

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Step of the Month: Step 4



Step 4

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle

Courage



Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle

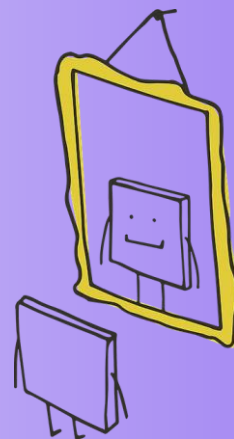
Autonomy



Perhaps nothing in OA's program of action inspires more dread than writing a fourth-step inventory. We've been eating over all the hurts we've accumulated, trying to avoid them. Now OA tells us that we have to allow them out of the cage inside that barely keeps them under control.

Well, we're fooling ourselves, of course. We don't control our fears, resentments, bad memories, and feelings. They control us! The truth is that until we look at them, all of them, they own us. Every time we feel any kind of feeling, we are driven back to the food because every feeling we have reminds us of the ones we are covering up with food. Yes, even happy feelings, because they remind us of how awful we generally feel.

When we write an honest and thorough inventory of ourselves, however, we discover that we have not been victims of others so much as victims of our own thinking. Our disease has taken control of our thoughts and used them as a weapon against our better judgment. We see through an inventory that we are human beings being human with all the same flaws that everyone else has. That we take personally what is not ours to take. That we have little ability to distinguish feelings from facts. That we have precious little accuracy in our self-reflections ...if we've bothered to be self-reflective.



In some cases, we learn that we have been victimized by someone at one time, but that, even though it is not our fault, we have to claim what's ours: we carried around that victim mentality for years; we are the ones replaying the past over and over again and using it as a reason to eat.

Anyone who has done a thorough fourth step will tell you a few things:

- It is simple, but not easy
- It is life-changing
- It is utterly necessary for recovery.

What's new for April?

Meeting Spotlight

Looking for a weeknight face-to-face meeting in Bucks County?

Wednesday, 7:00 p.m.
St. Andrews Evangelical Lutheran Church
(Li'l Peeps Preschool)
20 Dill Ave
Perkasie, PA 18944

This is a face-to-face meeting *only*.

Questions: Call Megan: (215) 327-3888



Our neighbor just to the south, Delaware's Diamond State Intergroup, is hosting their 45th annual retreat April 26 - 28, 2024 at the beach-front Carousel Hotel in Ocean City, Maryland. It's titled *Finding the Power Within the Steps*.



The organizers tell us it's a great location and that there are lots of services available nearby for abstinent meals and such.

For information, or to sign up, go to:
<http://www.oadelaware.org/events--announcements.html>

OA's World Service Office has established a new member contribution portal that makes it even easier to contribute and to specify the particulars of your contribution. To access it, go to: <https://oa.org/contribute/>



If you'd prefer to send your contribution old school, that's okay too. There's a handy contribution form available for printing on AWARE's page 5. As always, please see the last page of AWARE for more information.

Looking for a 5-minute service opportunity?



Please take a moment to participate in OA's survey: *Recovery: What Works for You*, by clicking below!

<https://www.surveymonkey.com/r/BAL24>



PAIG reps, remember: you can share information about *temporary* meeting changes or closures via the PAIG Google group (re: weather, say, or other unforeseen circumstances) by sending an email to chair@oa-philadelphia.org.

The third point is the one that we must all pay attention to in OA. If we don't do the work, we will not get the results our program promises. It's like staring at the aspirin bottle in hopes a headache will go away. We've got to take our medicine. Hanging around in meetings and waiting for the "right" time to do an inventory just prolongs our agony. It gives our disease time to reassert itself inside our minds. Our window of willingness is only open for so long.

We may be afraid of digging too deep, of reliving past episodes we'd rather forget, and of seeing the worst of ourselves. But we aren't writing to be published in *The New York Times*. Our inventory is ours and will only be shared with one other person (in our fifth step). We make it objective. We don't lard every resentment with the whys and whatfors. We keep our writing concise so that our disease doesn't have room to turn us toward excuse making. We only want to record those things that our illness uses against us. That way in Steps 6 and 7, we know exactly what it is we are asking God to remove from us.

The Big Book has very specific suggestions for structuring an inventory. They have proven over 80 years to be immensely powerful and helpful. There are other means as well. In the end, however, the most important things are honesty, fearlessness, and thoroughness.

Honesty: We must be willing to be completely and utterly honest about our part in what we write about. No excuses, no stories, no bull@#&\$!



Fearlessness: We must not shrink at writing about the most difficult aspects of our lives. For example, many, many survivors of physical, sexual, and mental abuse have written fourth steps about them and found the inventory transformative as a result.

