

NOVEMBER

AWARE!

2023

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



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.

Spiritual Principle

Spiritual Awareness



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.

Spiritual Principle

Anonymity

Sought Through Prayer and Meditation...

The Serenity Prayer

"God, grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And the wisdom to know the difference."



The OA Promise

"I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams." ¹

The Resentment Prayer

"If we pray daily for the people who have wronged us, asking that they be given all that we want for ourselves, we can be freed of our resentments and forgive them for the harm they have done to us. The action of praying for those we resent will work, even if we don't mean a word of what we're saying. If we keep praying for them faithfully, sooner or later our feelings will change." ²



The Acceptance Prayer

"...acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing happens in God's world by mistake.

Continued on page 3

What's Happening in November?

MEETING SPOTLIGHT

Monday, 7:30 pm
Friends Meeting House
219 Court Street, Newtown, PA 18940

The Newtown, Monday night meeting uses a hybrid format, offering access for face-to-face participants and via Zoom.

Zoom link:

<https://us02web.zoom.us/j/81082882782?pwd=NzFPeWdjZUpVdmg2Q3BROXBLakwyZz09>

Meeting ID: 810 8288 2782
Passcode: 113455

For additional information, contact Ida at (215) 932-6028.



Photo of Newtown Friends Meeting House courtesy of John Marquette Creative, © 2017. Used with permission.

Gobble.



Just one week left before we set sail to Ocean City, MD! Don't miss this boat - register today!

OA Region 7 Annual Convention
Princess Royale Oceanfront Resort
9100 Coastal Highway, Ocean City, MD

Regular registration for \$65 is open until November 2nd!

Onsite Registration (November 3rd - 5th) will cost \$75, with limited meals available.

See flyer on page 6 for more information!



News from World Service!

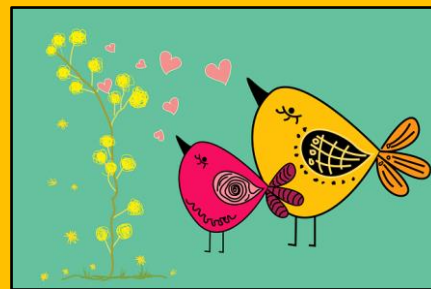


“OA members who use devices made by Apple have a new payment option to make their Seventh Tradition contribution at oa.org/contribute. Apple Pay has been added to our list of options, which also includes payment by debit or credit card, PayPal, and Venmo.

The new Apple Pay option will only appear if the user is on an Apple device and is using the Safari web browser. (You won't see it otherwise.) Next time you make a contribution, try it out for yourself!”

Until I could accept my alcoholism, I could not stay sober, unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes." ³

Third Step Prayer



"God, I offer myself to thee -- to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy power, Thy love, and Thy way of life. May I do Thy will always." ⁴



There are additional prayers in OA and AA literature that many of us use on a daily basis. As well, some of us say familiar prayers that we learned in our spiritual communities, while others use prayers they've fashioned ourselves ("Help!") as the best way to talk to our Higher Power. We use what works.

As for meditation, see "Overheard Recovery" on AWARE's page 9: many members believe that meditation is how we *listen* to our Higher Power.



As the OA 12 & 12 reminds us: "The only way to do meditation wrong it not to do it at all...[it] is an action that gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment. Many of us have spent a lot of time running - running from the food, then running to it - and many of us have turned to excess food for its sedative effect. Eating compulsively was our chief means of relaxation. Meditation offers us a way to stop running and to relax without eating compulsively." ⁵

What are your favorite prayers? What sorts of meditation practices help you to remain sane and spiritually connected? Consider sharing them with your fellows this month.

Together, we get better.



