

Road to Recovery

SCPOAI Contacts

SCPOAI Hotline:
(717) 391-2950

SCPOAI
P.O. Box 104
Camp Hill, PA 17001 <http://www.scpoai.org>

OA Region 7
Correspondence is made through the Region 7 website.

OA World Service:
P.O. Box 44727
Rio Rancho, NM
87174-4727
(505) 891- 2664
<http://www.oa.org>

SCPOAI Board

Chair:
Heather H. (610)468-7671

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

Corresponding Secretary
Connie T (717) 599-1122



South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

The World is Out to Get Me...?

When I was new to the program and in times of stress it seemed like the outside world was out to get me. Almost monthly holidays were disgusting candy/food fests. Commercials were targeting me with closeup pictures of food that was not on my food plan. Dieting ads were trying to get me to question whether I was really at my ideal weight. Guilt feeders in my family were trying to get me to eat things that I couldn't have. I was a victim of my environment.

SCPOAI Contacts

SCPOAI Board *cont'd*

Recording Secretary:

Mary Esther A (717)873-8446

Treasurer:

Chris R(717)512-3770

Assist. Treasurer

Karen M. (717)580-3666

SCPOAI service positions:

Literature

Delphine (717)823-3615

Newsletter Road to Recovery

Geri K (717)461-6438

Orientation

Cindy M. (717)576-0715

Outreach

Deedy D. (717)877-6835

Twelfth Step Within

Yvonne W. (610)468-9474

Ways and Means

Deb K. (484)332-8926

Website

Amanda D (717)873-0928

Region 7 Representatives (3):

Over time I came to realize that I am not that special and not the focus of media targeting. The world wasn't out to get me; it was just doing what the world does. With abstinence, working the steps and using the tools I found that I didn't feel as targeted or vulnerable. Focusing on my recovery instead of cowering in my victim mindset gave me strength and hope. Keep taking the next right step is a mantra for me.

Wishing you abstinence & strength through difficult challenges,

Heather H.

SCPOAI Chair 2021



*God Grant me the Serenity to accept the things I cannot
change Courage to change the things I can and Wisdom to
know the difference*

Glenn K. (717) 659-1219
 Deedy D. (717) 877-6835
 Dana M (717) 315 -9133

Region 7 Alternates (2)

vacant

World Service Delegate

Dana M (717) 315 -9133

Region 7 Contacts

Chair

Terry B.
 chair@oaregion7.org

Region 7 Trustee

Karen B. (646)220-4185

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Step 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him.*

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Did you know?

We are in need of your story and recovery for the *Road to Recovery* newsletter. Steps 4 and 5, and Traditions 4 and 5 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

A Member Shares on Her Journey

I am so powerless over everything. I currently have a situation that is troubling me. I am scared, in pain and feeling annoyed and want it to change. I want it to be different. How is this any different from being in the food? It is no different.

I need to surrender this situation to God I need to let go. I have done the footwork and am doing the footwork but am I? I am not if I am staying in the trying to figure out how to fix this on my own. I am not if I am researching why, why why... I am not if I am constantly complaining or making jokes about it or calling myself names in my head. I am picking up the food symbolically however if I continue to do this I will literally pick up the food. I need to let Go and let God I need to keep doing 10th steps on this feeling of powerlessness. I need to keep praying and asking God to help me focus on God. I need God to come between me and this situation before this situation come between me and God.

I am committing to keep praying to God, to keep writing letters to God, to keep surrendering this. I am committing to let this go because it isn't worth it. I love this life of recovery and while I feel powerless what a gift because it continues to bring me back to God. It continues to help me to work the steps. The minute I think I have this all figured out is the minute I am back in the food. I love this program. I believe God brought me to the program and this program brought me back to God. Thank you for letting me share.

-Anonymous



A Member Expresses Gratitude through Poetry

“GRATEFUL SERENE ABSTINENCE”

WITH GRATITUDE I START AND END MY DAY...
THANKING MY H.P. WHILE I PRAY.
WE ARE GETTING TO KNOW EACH OTHER MORE...

AS I LIVE OUT MY LIFE, LEARNING TO EXPLORE.

WITH EACH DAYS' CONTINUING ABSTINENCE...
BY WORKING MY PROGRAM IS TIME WELL SPENT.
THE STEPS AND TRADITIONS ARE MY NEW WAY OF LIFE...
I'M LEARNING HOW TO BE A BETTER PERSON AND WIFE.

LITTLE MIRACLES HAVE BEEN TAKING PLACE FOR ME...
THAT I SHARE WITH OTHER OA'ERS THAT WE ALL CAN SEE.
EVEN MY FEELINGS INSIDE BURSTING OUT TO SHARE...
HOPEFULLY HELPING OTHERS, THIS I DO CARE.

LIVING IN THE PRESENT WITH POSITIVITY...
SAYING “NO” TO THE NEGATIVE, FEELS SO FREE.
RIGHT NOW, I EAT TO LIVE ON MY FOOD PLAN...
H.P. HELPING ME TO STAY ON IT WHEREVER I CAN.

WITHOUT EXCESS FOOD COMPLICATING MY MIND AND BODY...
I FREE MYSELF UP TO LEARN WHAT H.P. WANTS FOR ME.
I AM ABLE TO SEE REAL LIFE IN THE NOW...
WHETHER IT MAYBE SAD OR HAPPY, I'M GRATEFUL ANYHOW.

I'M ABLE TO HOLD OFF WHILE FEELING HUNGRY...
NOT EATING EXCESS NOW BECAUSE MY NEXT MEAL WILL BE...
JUST AS I WANTED AND TASTE JUST AS I KNEW IT WOULD...
BECAUSE I DIDN'T RUIN IT EVEN THOUGH I COULD.