Thoroughness: We must get it all out—everything that keeps our true selves at bay and allows our illness to run the show. If we hold onto something we may not recover. Like one rotten apple spoiling the whole barrel.

This is our course then. In Step 3, we've told our Higher Power that we'll go to any length for recovery. Now we put pen to paper to start the process of getting rid of what separates us from God's love. Then we'll have it removed so we finally have the slate cleared and into the business of living a useful and productive life.

KEEP WRITING!

Reprinted from Seacoast OA, April 10, 2016

The Gift of Introspection

Each day after I get dressed, I read an OA prayer, and I think about it. Then I read that day's entries in *For Today* and the *For Today Workbook*. That reading and its follow-up questions prompt me to think more, to ask myself: am I working the program? Am I abstinent? Or am I still wallowing in my illness?

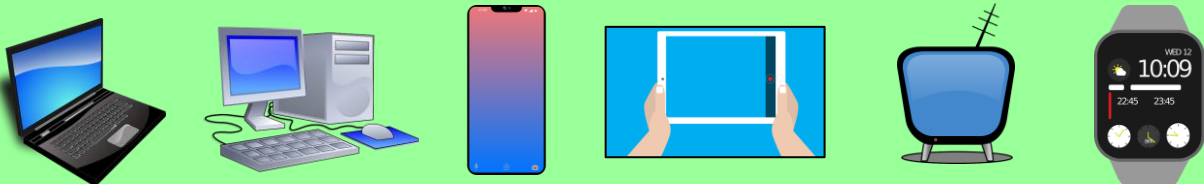


Thanks to my higher power and my OA family, I am doing well. I try to bring that across by saying positive things in my meetings. By being introspective, I feel like I am peeling the onion, and I also feel like a blooming flower. - Alice P.



HALT, by Jeff S.

OA has PSAs! *Seriously?* Now with subtitles. *Cool!!*



Have you seen OA's recently released Public Service Announcement videos yet? They're quite impressive. And we've just added subtitles in sixteen different languages, including Arabic, Chinese (Simplified), Czech, Dutch, French, German, Hindi, Italian, Japanese, Korean, Polish, Portuguese (Brazil), Russian, Spanish (Latin), Spanish (Spain), and Turkish.

If you don't see your language on the list, there's an option to add your own. Seriously!

Check out the PSAs on OA's video channels at: <https://vimeo.com/overeatersanonymous> .

Or you can view them at OA's PIPO webpage: <https://oa.org/service-bodies/public-information-and-professional-outreach/> .

Or they're on YouTube at <https://www.youtube.com/@overeatersanonymousofficial> .

Way to work it!



Mail-In Contribution Form

1-505-891-2664 • oa.org

DONOR INFORMATION

NAME _____ DATE _____
 ADDRESS _____
 CITY _____ STATE/PROVINCE _____ POSTAL CODE _____
 COUNTRY _____
 DAYTIME PHONE NUMBER _____
 EMAIL ADDRESS _____

- Mail receipt Email receipt No receipt required

Enclosed is my check for US\$ _____ (Please make checks in US funds payable to World Service Office)

CREDIT CARD INFORMATION

Please charge my credit card for US\$ _____

- One-time Contribution Automatic Recurring Contribution to be deducted on the:
 1st 15th Monthly Every 3 months

- Visa MasterCard Discover

Credit Card Number: _____ Expiration Date: _____ / _____

CVV Code (3 digit security code): _____

Billing Address (if different from above): _____

Name on Card: _____

Signature: _____

CONTRIBUTION INFORMATION

My contribution is for:

- General Fund US\$ _____
 Delegate Support Fund US\$ _____
The **Delegate Support Fund** lends financial assistance to intergroups that would otherwise be unable to send delegates to the World Service Business Conference.
 Professional Exhibits Fund US\$ _____
The **Professional Exhibits Fund** assists service bodies to exhibit at professional conferences and conventions if the service bodies lack sufficient resources to do so.
 Translation Fund US\$ _____
The **Translation Fund** assists service bodies in translation OA literature, forms, and correspondence to languages other than English.

Please mail completed form to:
World Service Office
P.O. Box 44727
Rio Rancho, NM 87174-4727

My contribution is a:

- Personal Contribution (please list Region number below)
 Group Contribution (please list Region/Service Body/Group numbers below)
 Service Body Contribution (please list Region/Service Body numbers below)

Please note: Group/Service Body contributions sent in without the correct WSO group number will not be able to be attributed correctly and will be entered as an individual contribution. To find your WSO number, please search Find a Meeting on oa.org.

