

<b>Contact Information</b>	<b>OA Phone #s</b>	<b>OA Addresses:</b>	<b>OA World Service</b>	<b>OA Emails:</b>
	<b>SCPOAI Hotline:</b> (717) 391-2950	<b>SCPOAI</b> Post Office Box 104 Camp Hill, PA 17001	P.O. Box 44727 Rio Rancho, NM 87174-4727	<b>SCPOAI:</b> scpoai@gmail.com
	<b>OA World Service:</b> (505) 891-2664	<b>OA Region 7</b> <i>Correspondence is made through the Region 7 website.</i>	<b>OA Websites:</b> scpoai.org oaregion7.org oa.org	<b>Region 7 Trustee:</b> trustee@oaregion7.org
			<b>Road to Recovery:</b> To submit articles, questions, and meeting changes use scpoairoad2recovery@gmail.com	

**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**

**Lifeline:** *Open position*  
**Literature:** Delphine (717) 823-3615  
**Outreach:**  
Deedy D (717) 877-6835  
**Twelfth Step Within:**  
*vacant*  
**Ways & Means:**  
Deb K. (484) 332-8926  
**Website:** *vacant*  
**Orientation:** *vacant*  
**Road to Recovery Editor:**  
Tracey (610) 955-2892



**Before the Steps**

- Never action, but imagining.*
- Never the satisfaction of fulfillment, but the shame of not even trying.*
- Never acceptance, but criticism.*
- Never warm assuredness, but sharp paranoia.*
- Never joy, but terror.*
- Never serenity and peace, but discomfort and unease.*
- Never alert, but dulled.*
- Never with, but alone.*
- Never cool clarity, but hazy melange.*
- Never clean and soft, but greasy and matted.*
- Never enough, but lacking.*
- Never purposeful, but aimless.*
- Never quick and nimble movements, but stunted and protracted stumbles.*
- Never confident and empowered, but timid and cowed.*
- Never sober, but glazed.*

Anonymous  
York

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Step 7:** Humbly asked Him to remove our shortcomings.

**Tradition 6:** An OA group ought never endorse, finance or lend the OA name to any outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

**Tradition 7:** Every OA group ought to be fully self-supporting, declining outside contributions.

## Gratitude for Pain

Recently the grocery store ran out of my normal pita, so I had to look for an alternate. I picked up a Wrap Healthy. The ingredients did not have any of my trigger ingredients, so I purchased it. I had it on Monday, and it seemed fine I thought it tasted good for being so healthy. I had it again on Tuesday and after I finished it, I immediately thought, *Wow! I could eat another! I could have three on one sandwich because they are so thin and that would taste even better!* Then I thought I should call my sponsor. My disease told me to call her tomorrow because it is so healthy and that would be silly to call her now and bother her. This disease is so insidious that I can't even see it happening. It is so sneaky and evading.

The next morning I was out for a run and praying. When I was almost home I had the thought that I should try that wrap one more time and then talk to my sponsor about it if I still have issues. I am so grateful that in that moment God gave me the power and strength to see my disease. I then said to myself, "You are crazy. The disease is talking to you.. Talk to your sponsor."

I shared about it with others and talked to my sponsor. I realized that food created a physical memory of my past and is not good for me today. I willingly gave it up which is such a gift of the program and my God. Later that day I had my normal lunch. The store had my usual pita! After I finished lunch, I had the overwhelming feeling of FREEDOM. I didn't realize how much the wrap and my disease were talking to me. I didn't realize the FREEDOM I had enjoyed for a few 24 hours in a row. I became so immune to it that I didn't even realize it was missing until I had it back again. It was such a gift.

It IS such a gift! I can't take this for granted. I must be so grateful for this today. It is a one day at a time program and the minute I think I have this, or that I can do this on my own, that is the minute I am dead. I have signed my death certificate. This is a daily war and if I bring my HP into it, I WILL NOT FAIL. I must be willing to go to my Higher Power. I must ask God for the power and strength to do this. I need my HP to help me all along the way.

For so long in the program I wanted what you had but I didn't want to do what you do because it was too rigid. Today this is not rigidity; it is FREEDOM. Thank you for letting me share.

-Anonymous

## Requests

We need articles! The Road to Recovery is paved with your contributions. What you have to share matters! Send you articles to [scpoairoad2recovery@gmail.com](mailto:scpoairoad2recovery@gmail.com) by July 15 for inclusion in the next edition.

Our IG Outreach committee can always use old copies of Lifeline Magazine and the Road to Recovery Newsletter as well as extra copies of current meeting lists. IG Reps are happy to collect them from your Home Group and bring them to the Intergroup Meeting.

## Dates

1st Annual Virtual Regional Convention **June 20-21** For more information, contact [vrconvention@virtualregion.org](mailto:vrconvention@virtualregion.org)

Butterflies are Free **June 27**. We still need a group to host. Contact Connie T. with ideas and suggestions. (717) 599-1122



Sponsorship Days **August 15-16** Home Groups may chose to focus on the tool of sponsorship by conducting workshops, holding sponsor availability events, or any number of creative ways.

