

# 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:**  
Vacant  
**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*

Happy Summer co-fellows!

Summer is in full swing and SCPOAI intergroup has the buzz of excitement!

Did you know that you can sign up on the SCPOAI website to receive ongoing communications about what's going on in your intergroup? It is more important than ever to stay connected as an intergroup since so many of us are utilizing online meetings. Here's the link- <https://www.scpoai.org/about-oa>.

While you are there, consider taking a look at your

**Assist. Treasurer**  
vacant

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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**

Vacant

**Region 7 Representatives (3):**

Glenn K. (717) 659-1219

Deedy D. (717) 877-6835

Vacant

**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

meeting information on the website and confirm it is up to date on the SCPOAI, Region 7, and [OA.org](http://OA.org) websites.

Put yourself in the position of a newcomer. How easy would it be for a newcomer to find your meeting online? If you like to keep your program "green" there are also postings on our website for events within and outside of Region 7. Take advantage of all this website has to offer!

We have an opening for Vice Chair in SCPOAI intergroup. Do you or someone you know need a service opportunity? We are a very helpful, strengths based group at SCPOAI so if you have the willingness, we'll help take care of the rest.

Speaking of "taking care of the rest", wrapping up June has me thinking about what the Big Book says about Step 6, "Were entirely ready to have God remove all these defects of character...if we can answer to our satisfaction, we then look at Step Six. We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all- every one? If we still cling to something we will not let go, we ask God to help us be willing."

I invite you to come practice our program in service with us and think prayerfully about what stands in your way. With all that is on the horizon at SCPOAI intergroup, it will be a heck of a ride.

Join us!

Dana M

2022 SCPOAI Chair

## STEPS TRADITIONS CONCEPTS SPIRITUAL PRINCIPLES

### Step 7 HUMILITY

Humbly asked Him to remove our shortcomings.

### Tradition 7 RESPONSIBILITY

Every OA group should be fully self-supporting, declining outside contributions.

### Concept 7 BALANCE

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

### Step 8 SELF-DISCIPLINE

Made a list of all persons we had harmed and became willing to make amends to them all.

### Tradition 8 FELLOWSHIP

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

### Concept 8 DELEGATION

The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

### Step 9 LOVE

Made direct amends to such people except when to do so would injure them or others.

### Tradition 9 STRUCTURE

OA, as such, ought never be organized; but we may create service boards or special committees directly responsible to those they serve.

### Concept 9 ABILITY

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

## Members Share

### **From our 12th Step Within Committee Chair**

Some OA members have expressed a desire to be able to do service, but time constraints, caregiver duties and other issues have been making this goal appear daunting. Of course, abstinence, working the program, and sponsoring is already giving service! However, even if you cannot head up a committee or commit to a month of chairing, there are ways that all of us can do service by carrying our message within the program, apart from the service of sharing experience, strength and hope at meetings.

Here are a few suggestions, all or which have been mentioned in one form or another at meetings; nothing new here, just reminders!

- Haven't seen a particular member at meetings lately? Give them a call (texting first is fine).
- If you go to in-person meetings, offer to take some one from your area that may have difficulty attending.
- It's just as important to share your recovery as it is to share how you may have gotten back into recovery after relapse.
- Don't omit to share about an issue or obstacle that was significant for you because "no one will relate to that." In letting our H.P. make that decision, we may reach people who thought "that" didn't happen to anyone but them.
- Do ask people "how's your food?" (hard one for some of us to ask) and encourage anyone who is struggling.
- Talk about what step you're working on, to encourage questions about solving difficulties in step work.
- Do remember to put your phone number in the chat at zoom meetings. Even if almost everyone there has it, it signals your willingness to be contacted.
- Inform members of any OA events you hear of, and arrange to carpool. (Pertinent today: arrange to collectively reimburse the driver).
- You could offer to be a temporary sponsor or "food sponsor" to newcomers; having someone to whom to commit one's food plan for the day is a helpful incentive to getting or staying abstinent.

In humble service,  
Yvonne  
*Reading, PA*



## 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*

### **My Amends**

I worked in an office of about 25 people. When people brought food in for birthdays and other occasions, I had major binges. I never brought food in because I knew it would set me up for a binge. When I was binging, it never occurred to me that I did anything wrong. When I got abstinent, I realized all the food I ate, that I never paid for. I felt overwhelmed with shame and guilt. I knew I owed the people I worked with an amends. I put \$200.00 in cash in a plain envelope, and drove to my former employer. I told the receptionist I wanted to talk to someone in my former office, so I could apologize. Two women I used to work with came down to the lobby. One was my former supervisor, who I had hated previously. I now see her as a very sick person with a lot of problems. I said I needed to apologize for all the food I ate and I handed her the envelope with \$200.00 in it. She said that was not necessary and she would not accept it. I told her my sponsor told me I needed to do it to be free of my need to compulsively overeat. I handed her the envelope and walked out the door. It may have been the hardest thing I have ever done. In that moment I released over a decade of shame and guilt.

I needed so much courage to make that amends. I am so glad I did it. I released a lot of self hatred that day.

Yvonne T.  
*Middletown, P*

## REMAINING SCPOAI 2022 MEETING DATES

**Aug 6, Sep 3, Oct 1, 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](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/sponsorspeakers>.



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  
October/November/December 2022**  
**Send your writing to**  
**[SCPOAIroad2recovery@gmail.com](mailto:SCPOAIroad2recovery@gmail.com)**  
**by August 26, 2022**  
**Together We Get Better!**