



Silent Retreat?

For Spring 2008

By Mike B.

NEWSLETTER EDITOR

One of the biggest topics of the August intergroup meeting was making the intergroup spring retreat a silent retreat. Scheduled for Friday 30 May to Sunday 1 June 2008 (the week after memorial day) the retreat would include 24 hours of silence to get in touch with one's Higher Power with the goal of becoming closer and getting a clearer line of communication.

There was a lot of discussion pro and con on the silent retreat. One person mentioned they were apprehensive since most compulsive overeaters tended to be isolators and may suffer from the lack of communications. However, there was another person who said they believed something like a silent retreat would be a profound experience. Another, who lived alone, said they spent enough time in silence and believed they would not get that much out of more silence. There were others at the meeting who had experience in other non-OA silent retreats who said that they did add to their spiritual growth. In general after the discussion it seemed to be a more positive than negative mood in favor of the silent retreat.

Mike B. was asked to investigate into getting a person from the McKinney Care and Share group to host the retreat and investigate it further and report back next month. The McKinney Care and share group has been hosting an OA silent retreat in the Dallas, Texas area for the past few years.

There were many other topics discussed at the meeting also. In the group issues and feedback section of the meeting we discussed when a key-holder should arrive at a meeting and new-comer meetings. There were also reports from ad-hoc committees and plans for IDEA day, Unity Day and upcoming community outreach days.

The community outreach committee reported they had compiled a list of area libraries. Feeling libraries would be a good place to focus our effort the outreach committee have already begun. At the Easttown library the

committee already has permission to post information on the bulletin board and are going to have a meeting with the library staff to negotiate permission to have a table with OA literature at upcoming community events at the library. The next libraries targeted are the Media and Upper Providence Libraries. There are also plans by the outreach committee to make a new poster with phone number and web address tear offs that could be posted on community bulletin boards. We would have it on the web site to make it accessible to all recovering compulsive overeaters in the intergroup to print out and post on their own.

The intergroup has also gotten volunteers for two marathons. They are IDEA day (see article later in newsletter) and Unity day. IDEA day is coming up Saturday 17 November 2007 and Unity Day is in the spring.

Two events to carry the message were discussed in the New Business section of the meeting. For the Saturday 29 September Recovery Expo in Exton four volunteers said they would work together to cover the events. (CONTINUED NEXT PAGE-SEE "SILENT RETREAT FOR SPRING")

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OA Members Worldwide Observe Special Day November 18 to Celebrate Abstinence from Compulsive Eating

From OA Website Press Releases Page

The season for overeating is upon us. With so much emphasis on food as the holidays arrive, people who suffer from compulsive overeating find themselves faced with temptations everywhere.

Where can they get the support they need to discover other ways to celebrate the holidays - ways that will leave them feeling good about themselves instead of guilty or full of regret? Where can they find a solution to the devastating cycle of bingeing and starving? Where can they discover how to stop the never-ending roller coaster ride of yo-yo dieting?

Overeaters Anonymous - a Fellowship based on the Twelve Steps of Alcoholics Anonymous. Since 1992, on the third Saturday of November, members of Overeaters Anonymous (OA) worldwide observe an International Day of Experiencing Abstinence (IDEA). The OA Fellowship created IDEA Day to encourage members and newcomers to abstain from compulsive overeating. This year IDEA Day is celebrated on November 18.

Some 6,500 meeting groups in approximately 52 countries will hold special events on this day to provide the kind of support that is needed prior to the upcoming holiday season. And that support is also available 365 days year-round. OA is open to women, men and young people with any kind of food problem.

Founded in 1960, Overeaters Anonymous held its first meeting in Los Angeles, California. Now 46 years later, OA is a worldwide Fellowship that has found a solution to the problem arising from overeating.

Overeaters Anonymous views compulsive overeating as a physical, emotional, and spiritual disease. Members find recovery on all three levels following a twelve-step program patterned after that of Alcoholics Anonymous. There are no dues or fees for membership; the Fellowship is

self-supporting through member contributions and literature sales. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine.

Information about Overeaters Anonymous and the location of OA meetings can be obtained from the World Service Office in Rio Rancho, New Mexico.

