

ROAD TO RECOVERY

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From Our Chair

What a wonderful life recovery from compulsive eating is! It's made possible by our diligent working of the Overeaters Anonymous Steps, Traditions, and Concepts. Fellowship with one another remains a pillar of our recovery efforts, and I'm so happy to let you know that SCPOAI hosted a Butterflies Are Free on June 24th, with so many wonderful workshops and a speaker, plus abstinence practices that help keep us sane. In November, we hosted our IDEA Day with the topic of spirituality. Powerful workshops and speakers made this day extra special.

Currently our Retreat planning committee is hard at work on the April 12-14 OA retreat in Camp Hebron, PA. Check out the SCPOAI website or ask your Group R for more details. Your SCPOAI Intergroup is hard at work making these visible events and many behind-the-scenes things happen. **Please join us!**

Peace,

Geri K
SCPOAI Chairperson 2024

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Step 4- Courage

Made a searching and fearless moral inventory of ourselves. Spiritual Principal- Courage Tradition 4-Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept 4-The right of participation ensures equality of opportunity for all in the decision-making process.

Step 5- Integrity

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition 5- Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.

Concept 5- Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

Step 6- Willingness

Were entirely ready to have God remove all these defects of character.

Tradition 6-An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Concept 6-The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

- Admittedly, some of the articles in this newsletter were submitted quite some time ago. Because the experience, strength, and hope shared in them was so compelling, the decision was made to publish the articles even if the information might seem dated.

Thanks,
Dana M Newsletter Chair

Members Share

A taste Of abstinence

A TASTE OF ABSTINENCE IS A MIRACLE FOR ME...
I NEVER THOUGHT I'D RECEIVE THIS GIFT OR BELIEVED.
IT IS LIKE A FEELING, A SIGH OF RELIEF WHEN...
THE COMPULSION TO EAT DOES HAVE AN END!!!!

MY CHEST FELT LIGHT AND MY HEAD SO CLEAR...
AT THAT MOMENT AND ON I HAD NO FEAR.
OF THE FOOD FIGHT I FOREVER SEEMED TO BE IN...
AND THAT IN ABSSTINE I FOUND A NEW FRIEND!!!

REALIZING ABSTINENCE WAS NOTHING TO FEAR...
FOR SAYING NO TO THE EXCESS THAT WOULD BRING TEARS.
THAT ABSTINENCE IS A WONDERFUL GIFT TO RECEIVE...
BY DOING THE FOOTWORK THRU OA, I DO CONCEIVE.

I AM TRULY GRATEFUL FOR SO MUCH...
IN OA WITH H.P. I CAN GET IN TOUCH.
TO FEELINGS AND SEEING AND DOING NEW IN MY LIFE...
IN BEING A MOTHER, SISTER, DAUGHTER, FRIEND AND WIFE!!!!!!

DEB E.
FROM CARLISLE

Dear Friends

I am preparing for a total knee replacement and thinking what I need to do to plan ahead. As Been said "I don't plan to fail, I fail to plan." I can only have a good life if I put my abstinence first. I truly know that today because I was a chronic relapsor. My recovery has brought me so much joy, happiness, serenity, freedom and hope. I know this could only be because of my Higher Power doing for me what I could not do for myself. I am so grateful to my HP and to all my friends in OA. I need to plan for my physical, emotional and spiritual needs. Number 1 is my abstinence. Before surgery I will be making pre measured meals and freezing them so they are readily available. I have talked to my sponsor about the day of and my overnight stay in the hospital. I reached out to someone else for experience, strength and hope on how she dealt with food when she had to stay overnight. I have my food plan ready now for my stay in the hospital. I need to turn this all over to my HP. HP knows better what my needs are than I do.

Once I am able, I have zoom meetings I can participate in. I also know I can ask members to come to my home if I need an in person meeting. I have others willing to take me to meetings. I can't do this alone. As they say together we get better. I am grateful to have friends in OA that are willing to help me in whatever I need. I know it is ok today to ask for help. I've had people already offer to make me abstinent meals. Nothing is worth jeopardizing my abstinence and serenity.

All glory belongs to my HP and the OA program. It really is totally worth it when you work it!

Mary K.

