

# Road to Recovery

## SCPOAI Contacts

**SCPOAI Hotline:**  
(717) 391-2950

**SCPOAI**  
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Camp Hill, PA 17001 <http://www.scpoai.org>

**OA Region 7**  
*Correspondence is made through the Region 7 website.*

**OA World Service:**  
P.O. Box 44727  
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87174-4727  
(505) 891- 2664  
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## SCPOAI Board

**Chair:**  
Heather H. (610)468-7671

**Vice Chair:**  
Dana M. (717)315-9133

**Corresponding Secretary**  
Connie T (717) 599-1122



## South Central Pennsylvania Overeaters Anonymous Intergroup

### *From Our Chair*

### **Thank you**

As I approach the end of my term as chair of SCPOAI, I feel grateful for the opportunity to serve. With so much on my schedule it was greatly appreciated that we have such good support, history & knowledge within SCPOAI. With others doing their part I found things to be able to work. If we all do our part the burden is so much easier to handle together.

Thank you for allowing me to be your trusted servant.

Wishing you abstinence & peace,

Heather H.  
SCPOAI Chair 2021

## SCPOAI Board *cont'd*

### Recording Secretary:

Mary Esther A (717)873-8446

### Treasurer:

Chris R(717)512-3770

### Assist. Treasurer

vacant

### SCPOAI service positions:

#### Literature

Delphine (717)823-3615

#### Newsletter Road to Recovery

Geri K (717)461-6438

#### Orientation

vacant

#### Outreach

Deedy D. (717)877-6835

#### Twelfth Step Within

Yvonne W. (610)468-9474

#### Ways and Means

Deb K. (484)332-8926

#### Website

Amanda D (717)873-0928

#### Region 7 Representatives (3):

Glenn K. (717) 659-1219

Deedy D. (717) 877-6835

Dana M (717) 315 -9133

#### Region 7 Alternates (2)

vacant

## Step 10

**Continued to take personal inventory and when we were wrong, promptly admitted it.**

## Tradition 10

**Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.**

## Step 11

**Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.**

## Tradition 11

**Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.**



## 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 12 and 1 and Traditions 12 and 1 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)

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### **Call for Diverse Voices**

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OA is updating *A Common Solution: Diversity and Recovery* and expanding the representation of OA's diverse membership. We are seeking stories that express your experience, strength, and hope, particularly if you identify as a member of one or more of these under-represented groups within OA:

Race (Black, Asian/Pacific Islander, Indigenous, Latinx) • Male, non-binary, transgender • LGBTQ+ • Atheist, agnostic, Jewish, Muslim, Buddhist, or other

religion • Young (under 30) • Nationality outside of North America • English not first language • Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery) • Disability or other health condition

Download the [call-for-stories flyer](#) now and share it with your OA fellows. For a printer-friendly black-and-white PDF, click [here](#). Help others find hope by sharing how the OA recovery program has helped you.

### **Region 7 Virtual Convention—Don't Miss It!**

*The 2021 Convention will now be virtual due to COVID-19 concerns.*

On Friday night we will have the grand opening with a keynote speaker, Saturday will be filled with workshops followed by a keynote speaker and entertainment, and Sunday will have one workshop followed by our closing ceremony with another keynote speaker.

Please help support Region 7 – the convention is our main fundraiser and helps us to carry the message to the still suffering compulsive eater.

**When:** November 5-7, 2021

**Where:** Virtually – on Zoom

For more information and to register, visit <https://oaregion7.org/events/2021-region-7-convention/>



## Members Share

### **Gifts of Service**

Not only do I enjoy doing service (at least on most days), the Big Book tells me that helping others is the foundation stone of my recovery. While I'd like to think that all the service I do is strictly for the benefit of others, it isn't. I **need** to do service for my own program. I **need** to do service to stay in the recovered state that I now enjoy. I simply cannot keep what I don't give away freely.

I am a low-bottom food addict who has eaten out of trashcans, off the floor and off of other people's plates. I didn't know that the hole I was trying to fill was in my soul and not my belly. That hole was a bottomless pit of self-centeredness. Thank God, I don't live like that anymore.

Service comes in many forms—making an outreach call, writing an article for our newsletter, sponsoring, serving my family, volunteering and giving to charities that are close to my heart — these are just some examples.

Each day, I ask God how I can be of service and He never fails to bring something or someone to my attention. It's amazing!

I have a purpose now and that is to be of maximum service to God and to my fellows. I am not perfect at any of this, but I have a perfect Higher Power who continues to guide me, discipline me and love me through this journey of life.

I encourage you to step up your tool of service. You will be amazed at the blessings you will receive when you help others.

*Connie T*

## **TOGETHER WE CAN!**

I have been an active member of Overeaters Anonymous since August 1999. During these past 22 years, I have attended more in-person meetings than I can count, and never before March 2020, would have thought that I would have to classify a meeting as such. Before March 2020, I had attended only two phone meetings, and one on-line meeting (not video, strictly on-line, as in “chat room” type atmosphere). Those meetings didn’t do much for me, as far as feeling connected to the other attendees, and so I shrugged my shoulders and continued my cycle of in-person meetings in my local area (and outside my area while traveling).

