

Road to Recovery

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SCPOAI Board

Chair:
Heather H. (610)468-7671

Vice Chair:
Dana B. (717)315-9133

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South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

Welcome Heather H, 2021 SCPOAI Chair

Challenges are everywhere, especially for the new & returning members of OA. The past year has been difficult for us all. Unfortunately, isolation can feed this disease of compulsive eating in ways that sometimes feel beyond our control. In times like these the Serenity Prayer, 3rd Step Prayer & the 9th Step Promises have been a comforting buffer to living life on life's terms. Using, at least, a few of the tools daily can keep the wolves of the disease at bay.

SCPOAI Contacts

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Remember, your abstinence is a form of service. If you are abstinent you are available to be the voice of hope and recovery on the other end of a phone call.

Thank you for the opportunity to serve throughout the next year.

Wishing you a safety & abstinence,

Heather H.

2021 SCPOAI Chair



Region 7 Alternates (2)
vacant

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Region 7 Contacts

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Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all these traditions, ever reminding us to place principles above personalities.

Step 1

We admitted we were powerless over food—that our lives had become unmanageable.

Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity

Big Book of AA Share

I have been given the assignment of writing about my experience reading p.58-63 in the Big Book of AA. I have been reading this every day for two weeks (and suspect I have a couple of weeks to go).

It seems a simple assignment, the only difficulty being that it has become so familiar that I can begin to recite it mindlessly, and have to stop, go back and reread parts of it. However, as I concentrate on phrases such as "rigorous honesty"; "all the earnestness at our command"; "fearless and thorough" and others denoting similar urgency and emphasis, the necessity to be "all in" is clear. It's no use just dipping my toe in this. I realize I am being asked to make a thoughtful, serious decision to turn my will and my life over to God.

Having till recently done a relatively brief check-in with my Higher Power in the morning, I now need to be ready and willing to make a stronger commitment. This is less daunting when I realize that I can ask God's help to do so.

Yvonne W.
Reading, PA

A Member Shares on Her Journey

Hi my name is Mary K and I am a compulsive overeater and a food addict. I say food addict to remind myself that this is a disease, it is not my fault, and there is a solution in OA. As I look back over this year, I thank my HP whom I choose to call God that I am abstinent today. It is truly only because of God's grace and mercy I am abstinent. I have been in and out of these since 1989.

After realizing how miserable I was this time and how it was affecting those around me, I hit my bottom. My bottom was really low this time and harder than ever to get and stay abstinent. Despite months before becoming abstinent where my HP was talking to me about turning my food over, I blatantly said no and ate anyway. Talk about powerlessness over food, food behaviors, and my will be done!

It devoured all my time and thoughts.

I had to pray daily for the willingness to be willing to work my program. It does happen if I pray daily, follow my plan, talk to my sponsor, go to meetings and work the steps. Truly if I pick up that first bite all bets are off. I will be right back to overeating all the time, obsessing over the food.

This is a daily reprieve by the Grace of God. I have more joy, peace, and wonderful other members of this program to share my journey with. I (You) am never alone. I no longer have to do anything by myself. With God's help I try to bring to others what I have been truly blessed to have been given one day at a time. This helps me to stay on the path to recovery. Thanks for letting me share.

Mary K, Mechanicsburg, PA

Did you know?

We are in need of your story and recovery for the *Road to Recovery* newsletter. Steps 2 and 3, and Traditions 2 and 3 will be featured in the next edition. Please share on how these Steps and Traditions in particular aid your recovery.

Please send your writing (it can be 10 or 100 or 250+ words!) to scpoairoad2recovery@gmail.com

Deadline for the February/March newsletter is January 25, 2020.

The Isolation Monster vs. The Super Hero of Recovery

After experiencing many years of abstinence and fellowship in Overeaters Anonymous, I rarely have to fend off the Isolation Monster that once held me in a prison of victimhood and active compulsive overeating. However, since March of this year, as the entire world started isolating due to the current pandemic, I have recognized a frightening fact about myself – the Isolation Monster has not left the shadows of my mind, it has only hidden away to await new opportunities to get me back.

When all OA meetings traveled from in-person to online or via phone at the end of March, I was extremely grateful that we had available to us the technology that allowed us to continue meeting together. I expected at that time, like many others, that the change would only last for a few weeks, and I was honestly a little excited to be able to attend meetings in my pajamas! Unfortunately, as we all know, a few weeks turned into a few months, and we are now only three short months away from it being an entire year of our lives. This separation from my fellows has caused me to trip over the great awareness I mentioned above.

The Isolation Monster has re-revealed itself slowly throughout these last several months. First, it ignored my initial feelings of isolation from my fellows. It told me I did not need to make extra phone calls or reach out to others in any other way than showing up on the on-line meetings. Then, when two meetings in our area did return to in-person, it told me that I would not be safe going there, that I should continue attending the on-line meetings only. Finally, when I started to return to in-person meetings, it filled my head with a million excuses not to attend each week.

The beauty of working my program of recovery every day, one day at a time, day after day after day, is that it has built a foundation that will not allow me to listen to all the lies of the Isolation Monster. Because what happened as the lies were introduced, was a response of truth from my Super Hero of Recovery. Instead of isolating on the screen of a computer during the lockdowns, I did make extra phone calls to recovery friends and fellow OA members that I normally might not call. When the green phase popped up in my county, I ignored the Isolation Monster and took the lead of my Super Hero of Recovery by suggesting my home group be one of the meetings that return to in-person. And every time the Isolation Monster tried to keep me from going to that in-person meeting with some ridiculous or brilliant excuse, I tapped into my Super Hero of Recovery by making a phone call to another member or sending a text to others who were normally attending and asking them to show up that evening.

What I experienced from listening to my Super Hero of Recovery instead of the Isolation Monster has been this – UNITY, COMMUNITY, and CONTINUED ABSTINENCE! For me, those things are essential for me to have peace in my daily life. I need people.

And I am thankful to the pandemic for showing me how much I need to be with people in-person. I need to hear their voices and see their eyes as they share their experience, strength, and hope in a quiet room without the interruptions that often happen on-line (The cat walks in the room and isn't that so cute? Or a chat pops up in the window from another member at the meeting and I just have to read it right now!).

I pray today that we will all be back in person sooner rather than later; and I thank God for helping me to stay focused every day on the foundation of my recovery – UNITY, COMMUNITY, and CONTINUED ABSTINENCE!

***Jessica M.
Shillington, PA***



Link to Online Meetings

[http://scpoai.org/images/
SCPOAI_Meetings_Updated%201
0-23-2020.pdf](http://scpoai.org/images/SCPOAI_Meetings_Updated%2010-23-2020.pdf)

Meeting and Event Information is
Changing Daily

Get the Latest at This Link

<http://scpoai.org/>