Region Number	Service Body Number	Group Number	Meeting Location, Day, and Time	Amount



*of Overeaters
Anonymous*

VIRTUAL
**2024
SPRING
ASSEMBLY**

APRIL 12 @ 7PM

APRIL 13 @ 9AM

**REGISTRATION
OPENING
SOON!**

**MOTIONS DUE
FEB 12, 2024**

**CONTACT INFO:
CHAIR@OAREGION7.ORG**

South Central
Pennsylvania OA
Intergroup
presents!

SCPOAI April 2024 Retreat Energize-Empower-Inspire-Repeat

April 12 – 14, 2024
Camp Hebron
Halifax, PA 17032



When: Registration begins January 15 (ends March 15) at SCPOAI.org
Where: Camp Hebron, Halifax PA (camphebron.org)
Who: Any member of Overeaters Anonymous
Cost: Each room has 1 Queen and 2 Twin beds
4 people/room = \$ 185/person
3 people/room = \$ 210/person
2 people/room = \$ 260/person
1 person/room = \$ 410/person
Why: Fellowship and growth

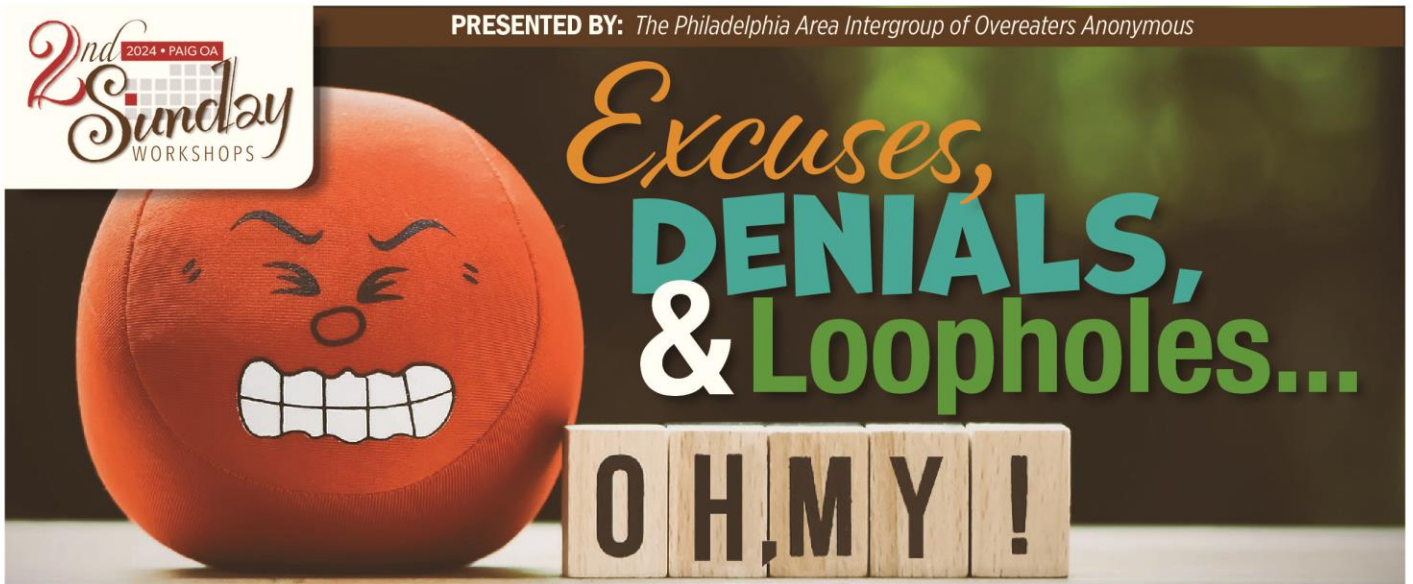
Details:

We will be sleeping and eating in Sylvan. There is an elevator. Rooms include heat, a/c, bedding, towels and a private bath. Group meetings will be held at Creekside. This is a short walk from Sylvan or you can drive. Five meals will be included...breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. All food needs and allergies are expected to be accommodated. Meal times are 8am, 12noon and 5pm. You are welcome to bring cups/scale as needed.

Registration will be 4:30pm – 6:30pm on Friday, April 12. You are responsible for your own dinner on Friday. Programming will begin at 7pm Friday. The event concludes after lunch on Sunday. There will be workshops Friday, Saturday and Sunday, a speaker on Sunday and various craft and sporting activities available (hiking, bonfire, hayride, fellowship). Horseback riding is available at an additional cost of \$25 to be paid in cash the day of the ride. There will be a Ways and Means opportunity. Please consider having your group create an entry to donate; consider groupings of gardening supplies, crafting, journals, adult coloring, literature, zen, beach, bath, coffee or tea, etc. Please be generous.