This is a question that came up for me after reading the Voices of Recovery for March 5th. The writer shares her realization that although physically abstinent, she was not emotionally abstinent because she "still tried to control things, such as the outcome of events and the behavior and feelings of others" (Voices of Recovery, p. 65).

Her Higher Power had sometimes been her husband, or people whose approval/acceptance she wanted.

I have recognized and worked on - in the case of people pleasing, am still working on - all of the above. Before working a program, I was not able to recognize these and other issues. I once put my faith in a person who would "tip me off" as to others' shortcomings, so that I might avoid advice from or excessive engagement with them. My gut grew increasingly uncomfortable as I realized that almost anyone I could mention was sharply criticized by this person. I had a "note to self" moment: this is not something I want to imitate.

So - it seems easier, to me, to decide what emotional abstinence is not, and try to do the opposite, always learning from people in the rooms. If my Higher Power shows me what not to do, and makes me take down any false idols I choose to worship, that gives me a direction if I choose to follow it. Obviously I don't have the answer to the question of what is emotional abstinence and how do I acquire it? My best guess (pending further input) is that emotional abstinence, like humility, is not a state that can be chased down and appropriated, but rather a byproduct of working the steps with our sponsors and remaining open to messages put in our path. Physical abstinence makes that possible in the first place.

Yvonne from Reading.

“CHOICES”

THE DAY STARTS OUT WITH CHOICES TO MAKE...
ONES I WON’T CHOOSE AND ONES I WILL TAKE.
THIS IS WHEN THE SERENITY PRAYER HELPS ME OUT...
ESPECIALLY WHEN THE CHOICE I CHOOSE MAY GIVE ME
DOUBT,

I HAVE A CHOICE BETWEEN RE-ACTING OR NOT...
CHECKING WITH H.P. HELPS THE DECISION I GOT.
STILL IF IN DOUBT AS TO MAKING THIS CHOICE...
I ALSO HAVE MY SPONSOR TO CHECK WITH HER VOICE.

THEN AGAIN MY ANSWER MAY BE JUST TO WAIT...
TO BE QUIET AND LET THE DECISION SETTLE.
BY WORKING THE PROGRAM OF RECOVERY...
I CAN REMAIN SERENE THRU THE PROCESS AS IT BE!!!!

DEB FROM
CARLISLE OA

Review of the Newly-Released PDF: *New Plan of Eating* (#144)

I have an ebook reader that I can access on several of my devices. Last week, the company that sells the ebooks told me about a newly-available OA pamphlet (I got it because I've bought other e-versions of OA books.) When I saw the topic, I almost made the mistake of passing it up because my disease whispered to me, "You've been abstinent for over 20 years. What can something called *A New Plan of Eating* teach you?"

Fortunately, its low price (\$2) inspired me to ignore that non-helpful suggestion, and I am so glad I did. Although I started reading it with skepticism, I quickly became a believer. I now know it is an outstanding resource for my sponsees and me.

The pamphlet is **A New Plan of Eating: a Physical, Spiritual, and Emotional Journey** (#144). After finishing it, I am so grateful to the OAs who put it together to replace OA's old pamphlets: "A Plan of Eating and "Dignity of Choice." A New Plan of Eating is more than just a pamphlet. It is a booklet that has chapters on: "How to Stop Eating Compulsively;" "Creating a Plan," "How to Change Our Eating Behaviors;" and "Structure and Sanity." It also contains 6 very helpful appendixes on topics ranging from sample plans of eating; how to determine portion sizes; How to cope with long days, irregular hours, and special occasions; what to do to maintain your recovery *after* your body right-sizes; as well as reminding readers of OA's official definitions of abstinence and recovery and giving them additional OA resources to explore if they feel they need more.

Again and again, as I read *A New Plan of Eating* ..., I thought, "Thank God they're covering this. I have been asked about this by my sponsees and newcomers. Now, I have a single resource I can direct them to besides my ESH. I also admitted, "Boy, I needed to hear/be reminded of that." Who would *A New Plan of Eating*... help? I believe any OA (a newcomer, a sponsor, or a member struggling to get, reinforce, or regain their abstinence) would find investing \$2 in this pamphlet helpful. I hope that if you take my suggestion that like me, you won't be disappointed. - Tracy F. Lancaster