



## New Retreat Being Investigated

### In Fall of 2008

By Mike B.

NEWSLETTER EDITOR

It is looking like we may be having another retreat next year. There was a motion passed in July's intergroup meeting to form a committee to investigate co-hosting a 12 step (Alcoholics Anonymous) Big Book based retreat with the South Central PA intergroup. Included in the motion is the fact that the person investigating this should give intergroup a report in November. Also during this discussion the issue came up and it was decided that the intergroup's insurance would cover it since it would be affiliated with BIG (Brandywine Intergroup).

There were additional things that went on during intergroup. First, it was noted that many of the old Recovery newsletters were added to the Website in July. Also, Information and Outreach said the committee is developing. They now have five people and have a large list of libraries. The committee should be contacting the libraries soon. They will find what public events they are having and will set up a table representing OA. The BIG Administration committee is also busy. They have been reviewing the bylaws and a couple issues they may investigate changing were brought for examples to the intergroup. BIG's Spring retreat was also discussed. We're currently looking into options for a format for a Spring Retreat. ☺

### Keeping Old Telephone Lists. Is it OK?

By Mike B.

NEWSLETTER EDITOR

At the June Intergroup Meeting there was discussion during the Issues and Feedback section of the meeting on if it was against the traditions to keep old telephone sign up sheets. Most people in attendance did not believe it was a breach of anyone's anonymity to keep the old sign up sheets. Granted they should not be kept forever and when disposed of they should be shredded or torn up but since the lists were kept within the meeting and not circulated outside no one should be concerned about their loss of anonymity.

There is also a useful purpose for old meeting lists. Sometimes people may relapse and feel embarrassed or ashamed to come back to meetings. Sometimes all it takes is for someone to look back on the old sign-in phone list and give them a call to reassure them that we would be glad to see them back and we are not going to punish or ridicule them if they do.

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Brandywine Intergroup of  
Overeaters Anonymous

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# Telephone Lists. OK?

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Another suggestion came up that may eliminate that problem. Some meetings only have a permanent meeting call list. Therefore, a weekly list is not passed around and kept on the clipboard week after week. There is also someone appointed in the meeting to update the list. One meeting reported updating this list once every three months.

One important point is that every meeting is still autonomous and can determine what to do with the meeting lists on their own. If they are concerned about keeping the lists and want to dispose of the lists weekly they can.

## Meeting News

By Mike B.

NEWSLETTER WRITER

A new meeting is on the list. Even though it has been around a while it was not on our list. The meeting is the Tuesday 7:00 PM Boyertown meeting. If you are interested in going the contact person is Jeannette (610-367-0533.)

Reports of the Sunday Havertown meeting's demise have been greatly exaggerated. There is a new group attending and a new contact person, Jen (610-623-5680).

Friday North Coventry and Monday Collegetown meetings can still use some support. They are regularly attended but small and are looking for people.

If your meeting needs support or has any other announcements you would like put in this article please contact me, Mike, at: [benensky@excite.com](mailto:benensky@excite.com)

## How to get People to do Service, Especially Leading Meetings

By Mike B.

NEWSLETTER WRITER

Another topic of discussion that came up in the June intergroup meeting was how to get people to lead meetings. This is especially a problem in small meetings of up to 5 people. However there were some suggestions. One suggestion was to elect a general chair. Then you have a person responsible for leading the meeting throughout the year if they cannot get someone else to lead.

Other meetings have a section in the format asking for a leader for the next meeting. This assures that all the attendees are aware of the responsibility they have for the service to the meeting and gives them an opportunity to do the required service to keep the meeting going. Finally, it was mentioned that in every group there is always one who is more adept at organizing and persuading others to do things and that person has a responsibility to their own recovery and OA as a whole to turn it over to their Higher Power and do what needs to get done to get leaders for the meeting. ☸

## Crosstalk a Problem In Your Meeting?

By Mike B.

NEWSLETTER WRITER

There was also a discussion on meeting crosstalk in the June intergroup. There were a few suggestions. One was to have it clearly spelled out in the meeting format. Sometimes new-comers do not understand what we have learned over the time we have in the program and it needs to be explained to them. Second, the leader needs to be reminded to keep meeting composure and that feeling of safety and security we need to share. OA is a growing experience and one of the ways we can grow is to practice being assertive and still compassionate. As leaders we should not let fear get in the way of us taking responsibility. Finally, as the traditions state it is each of our responsibility to do service to the meeting. We do not need to make a big show during the meeting but we can take members aside after the meeting and in a compassionate and loving way share our experience with other members so they understand the need for meetings to be free from crosstalk. ☸

## No Better – No Worse

By Anonymous

FROM THE JUNE 2006 CALLING  
SOUTH CENTRAL PA INTERGROUP'S NEWSLETTER

Before I found the rooms of Overeaters Anonymous, I believed that I was significantly different from everyone with whom I came in contact throughout the day. I was either BETTER

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# No Better – No Worse

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than each person, or I was WORSE. I either knew more than everyone around me, or I was the stupidest person in the room. I was either blessed with greatness, or I was cursed with a life of dysfunction that no one else could ever understand. Life was one big comparison for me...a constant judgment of myself and others. I was never good enough, or you were never good enough. Either way, it was a very lonely way of living.

