

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.*
<https://oaregion7.org/>

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

SCPOAI Board
Chair:
Dana M. (717)315-9133
Vice Chair:
Claudia B. (352)603-2773
Corresponding Secretary
Christoph L (484) 926-1870
Recording Secretary:
Scott W. (717)202-7848
Treasurer:
Chris R(717)512-3770



South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

Greetings fellow travelers!

Spring has sprung and its time for some renewal! There's buzz going on in SCPOAI intergroup and its not just the bees. We have a new SCPOAI Zoom account and we recently gave it a "test drive" to observe Unity Day. We are also contemplating new ways to ensure that our newsletter reaches the hands of as many people as possible. Please make it a point to peruse the SCPOAI website where all events and "goings on" are located. Region 7 assembly is around the corner as is World Service Business Conference. There is ample opportunity to participate on various levels, so please let us know

Assist. Treasurer
vacant

.....
SCPOAI service positions:
.....

Literature

Delphine (717)823-3615

Newsletter/Road to Recovery

Geri K (717)461-6438

Orientation

Connie T. (717)599-1122

Outreach

BK M. (610)781-4367

Twelfth Step Within

Yvonne W. (610)468-9474

Ways and Means

vacant

Website

Amanda D (717)873-0928

Virtual Intergroup

Vacant

Region 7 Representatives (3):

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

if you'd like to be apart of it. All you need is willingness!

Spring has me thinking a lot about Step four. Just recently in *Voices of Recovery* I was reminded about the "3 A's" of program- Awareness, Acceptance and Action. The way I see it, we can practice the three A's on multiple levels. As it relates to program, I can look at the needs of OA as a whole and take action to keep OA flourishing by participating in World Service. Additionally I can do this at the level of Region 7 by participating directly or supporting our Region 7 Representatives. Right here in our own backyard there are various ways we can enhance our ability to carry the message via direct participation in SCPOAI intergroup and supporting the folks who represent us. I invite everyone to consider the the 3 A's as it relates to all of our levels of participation in the inverted triangle of service.

I was also reminded in *For Today* recently that "Like other oppressed people, I must gather the courage to face the forces that oppress me-childhood pain, old ways of thinking and responding learned long ago". I know I still have plenty of stinking thinking that tries to creep up on me now and then. Thank goodness program has taught me to accept myself the way I am and at the same time gives me the ability to step out of my comfort zone to seek growth and alignment with my HP's will-comfortable or uncomfortable. I hope you'll all join me!

Dana M
2022 SCPOAI Chair



Step 4

Made a searching and fearless inventory of ourselves.

Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept 4

The right of participation ensures equality of opportunity for all in the decision-making process.

Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5

Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

Concept 5

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

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.

Concept 6

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

Members Share

MARCH INTO SERVICE

When I was new to OA it seemed that service was for old-timers or those who had been abstinent for many years. Today, I've come to believe that type of belief is "stinkin' thinkin". After 30+ years of personal research – trying to find an easier, softer way, I was brought to my knees and without hope.

I came back to OA in July 2021 and this time I immediately did what I didn't do before. Yes, I was uncomfortable and fearful about not doing it perfectly. I wasted no time getting a sponsor and with the ease of Zoom meetings, I had no excuses. I went to two if not more meetings a day. I was told, just showing up to meetings and sharing is providing service.

It was important not to simply sit and listen. They told me that newcomer shares were so important to help everyone remember where they had once been before OA, and to encourage other newcomers to share. So, I shared and I found out that no one was going to tell me what to share or how I "should" feel. I felt like I belonged after someone told me that the only requirement for membership was a desire to stop eating compulsively. I certainly had that. This was my second opportunity to provide service. I started noticing it was easier to stay abstinent.

I was a teacher before retirement, so when I was asked to lead, of course anyone who can read, can lead, so I said "yes!" They said they'd send me a script and help me with screen sharing, so I took a chance and stepped out of my retired "comfort zone" and did it. They didn't lie, it WAS easy. This was service, too! Abstinence was getting easier.

Next, my sponsor encouraged me to do outreach...to take numbers and share mine. I was a bit hesitant at first. "Would I bother people?" Even when I simply texted them, they would text me back. I started to

realize that I was no longer alone with food as my only option to a tolerable life. I was strengthening my OA muscle.

Soon it seemed like miracles were happening every day. I was working the program, going through the steps, reading the Big Book, and being teachable.