1. Pamphlet *I Put My Hand in Yours*, ©1968 (later dates unverified), Overeaters Anonymous, Inc.
2. Page 61, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition* © 2018 by Overeaters Anonymous Inc.
3. Page 417, *Alcoholics Anonymous Fourth Edition*, ©1939, 1955, 1976, 2001 by Alcoholics Anonymous World Services, Inc.
4. Page 63, *Alcoholics Anonymous Fourth Edition*, ©1939, 1955, 1976, 2001 by Alcoholics Anonymous World Services, Inc.
5. Pages 78 and 79, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition*, © 2018 by Overeaters Anonymous Inc.



Mingle your joys sometimes with your earnest occupations. - Linnaeus

A Letter from Her Higher Power

Struggling to believe in anything? Well, I believe in you! I completely love all of you, especially the bits you see as pathetic, ugly, defective, or unlovable.

I am actively transforming your thoughts and behaviors. I set the pace for that process, not you. I'm not going to make life go exactly the way you want it to; that's not how it works for anyone. You have a food addiction. You can't control anyone or anything outside of yourself, or even most of what's going on inside you. However, you can choose how you respond to these realities, with my help.

I created you with everything you need to enjoy life and live well. You can even have a sense of humor about today's challenges, because I go into them with you. Rest in this fact. Ask me for greater surrender of the illusion of control. Ask for self-honesty and willingness to forgive yourself and others. Ask for acceptance of each moment as it is, setting aside how you wanted it to go. I will give you all these and more.



No person or situation can make you feel a certain way today without your cooperation. Bring every thought and emotion to me before you act. I will help you discover why it is there, and what to do about it.

You were very good when I created you, and you still are very good. You have never needed to "become a better person;" you are exactly WHO you should be. The harmful thoughts and behaviors that you have learned still need to be removed, but you were made just right. Trust your intuition. I am in it. Speak up about your needs and wants. You matter, you have good ideas, and your words have value. The world is a better place just because you woke up in it. Go have an adventure today! Remember, I will be right alongside you the whole way.

- Anonymous



From OA's World Service Office

"Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image."

For more information and a copy of the release form that's required to be submitted with your entry, access the flyer entitled ***Call for Stories about Mental Health and Recovery*** at:

<https://media.oa.org/app/uploads/2023/09/12083753/mental-health-and-recovery-call-for-stories-flyer.pdf>

The deadline for submissions is November 30, 2023!

OA Region Four to Disband by September 2024



- Illinois
- Iowa
- Kansas
- Missouri
- Minnesota
- Nebraska
- North Dakota
- South Dakota
- Manitoba
- Northwest Ontario, and
- Nunavut Territory, Canada.

Per its website, OA's Region 4 "serves the individual OA groups and Intergroups in Illinois [except Chicagoland area], Iowa, Kansas, Missouri, Minnesota, Nebraska, North Dakota, South Dakota, Manitoba, Northwest Ontario, and Nunavut Territory, Canada. Region 4 is one of 11 regions organized to provide a bridge between groups, Intergroups, and OA worldwide."

The decision to disband the region was reached after what the WSO termed a "persistent and critical drop in service to intergroups and the region board" that appears to have developed over a number of years, starting in 2012.

For complete news about Region 4, including a hopeful note about re-tooling and facing the future with renewed purpose, see the WSO's official announcement at <https://oa.org/news/oa-region-four-to-disband-by-september-2024/?news-category=0&page=0>.

"Pray to God, but continue to row to shore." – Russian Proverb

For more about this and other important OA developments including new service bodies, security tips for websites, the WSO's new Managing Director, and more, be sure to visit <https://oa.org>.

2023 REGION 7 CONVENTION

November 3, 4, 5



Sail into Recovery

Ocean City, MD

TOGETHER WE GET BETTER



Princess Royale Oceanfront Resort

9100 Coastal Highway
Ocean City MD 21842
(800) 476-9253

Registration costs and
other event details found on
the events page on our website:

www.oaregion7.org

**Early Bird
Registration** **\$55.00**
until 9/30/23

**Regular
Registration** **\$65.00**
until 11/2/23

**On-site
Registration** **\$75.00**

Meals **\$87.00**
incl Lunch &
Dinner Saturday

General Inquiries

Email us here:
conventionchair@oaregion7.org

Interested in Speaking?
speaker@oaregion7.org

A written request for a refund of a registration fee (less a \$10 processing fee) will be honored if received at least 30 days prior to the convention.

