

Road to Recovery

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South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

Happy Fall to All!

In recovery, I find I often have a lot to look forward to...but we REALLY have a lot to look forward to right now at South Central PA OA Intergroup! Did you know we will be having our first IN PERSON event in three years this November? **Our IDEA Day event on November 26th (better late than never) will have panelists, speakers, and a workshop to help everyone solidify their action plan for some upcoming holidays.**

That's not all! We have the **Region 7 Convention in November** for the first time IN

Assist. Treasurer

Yvonne T.

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Vacant

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Region 7 Contacts**Chair**

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Region 7 Trustee

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PERSON in three years. If you love meeting new people in recovery and miss the ocean when summer is over, this convention is for you!

Have you ever considered going way out of your "comfort zone" to Los Angeles to attend the **OA Birthday Party**? Yes, you guessed it. This will be LAIG's first IN PERSON Birthday Party in three years, so you know it will really be a blast. Between you and me, warm Los Angeles is the perfect place to be in January:).

All of these events start me thinking about how this all comes together. Of course HP plays a huge role, but without other folks to step up with the willingness to pitch in—none of this would exist. **Do you know that we have a number of vacancies for service positions in our own intergroup?**

Especially when Thanksgiving is around the corner, I think a lot about what I BRING to the table nowadays instead of what I used to take... take...take. **Are you willing to prayerfully consider a service position with SCPOAI?** There is something for everyone who has the willingness. If you need more information, you can get it from your group rep or you can contact me directly.

If you need the **details on any of the events** I mentioned, make sure you get on the **SCPOAI website** and look under events. Blessings to us all.

Join us!

Dana M
2022 SCPOAI
Chair



STEPS TRADITIONS CONCEPTS *SPIRITUAL PRINCIPLES*

Step 10 PERSEVERANCE

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

Tradition 10 NEUTRALITY

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

Concept 10 CLARITY

Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

Step 11 SPIRITUAL AWARENESS

Sought through prayer and understanding to improve our conscious contact with God *praying only for knowledge of His will for us* and the power to carry that out.

Tradition 11 ANONYMITY

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

Concept 11 HUMILITY

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Step 12 SERVICE

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 SPIRITUALITY

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

Concept 12 GUIDELINES

The spiritual foundation for OA service ensures that:

- a. no OA committee or service body shall ever become the seat of perilous wealth or power; **SELFLESSNESS**
- b. sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle; **REALISM**
- c. no OA member shall ever be placed in a position of unqualified authority; **REPRESENTATION**
- d. all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; **DIALOGUE**
- e. no service action shall ever be personally punitive or an incitement to public controversy; and **COMPASSION**
- f. no OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action. **RESPECT**



Members Share

Friends:

The Big Book encourages us to be 'fearless and thorough' and one of the most important words in the Big Book is 'remember'. Remember what it was like when you were eating compulsively? Remember what it was like to look people in the eye who understood what you were going through when you came to your first meeting? Remember how good the hugs felt? Remember the joy when you were abstinent for the first day?

Our beloved OA program needs your help.

Are you willing to **remember** and be fearless and **attend at least one in-person OA meeting per week**? We all know how convenient Zoom meetings are and they are a wonderful option to have in the event of travel, sickness, to meet others outside your area, to find meetings that discuss specific topics. I'd like to suggest that you'd never be attending Zoom meetings if you had not first attended in-person meetings. (Perhaps this is not true for people who have joined OA since 3/2020 but it IS true for most of us.)

Are you leading by example? Are your sponsees learning from you how important OA meetings are? Are you giving back what you have so generously been given? Every week? Does your action plan START with your OA meetings and fill in the life around them?

If work commitments, athletic events, church, community meetings, etc. get you out of the house, shouldn't you be willing to do the same for an OA meeting? To show up at the program that likely helped you be able to participate in those other events?

We have a disease of isolation. Many of us (myself included) found that we didn't mind staying home so much during the pandemic. However, we get better TOGETHER. It is weakness, not strength that binds us to each

other and to our Higher Power who often speaks to us through others. Be fearless! Show up!

I'd suggest you NEED to know the other local OA members in your area. What if you are in the ER with a family member and you need a meal? What if your car breaks down and you need a ride? What if you have a sick family member and need meetings brought TO you? What if you need fellowship and the other people in your life believe drinks and snacks are the way to gather? Do you ever need unconditional love and support?

Please seriously consider my plea. Really. Don't justify laziness, unacceptable behavior or beliefs. We are masters at justification and selfish desires. We DO need you. You DO matter. I don't care if I end up on your 10th step tonight if it makes you think and, hopefully, GET TO A MEETING IN PERSON. Remember.

I hope you read this far to receive my heartfelt thanks.

Janice J.
Sinking Spring

Food Sobriety Through the Holidays

The disease of compulsive overeating has taken a lot from me over the years but it's also given more than I could ever imagine. The pain and suffering of being a food addict led me to OA, where I've learned a new way of living.

One of the many places where OA shines in my life is the holidays. Thanksgiving and Christmas used to be my Super Bowl of eating. I had my binges planned for days, fantasizing about how delicious everything was going to be, only to scarf the food down without giving my taste buds a chance to catch up.

Now, with the holidays approaching, all I can think about is how excited I am to see my family. OA has taught me not only how to have a healthy relationship with food, but also with people, especially the ones I love the most. My experience in the program has taught me that the disease of compulsive overeating never goes on vacation. So I can't treat holidays like they're any different than any other day. This Thanksgiving and Christmas I'll take calls from my sponsees, text my food to my sponsor, read some literature, and do what I do any other day.

This has been the key to my food sobriety, one day at a time.

Anonymous

REMAINING SCPOAI 2022 MEETING DATES

Nov 12, Dec 3

All are invited, for both the 8:00 am closed OA meeting, and the SCPOAI business meeting at 9:00

We generally meet the first Saturday of the month at 9:00 am, except in November when we meet the second Saturday. We do not meet in January or July. Currently, meetings are being held via Zoom.

[Always check the SCPOAI website for the latest information](#)

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>.

For our **Meeting List**, click below:

[Current Meeting List](#)

Have you checked out our **new SCPOAI site** yet? Get the latest info on **in-person and virtual events**, and our **newsletter** archive, at this link:

<http://scpoai.org/>



This Newsletter Needs YOU!
**Share Your Experience, Strength and Hope with your
fellows. Our next Road to Recovery Newsletter is
January/February/March 2023**
Send your writing to
SCPOAIroad2recovery@gmail.com
Together We Get Better!