Saturday day-trippers are welcome. The cost is \$60/person and this includes breakfast, lunch and dinner on Saturday (8am, 12noon and 5pm). All activities included except horseback riding is extra as noted above.

If you have questions about the retreat, please contact Diane S. at 610.914.1648



On the OA road to happy destiny, we may experience the desire for excuses, denials, and loopholes which we think will justify our not going to any length for recovery. These are the “lions, tigers, and bears” that lurk in the shadows of compulsive eating. They seek to divert us from our HP’s plan. They whisper convincing “sweet” nothings in our ears, catch us unaware, and convince us it’s okay, “just this once.” After all, we have but a daily reprieve contingent upon our spiritual condition.

Join us as we examine these creatures of habit and learn how to dispel their power by using our OA tools.

SUNDAY, APRIL 14

2:00-3:30pm EST

ZOOM:

Meeting ID: 858 0103 1176

Passcode: 786925

or [Click Here](#) to Join Zoom Meeting
(Please be prompt to minimize disruptions)

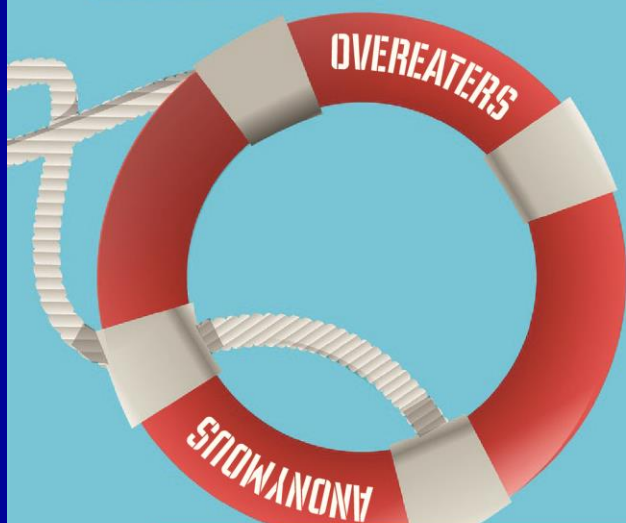
Common scenarios & disease traps

***Fellowship
Open Sharing***

*A 7th Tradition donation is requested but not required.
Information will be posted in the Zoom chat during the workshop.*

*For information or to submit future workshop ideas, please contact Trish M at 215-355-8807.
NOTE: this is a landline, so please leave your phone number.*

A special series of virtual quarterly workshops designed to support recovery from compulsive eating and compulsive food behaviors.



MAYDAY! MAYDAY!

...CALLING HIGHER POWER!!

The 12 Steps of DA tell us that we cannot recover alone.

We need to find a higher power of our own understanding in order to fully recover. When the seas of life seem stormy and the powerlessness is pulling you under, it's time to take Good Orderly Direction.

The Saturday "One Step at a Time" meeting invites you to join us IN-PERSON as we discuss ways to find a higher power that works.*

Saturday
May 11, 2024
9am- 12 Noon

(Feel free to arrive as early as 8:30 am for fellowship time!)

BuxMont Unitarian Universalist Church*

2040 W Street Road, Warrington, PA 18976

(Parking is handicap accessible)

SPEAKERS • BREAKOUT SESSION • RAFFLE
OPEN SHARING • FELLOWSHIP

QUESTIONS? Contact Trish M at trixie28@comcast.net.

*(*Please be aware that this workshop is **NOT** being held at our usual location in Willow Grove)*



100-Pounder + + Men's Meeting of Overeaters Anonymous

*Where long timers come to keep it green and share their
experience ^{*} in recovery & Where newcomers and
returnees come to learn from them.*