A few months ago, I became a sponsor for the very first time. I can tell you that being a sponsor has helped me much more than I could have ever believed. My Higher Power guides me every step of the way. So, MARCH INTO SERVICE! We cannot keep our sobriety nor sanity alone.

*Annmarie K.,
PA*

Strengths Verses Weaknesses!

When someone cries
They are STRONG.
It means they have feelings and compassion.

When someone walks away instead of engaging in the negativity
They are STRONG.
It means they are smart.

When someone remains calm and in control to diffuse an argument
They are STRONG.
It means they have a conscience and the ability to think before they respond.

When someone admits they are wrong and apologizes
They are STRONG.
It means they can see and acknowledge their faults and shortcomings!

When someone has these abilities
They are STRONG.
It means they put the time and effort into learning how to be a better person every day. They continue to learn through their mistakes.

God gives humans free will.

No matter how we were treated when growing up, or what we learned about communication, we all have the ability to choose and change how we react to any problem or situation we may be faced with. I believe that throughout our lifetime many of us have been taught the above actions were weaknesses. It caused us to resort to unhealthy coping skills. By joining O.A. I have learned to break free of the chains of unhealthy thinking, and I believe you can too!

Danielle B.

A Little Fear Exposed

As we know, fear occurs in varying degrees. I wonder sometimes how it is I'm able to deal with big fears more easily than I do with small ones. Maybe it's because I surrender more fully (and quickly) to my Higher Power when dealing with a more critical situation than I do a minor one. But even small fears can be annoying and have the power to hold me back from experiencing a full range of activities. The following is how I recently processed a small fear of mine that's as nagging as a buzzing mosquito!

How many times have I thought about writing an article for the Road to Recovery newsletter? Dozens of times over the past couple of years. Have I ever done it? No. This is my first.

When requests for articles came up at meetings, my enthusiasm immediately grew at the thought of contributing. I believed taking action on program activities would reinforce my recovery. Maybe it would inspire someone else in their journey. I thought about how nice it would be to venture outside of my comfortable little bubble of living. Something repeatedly compelled me to take a risk and expose my inner thoughts. Maybe it was a subconscious internal dare to become more comfortable with exactly who I am—or want to be.

Something always stopped me. Actually, I stopped myself by way of fearful thinking. At times there's a continuous and disturbing inner battle with my thought processes:

- I'm afraid. My writing won't be interesting, or enough to make a difference to anyone, or make sense, or be worthwhile.

- Weeks later I'll discover I sound irrelevant or ridiculous.
- I'm an introvert - I can't expose myself.
- I'm shy and insecure about expressing myself.
- I lack confidence.
- I fear judgment.
- I'm nervous now - what is there to eat?

I do believe God gave us fear for practical purposes - to avert danger. As an insecure, introverted sugar addict, I used to turn to food when fearful. I misinterpreted the fear response. Over the years fear had become a habitual, yet burdensome, companion. Fear had sometimes reshaped itself into a compulsion. I occasionally ran to it as a first avenue before thinking through a situation. It became familiar. Once I opened the door to fear, it tended to overshadow everything else.

The solution and inspiration: The OA 12-Step Program teaches a better way to live. Today I asked myself, "What's the worst that can happen if I allow others to hear or read my inner thoughts?" The truth is, there is no "worst". So I'll make my first attempt. Take a chance. Take action. Stop thinking of myself so much. Think instead about the purpose, the challenge, the courage and the growth. As I remind myself, the program works *if you work it*, my faith in my Higher Power and the 12-Step process is strengthened. It may be a small one, but a step forward is a step forward!

In gratitude,
Lynn L.
Shrewsbury, PA

SCPOAI 2022 MEETING DATES

Apr 9, May 7, Jun 4, Aug 6, Sep 3, Oct 1, Nov 12, Dec 3

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](#)



Poetry Corner

When Demons come we deftly dare
to welcome, in a curious way,
to have them and to find some care,
though we don't want them here today.

*Scott
Pennsylvania*

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/>

MEETING LOCATION CHANGE!

Please note: The Saturday 0900 meeting in Harrisburg at St Catherine Laboure is **MOVING** to Lemoyne beginning May 7, 2022. The last meeting at St Catherine Laboure will be on April 30th.

Beginning May 7 please go to:

Grace United Methodist Church
309 Herman Avenue LeMoyne PA
Door will unlock at 8:45 a.m. (green light to right of door will be on)
Same room as the Wednesday 5:30pm meeting