



Region 7 Still Needs Money from November's Group Issues and Feedback by Mike B.

The sentence "We are not sending any money to Region 7 because, like us, they are flush with funds." in the November newsletter caused confusion among many of our members. Like the intergroup, being well funded does not mean that Region can continue to operate without your continuing support. Region 7 still needs your continued funding or they will eventually run out of funds and stop being able to carry the message to other compulsive overeaters. Also, like Brandywine Intergroup, when they build up an excessive amount of funds they gift it to world service. Finally, the purpose of the sentence was to explain why Brandywine Intergroup was not also passing a portion of the funds to Region 7.

Wouldn't Trade by June D.

Have been in OA nearly 4 years and maintaining a 40lb. weight loss.

I found a higher power & spirituality in this 12 step program and do better now dealing with my emotions than I did before program.

It's a daily exercise I wouldn't trade for anything.

A Time for Giving—Service by Anonymous

I was at the Region 7 Assembly recently for the first time (I don't quite know what the difference is between an assembly and a business conference, but I'm learning.) The assembly reminded me of a business meeting, but for all of the Intergroups in Region 7.

I also learned that since OA is world wide it is broken up into 9 Regions so as to better serve the members. (Region 7 includes all of the meetings/Intergroups in PA, NJ, MD, WV, and DE.)

The chairman of each Region's Board was there. They came from all over the globe. These people were just like me—recovering compulsive overeaters one day at a time, but with more experience, strength and hope. I heard a lot about how service had helped them in their recovery and how it had changed them and their lives—for the better.

Below are some of the great things that I heard during their sharings.

- Service is slimming.
- For every chair you put away you will get one day of abstinence.
- When someone asks you to do service the answer is "YES"
- Please don't let not knowing enough or being enough deter you from doing service.
- **B.I.N.G.E.** = **B**elieving **I**'m **N**ot **G**ood **E**nough

- HP doesn't call the qualified, he qualifies the called.
- When someone asks you to do service ask yourself three things:
 1. How's my health? (Am I healthy enough to do the service?)
 2. Am I willing to make the time to do service?
 3. Am I willing to learn?
- Being abstinent is doing service.
- World Service is going to be launching a National Publicity Campaign to get the word out about OA. When the newcomers come into the rooms will they see people in physical, spiritual and emotional recovery?

Honestly I was overwhelmed at first by all of the work that still needs to be done to help those who still suffer from this horrible disease. I am only one person what can I do? The thought came to me—"Pray and ask your HP what your part is in spreading the message and then wait for an answer. Be open. Discuss it with your sponsor or someone you trust in OA. Don't be afraid to do service."

So for today I am praying to be open to what HP would have me do. I'm sure it will be something exciting.

Coming to OA, Coming Home

My name is Gen and I am a compulsive overeater and bulimic. My overwhelming desire to prove other people wrong brought me to OA. At 335lbs, I had decided to have gastric bypass and went to see the physician. I had to see a psychiatrist and a GI specialist, as well as follow a medically supervised "diet" for six months. I was surprised when I failed the psychiatric exam, he said I was a compulsive eater. I actually failed the GI test because of the wear and tear on my innards from being bulimic. I lasted 2 days on the diet before blowing that too. I am friends with the physician and he told me I didn't need gastric bypass, I needed OA. I told him he was crazy, that gastric bypass was all I needed to make my life better. He challenged me to attend at least six OA meetings, and if I still didn't think I needed to be there, he would do the surgery.

The next night I stopped at every fast food restaurant on my way home from work and binged. I then stopped at Wawa and purged, then continued driving home to eat dinner with my family. This was a normal pattern of behavior for me. I went to my first OA meeting that same night, and sat in silence. I didn't want to hear the message I needed to hear. I left the meeting with my newcomer packet, stopped at Eckerd and binged on \$25.00 worth of candy bars in the parking lot. I like to eat alone and in secret, as if somehow that keeps it from being "real.". I went back to OA the next night, after all, only five to go and I could have the surgery I so desired and then the greatest life ever. I don't remember much about that meeting except crying a lot. I heard something that night that changed me. I heard other people talk about the stuff they did with food, and it was as crazy as what I did with it! And while they shared their

story, they actually laughed! I didn't binge after that meeting; I went home to bed.

On my way home from work the next day I stopped, like I normally did, at the first fast food place— but I drove away empty handed. I decided right then and there that I would no longer have fast food. I heard people talk about addiction to different foods, and about something called abstinence. I thought I might be addicted to the trans fats in the fast food, and decided to stop eating it. After the remaining meetings I realized

I am learning, and that is the greatest part of the program. **It has made me teachable.**

I was a compulsive overeater and bulimic, and had come home when I came to OA. Nobody looked at me weird when I talked about eating all my kids Halloween candy, and not being able to stop. No one looked disgusted when I told them I had made a 4lb meatloaf and ate the middle of it while waiting for the potatoes to boil, and then pushed it together to hide the evidence.