As everyone knows, the arrival of COVID-19 made it necessary to find alternatives to meeting with others in person. One of the gifts for me during this time has been meeting other members of OA that I most likely never would have met had I not been forced to investigate video-based platforms for meetings. It has been exciting to attend meetings in Florida, Connecticut and Indiana on the same day. And, it has been fulfilling to engage in new relationships that are helping to expand my OA network and open my mind to change. Finally, it has been simply wonderful to see OA, and OA members, survive and thrive during this tumultuous time in our world.

While all that is good news, there is a part of me that feels some fear in relation to it. What if OA stays mostly video-based? People seem to like it. It’s convenient. It takes less time to go to a meeting in your bedroom than to drive across town or to another city. You save money on gas, and there’s more time to spend with family. Those are pretty great benefits. But, there is also a downside. It’s isolating. There are no before and after the meeting conversations unless a member takes the time and energy to pick up the phone to call someone. The opportunity to hide is everywhere. I can black out my screen or shine a light only on my good side (literally!).

All this begs the question – is that ability to isolate within the actual meeting part of what makes it so convenient? Therein lies my fear – for myself, for my fellow OA members, for the newcomers who have not yet been to an actual in-person OA meeting, and for the life of OA itself.

Recently, while on vacation, I was able to connect, in-person, with two OA members that I met during the pandemic via phone and video meetings. While it was the first time we were meeting each other in person, we have attended several meetings together over the past 18 months, and have had many conversations via phone. Our level of trust for each other is high. We know each other because we share the same disease (and recovery, thank God!), and we have shared the ups and downs of the pandemic together from a distance. As I was driving to meet these two ladies, there was no nervousness, as one has when meeting someone new. I simply felt as if I was on my way to visit two friends who I've been separated from for a while. That, I believe, is the gift of the pandemic, for without it, I never would know them. But the spiritual relationship that took hold as we sat together on a blanket under a tree and shared stories, concerns, joys, and laughter was the OA fellowship gift from God that I knew so long ago and had forgotten over the years, especially the last 1&1/2 years.

Yes, it is wonderful that OA has been able to survive during this pandemic – and that we, as a fellowship and as individuals have found ways to meet together despite the local, state and federal restrictions. But, if we stay like this as a fellowship, we will be robbing all newcomers, and ourselves, of the spiritual presence that is found when we gather together, look into each other's eyes, and listen with intent (without checking our phones or petting the cat or sending a chat during the meeting). We will be robbing our fellowship of the truth that can only be found when we sit across from each other and see each other physically. We will be missing out on the meeting after the meeting that happens in the parking lot by our cars as we cry over something we heard shared in the meeting that hit home, or gently confront each other because we see the disease taking over. We will miss the joy of feeling a hug from someone who just gets it, who understands better than anyone else in the world.

I do not know where the world is headed, and I realize the pandemic is not yet done with us. I pray every day for the life of OA as a whole, and then for the life of

in-person OA meetings. I am grateful for the lessons I have learned throughout this time, and I am anxious for some normalcy to return. While I have had moments of panic and selfishness throughout, I do believe that God has not brought OA this far to drop us now.

I hope you will begin to pray with me for the life of our fellowship, as well. If nothing else, I do believe we all agree on this: alone, we cannot recover, but **TOGETHER WE CAN!**

*Jessica M.  
Shillington, PA*

### **My Take on Step 11**

Some folks believe that the Twelve Steps are God inspired. I have no position on the validity of that statement. However, I do believe, that in the very least, Bill W. truly made a conscious contact with a God of his understanding.

Step Eleven states: “Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

For me, the key words in this step are “improve” and “as we understood Him.”

#### *Improve*

The definition of improve is “to make or become better.” Improve doesn’t mean to “be perfect.” As a self-proclaimed perfectionist, I often hold myself to a standard that I’m sure not even Higher Power would hold me to! Step Eleven is simply saying that I must become better at making a conscious contact with my Higher Power. Step Eleven is not saying that I must magically become perfect at prayer and meditation and be in conscious contact with Higher Power 100% of the time. I appreciate that our program does not expect perfection, only progress.

#### *As we understood him*

I have come to learn that the way I understand God, is different than how others understand God and that is okay. In this program, I am given permission to find a Higher Power that works for me.

I feel connected to Higher Power when...

Listening to music

Experiencing nature

Hearing other fellow's experience, strength, and hope

Conversing with friends and family

Snuggling with my dog

Reading literature

I am grateful that Step Eleven directs me to seek improvement in my unique spiritual journey, allowing Higher Power's will for me to be revealed.

*Anonymous*





For our Meeting List, click below:

[Current Meeting List](#)

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

<http://scpoai.org/>