the sponsee finished step four and has strong abstinence. Some said 3 to 6 months of abstinence and has started to work the steps and others said after they have 30 days of abstinence.

The old-timers chimed in next. They said that the standard use to be 21 or 30 days and finished steps one, two and three.

How the intergroup spends the money it receives:

- ! intergroup phone
- ! intergroup PO box rent
- ! intergroup web site fees
- ! intergroup banking expenses
- ! Region and WSO contributions

Apparently it is up to the sponsor and sponsoree. However additional points were made. One was to gently nudge the sponsoree because many new members are low on self esteem and do not realize they are ready. The other thing that was mentioned is the new sponsorship kit. To look in there and see if there is any guidelines.🌀