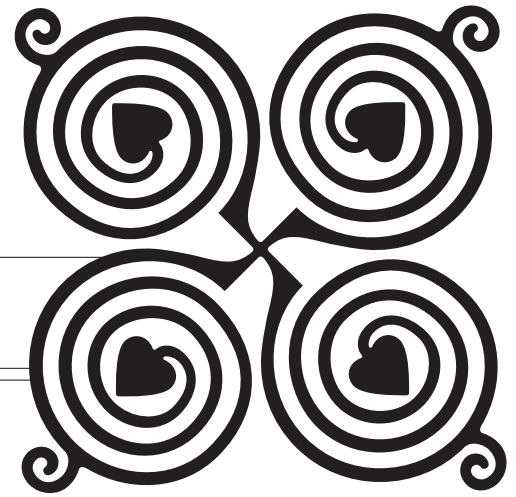


recovery

FEBRUARY 2008



Intergroup Report by Mike B., Editor

December's Intergroup was well attended even though it was as close to the holidays. There was a few things covered. First, we discussed what to do with a set of CDs with the Region Chairs sharing at Region 7's Assembly. Since the Intergroup does not have a CD library it was decided they should be given away. The best opportunity we have is Unity Day on February 23, 2008. We all agreed that it would be a good opportunity and decided to give them away at Unity Day. Intergroup also reviewed the newsletter and found errors in the lists for Temporary Sponsorship, Night Owls and Early birds that were made in this issue of the news letter.

The silent retreat was also discussed. Some people in Intergroup were wondering if the retreat is going to have a facilitator. That question was answered with yes we do have a

facilitator. We are having someone who has experience with silent retreats give the opening and has been advising us and making recommendations and giving us the theme of the retreat.

The web-servant reported that the information and flier about the silent retreat will be posted on the site soon along with information on the upcoming Unity Day. There should also be MP3s posted on the site of BIG speakers from past events.

Public outreach was also discussed. They have been busy investigating events where we can carry the message to the general public. They reported we will be getting 1000 business cards. They also plan to attend Channel 10's fitness fair.

The Unity Day marathon was also discussed. The theme of "Leap Into Recovery" was revealed. There should be further information on that in this issue of the newsletter.

UNITY DAY: Saturday, February 23rd, 9am–3pm *Leap Forward into Recovery Together*

Overbrook Presbyterian Church

Corner of Lancaster Ave. (Rte. 30) and City Ave. (Rte. 1), Philadelphia
Registration begins at 8:30am, \$5.00 fee to cover expenses
Door prizes will include C/Ds from the World Service convention.

We will have a special emphasis to welcome newcomers and those returning from relapse. We encourage everyone who comes to invite a newcomer or someone they haven't seen in the rooms for a while. Unity Day is sponsored by Intergroup and hosted by the Monday night Overbrook meeting. If you are willing to give service that day, please call Bob B. at 610-368-2557. More information available soon at www.aa-brandywine.org.

Topics

1. Getting Started With OA
2. Reigniting the Flame: Relapse and Recovery
3. Step Nine: Moving Beyond the Guilt and the Shame
4. Spirituality: The Path to Abstinence
5. Walking the Path with a Sponsor
6. Service: Hop, Skip and Jump
7. Leap and the Net will Appear:
Developing a Relationship with a Higher Power
8. The Hurdle to Freedom: Fourth Step Inventory
9. Clearing the Way for Recovery: The Food Plan
10. Freedom With Body Image and Sexuality
11. Gratitude and Attitude
12. Soar to Serenity: Practicing Prayer and Meditation

THE 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.*

PRESS RELEASE: Overeaters Anonymous Celebrates 48 Years Providing Recovery to Compulsive Eaters Worldwide

WWW.OA.ORG

On January 19, 1960, the first Overeaters Anonymous meeting was held in Los Angeles, California. Now 48 years old, OA is a worldwide fellowship. The organization's world headquarters are in Rio Rancho, New Mexico, northwest of Albuquerque.

Overeaters Anonymous views compulsive eating as a physical, emotional and spiritual disease. Members seek recovery on all three levels by following a Twelve-Step program patterned after that of Alcoholics Anonymous. OA is not affiliated with any

public or private organization, political movement, ideology or religious doctrine.

Some 6,500 groups in 75 countries provide ongoing support for members through weekly OA meetings. No dues or fees are required for membership; the organization is self-supporting through member contributions and literature sales.

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

World Service: Public Awareness Campaign

During the Group issues and feedback section of the December Intergroup meeting one meeting representative brought up that their meeting was concerned about the world service's Public Awareness Campaign. There are concerns about breaking the tradition of attraction rather than promotion. However, it was explained by members that attended the 2007 World Service Business Conference that the public relations firm fully understands the tradition.

For those wanting more information and explanation there was an Ask-It Basket article in one of the past summer's Lifeline Magazine. Also, the power point presentation given at the 2007 World Service Business Conference is posted on the OA web site if anyone is interested (http://www.oa.org/pdf/PAC_slide_show.pdf).

