

recovery

MARCH 2008



The Promise by BC

I believe in the promise of the program that says, "it works if you work it!"

It is the reason I continue to struggle, keep coming to meetings and allow my Higher Power to guide my life. It is the hope this program offers me that allows me to have the strength to go on one day at a time, on my way to a new life.

I have come so far emotionally and spiritually in this program, but the weight I still carry, tells me I am not working the program to the best of my ability.

But, thank God, I have steps to follow, tools to use and patient people to help me along my path to recovery.

I no longer strive for perfection, but recognize and celebrate the small steps I take as I grow. I ask God every day for the

understanding of what his will is for me, for the willingness to accept what he offers and the strength to do what pleases Him.

It took a long time for me to become the flawed person that I am, and my recovery will not happen overnight.

I have accepted this, but I believe with my heart and soul that the promise of hope and recovery this program offers will lead me to the life God has always meant for me to have.

With gratitude

From *The Palm Beach Connection*, the newsletter of the Palm Beach County Overeaters Anonymous Intergroup

The Power of Fellowship by Amy B.

This fellowship gave me hope when I had none. This is the essence of the second step for me. We came to believe that a power greater than ourselves could restore us to sanity = HOPE. I walked away from my first meeting with it — 21 months ago. These have been the best 21 months of my life.

It is our weakness that binds us together and makes us strong. The group frees us from our shame and isolation, and gives us the strength to admit defeat and fully accept the insanity of behaving like we can eat like

a "normal" person. We are able to look at the devastating consequences the disease has had on our lives. And when we open ourselves up to the reality of what this disease has cost us, a shift happens. The pain of staying the same becomes greater than the pain of change. We are given the strength to let the urge pass, to feel the feelings we have tried to escape, to let the discomfort just be.

We learn that we can survive without compulsively overeating.

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.*

Recovery gives me LIFE!

by Sandy R. Reading

Hi, my name is Sandy and I'm a compulsive overeater. By the Grace of God and the program of Overeaters Anonymous, I have been granted the ability, on day at a time, to abstain from compulsive overeating. My reprieve from compulsive overeating is a DAILY one, dependent on my spiritual condition. As a direct result of this program, it has been possible for me to string one day of abstinence to another, and to another. I am in a normal body size and I maintain a healthy weight. All of this is a Miracle! A miracle of God and of Overeaters Anonymous!

In addition to the miracles of a normal body size and the cessation, one day at a time, of my insane self-destructive eating, I've been fortunate to experience other miracles. When it comes to food, eating behaviors and the compulsive things I did in my attempts to avoid gaining weight (i.e. excessive exercise, fasting, crazy diets, throwing up) my thinking has changed, my behavior has changed, my emotions have changed and my beliefs have changed. This is nothing short of a Miracle! A miracle of God and of Overeaters Anonymous!

By the Grace of God and the program of Overeaters Anonymous, I've also experienced drastic changes in my thinking, my behavior, my emotions, and my beliefs about myself, about other people, about situations, and about the way the world works. Lately, changes have been happening so fast that sometimes I feel like I can't keep up with them. For me, growth happens in fits and starts. It is a process. I trust the process of the

12 steps! This is nothing short of a Miracle! A miracle of God and of Overeaters Anonymous!

Before Overeaters Anonymous, I tried to change everything about myself, especially my weight. The best I ever accomplished was many temporary changes, always followed by a return to the same old thinking, the same old behavior, the same old emotions, and the same old beliefs. And all of these "same olds" were killing me. They were stealing my life, my energy, my health, my vitality, and my spirit. I was fat, exhausted, demoralized, and full of self-recrimination. I was soul sick.

Recovery (my definition of recovery: abstinence + 12 steps) has given me LIFE! A better life than I have ever known! Recovery has given me FREEDOM! Freedom to change and to grow! I am so grateful for the gifts that I have been given. I hope and pray that this time next year, I will have the gift of being able to look back at today, and see that I have continued to change: my thinking, my emotions, my behavior, and my beliefs. The only way I have a chance to continue to change is to trust God and work the program of Overeaters Anonymous to the best of my ability on a DAILY basis. For me, it STARTS with Step One. With Step One in place, I have a chance to work the rest of the steps and to continue to change and grow. Recovery gives me LIFE! Recovery gives me FREEDOM! On day at a time.

