

Road to Recovery

SCPOAI Contacts

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(717) 391-2950

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OA World Service:
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SCPOAI Board

Chair:
Heather H. (610)468-7671

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

Corresponding Secretary
Connie T (717) 599-1122



South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

Grateful For My Disease?

Sitting in meetings I would often hear how people were grateful for their disease of compulsive eating. To me, this sounded crazy, even if I could, kind of, comprehend where they were coming from with their gratitude. Still, grateful was not something I could ever imagine for me when thinking about my disease.

SCPOAI Board *cont'd*

Recording Secretary:

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Treasurer:

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Region 7 Alternates (2)

vacant

After some experiences watching loved ones suffering in their own soup of disorder I realized that I had something that they didn't have. The 12 Steps & 12 Traditions had become so ingrained in my daily life that I came to the realization that I was actually grateful for my disease. The gratitude comes from the fact that I am where I am today in my recovery because of my disease. It gave me a way to escape problems when I had no other tools available (shoving food in my face helped me to ignore the toxicity that surrounded me at family events). My eating took me to my bottom, which is where I had to be to be willing to reach out for the solution offered through recovery.

It took having to watch loved ones suffer through their issues to remind me of the gift of my recovery. I don't have to solve or fix their problems, but I can pray for God's will to help them find their way.

Wishing you abstinence & peace,

Heather H.
SCPOAI Chair 2021

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**Step 8**

Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8

Overeaters Anonymous should remain forever nonprofessional but our service centers may employ special workers.

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Did you know?

We are in need of your story and recovery for the *Road to Recovery* newsletter. Steps 10 and 11 and Traditions 10 and 11 will be featured in the next edition. Please share on how these Steps and Traditions in particular aid your recovery, and anything else you'd like to share.

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

Members Share

What's Important

I have a group of friends- all in recovery but none are in OA. We give each other Christmas gifts but this year with Covid our gift giving was postponed until May. Two of our friends decided to have everyone over for Thai food as their gift to us. I wanted to be included but I have never eaten Thai food in abstinence. I sent my sponsor the menu for help with choices however she was unsure what would work. She suggested that I call another abstinent compulsive overeater for help. She too had never eaten Thai in abstinence. I was getting frustrated. Why was this SO difficult?!?! Hmmm....yes why WAS this so difficult? It was difficult because I was concentrating on the food. After 4 years of abstinence it didn't take as long as it used to before I recognized this. The disease was still there pulling my focus away from recovery .

I called my sponsor and explained I would be taking my weighed and measured food to the party. I told her I was not going to spend another minute trying to "figure it out". What is important? The company and spending time with treasured friends. That is what is important. I honestly don't remember what I ate that night. What I remember is the conversation, the feeling of being together, and the genuine peace that my simple weighed and measured food brought to me.

Cindy Z.

Reading, PA

New Way to Connect!

SCPOAI has added a new resource and service opportunity for its fellows. We are keeping a list of available sponsors and speakers. If you are in need of either, please contact SCPOAI (scpoai@gmail.com / 717-391-2950). If you are willing to perform the service of either, please fill out the form on the SCPOAI website (<https://www.scpoai.org/sponsorsspeakers>). It is together that we get better.



IMPORTANT

***Please note that the meeting list is being updated more frequently than usual as groups in our Intergroup return to in-person and/or hybrid (ZOOM/phone + in-person) meetings. Please check the SCPOAI website and meeting list link (last page of this newsletter) for the most up-to-date information. ***

Meeting List

Click below:

[Most Recent Meeting Link](#)

Meeting and Event Information is
Changing Daily

Get the Latest, including most recent
newsletter, at this link:

<http://scpoai.org/>