It is now 18 months later, I never had that surgery, and I don't want it any more. I have lost over 60lbs since coming to OA, but I have gained so much more. I was gifted

with freedom—from the food and from myself. I follow a food plan and call my food in to my sponsor. Fast food is only one of many things I don't eat anymore. I am a much calmer person than I was before OA. I meditate daily, and talk to my Buddha. I work the steps to the best of my ability, and try not to beat myself up anymore. I realize I cannot control the world, although some days I would like to! I have recognized some of my defects of character, and am working to change them. I am learning, and that is the greatest part of the program—it has made me teachable. I guess my friend the physician wasn't so crazy after all.

BIG's Silent Retreat

May 30 – June 1, 2008

Finding the Road to Recovery

Riding in the back seat and letting someone else drive.

Saint Frances Center for Renewal
Bethlehem, PA

Price includes: 2 nights lodging, all meals
Saturday, breakfast and lunch Sunday

For more information contact
Mike at 610-405-1437

Early Registration due February 30, 2008

\$125 Double Occupancy Early Registration
\$185 Single Occupancy Early Registration

Registration due April 30, 2008

\$145 Double Occupancy
\$205 Single Occupancy

Registration form with schedule will
be available at December 2007
Intergroup Meeting

Silent Retreat FAQ

Q: What is a silent retreat?

A: A silent retreat is a retreat where a portion of the time is spent in complete silence. With so many things in life that regularly receive our attention (family, work, friends, TV, radio, Internet, etc.), it can be difficult to spend some very personal time with oneself. An OA silent retreat affords each attendee both the wonderful fellowship of other OA members as well as some high-quality personal time during silence. When we stop for even a brief moment without family, work, TV, Internet, phones...and even talking, then it does not take very long for us to be truly left with only our own thoughts and feelings. It is wonderful to be surrounded by other OA members when we experience the silence. Many people that have gone to a silent retreat for the first time did not know what to expect but can only tell you that they would never miss the opportunity to return again once the retreat was over.

Q: So only a portion of the time is spent in silence?

A: Yes, beginning on Saturday at a certain time and ending on Sunday at a certain time (for a total of 24 hours).

Q: Will there be any scheduled “speaking” activities during the silent portion of the retreat?

A: Not normally. Occasionally, a volunteer will lead a guided meditation (attendance optional) early in the morning during silence.

More FAQ available at www.aa-brandywine.org.

THE THIRD-STEP PRAYER

God, I offer myself to thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always!

(Alcoholics Anonymous, p. 63)

BRANDYWINE INTERGROUP OF OVEREATERS ANONYMOUS

Post Office Box 605, Bryn Mawr, PA 19010

Website Address:

www.aa-brandywine.org

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TEMPORARY SPONSOR 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
Barbra R.	610-828-7382	Monday 10AM Radnor
Susan A.	610-889-9726	Monday AM K. of Prussia
Mike B. (Men)	610-405-1437	Monday Collegeville
Michelle	610-495-7917	Tuesday Royersford
Suzanne M.	610-906-2721	Friday North Coventry
Annie B.	610-933-7066	Saturday Green Tree
Donna U.	610-631-7066	Saturday Green Tree
Jeff	610-409-4986	Saturday Green Tree
Pat	610-666-6487	Saturday Green Tree
Jennifer	484-629-4343	Sunday Phoenixville

NIGHT OWL LIST

Fellow Compulsive Overeaters willing to take your late night calls:

NAME	PHONE	CALL BETWEEN
Christine S.	267-254-4886	9 PM – 12:00 Midnight
Mike B.	610-405-1437	9 PM – 12:00 Midnight
Nicole J.	215-877-3166	9 PM – 12:00 Midnight
Stephanie	610-329-6399 (c) 610-644-7490 (h)	12:00 PM – 3:00 AM
Stephanie P.	610-329-6399 (c) 610-644-7490 (h)	Till 3:00 AM

EARLY BIRD LIST

Fellow Compulsive Overeaters willing to take your early morning calls:

NAME	PHONE	CALL BETWEEN
Annie B.	610-933-7066	Starting at 5 AM
Donna U	610-631-7804	5:00 AM – 7:00 AM
Louisa I.	215-796-4323	5:35 AM to 6:45 AM
Mike B.	610-405-1437	6:00 AM – 8:00 AM
Suzanne M.	610-906-2721	6:00 AM – 8:00 AM