THE MIRACLE IS THAT I REALLY THOUGHT OF MY MEAL...
WITH NOTHING IN BETWEEN IS MY ABSTINENCE DEAL.
THEN I AM SATISFIED FOR NOT GIVING INTO MY DISEASE...
THAT THE OLD SELFISH ME GETS WHAT SHE WANTS WHEN SHE WANTS TO BE PLEASED.

IT FEELS WONDERFUL TO STAND UP FOR MYSELF...
WHEN THIS DISEASE CAN AND WILL DESTROY MY HEALTH.

TO BE ABSTINENT AND WORKING MY PROGRAM TODAY...
 ALLOWS ME TO BE FREE OF A LOT OF NEGATIVE THAT WOULD COME MY WAY.

(1)

I WILL ALWAYS REMEMBER MY FEELINGS WHILE IN MY DISEASE...
 THE PAIN BOTH PHYSICALLY AND MENTALLY, THEN EMOTIONALLY I'D FREEZE.
 BEFORE I TAKE THAT COMPULSIVE BITE...
 "THINK" WILL IT BE WORTH ALL MY INSIGHTS??????

ONCE AGAIN, I THANK MY H.P. AND OA...
 FOR GETTING ME TO WHERE I AM FOR TODAY.
 I WANT TO KEEP LEARNING AND GROWING IN HIS TIME...
 AND ACCEPT WHAT IS AND NOT AS I WOULD HAVE IT AS MINE.

"How have my illusions been replaced by life as it really is?"

My illusions of the past were:

1. If I stay fat no one will like my body and not hurt/assault me. I can hide from the dangers: I have learned through program and my relationship with HP that being unhealthy was what led to these people hurting me. I had no sense of self worth and felt that I deserved the abuses of these individuals in power. Especially this past year. When I was able to step away and be in a safe place and had the rest I needed I was able to listen to God through my doctors, family, friends, fellows and learn that I am worth safety and that I deserve to feel safe. Letting go of the unsafe assaults and focusing on how God is using the experience for good has allowed me to remain abstinent and learn one day at a time I deserve much more.
2. In recent months I have had the illusion that if I control everything and be rigid I will be preventing bad things from happening. This creates so much anxiety in my life. God has revealed to me that my day should look more like a to do list and not a day of I have to do this now and if not it won't get done. My time frames were in 15 minute increments. Now I ask God to reveal to me that morning my schedule of the day. He has been revealing to me that prayer and meditation can be done anytime in the morning. Breakfast needs to be early, but I can do my prayer a little later if I need to take care of the puppy or something around the house. Yesterday allowing this freedom gave me great peace. I still got it done and it was fruitful. Even more so I have learned that my night prayer does not have to look the same every night. It's okay to lie in bed or sit at my desk. Use the books I normally use, or listen to a prayer online. Or use music. I can mix it up and not be rigid. HP can use all these to reveal to me what He wants me to know.

3. The illusion that suffering is bad. I have been realizing that HP uses my sufferings for good. I may not be able to see the good in the moment or even years, but HP will use it for good for me or a family member. It does not go unused.

In conclusion, without OA, my fellows, the literature, and the tools I would not have my relationship with my HP and the illusion of thinking I can is void. I need to remain abstinent not only for me but for HP and my fellows. I cannot be of service to either without abstinence. I am too selfish when I am not abstinent. Without OA I would not be abstinent or able to recognize any of these things. The food used to numb my brain and heart and make me a VERY selfish, dishonest person. Thank you to my therapist for getting me to OA, to my fellows for being HP's instrument to help me remain abstinent. I love all of you!!!!!!!!!!!!!!

Amanda S

New 100 Pounder Meeting in South Central PA

Hello! My name is Amanda S. and I am a Compulsive Overeater and Food Addict. During the last three months I have been hearing the call of my HP through other fellows, in my personal HP time, and in my heart to start a Central PA 100 Pounder Meeting. To qualify I will give a little history, but know this meeting is open to everyone but with the special interest of 100+ pounds to lose/have lost. I started my weight loss journey a few years ago. Before coming into the rooms I lost about 60 pounds and then when I came into the rooms the work really started and through working the steps, following an action plan, food plan, using the tools of the program and most importantly the guidance of my Higher Power I have been able to release another 200+ pounds. While I lost the weight, I like to focus on what I gained. I gained an amazing relationship with my HP, my fellows, my sponsor, and a sane way of living my life. I use the steps, principles, traditions, fellowship, sponsorship, and tools in all areas of my life. On most days I am at peace even amidst the stressors of life. I now have a life between the meals. I look for ways to be of service to others instead of others being of service to me. I know without a doubt this program is saving my life one day at a time. I recognize that losing weight at any level is a battle and very hard work; however, I do see different needs personally before, during, and now after a 100+ pound weight loss. I can't wait to find strength and hope in recovering from compulsive overeating from each other. My email is intoactionoa@gmail.com and here is the Zoom information for the meeting. I can't wait to see you there! Everyone with a desire to stop eating compulsively is welcome!



100 Pound Meeting Details

Amanda is inviting you to a scheduled Zoom meeting.

Topic: OA 100 Pounder Meeting, Central, PA

Time: 7:00 p.m. Fridays starting Jan. 29

Join Zoom Meeting

<https://us02web.zoom.us/j/84059751631?pwd=SmV6Q2dUTGhkbVhDTRVZwOTdCUU5pQT09>

Meeting ID: 840 5975 1631

Passcode: together

One tap mobile

+16465588656,,84059751631#,,,,*80077258# US (New York)

+13017158592,,84059751631#,,,,*80077258# US (Washington D.C)

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

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/>