Wednesdays 7 p.m. EST / 4 p.m. Pacific

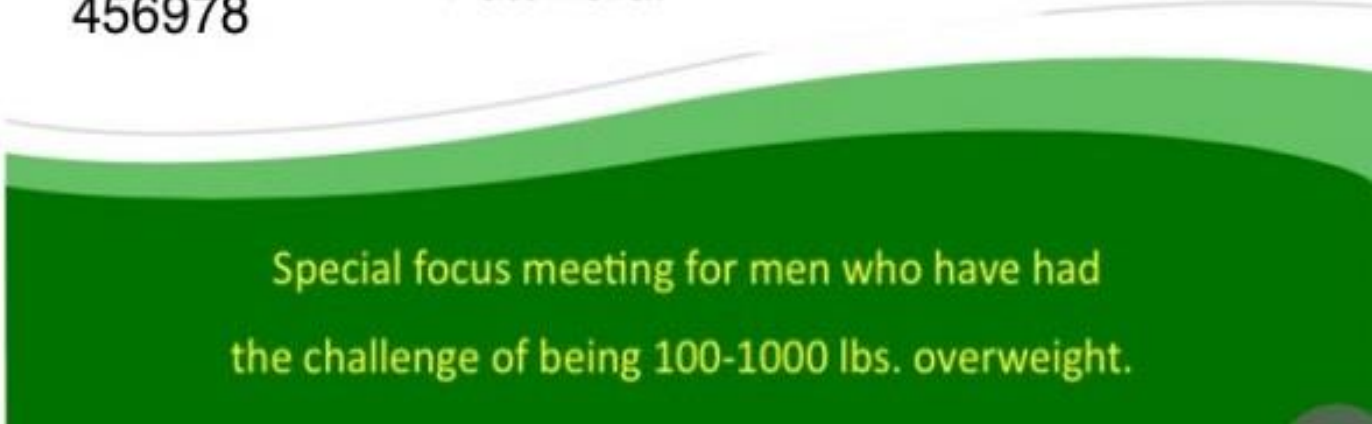
Speaker meeting followed by sharing/pitches.

415-301-5406

Meeting ID:

456978

Password:



Special focus meeting for men who have had
the challenge of being 100-1000 lbs. overweight.

Overheard Recovery

“Willfulness is fear acted out.
Willingness is trust acted upon.”

April's Pet of the Month: Ginger



We adopted Ginger from a cat rescue in Maryland 1½ years ago. It seems she'd been abandoned by her previous owner and was living behind a restaurant, where she'd gotten into some scrapes with other cats. The rescue fixed her up, and it was there that we fell in love with her immediately when she jumped into my lap.

Ginger isn't just a cuddly lap cat; she's also quite the talker. She amuses us daily with her crazy antics: here she is (above) sitting on a tiny plate, and (below) sticking out her tongue, which is called *blepping*, while shielding her eyes from the light with both paws so she can sleep. (I grew up with many cats; I only ever saw them cover both eyes with one arm.)

At 6½ years old, Ginger has some health issues. We are glad that we can provide her with proper veterinary care and lots of love for as long as we are blessed to have her.



-Ida D., Newtown, PA Friends OA Mtg.



A Writing Prompt

What do I hope to accomplish by pretending that I don't have a list, like everybody else, of past events and behaviors that make me wince?

Am I willing to ask my sponsor or my fellows for support with Step 4?

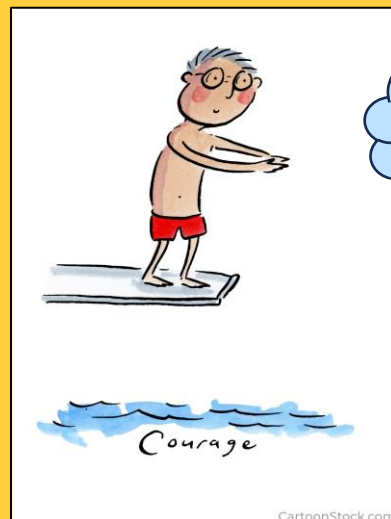
Wordsearch: Searching and Fearless

C I T T W A X T S U D L C V W
F E J T I W U H V G M T M W M
K K A E M F T O C F F A L S E
S Z Z Q E E I P H U E K U N E
B E L O A I L E H O X A L Y H
K I W X D P I S A I T N R U C
K W B S X Q Z H N P R I D E H
G B R P G P E A G P L U I U A
D A E O W K Y M E T G A Q E N
A Z A N I M C E R X K G C V G
A F T S W I L L I N G R O J E
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Z T E R P R O C E S S W R L J
O I I I J E E I S R N T A Q T
E N E W S W H I R S L H G D A
U H K Z I R N S H G O X E T H

1. courage
2. sponsor
3. willing
4. breathe
5. change
6. process
7. utilize
8. anger
9. fear
10. pride
11. honesty
12. false
13. hope
14. shame
15. guilt

To play this puzzle online, go to

<https://wordsearchlabs.com/view/535078>



You've got this, Felix.

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's World Service Office online or by check. Go to <https://oa.org/contribute/> for details.

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



Please be sure to include either the group # or the meeting name, location, day & 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.	AWARE! 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
Open	Communications (215) 385-3076
Alice P.	PIPO 215-407-1612



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. This month's PAIG meeting will be held on Wed., April 3rd. Next month's will be on Wed., May 1st. The meeting starts promptly 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."