World Service Convention Orlando, FL

**August 20-22**

Region 7 Convention in Ocean City, MD

**November 6-8**



12th Step Within Super Saturday **December 12**. Come together with IG Vice Chair, Claudia B. and take a closer look at OA as a fellowship as described on OA.org.

**NOTE:** Please call the contact person for face-to-face meetings before returning to ensure that the meeting is reopened, since it is likely that not all meetings will reopen at the same time, depending on their location.

## SCPOAI Virtual Meeting List

	Mtg ID Number	Passcode
<b>Every Day of the Week</b>		
7:00 p Reading Zoom	129251846	321654
<b>Sunday</b>		
7:00 p Lancaster Zoom	517624061	037513
<b>Monday</b>		
7:30p Hershey Zoom	199446611	448131
7:30p Shrewsbury Zoom	588558169	(none needed)
<b>Tuesday</b>		
4:00p Carlisle Conf Call	6053135896	288866
<b>Wednesday</b>		
5:30p Lemoyne Zoom	8620220011	promise
<b>Thursday</b>		
6:30p Dillsburg Conf Call	6053135896	288866
<b>Friday</b>		
10:30a Lancaster Conf Call	6467493122	611627205
<b>Saturday</b>		
7:30a York Conf Call	978-990-5019	5839436
9:00a Harrisburg Zoom	8620220011	promise

**Comfort Finding in Recovery-Supportive Ways  
in  
“Times Like These”**

A friend shared something about things one could do in replacement of “comfort eating.” I thought the suggestions could be useful for compulsive eaters like us. So, here is my own list of recovery-supportive things I can do to re-center myself in times of stress (or in “times like these”). Here is what my friend’s message and my recovery have helped me realize I can do when stressed instead of indulging in eating “comfort food.” I can turn to:

- 1) comfort connection (with those I am stranded with, with people over media and etc. with regular and program friends, with my HP, pets, etc.);
- 2) comfort reading of regular and recovery books (in appropriate moderation);
- 3) comfort walking and exercise (in afe and moderate ways);
- 4) comfort dipping into useful topics in the back of my OA daily meditation books (like readings of acceptance, patience, surrender, and living in the day);
- 5) comfort gratitude for things I still actually have) despite my situation;
- 6) comfort entertainment on TV, etc. (in appropriate moderation);
- 7) comfort music listening and making - including singing;
- 8) comfort organization and improvement of my personal space (as in “move a muscle, change a thought);
- 9). Add your own (I am sure this is hardly an exhaustive list of all the better ways we can make us feel better about us and our situation besides turning to “comfort food”).

As I type this, I realize this list would not only work to help me during this pandemic, but whenever I am filled with dis-ease for some reason and my disease suggests that indulging in my COE-ing behaviors would be just the thing to comfort myself.

May we all stay as safe and centered as we can in these dangerous times.  
Tracy F.

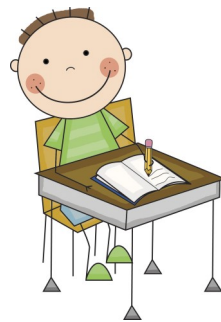
Lancaster, PA .

## Note from the Chair

Greetings, my fellow travelers! As I write this article, we are about two months into the pandemic quarantine. Some of us spend most of our days at home, either working, home-schooling, or just chilling out (maybe all three). Some of us are essential workers and on the front lines. No matter what your station in life, you are an important part of our fellowship. How has your recovery grown during this time? Are you more spiritually fit today than you were two months ago, or have you been struggling? The Big Book is clear that we are undisciplined, selfish and self-centered, and that this is the root of our problem. Thank goodness, there is a solution! We don't need to stay this way. There are clear-cut directions about how to get out of ourselves and experience life beyond our wildest imagination. We are naturally isolators, especially when we're deep into our disease. Although you may be spending more time alone than usual, there is no need to isolate. We have numerous Zoom and conference call meetings happening everyday of the week, sometimes several times a day. Technology has assured us that we need not do this alone. I encourage you to reach out to other fellows and stay connected. There is a condensed list of these meetings published in this edition. Hop on a meeting and connect! We are trudging this road together. You are not alone.

Your Trusted Servant,

Connie T  
Chair



## THE TOOLBOX

In order to maintain abstinence and more fully work our 12-step program of recovery, Overeaters Anonymous offers nine tools. The tools of recovery are: **Plan of Eating, Sponsorship, Meetings, Telephone, Writing, Literature, Anonymity, Service, and Action Plan.** In each issue of Road to Recovery, we will focus on one tool in our toolbox and how members of our fellowship are using this tool to assist them in their recovery. The featured tool in this issue is:



## Action Plan

One OA member describes her action plan as whatever it takes to keep her abstinent. Another member says that her action plan is a matter of putting on her calendar the meetings that she will attend that week and planning everything else around it. Other members use the tool of action plan for more long-range goals, like scheduling doctor appointments that have been long neglected. And there are those who say that for them, an action plan is like a food plan but for the rest of life. It provides a starting point and a stopping point and quiets the mind. Regardless of how this tool is implemented, like so many aspects of OA, it works if you work it.