From *Calling*, August/September 2006, the newsletter of the South Central Pennsylvania OA Intergroup

Sponsorship. A Necessary, and Wonderful Tool

by Anonymous

I hear so many OA's saying that their sponsor is not a "fit" for them. I hear that a good sponsor is hard to find.

I know the importance of being a good sponsee. I don't expect my sponsor to "do the recovery work" for me. I get assignments from her, and I make sure that whatever the assignment, that I do the assignment with care, go to any length, and make sure that she gets it back in writing. If I need to talk with her, and we set a time, I am there. I don't call her at the last minute and say I can't make it, or stand her up. I know for my recovery, and to keep her as my sponsor, I have to treasure her, and carry on my side of the bargain.

I don't expect her to be a counselor or answer life's demands for me, we can discuss them, and however, if she says that it is above her education or experience, I don't frown on her, or think of discarding her.

If we set a time to meet or to call on the phone, I don't say I am busy right now when the phone rings, or I have to run out and do a chore, or exercise—can I call you back in an hour. No—she has set aside that time for me, she has gone out of her way to

meet me after or before a meeting, or even at her home. When we meet, I do have my assignment with me. I don't say—I forgot it. Why was I going to meet her? I plan ahead. I look forward to seeing her. I don't just show up, and say—I forgot my assignment. I know that her time is valuable.

I have asked her to sponsor me—because I liked what I saw in her, and I wanted what she has. Do I still want what she has, when I realize that she will go to any length to work this program, and to report to her sponsor. You bet, the abstinence, the sanity, the self esteem, the work it takes—is all worth it. I am not killing myself with food anymore. I am not looking for Miss Sponsor of the year. I am not kicking my sponsor, because my sponsor is great. If I stand up to my end of the bargain, do my assignments, and ask for another when I am done with the last one, I know I am on the right track.

No—it is not hard to find a good sponsor. They are all around us.

From *Calling*, August/September 2006, the newsletter of the South Central Pennsylvania OA Intergroup

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

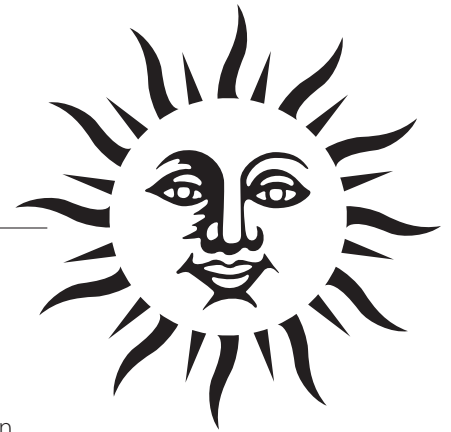
Price includes: 2 nights lodging, all meals
Saturday, breakfast and lunch Sunday

For more information contact
Mike at 610-405-1437

Registration due April 30, 2008

\$145 Double Occupancy
\$205 Single Occupancy

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



AGENDA

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 *Building Security Alarm Clears*
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 *Building Security Alarm Set*

Sunday, June 1, 2008

6:30 *Building Security Alarm Clears*
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

Resolution by Anonymous

Resolution—firm determination, a solution or explanation, as of a problem...

My problem is me and the solution is within me. OA has given me the tools and support to start over and over and over again. But each time I get a better explanation of why I'm special [overeater, anorexic, bulimic].

In 2003 I made a resolution to go back to anorexia to lose weight. Bulimia came with it this time and God help me I about killed myself. So, I might still struggle but everyday I make a resolution as I will make it my new years resolution...To be happy, live in peace, stick to my food plan, not throw up, help another, to do the best I can and...let God do the driving.

From *New Beginings*, January 2008, the monthly newsletter of the Central Florida Intergroup of Overeaters Anonymous



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

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www.aa-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