Once I arrived in OA and started following the guidance of my sponsor and other recovering compulsive overeaters, I started to discover that I was able to identify with other members and to feel accepted just by sharing the truth of my disease of compulsive overeating and where it had taken me. Because of my disease (and my willingness to be honest about it), I was able to build relationships with others in the program. I realized that in all the years prior to OA, I had been sabotaging myself and all my relationships by expecting too much from myself and others. I expected others to be impressed by me or feel sorry for me (depending on how I felt that day). I expected myself to reach unreachable goals or excel to a greatness only known in fantasies.

Today, it feels uncomfortable when others are impressed by me. Today, I don't look for pity from others. Today, I set goals that are attainable and I refrain from fantasizing about wearing the Queen's crown! Today, I ask my Higher Power to guide me and to open my heart to His will. I ask for the courage to carry out His will and the eloquence to spread His message. I yearn to be just like any other recovering member in OA.

Today, I am the me that my Higher Power wishes me to be...and that is a recovering compulsive overeater who is willing to weigh and measure her food, follow the suggestions of her sponsor, go to meetings, and work the steps. I thank my Higher Power for leading me to OA, and to a life that is beyond my wildest dreams: no better – no worse! 🌀

# 2007 World Service Business Conference a Success

FROM THIRD QUARTER 2007 STEP AHEAD

OA WORLD SERVICE NEWSLETTER

Nearly 200 delegates from around the world gathered in Albuquerque, New Mexico USA, May 1 to 6, for OA's 46th annual World Service Business Conference.

Workshops and discussions this year centered on the theme "Living the Twelfth Step" and included such workshop topics as "Embodying the Joy of Recovery," "The Twelve Steps: Are They the REAL Tools?" "We Are the Message: What Are YOU Carrying?" and "Living the Twelfth Step: What Does That Mean to You?"

Delegates engaged in productive roundtable discussions at a forum titled "Embracing Diversity in OA," and gave feedback and ideas during a special Conference session devoted to the new strategic plan developed by the Board of Trustees.

They also granted the Conference Seal of Approval to a new pamphlet titled Black OA Members Share Their Experience, Strength and Hope and approved revisions to an existing pamphlet, A Guide for Sponsors. The revisions include a new section called "[30] Questions to Ask Newcomers," designed to help sponsors work with newcomers on OA's first three Steps. Both pamphlets will be available for purchase from the World Service Office (WSO) in early September.

Delegates adopted New Business Motion A that allows the Board of Trustees to initiate a national public-awareness campaign using an outside agency. The board will create a special fund for member contributions to this endeavor, and \$20,000 of OA's current reserves may be used as upfront "seed" money to begin the campaign.

Members and service bodies may contribute to this special fund by earmarking funds sent to the WSO or by donating at <https://secure.yourmis.com/oa.org/contribution.html>. Two bylaw amendments passed reflecting the move of the corporation from California to New Mexico. Delegates referred all bylaw amendments related to virtual (online and telephone) meetings and their incorporation into OA's service structure to a subcommittee appointed by the BOT chairman.

The proposed bylaw amendment to change gender references in Steps Three, Seven and Eleven was defeated.

New region trustees elected this year are Craig R. (Region Five) and Di C. (Region Ten). Reelected trustees are Angela J. (Region Two) and Charles A. (Region Eight).

New general service trustees are Vicki W. for a three-year term and Cheryl T. for a two-year term, and reelected to serve another three-year term is Dodie H.

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# 2007 World Service Business Conference a Success

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For more information on Conference voting results, read the 2007 Wrapup Report at [www.oa.org/pdf/WrapUpReport07.pdf](http://www.oa.org/pdf/WrapUpReport07.pdf).

In September, the WSO will send the Final Conference Report to all delegates and to those intergroups not represented at Conference. Members and groups may purchase additional copies by contacting the WSO or by ordering online after September (item #800) at [www.oa.org/literature\\_catalog.htm](http://www.oa.org/literature_catalog.htm). ☺

## Slogan of the Month

I won't starve to death between meals.

## OA Promise

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
Michelle	610-495-7917	Tuesday Royersford
Suzanne M.	610-906-2721	Friday North Coventry
Pat	610-666-6487	Saturday Green Tree

### Night Owl List

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

Name	Phone	Call Between
Stephanne	610-329-6399 © 610-644-7490(h)	12:00 PM - 3:00 AM
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 Oct. Recovery Newsletter  
**Please write on topics:**

! How I Work My Program  
! My Gratitude List

ARTICLES DUE: **Noon Saturday 8 September 2007**

E-MAIL ARTICLE

TO: [Newsletter@oa-brandywine.org](mailto:Newsletter@oa-brandywine.org)

