

# Road to Recovery

## SCPOAI Contacts

**SCPOAI Hotline:**  
(717) 391-2950

**SCPOAI**  
P.O. Box 104  
Camp Hill, PA 17001 [http://  
www.scpoai.org](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 M. (717)315-9133

**Corresponding Secretary**  
Connie T (717) 599-1122



## South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

### **What Someone Thinks of Me is None of My Business**

Sometimes I wish that I could go back to my childhood, before I cared what others thought of me. Before I allowed others to confuse my thinking. The pressures of adulthood and concern of others opinions can lead back to the food much faster than one thinks.

If someone shows disappointment or disapproval

## 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

vacant

### 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):

Glenn K. (717) 659-1219

Deedy D. (717) 877-6835

Dana M (717) 315 -9133

### Region 7 Alternates (2)

vacant

in my actions it can be a learning tool, but it doesn't have to control my life. I can only do what I can do. Trying to live up to someone else's standards will push me right back into the disease. While it is good to reflect and recognize room for growth it's important to remember that not everyone out there is the picture of spiritual health. Others are also just doing the best they are capable of at the time and that realization is freeing.

From the Big Book, pg 67:

...they like ourselves, were sick too. We asked God to help us show them the same tolerance, pity, and patience that we would cheerfully grant a sick friend. When a person is offended we said to ourselves. "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done."

Wishing you abstinence & peace,

Heather H.  
SCPOAI Chair 2021

*"Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight"*

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

**Step 6**

**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.**

**Step 7**

**Humbly asked Him to remove our shortcomings.**

**Tradition 7**

**Every OA group ought to be fully self-supporting, declining outside contributions.**

***Did you know?***

We are in need of your story and recovery for the *Road to Recovery* newsletter. Steps 8 and 9 and Traditions 8 and 9 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](mailto:scpoairoad2recovery@gmail.com)

## Members Share

### *Step Seven: Humbly asked Him to remove our shortcomings*

*“Definition of shortcomings is a fault or failure to meet certain standard typically in a person's plan or system.”*

So, my plan is that I want to do my Higher Power's will and serve His Desires and Plan until I do not. Currently I am going through this struggle where I am working on surrendering my fear, my questions, my conversations in my head, to my Higher Power. Then before I know it, I am doing it again because I believe I must do something I must take some action. Well, it is the weekend and there is nothing I can do about my situation, but again I will find myself making plans of attack and try to figure “it” out from all angles.

How is this any different from what I used to do with the food? “What am I going to sneak and eat, where can I eat it, and how will I get it without anyone noticing?” Currently, my mind says, “Should I call on Monday, or Thursday? Should I ask this, or request that? I wonder if it is in my portal yet?” It really sounds the same as the food to me. My sponsor and all her sponsors before her always say, “That it all comes back to the food.” Wow, it is so true for me. If I let this crazy talk in my head continue, I will go back to the food. I must take direction and do the footwork. I must keep asking for the power and strength to turn this over. God does not work in confusion. God does give intuitive thoughts. God reaches out through others. People reminding me that “more will be revealed when it is time.” God has me.

Is my life what I wanted it to be? Does God currently have me as I want him to have me? No, not in this moment however I also know that everything I have is everything I never wanted, and my life is BEYOND MY WILDEST DREAMS. I need to ask God what He would have me do and wait for the answer. As I write this, I am not even wanting to call the office tomorrow to know what is happening. God is so good I just need to keep going back for power and strength. Sometimes I must ask every couple of minutes and sometimes it is evening before I must go back. One of the main gifts of this program is it keeps me coming back to God. It keeps me in constant connection with Him. I have a relationship with God that I never really wanted or thought I would have and now it is all I do want. I get excited for my quiet time with God because He is always working and changing my heart.

For example, today I do not' want to watch a hockey game, and I am going to watch a hockey game because my 15-year-old soon to be 16-year-old wants to watch it with me. If that is not a miracle, I do not know what is and that is just one of the many fruits of this program and working Step seven. If keep my food clean, working the principles of the program in all my affairs, more will be revealed, and one day at a time God will give me the power and strength to accept it and receive it and most of the time I end up wanting it.

***Anonymous***

### ***A Member's Service Experience***

I had the honor to represent SCPOAI at the World Service business conference this year. What an experience...did you know that twenty countries were represented this year thanks, in part, to this year being a virtual conference? Australia, Columbia, Brazil, Canada, France, Germany, Greece, Iceland, Iran, Israel, Italy, Latvia, Mexico, New Zealand, Poland, Russia, South Africa, Spain, UK (England and Scotland), and the United States.

As you might imagine, that many cultures/languages were a challenge to pass the message to everyone, but I think the folks who set up the virtual conference did a terrific job "building the plane while flying it".

That seemed to be the over-arching theme of the conference this year...how do we pass the message best to EVERYONE that is sick and suffering...how do we see to it that our literature is inclusive, that our conference can accommodate folks with hearing disabilities, or that we are making an effort to enthusiastically greet the newcomer and consider needs that are different than our own. I personally participated in the Unity with Diversity committee where many of these topics were really hashed out.

It was a profound experience for me to have even the smallest part of a "Global Group Conscience"- doing things such as updating Conference Approved Literature like Voices of Recovery, the OA 12 in 12 , and Voices of Recovery.

If you've never considered participating in the World Service Business Conference, please consider it now. Region 7 was under-represented at the conference this year and I'd really like to see others experience the beauty and benefits of service at the global level.

Dana M

## 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](mailto: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/>