

# 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  
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## SCPOAI Board

**Chair:**  
Connie (717) 599-1122

**Vice Chair:**  
Claudia B (352) 603-2773

**Corresponding Secretary**  
Dana M. (717)315-9133



## South Central Pennsylvania Overeaters Anonymous Intergroup

### From Our Chair

It's hard to believe that almost two years has passed since I was appointed Chair of the South Central Pennsylvania Overeaters Anonymous Intergroup. During this time, I have had the opportunity to serve beside a wonderful group of fellows who have showed and taught me grace, patience, humility and the importance of service. The Big Book tells me that intensive work with others will basically ensure my immunity from this disease.

God has brought so many people and opportunities into my life since I turned my will and my life over to His care. After finally admitting that I was powerless, I had nowhere else to go. I could either go on eating myself to death or seek help. I was dying internally; the outside would take much longer. But here's the good news - **there is a solution!** If you are reading this and feel hopeless...like you're one of those people for whom this program will never work, think again! If you are willing, honest and open-minded, you too can experience recovery. In becoming willing to give up my character defects, even though it was scary

## SCPOAI Contacts

### SCPOAI Board *cont'd*

#### Recording Secretary:

Mary Esther (717)873-844

#### Treasurer:

Chris R (717)512-3770

#### Assist. Treasurer

vacant

### 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

Jessica M (610)763-1903

#### Region 7 Representatives (3):

Glenn K. (717) 659-1219

Deedy D. (717) 877-6835

Dana M (717) 315 -9133

to let go of old ideas and habits, God has replaced them with a life that is beyond my wildest imagination. He has changed my heart, my beliefs, my habits and my attitudes. In taking inventory and making amends, I have been given the freedom to look the world in the eye—seeing others as my spiritual brothers and sisters, no worse or no better than me. My prayer and meditation practice has given me a firm foundation on which to live life to the fullest and in accordance with God's will. Working with others is the highlight of my day and, as a bonus, strengthens my own recovery. If you want what I have, or what you see others have, reach out and ask them how they got there. I am sure you'll hear amazing stories of people coming back from the living dead to lead useful, purpose-driven lives. When you're ready to go to any lengths to escape the grip of this devastating disease, we'll be here to guide you along your own journey of recovery.

Thank you for the opportunity to serve as your Chair these past two years. I pray that you'll continue to look for opportunities to serve this wonderful intergroup.

Your Trusted Servant,  
Connie T



**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 10**

**Continued to take personal inventory and when we were wrong, promptly admitted it.**

**Tradition 10**

**Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.**

**Step 11**

**Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.**

**Tradition 11**

**Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.**

*Steps and Traditions reprinted from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, pp 169-170*

*Permission to use the Twelve Steps and Traditions of Alcoholic Anonymous for adaptation granted by AA World Services, Inc.*

## Twelfth Step Within

Hello friends, I'm Yvonne; I have started in the position of Twelfth Step Within contact for the SCPOAI; and I welcome being contacted by OA members. Email: [wittelsy@gmail.com](mailto:wittelsy@gmail.com), phone/text 610-468-9474.

I am new both to abstinence (82 days today) and to this type of service. Although I feel I am about to "fly by the seat of my pants", I feel so grateful for and protected by both this abstinence, and the friendly assistance of program members.

This is a painful and demoralizing disease, not to mention a lonely one (even for a practiced isolator like myself and some of you!), and to realize I don't have to do this alone is a new and wonderfully warm feeling. I want to be able to offer the support which I have received, to anyone suffering from compulsive overeating.

Together we can!

Yvonne W.

## Holiday Phone Tree Support

The holidays are often difficult for many compulsive overeaters, not only because of the amount and nature of the food involved, but also due to pressure from well meaning family members who do not understand our disease. Add to that the uncomfortable feeling when we keep refusing the disappointed relative who "made this specially..." because we always liked it, or it's a tradition, etc.

Would you like to receive a supportive call from a fellow OAer during this time? Would you be willing to give the time to support someone who is fielding holiday food "assaults" by calling her or him?

Please let me know if you are interested in being part of our Holiday Phone Support, by emailing me at [wittelsy@gmail.com](mailto:wittelsy@gmail.com). Please provide your name, phone number, date and time period you want to be called and/or are willing to make a call (or both!), and if it is okay to leave a message. This is a great service to do for others, and a great way to strengthen your own recovery.

We never need to do this alone!

Yvonne W.

## ***Did you know?***

We are in need of your story and recovery for the *Road to Recovery* newsletter. The upcoming months are loaded with holidays and other occasions that can trigger compulsive eaters. How do you use the Steps and Traditions to cope and thrive during this time?

Steps 12 and 1, and Traditions 12 and 1 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](mailto:scpoairoad2recovery@gmail.com)

Deadline for the December/January newsletter is November 15, 2020.



### ***A Member Shares Her Gratitude***

In January 2019 my weight hit 198 pounds. In desperation I decided my weight would never again, be over 200 pounds.

My top weight was at least 300 pounds. I had many health problems and I was in a lot of pain when I walked a short distance.

That was not living.

In desperation I asked someone at my home group to be my sponsor. Out of desperation I did everything she suggested. I even ate vegetables. Lots of vegetables and fruit. Previously I rarely ate vegetables or fruit. I discovered what the feelings were, that I was stuffing down with large volumes of food. I realized no amount of any of my binge foods could take away my self hatred.

I have spent over 40 years of my life, treating myself horribly for the resentment I had against myself for a mistake I made over 40 years ago.

I can't go back in time and change the decision I made at that time. There is nothing I can do today that would change that decision or the outcome.

Through working the 12 steps of Overeater's Anonymous, I have learned to forgive myself. I realize today that I made the best decision I could have at the time. I have learned to forgive myself and accept my humanness. I am not perfect. I am a human being.

I make mistakes. Today I feel all my feelings, and rarely have the compulsion to overeat. My life today is beyond my wildest dreams.

I have the most wonderful amazing people in my life, who tell me what I do right. Most of my life I was told all the things I did wrong.

I have a fellowship of people who have the same horrific disease, of compulsive overeating, that I have. I am not unique. I am not alone.

I am so grateful for all of you, and I love you.

*Yvonne*

Middletown

## 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  
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