Additionally, here is an article published on the OA web site with a further explanation of the campaign:

Public Awareness Campaign Kicks Off at Convention

Have you ever opened a newspaper or magazine to find a favorable article about OA, or about compulsive eating in which OA is mentioned as a valuable resource? Members often send such articles to the World Service Office (WSO), noting with pride their pleasure in seeing OA given such positive press. What if you saw articles like this every week in the media? What if other still-suffering compulsive eaters read those articles and started showing up at meetings?

With that exciting prospect in mind, the Board of Trustees gave participants at the 2007 World Service Convention the opportunity to view a presentation about the Public Awareness Campaign that was approved by delegates at the 2007 World Service Business Conference. The campaign will focus on educating and informing the public about Overeaters Anonymous.

A representative from the public relations firm that will work with OA came to Convention and explained the campaign's approach. She distinguished between conventional

advertising and public relations. The latter establishes two-way communication between an organization and its publics and focuses on educating, changing or reinforcing behaviors. The representative made clear the firm is committed to a campaign of attraction, not promotion.

The goal of the campaign is to educate the public on the core mission and successes of Overeaters Anonymous in helping compulsive eaters recover and reach healthy physical, emotional and spiritual states. By focusing on OA's long history and proven successes, the public awareness effort will differentiate OA from other food-related Twelve Step programs and commercial weight-loss programs.

OA will conduct the campaign in two phases. The first phase will develop a comprehensive media relations tool kit, which will include general news releases; fact sheets; stories of recovery; philosophy of Twelve-Step programs; articles for local placement; and recommendations to Intergroups on how to find, contact and develop relationships with local reporters to place stories. Health and human-interest media outlets and TV and radio talk shows will receive information about OA.

The second phase, in late 2008, will undertake large-scale placement of public-service announcements.

Delegates at WSBC in May passed a motion that OA conduct the campaign and that the campaign be supported by member contributions to a special public awareness campaign fund established by the Board of Trustees. The motion also authorized the use of \$20,000 of current reserves for seed money to initiate the campaign. Such funds are to be reimbursed from the special fund established for this purpose.

We encourage all members, groups and service bodies to help raise funds for this campaign by passing the basket an extra time. Make sure to specify the name of the fund on your donation. Currently the fund has collected \$11,000.

New Literature!

by Mike B., Editor

There were three new pieces of OA literature put out last year. They are *Seeking the Spiritual Path Book* (\$8.35), *Sponsorship Kit* (\$2.25) and *Black OA Members Share on their Experience Strength and Hope Pamphlet* (\$0.75). They are all available at the monthly Intergroup meeting or you can order them from the OA website.

Seeking the Spiritual Path

More than 70 stories of spiritual discovery compiled from Lifeline magazine. Explores such topics as the search for a Higher Power, spiritual experiences before and during the program, tools for spiritual growth and the perspective of agnostics and atheists. Softcover; 144 pages.

Sponsorship Kit

Packet of inspiring and helpful information for sponsors includes an issue of Lifeline magazine featuring stories about sponsorship; Tools of Recovery pamphlet, A Guide for Sponsors pamphlet; A Guide to the Twelve Steps for You and Your Sponsor pamphlet; "Working with Others" article from A Step Ahead

Black OA Members Share Their Experience, Strength and Hope

If you are a black person struggling with overeating and weight, please read this pamphlet filled with hopeful stories by black OA members from around the world. If you are not black, but you want to understand how someone from a different culture feels coming into OA, please read these stories with an open mind and heart. Our common problem of compulsive eating unites us.

BIG's Silent Retreat

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 and more information
available online at www.oa-brandywine.org

May 30 – June 1, 2008

A G E N D A

Friday, May 30, 2008

6:00-7:30	Registration Pick up Packets and Room Key
7:30	Opening
10:00	First Workshop Building Security Alarm Set

Saturday, May 31, 2008

6:30	<i>Building Security Alarm Clears</i>
7:00-8:00	Guided Meditation
8:00-9:00	Breakfast
8:30-9:15	Speaker
9:15	Silence Begins
12:00-1:00	Lunch
5:30-6:30	Dinner
10:00	<i>Building Security Alarm Set</i>

Sunday, June 1, 2008

6:30	<i>Building Security Alarm Clears</i>
7:00-8:00	Guided Meditation
8:00-9:00	Breakfast
9:15	Silence Ends
9:15-10:30	Speaker/Sharing
10:30-12:00	Step Study Discussion and Sharing
12:00-1:00	Lunch
1:00-2:00	Wrap Up and Clean Up

Sending out the 12th Tradition

by Mike B., Editor

New to the treasurers position for your meeting and wondering where to send your 7th Tradition? Here are the addresses:

Intergroup:

Brandywine Intergroup of Overeaters Anonymous
 PO Box 605
 Bryn Mawr, PA 19010-0605

Region:

Region 7, Inc.
 3500 S Du Pont Hwy
 Dover, DE 19901-6011

World Service:

World Service Office
 PO Box 44020
 Rio Rancho, NM 87174-4020 USA

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.oa-brandywine.org

The opinions expressed in Recovery reflect those of the writers and not the Brandywine Intergroup or OA as a whole. We reserve the right to edit for space and grammar, and it is understood that all copy may be reprinted by other OA groups without permission.

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