



Election Results

Josie W. New Chair

By Mike B.
NEWSLETTER EDITOR

The primary event of Intergroup this month was the election. These are the results:

- Chair: Josie W.
- Vice Chair: Mike B.
- Treasurer June D.
- Recording Secretary: Susan A.
- Correspondence Secretary: Alaina A-M.
- Region 7 and World Service Business Conference Delegate: Marilyn M.
- Region 7 and World Service Business Conference Delegate 1st Alternate: Janice M.
- Region 7 1st Alternate and World Service Business Conference 2nd Alternate Delegate: Josie W.

Our Public information committee was busy. They got a list of 25 libraries they will start to contact to spread the message.

The speaker list has been updated and the old list has been destroyed. There was an incident where one of our members did not like their name being included on lists that was put on the meeting announcement clipboard.. They wanted their name removed and we did.☺

Help the Convention!!!!

By Cathe S.
CONVENTION COMMITTEE

Pre- World Service Convention volunteers are needed for pre-convention service. There is a need for 5 to 10 volunteers on Monday through Thursday, August 27 to 30, 2007. The times are 5pm to 10pm (volunteers can come for part or all of the evening). The location for

the service is Loew's Hotel, 13th and Market Streets, Philadelphia. The service is to fill the "Welcome" bags for the convention attendees. You do not need to be coming to the Convention in order to volunteer for this service, however, you need to provide your own transportation. There is parking at the hotel but it is costly and it will not be reimbursed. Food will not be provided. If you want to be part of the convention success please call Cathe Stock at 610-352-9919 OR email: rstock@voicenet.com . She will be out of the country from July 1 to July 31, but I will be in touch with all after her return. Please call or email before July 1 or after July 31. .

How I use the tool of the telephone.. and why..

By Anonymous
NEWSLETTER CONTRIBUTOR

I keep learning each "one day at a time" that I am committed to recovery. One thing I've learned is that my disease is a disease of "bondage of self". In my disease, I am prone to isolation from any intimate sharing, stuck in shame. The low self esteem that comes with this shame makes me oversensitive, overemotional,

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How I Use the Tool of the Telephone.. and Why..

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and truly obsessed with negative thoughts about myself. It's easy to hide when I feel like that.

In recovery, one tool I've learned to use is the telephone. Besides my sponsor (that call is for ME!), I have committed to call at least 3 other members of the fellowship. At first, I would call them to talk about MY life.. MY day, MY problems. Gradually, that has changed. Today, I mostly

make calls because I sincerely care to ask about what is happening in my friends' life.. my friends' day, my friends' problems.

In the course of conversation, my ideas and thoughts get shared too. But the change is clear and feels really good. The call is a caring call. I'm not lonely anymore. And I don't have to sit around in bondage of self, waiting for people to call ME, to prove that I am cared for. Today I don't feel that way, and I'm realizing what a gift that is. Today I can call because I want to connect with people, to be honest, and to be a loving part of the fellowship. Learning to use this tool has changed my life. ☺

Things Done With My Higher Power's Help

By Mike B.

NEWSLETTER WRITER

For me, it always helps to take stock in what the program and my Higher Power (which I call God) has given me. Without these moments of gratitude my life becomes heavy with the challenges that are facing me now and I get depressed, anxious and grumpy. When I remember the things my Higher Power has given me those dark clouds in my mind break up and the light of hope and trust shine through.

First, God has given me the ability to lose over seventy five pounds and be abstinent for over five years. With that loss I have gone off the medication I needed to maintain my blood pressure. In fact, every time I go to give blood my blood pressure has been checked and is in the middle of the normal range. Also, since losing the weight, I have been able to tie my shoes without holding my breath, climb steps without being winded, and go on vacation and walk without waking up in the morning and having my feet be in pain.

Through the seventh step prayer God has relieved me of many resentments in my life. For example, no longer do I blame all my problems on my parents. I understand they did their best job, love me very much and would have done better if they knew how. I know it is now my responsibility to do the footwork and offer it up to my God to determine the results. For the most part, the results are what I expected and hoped for.

Through God's help I am a better husband. Granted I have a far way to go, but I am doing better. One of the things God has helped me with is how to have better vacations. I learned that the best way for me to enjoy my vacation is to serve my son and my wife by doing what I can to make their vacation go well. I now have a much better time than when I was angry and frustrated that they would not do many of the things I wanted to do. Not only do I have a better vacation, but they do also because they are not on vacation with a grumpy me.

With God's help I am also happier at work, less depressed and seeing character defects in myself and started to do things about it. There are many more gifts. And I am grateful for every one of them ☺



Don't Miss OA's Next
World Service Convention!
August 30-September 2, 2007

Loews Philadelphia Hotel
Philadelphia, Pennsylvania USA

"Ring in Recovery:
Declare Your Freedom
from Compulsive Eating"

2010 Convention-Date: August 26-29
Location: Hilton LAX, Los Angeles, CA

What a Time!

A Convention Participant Shares

Edited and reprinted in Lifeline, December 2000
from

Utah Soaring newsletter, Northern Utah Intergroup, August 2000

Seven hundred recovering compulsive overeaters gathered at the Overeaters Anonymous Convention in Dallas, Texas, last August [August 3-6, 2000] to celebrate recovery, fellowship and OA's 40th birthday. The banner over the registration desk said it well: "Welcome Home." For our large extended family with recovery times ranging from a newcomer who said this was her first introduction to OA to Rozanne's 40 years, it was a grand homecoming.