Registration is OPEN
www.oaregion7.org

Ocean & Bay Intergroup of OA presents



Step 11 Two-Way Prayer Writing Workshop

Seeking to improve our conscious contact with
our Higher Power through prayer and meditation

Sunday, November 5, 2023, 1 to 2:30 pm ET* / 6 to 7:30 pm UTC

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing.

Please join us!

Zoom info:

Meeting ID: 828 6154 9717

Passcode: 247365

questions@oceanandbay.org

<https://oceanandbay.org>

* US Daylight Savings Time starts Sunday, November 5th! Meetings based in the US and Canada will be at the expected time because we will have adjusted our clocks. If you live outside the US and Canada, a meeting based in any US/Canada time (AT, ET, CT, MT, or PT) will change for you. Try this app, <https://www.worldtimebuddy.com/> to figure all this out.

Baltimore Area Intergroup (BAIG) presents

Overeaters Anonymous **IDEA DAY**

International Day of Experiencing Abstinence



VIRTUAL WORKSHOP

November 19 - 2 to 4 pm EST

SPEAKERS, Q&A, JOURNALING & SHARING

Come join us to learn how members are experiencing abstinence one day at a time.

ZOOM LINK

<https://us02web.zoom.us/j/7310889762?pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09>

Meeting ID: 731 088 9762; Passcode: BeAbstn8;

One tap mobile +13017158592,,7310889762#,,1#,628738#

7th Tradition contributions and other donations may be made directly to the Baltimore Area Intergroup by Pay Pal!
Click the Donate button on our website to make a secure contribution

OVEREATERS ANONYMOUS®

THANKSGIVING DAY

Virtual Workshop On

“GRATITUDE”

THURSDAY, NOVEMBER 23, 2023 9:15 – 11:30 AM EST



9:15 – 9:30 AM – Fellowship

9:30 – 11:30 AM – Meeting

- 3 Speakers
- Sharing
- 7th Tradition (instructions provided)

Sponsored by: **Fellowship of Hope Group** from Philadelphia Area Intergroup (PAIG)

Zoom Link: <https://us02web.zoom.us/j/88420627878?pwd=VlpHZkxDeKU4ZXRVaTVxVE1MQVFSdz09>

Zoom Meeting ID: **884 2062 7878**

Request Passcode, info or inclusion on our email list from: OAFQHquakertown@gmail.com

Dial In: **1 929 205 6099** (For Int'l Dial In #s: <https://zoom.us/zoomconference>)

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH – 14TH, 2024

AT THE LAX HILTON
5711 W. CENTURY BLVD.
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.

WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA, MEDITATION, AND MORE.



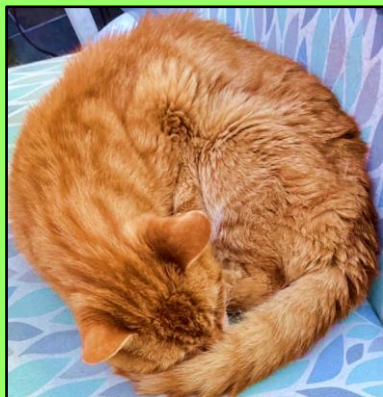
EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Register Now
oabirthday.com

Overheard Recovery

"I talk to my Higher Power by praying. I listen to my Higher Power by meditating."

November's Pet of the Month



Meet OC, so-named because he is (wait for it) an Orange Cat. He is also, at the stately age of 24 years old, the head of his household, or so he believes. His owner, Esther Grace, knows better than to attempt to disabuse him of that notion.

