

Road to Recovery

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<https://oaregion7.org/>

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February & March



2022

South Central Pennsylvania Overeaters Anonymous Intergroup

From Our Chair

Hello again fellow "Travelers"!

February is here and it's the season of LOVE. In my program, I think often about what my diseased thinking does to put up barriers to love others, myself, and of course my HP. In my world, a lot of things can do that. We all have foods and compulsive food behaviors that put up walls or we wouldn't be in these rooms. I can also get tempted to react to a loved one's "slight", get resentful at a non compliant groundhog that made the wrong prediction, the list goes on.

When I completed Step Two I "came to believe a Power greater than ourselves could restore us to sanity". Is my HP always the first thing that comes to mind when I

Assist. Treasurer
vacant

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SCPOAI service positions:
.....

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Terry B.

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Region 7 Trustee

Karen B. (646)220-4185

get fearful or resentful? No. But, doing some writing (including this writing), going to meetings, and working the steps to the best of my ability gets me there eventually. Let me tell you that this is nothing short of a miracle. I invite you in the coming months to think about what's blocking you from all of the love that is awaiting you today and consider the opportunities available to enhance your program. Is it service? Is it emphasizing a tool you've been neglecting? I promise you won't regret it.

Much love to you all,

Dana M

SCPOAI Chair 2022

Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2

For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Concept 3

The right of decision, based on trust, makes effective leadership possible.

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>. **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. We are going to a quarterly format beginning April 2022. Steps 4,5, 6 Traditions 4,5,6 and Concepts 4, 5,6 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

Deadline for the April/May/June newsletter is April 1, 2022.



Members Share

The Great Enemy of Willingness

When I first came into the rooms, I kept hearing that if I wanted to recover, I needed "to be willing to be willing." The recovered OAs who shared this advice clearly understood what it meant. I didn't, so I followed any advice I heard in the rooms about growing my willingness. I devoted myself to working the Steps, working with a sponsor, giving service, and praying for willingness. Although those things helped some, resistance still undermined my willingness and recovery.

In frustration, I asked HP to show me what else I could do. HP sent the answer to that question by way of a TV commercial. Its slogan was, "Just do it!" I realized how often I did the opposite of "just doing it" when given recovery-supportive suggestions. Instead, I did something that fired my self-will and undermined my surrender. I asked myself, "Do I **feel** like doing this? and would wait to act on the suggestion until the answer to my question was "yes." This was particularly true when I felt scared or when the suggestion contradicted what I wanted to do or my usual way of doing/viewing something.

Clearly, until that point in time, I was still confusing **willingness** to do something with **wanting** to do it. When I heard that slogan, the difference between the two approaches suddenly clicked. To grow in willingness and trust, I realized I needed to stop responding to recovery-supportive suggestions by asking myself, "Do I feel like doing this?" Instead, I needed to start "acting as if" I **already was willing** to follow the suggestion.

Thus, I committed to my HP to do four things when I found myself mired in resistance:

1. I committed to stop asking myself if I felt like following the OA suggestions.
2. I committed to instead asking myself a trust-building question when a recovery-supportive question fired my confusion, fear, or resistance. I'd ask

myself, "What would someone do who already 100% understood why this suggestion was made AND who was already 100% willing to follow it?"

3. I committed to then asking HP for the willingness and ability to follow the suggestion.
4. I committed to **immediately** "acting as if" HP had sent those things to me.

As I put my four-part plan into action, my recovery turned around, and my willingness increased.

Do I still ask myself, "Do I feel doing this? Yes. As the program has helped me let go of people-pleasing, I find myself asking myself that question much more often when someone asks me to volunteer or to do favors for them. Before OA, I routinely would overcommit or let people take advantage of me because I didn't want to disappoint them. Now I accept that I cannot save people, be all things to all people, or bribe them into liking me by "doing for them." So, now, if someone asks me to do something when I am feeling overwhelmed or when I have legitimate competing priorities, I am better at saying, "no."

Thank you, OA, for the insights you have given me about how to use the question, "Do I feel like it?" My recovery is so much stronger when I use that question to build my self-esteem than when I let my disease use it to undermine my willingness and recovery. -

*Tracy F
Lancaster, PA*

Tradition 2 is a Safety Net

I am so grateful for Tradition Two, which assures me that in OA no member is going to try to convert me to their specific belief system, and I'm not to do that, either. We share a "loving God" as our ultimate authority, as "He expresses Himself in *our* group conscience." Not my conscience, not your conscience, but ours. Pretty fantastic, huh? For me, this is like a warm hug every time I have the privilege of sitting in a chair in a room with you. Together we get better and I'm not alone. But I can't ignore that there can be so many different personalities and opinions sitting in the same chairs.

Tradition Two lets me know that we're here to figure out together what our group's Higher Power needs us to do next.

The second part of Tradition Two, about our leaders being "trusted servants" who "do not govern" is another huge relief to me. I enjoy doing service and even if I didn't, it's a vital part (the most important part) of my recovery. If I thought I had to be an expert or govern whatever my service position is, I'd never try. But "trusted servant" is a description I can handle.

The OA Traditions were no more than white noise to me when I first came in the rooms. It was all I could do to work the Steps, which are what got and keep me abstinent. But the Traditions keep me coming back. Thank you to our founders for not stopping at Twelve Steps but going on to write the Traditions and Concepts.

Geri K

Mechanicsburg, PA



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.



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/>

*****7th Tradition Reminder to all Groups*****

It is suggested that **each group** donate funds in excess of their prudent reserve (2 month's expenses) as follows:

60% to Intergroup; contact SCPOAI Treasurer Chris R 717-512-3770
30% to World Service; P.O. Box 44727 Rio Rancho, NM 87174-4727
10% to Region 7; <https://oaregion7.org/home/contributions-page/>

There is a Solution

February 18-20, 2022 2022 OA Virtual Region Convention

Register Here

Program Schedule



REGISTRATION IS NOW OPEN!

Sliding Scale: \$5, \$10, \$15, \$25 USD

*Friday, February 18
10 am EST (3 pm UTC)*

to

*Sunday, February 20
7:30 pm EST (12:30 am UTC)*

- » **Keynote Speakers**
- » **Steps Sessions**
- » **"Stepping Around the World" Workshops**

Interpreted in many languages

*Zoom information
will be emailed
to all registrants.*



Go to <https://oavirtualregion.org/> to register!