Silent Retreat for Spring

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The recovery Expo is an event which brings together 12 step groups like OA which deal with compulsions and other groups which deal with other mental illnesses. OA is a founding presenter of the recovery Expo. The other big event we are planning to present at is the American Dietetic Association in Philadelphia. Presenting to professional organizations like this introduces our program to healthcare professionals that can acquaint fellow compulsive overeaters, with our program so they have the opportunity to find us and our recovery.

Finally at intergroup we discussed getting some equipment so we could record our speakers. Then we could post it on the internet for download. Kathy B. our web master said she would investigate it and report back in September.☺

Meeting News

By Mike B.

NEWSLETTER WRITER

No real changes in meeting information since last month but there are a couple things to report. First, The Saturday Greentree meeting is sponsoring a marathon on Saturday 6th October from 9am – 12 noon (See Feature Block) . Second, the Monday Collegeville meeting is struggling but doing better. They have had a speaker the last two months and have one schedule for October. They also had three newcomers come into the program thru though this meeting. Gratefully there are people attending the meeting for the newcomers.☺

When Should the Key-Holder Get to the Meeting

By Mike B.

NEWSLETTER WRITER

One of the discussions in the Group issues and feedback of the August Brandywine Intergroup (BIG) Meeting of Overeaters Anonymous was when the key-holder should get to a meeting. Some, who thought you should get to the meeting in time to get the meeting started on time, reported that they only get there five minutes early. One person who was concerned about the comfort of the meeting room thought you should get there sooner. Sometimes it takes air conditioning or heat in rooms about fifteen or twenty minutes to get the room comfortable. Others report reading in the literature that every meeting should have a meeting before the meeting, a meeting and a meeting after the meeting. These people think you should get to the meeting at least fifteen minutes early. That is how early the chairperson reported getting to the intergroup meeting. In general people reported about how they discouraged people who got to the meeting late by making them wait to share last. At one point many agreed, if it is an issue it should be brought up at the meeting's business meeting.☼

meetings. With only two newcomer meetings in the intergroup that may be a problem. Some related that having only two meetings is not a big problem since the meetings they go to hold newcomer meetings after the meeting. During the meeting format after asking for the name of newcomer it has a part for asking a recovering overeater to lead the newcomer meeting. Some meetings require the leader to volunteer if no one else does. Others stated that there still may be merit to having a few more newcomer meetings in the intergroup. Yet, a few others noted that coming in they did not want any attention drawn to them and just wanted to blend into the background and would not go to a newcomer meeting even if they were invited. ☼

What Should We Do About Beginner Meetings

By Mike B.

NEWSLETTER WRITER

Another discussion in the Group issues and feedback of the August BIG Meeting was newcomer

Faith Replacing Fear

An OA marathon sponsored by the Green Tree meeting

Please join us

Saturday 10/06/07

from

9am - 12 noon

(Registration begins at 8:30)

At the

Green Tree Church of the Brethren

1078 Egypt Road

Oaks, PA

\$5 donation

(but please don't stay away if you can't pay)

Questions or directions? Contact:

Donna Y - 484-250-9369

Dick - 484-802-6391

Slogan of the Month

I can expect only to get better at this, not control it.

From: <http://www.oahouston.org/oa-slogans.html>

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.

Night Owl List		
These are fellow Compulsive Overeaters willing to take your late night calls.		
Name	Phone	Call Between
Stephanie	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

Tenth Step Prayer

I pray I may continue:

To grow in understanding and effectiveness;

To take daily spot check inventories of myself;

To correct mistakes when I make them;

To take responsibility for my actions;

To be ever aware of my negative and self-defeating attitudes and behaviors;

To keep my willfulness in check;

To always remember I need Your help;

To keep love and tolerance of others as my code;

And to continue in daily prayer how I can best serve You, my Higher Power.

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
Jeff	610-409-4986	Saturday Green Tree

Brandywine Intergroup of Overeaters Anonymous	
Post Office Box 605 Bryn Mawr, PA 19010	
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Website	
Address: http://www.oe-brandywine.org/index.html .	