Though OC hails from North Carolina, two decades in the Northeast has prompted him to adopt the snappy, east-coast, "me, yo!" in favor of the leisurely "meoow, y'all," of his kittenhood.

OC encourages Esther Grace to attend OA meetings, as it's one of the few times she sits still. He capitalizes on her motionlessness by garnering an hour's petting. Purr...

When he's not rumbling in Esther Grace's lap, OC is known to seek out a sunbeam for his daily catnaps, occasionally followed by a roll in a patch of catnip when he's feeling frisky.

"OC is a good companion," says Esther Grace.

Good boy, OC! We're glad you're November's pet of the month.



A Writing Prompt

Consider some of the things we regularly schedule in order to make our lives run more smoothly: haircuts, workouts, checkups, teeth cleaning, dog grooming, grocery pickups, lawn mowing...the list is long.

With that in mind, have I scheduled time for daily prayer and meditation? If yes, how has that affected my life? If not, would I consider a trial run?



"Say your prayers, liturgies, tefillah, daily salat, sacred mantra, ritual incantation, or the secular affirmation of your choice, varmint!"

Cartoonstock.com

Q: What do you call a mindful wolf?

A: Aware wolf!



Non-meditator: 'Don't just sit there, do something!'

Meditator: 'Don't just do something, sit there!'

Does your meeting have 7th-tradition funds over and above your prudent reserve and immediate-future costs? Here are suggested disbursement guidelines:



1. 60% to Philadelphia Area Intergroup via PayPal to treasurer@oa-phila.org, or send a check payable to PAIG-OA at PAIG, P O Box 23, Southampton, PA 18966.

2. 30% to OA World Service Office: <https://oa.org/contribute>, or send a check to: Overeaters Anonymous, PO Box 44727 Rio Rancho, NM 87174-4727

3. 10% to Region 7: <https://oaregion7.org/>



Please be sure to include either the group # or the meeting name, location, day, and time on *all* checks and correspondence.

Taking care of business...

PAIG Service Positions

Mary T.	Chair (215) 805-1731
Wendy K.	Vice-chair (215) 572-1425
Phil S.	Treasurer (267) 397-0977
Maureen L.	Speaker List (267) 401-9256
Angela C.	Region 7 Rep A (215) 704-9718
Chris N.	<i>Aware!</i> Editor (720) 934-0985
Trish M.	Program Chair (215) 370-7640
Natasha M.	Retreat 2023 Chair (407) 461-9753
Shari B.	Secretary & Web Chair (310) 880-4750
Anne W.	Communications and Region 7 Rep B 914-953-5753
Alice P.	PIPO 215-407-1612

Send me your stuff!

PAIG:

Call or text (215) 385-3076, or <https://oa-phila.org>

•OA's Region 7:

<https://oaregion7.org>

•OA headquarters, aka World Service Office: <https://oa.org>

•Brandywine Intergroup:

<https://brandywineintergroup.org>

•OA Virtual Region: <https://oavirtualregion.org>

•OA Men's Group: <https://www.oamen.org>

•OA Young People's Facebook Page: <https://m.facebook.com/OAinfo>

EDITORIAL POLICY: This is *your* newsletter!

Please share your stories, poems, snippets or artwork related to your OA experience. Publication of any contributions or editorial options does not imply endorsement by OA as a whole, but by the individuals who wrote them. Material submitted cannot be returned. We reserve the right to edit, and it is understood that other OA groups, without permission, may reprint all copy.

Got submissions? Please send them to: aware@oa-phila.org or northword99@gmail.com



PAIG meetings are held on the 1st Wednesday of each month. Next month's PAIG meeting will be held on Wednesday, December 6, 2023 at 7:15 pm via Zoom. Contact chair@oa-phila.org for login information. PAIG reps, check your emails from the PAIG Google Group to be alerted to any changes. To subscribe to the Google Group, please go to oa-phila.org and enter your email address in the box on the home page labeled "Join PAIG's Google Group."