Folks attended who had decades of recovery and abstinence. Many were maintaining well over 100-pound weight losses. One man who pitched at the closing had gone from more than 400 pounds to the 165 he had maintained for years.

Workshops were offered on everything from the Steps to the tools; to working a program; to spiritual, physical and emotional recovery. Marathon meetings went on around the clock. All kinds of special focus meetings were held (men in OA, folks with more than 100 pounds to lose, gay and lesbian, Spanish-speaking and more). Keynote speakers addressed the crowd at the grand opening, the dinner and the closing. Folks could rest, hang out and talk in the hospitality room and buy OA-related items from intergroups and regions in the boutique room. Everywhere we looked were folks wearing OA name tags. We met old friends and made new ones.

And the dance! What a night! What a time! There isn't anything like an OA dance. No one cares whether you dance with someone, alone, with folks of the same gender or with groups of folks. No one cares how you dress or how you dance; no one cares what you weigh or what shape you're in. It's one of the safest, most amazing experiences you can have.

We celebrated OA's 40th birthday with a party complete with sing-alongs; balloons telling years of recovery; and speeches by Rozanne, our cofounder, and A.G., the first man in OA and first chair of the Board of Trustees.

Three women from Venezuela, speaking from the podium in Spanish and broken English, donated money to the WSO. We were greeted in Hebrew, heard the Serenity

Prayer in Japanese and listened to speakers with strong British, Brazilian and French accents. A French woman spoke who has been in program for 26 years, even though France has had OA meetings for only 24 years. We heard accents from different areas of the US, including many from Texas. The Seventh Tradition donation taken during the 40th birthday party raised \$5,000, and the Fork Hall of Fame raised \$2,000. We held a raffle for the beautiful black-and-white quilt made here in Region Three, called "Life Is More than Black and White." I was holding my breath to see who would take it home, and I couldn't complain when it went to A.G.

Hundreds of us made a huge circle around the room, held hands and closed the convention with "I Put My Hand In Yours." I'm grateful I could be at the Convention. For those of you missed it this time—remember New Orleans in 2003! 🌟

Fun and Fellowship Abound in the Crescent City!

A Together we can definitely do what we can never do alone.

J.S., Cochair, World Service Convention 2003

The two to three years of planning for our Overeaters Anonymous World Service Convention, held August 7–10, 2003 at the beautiful downtown Sheraton hotel in New Orleans, Louisiana USA, surely demonstrates this.

Over 700 members strong from around the world celebrated our recovery in an atmosphere of fellowship, support, swinging music and Cajun charm. We celebrated our theme of "Happy, Joyous and Free in 2003" with enthusiasm while we "Let the good times roll" or, as is said in Cajun country, "Laissez les bon temps roulette!"

An event of this magnitude, requiring so much effort, doesn't happen overnight. It took loving care by dedicated people. A considerable amount of thought, group conscience, service and unity by every person who had a hand in it produced a fantastic experience for everyone there. Of course, without the attendance of so many OA members, the Convention would not have been such a great success.

Despite some obstacles, the planning committee continued on faith and received blessings from a power greater than all of us, providing us with reasonably priced airline tickets, reduced hotel rates and cooperative South Louisiana weather.

The committee chose a theme centered on the Mardi Gras colors of purple, green and gold, along with the ambiance of a beautiful hotel and a breathtaking view of the Mississippi River, all of which contributed to a relaxed and reassuring atmosphere.

Stunning decorations throughout the OA area in the hotel, along with the hotel's old-world charm, brought grace and elegance to every corner.

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Brandywine Intergroup of
Overeaters Anonymous

Post Office Box 605 Bryn Mawr, PA 19010

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Fun and Fellowship

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From the grand opening to the grand closing, every event created a magnificent reality of what Overeaters Anonymous really is: a fellowship. From members who spoke at the general sessions, workshops, marathons and special focus meetings to the attendees, translators, clowns and cloggers, all added to the fun and recovery.

A few days before Convention, I walked into the huge, exquisite rooms reserved for the jazz luncheon and the banquet. Awe overcame me as I pictured all of us in these rooms. Words cannot describe the power and magnitude I felt seeing hundreds of OA members in those places celebrating recovery. The jazz luncheon provided a great warm-up for fun-filled activities.

The evening banquet in the beautiful Armstrong room, overlooking the lights of the city and the mighty Mississippi River, and the awards and recognitions ceremony gave us a night to remember. The poster contest and live auctioneer generated excitement and funds to carry the message to still-suffering, compulsive overeaters. Music and dancing added to the joy, and the fantastic hotel staff demonstrated excellent follow-through and southern hospitality at its best.

I have heard heart-warming comments about the Convention, such as "If you were not there, you sure did miss a great Convention" and "I can't wait until the next Convention — you mean it will be 2010 before the next one?"

Together we did it because we did not depend on our own unsteady power but rather on a power and strength greater than each of us — the God of each of our understanding. The Convention became the recovery success we had dreamed of because we did not do it alone. 🌟

Slogan of the Month

Act as if.

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.

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)	610-405-1437	Monday Collegeville
Donna U.	610-631-7066	Saturday Green Tree
Annie B.	610-933-7066	Saturday Green Tree
Susan A.	610-889-9726	Mon. AM K. of Prussia
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
Annie B.	610-933-7066	Starting at 5 AM
Donna U	610-631-7804	5:00 AM - 7:00 AM

Call For Articles For Sept. Recovery Newsletter
Please write on topics:

- ! How I Work My Program
- ! My Gratitude List

ARTICLES DUE: **Noon Saturday 4 August 2007**

E-MAIL ARTICLE

TO: Newsletter@oa-brandywine.org

