

# Road to Recovery

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vacant



## South Central Pennsylvania Overeaters Anonymous Intergroup

### *From Our Chair*

### **We welcome Dana M.**

Greetings fellow travelers! I'm so looking forward to what 2022 has in store for us as people in recovery. I want you to know that I feel blessed and honored to serve as Chair, and trust me I know that it's nothing short of a miracle that this "100 pounder" is still working a program and doing her best to pass the message.

Lots of folks talk about Step 12 in December. It only makes sense the 12th month of the year, right? The reason I think talking about service and working with others during holiday time is especially timely is that there are those of us who still struggle with making the shift from a food=joy perspective. Some of us also struggle with the holidays in general for various reasons. The Big Book tells us that we need to "burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that we trust

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**SCPOAI service positions:**


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**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**

Claudia B.

**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**

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**Region 7 Contacts****Chair**

Terry B.

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**Region 7 Trustee**

Karen B. (646)220-4185

in God and clean house.” I’ve been thinking often during this time of year about what I am BRINGING to the table instead of what I’m taking from it.

“Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful.” I’m going to create a bit of an action plan for myself this year. Where can I be of maximum service and helpfulness? How can I prioritize my program so that I can enhance my ability to be of maximum helpfulness to my fellows, loved ones, and the rest of HP’s “kids”. When I’m “too busy” I know I need to double up on the tools. Let’s do this thing together!

Dana M  
SCPOAI Chair 2022

**Step 12**

**Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.**

**Tradition 12**

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

**Step 1**

**We admitted we were powerless over food—that our lives had become unmanageable.**

**Tradition 1**

**Our common welfare should come first; personal recovery depends upon OA unity.**

## **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.

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

We are in need of your story and recovery for the *Road to Recovery* newsletter. Steps 2 and 3 and Traditions 2 and 3 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)

Deadline for the February/March newsletter is February 25, 2022.



## *Members Share*

### **Guard Your Recovery**

Grief and the holidays is not something I have ever truly experienced, but it is happening now. There are days when my abstinence is the only thing I have going for me. Everything seems blah and drab, but I am abstinent. Sometimes getting ready for the day is it's own chore, but I still get to meetings. Being in OA while going through such a difficult time has been a great comfort. Please guard your recovery and have an abstinent holiday season.

- *Heather H*

### **Writing—a Tool of Our Program**

In the morning, I like to do three pages of stream of consciousness writing. It has morphed into my time of prayer and meditation with my Higher Power. Most of it can be nothing of consequence or straight nonsense - - just want to keep that pen moving. There are times though when I get that special tingling in my forearms, how I physically feel that connection with the Universe (what I call my HP), and the words that come out carry weight and give serenity. I have always struggled with feeling that anything not done “right” was for nothing. Any day not spent ticking off every listed item was for nothing. Any piano piece not played note for note at first was for nothing. Any date that didn't amount into lasting commitment was for nothing. Any day in program not

“doing it perfectly” was for nothing. So recently when I got that *Spidey-Sense* shiver, the Universe gave me something to write. *Yesterday was not a waste; today is not a waste; tomorrow will not be a waste; I am not a waste.* I needed to know that, and I want to give someone else the opportunity to know it, too. Yesterday was not a waste; today is not a waste; tomorrow will not be a waste; you are not a waste.

*-Amanda D., York*

## **Carry the Message with Step 12**

What have I done lately to carry the OA message to other compulsive overeaters? Am I wearing a glum face because I “can’t” have that alcoholic (to me) food that “everyone else” at the table is enjoying? Or am I excited to be celebrating an occasion with the focus on the people and sentiment, rather than what’s going in my mouth?

OA has blessed me with the ability to be the message for other sufferers who, like me, either don’t see or refuse to see (DENIAL) they have a disease for which there is hope. The tools of the program all add up to recovery for me today. It starts with abstinence, which I receive by utilizing a food plan that includes weighing and measuring. Meetings, program literature, and my sponsor keep me in the recovery mode and brush away the IRDs (irritable, restless, discontent). Step study is a big part of this for me. My recovery is ongoing, while

One Day at a Time, too. Picking up the phone to text or call other OA members is crucial to remembering that I am not alone and that together we get better. My action plan is a living thing in that I need to work it each day to stay in recovery.

Writing my emotions down instead of eating them is a true gift from my HP (Higher Power). Service, whether it's attending a meeting, sharing in a meeting, handing out literature, leading a meeting, keeps me abstinent because I'm able to help other OA members and potential members. I am currently grateful for and enjoying my service work for our intergroup's newsletter as the editor. Anonymity is a vital part of my program, too, as I leave my ego and addict-self at the door and keep the focus on recovery. Recovery for me, but more importantly, for all of us.

I am so full of wonder and awe at this gift of recovery from compulsive overeating. I am no longer insane, and I can feel my feelings and face life as it happens because today I've put my trust in God. I lived many years in the hell of overeating. Today we live in recovery.

*Geri K, Mechanicsburg*

### **SCPOAI 2022 MEETING DATES**

Feb 5, Mar 5, Apr 2, 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*



For our Meeting List, click below:

[Current Meeting List](#)

Get the Latest, including our most recent newsletter, at this link:

<http://scpoai.org/>