

Contact Information

OA Phone #s	OA Addresses:	OA World Service	OA Emails:
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OA World Service: (505) 891-2664	OA Region 7 <i>Correspondence is made through the Region 7 website.</i>	OA Websites: scpoai.org oaregion7.org oa.org	Region 7 Trustee: trustee@oaregion7.org
			Road to Recovery: To submit articles, questions, and meeting changes use <i>scpoairoad2recovery@gmail.com</i>

Contribution Notes: When making contributions, please clearly note the name of the person or group making the contribution. WSO suggests group treasuries retain a 2 month reserve for expenses. Then, to help carry the message to other compulsive eaters, the excess be distributed: 60% to Intergroup, 30% to World Service, 10% to Region 7.

SCPOAI Meetings are on Saturdays at 9am in the 3rd floor Conference Room of the Lancaster Health Campus, 2100 Harrisburg Pike. Anyone is welcome to attend and observe. Our next meetings are August 1st and September 5th. There is no meeting in July.

Note for new IG Representatives: For an intergroup orientation, arrive at the intergroup meeting at 8:45am.

SCPOAI Board

Chair:
Connie (717) 599-1122

Vice Chair:
Claudia B (352) 603-2773

Recording Secretary:
Mary Esther
717-873-8446

Treasurer:
Chris R (717) 512-3770

Assist. Treasurer:
vacant

Corresponding Secretary:
Dana M. (717) 315-9133

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

SCPOAI Committee Contacts

Literature: Delphine (717) 823-3615

Outreach:
Deedy D (717) 877-6835

Twelfth Step Within:
vacant

Ways & Means:
Deb K. (484) 332-8926

Website:
Jessica M. (610) 763-1903

Orientation: vacant

Road to Recovery Editor:
vacant



Reflections Assignment

My sponsor gave me the assignment to share reflections on various issues. I will start by addressing starting over with a new sponsor. I feel blessed regarding both women who have guided me so far, and feel sure that God had a hand in finding me my current sponsor.

Starting with some one new has involved a willingness to begin with a clean slate - making changes in my food plan and mode of communication, like no texting! As I have a sponsor who instills trust in me, this decision to trust allows me to become increasingly aware of the need to commit to other changes in my life and in my attitude. As an older person not yet free of the stubborn defiance of an immature teenager, this is in itself a miracle. As I have been given awareness that one can turn liabilities into assets in many cases, I am led to apply the stubborn trait to commitment and discipline. I do struggle with self-castigation, which I know involves self-absorption. I also love the phrase "progress not perfection", which allows me to keep working on trying to move toward freedom from bondage of self. One day at a time!

With gratitude for the continued guidance available to me, primarily from my sponsor, I plan to keep my food clean and work on my spiritual growth. As y'all say, "together we can!"

Anonymous

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.	Tradition 8: Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.	Tradition 9: O.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Serenity to the Nth Degree

I've been in Program for a number of years, but the number isn't important to me. Today, this very moment is most important.

I used to feel that I was either better than or less than other people, but those days are fading; I'm discovering that knowing God is a good enough achievement. The roadmap He has designed for my life does not make my story unique but it has made me grateful for all that happens and gives me the power to treat all people with love and dignity.

When I first came to Program, I did as I had always done—took everyone's inventory. But soon life showed me that it was possible to handle pain without food. I slowly realized that all my character defects worked for me in one way or another. They are not mistakes. I'm not a mistake. I truly believe that there are no mistakes. I'm not better than or less than anyone else. I just am, and to me, that serenity to the nth degree.

I have learned, through this program, how to forgive through acceptance. I have, at times, detached with love when an expectation arises. I'm grateful to be in OA, one day at a time. *-North Carolina, USA*

(Seeking the Spiritual Path: A Collection from Lifeline, p.99)

Your attention, please...

- ⇒ This will be the last edition of the Road to Recovery newsletter until someone assumes the role. With three months of abstinence, a person can become an interim editor until the six month requirement is met. Remember that HP does not call the qualified; HP qualifies the called.
- ⇒ There are several other service positions at the intergroup level which are either currently available or will be available very soon. Please prayerfully consider these opportunities to utilize the tool of service.
- ⇒ In these unprecedented times, details regarding local, national, and global meetings and events are very fluid. Please visit the following websites for the most up-to-date information:

www.scpoai.org

www.oaregion7.org

www.oa.org

www.oavirtualregion.org



Vacation Sponsor

Before leaving for my vacation, I called the OA office in the place where I would be staying. The answering service gave me three names and telephone numbers.

When I got there, I was thrilled that the first person I called was home. My vacation was on the right track. I asked her whether she would be my vacation sponsor, explaining that I wanted to call in my food plan each day, something I hadn't done in a long time, and to be guided with the steps. To my delight, she said she'd love to be my sponsor away from home.

I told her I felt tempted to indulge in extra food while away, but I wanted neither to gain weight nor to lose my vacation food.

"What do you usually eat at home?" my new sponsor inquired. I told her, and she said, "Why don't you eat that today?"

I did just that. It was fine, and it freed me to play instead of concentrating on meals.

I went to two meetings and discovered that only the faces were different from my meeting at home. I felt wanted, and I knew I needed what they had to give me.

It was a special treat to meet my vacation sponsor in person. I'll always be grateful to her for letting me call her every day. She helped me truly enjoy my vacation, from start to finish.

-June 1982

(Lifeline Sampler, p.25)

Only Seventy Days

My OA life is only seventy days young. Still, I feel qualified to write a letter to *Lifeline* as part of my service.

For over forty years my life was totally unmanageable, when it came to food. In addition, many other areas were unmanageable, too. I was all but dead seventy days ago, still going through the motions and pretending I could handle life. Only I knew the truth. I was ruined. I'd lost my husband to deceit. I lost my son to despair and lies. I'd lost my home through deception. I'd lost my God because I couldn't believe He truly existed. I had no income.

When I walked through the doors of my first OA meeting, I thought it was all or nothing. Since I felt I had lost everything anyway, why not just give up? But I listened, hanging on by a thread, and I heard the words I needed to hear that night. I heard: Get a sponsor as fast as you can. So I did. I heard: Get a starter packet and a Twelve Step book. I did these things, too. I heard: Pick up a hotline sheet before you leave, and so I did that. I heard: Grant me the serenity to accept what I can't change, and I asked those members' HP to become mine as well. He did. I asked him to make me feel satisfied eating just the right amount at my meals. He did that for me each day and each night. I confessed: you are a Power greater than I am. And now I wonder, why was there ever any doubt?

As I write this, I know this HP is waiting to hear from you as He so patiently waited for me until seventy days ago. -Anonymous

(Seeking the Spiritual Path: A Collection from Lifeline, p. 11)

Note from the Chair

It's hard to believe that we are over halfway through the year already. Sometimes I wonder where the time has gone. The older I get, the faster time flies. What I am thankful for is this program of recovery that teaches me how to live one day at a time, through all kinds of situations. What a miracle that I don't need to eat over anything ever again! The Big Book is clear that working with others and doing service is the foundation stone of my recovery. I have enjoyed serving in various capacities at the local and Intergroup level over the past five years. It has been key in helping me maintain and strengthen my recovery. For me, staying in fit spiritual condition comes when I practice the tools of this program and work the steps. Every. Single. Day. My disease doesn't take a day off, so neither can I. I use all nine tools of our program everyday. In turn, I have a freedom I have never experienced before, and a life that continues to surprise and amaze me. The promises of knowing a new freedom and a new happiness have come true for me and countless others, and they can come true for you, too. Find someone who has what you want and ask them how they got there. On another note, in November we will be voting on our Board positions. I encourage you to consider serving at the Intergroup in some capacity. Not all positions have an abstinence requirement, and this is a great way to see OA's bigger picture and strengthen your own program. Feel free to call or email me to discuss how you can serve.

Your Trusted Servant,

Connie T



Formula Folly



I don't know if it's true, but I heard recently that farmers have a formula for planting, but not for harvesting. They till the soil, fertilize, plant the seed, spray the pesticides, remove the weeds, and sometimes water the ground as well. Then they wait. Eventually they find themselves at harvest time, and they gather it in. The farmer is expected to work the soil the best he can. He is not expected to produce the harvest. The harvest occurs because of natural laws; not understood, but greatly appreciated.

As I reflect on my history in OA, I can see that what may be true of the farmer is certainly true for me. Whenever I've made the harvest my focus, I've fallen. When I took responsibility for the harvest, it vanished. I know understand that this is because God is the boss of my harvest. It is by God's grace, not my efforts, that I have any semblance of recovery: physical, emotional, or spiritual. My recovery did not come about by my wonderful adherence to the Steps or diligent use of the tools. The Steps and tools are merely preparing the "soil" of my heart. The recovery harvest occurred by the grace of God. I don't understand how the planting and harvesting principle works, but I am deeply grateful that it does. *-Anonymous*

(Seeking the Spiritual Path: A Collection from Lifeline, p.102)