

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual Principle

Integrity



Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Spiritual Principle

Purpose

Hard, Healing, Emotional Work

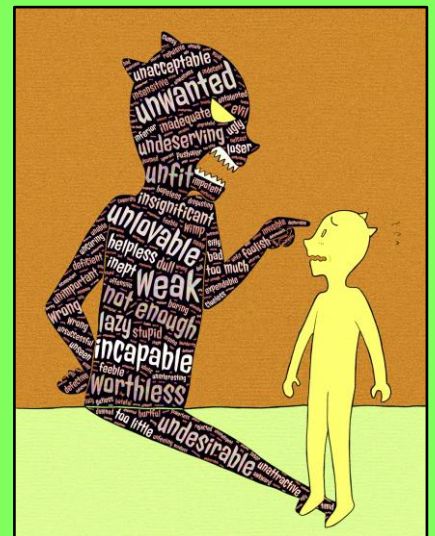
I recently finished Step Five with my sponsor. I've done a Step Five before, but it's been over a year since my last one. This time it was hard. Really hard.

Those of us who have done a Step Five recall the absolute dread of having to admit to another person all the things we've done and everything that's been done to us. It's scary, and yes, the first time I did Step Five, talking about it was the hardest part. But this time around, the hard part was digging into my resentments, old beliefs, fears, and other problem areas to reveal the reasons behind my defects of character – in other words, doing the emotional work.

Every day of my life, I've done work in some form or another, but it's usually either physical or mental (or some combination of the two). When I work my program, something more is demanded of me: I'm required to engage spiritually and emotionally. While the spiritual work is complex and still fairly new to me, I find the emotional work much harder, probably because I've been actively avoiding it for years by numbing out with food, television, and a host of other distractions.

Doing the emotional work is incredibly uncomfortable. In this space I find that my self-esteem is in shreds, fear runs my life, and my persistently high expectations of myself and others leave me feeling worthless and lonely.

If I could somehow avoid this work, I would, but that's not how program works. Without doing the emotional work, I can't heal; if I can't heal, I'll continue eating compulsively. There's no way around it. The work must be done if I am to recover.



What's Happening?

Meeting Spotlight

7:30-8:30 p.m. on Mondays
Newtown Friends OA Meeting
This is a hybrid meeting.

It is a Literature/Open meeting. We meet face-to-face at the Newtown Friends Meetinghouse, 219 Court St., Newtown (Bucks County), as well as through Zoom, at:

<https://us02web.zoom.us/j/81082882782?pwd=NzFPeWdJZUpVdmg2Q3BR0XBLakwyZz09>

Join us!

See the PAIG meeting list for more information at <https://oa-phila.org>, or call Ida D. with questions at (215) 932-6028.



Yo! South Philly has a brand-new meeting! Woot!

Saturdays at
11:00 AM

This is an in-person meeting only,
at

Jefferson Methodist Hospital
2301 S. Broad St. (corner of S. Broad & Wolf)
Morgan conference room (basement level)
Philadelphia

Join us!

Contact Diana Y. at 215-983-1610

A whole slew of new service bodies joined OA's ranks last quarter, including several virtual intergroups, The Rainbow (LGBTQ+) Specific Focus Service Board, and intergroups from Iran, Slovenia, The Rocky Mountain region, Greece, and Rio de Janeiro, to name a few.

Now that we can attend meetings virtually, OA has opened up geographically (and philosophically) in ways we'd never imagined.

Why limit ourselves? How about trying one new meeting this week either locally or in a whole new locale?

Tell us all about it at northword99@gmail.com !



Photo courtesy of NM Giovannucci



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-phila.org .

While I feel emotionally exhausted from this process, I acknowledge that I've now taken a huge step forward in my recovery. By unearthing the reasons for my defects and connecting back to a time in my childhood when they weren't an issue for me, I am able to imagine myself living happily without them once again. It is at this point where I can become entirely ready for my Higher Power to remove all these defects of character.

The emotional work is some of the hardest work we'll do in our lives, and I applaud each and every one of you for your effort in this area.

These are simple Steps, but they are not easy.

— April P., Vancouver, British Columbia, Canada

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Tea and Empathy

The first time I gave my Step 5 away to my sponsor, I was apprehensive. I felt a lot of shame and remorse about some of the things I'd unearthed when I took my moral inventory, and as a people-pleasing approval seeker, the last thing I wanted was to divulge them to anybody. "I'm a little worried," I said, when she arrived. "I don't think you're going to like me after this. Turn out I'm kind of an [expletive deleted]."

She surprised me by laughing. "Join the club," she said. "That's pretty much how we all feel the first time we do a Step 5. Remember, I'm here as a witness, not a judge." She shrugged out of her jacket and walked into the kitchen. "Let's make tea," she said cheerfully.

Wait. What? "Okay," I said, scrambling to put the kettle on and locate the tea bags. I didn't get it. She seemed so unfazed. Didn't she know I was a horrible person who didn't deserve tea? (Perhaps I was being a smidge melodramatic.)

I realize now that she was masquerading empathy as nonchalance to help lift me out of my doozy of a shame spiral. *All will be well*, her body language said. And so it was. Why? Because she was kind and loving, and because discomfort never killed anybody. Imagine that. I wouldn't have learned it if I hadn't conducted a personal inventory and shared my findings with a trustworthy listener. What a powerful lesson!

After my sponsor left that afternoon, I thanked my HP for her. For grace. For willingness. For trust, courage, love, the people in the rooms, sunshine, lightning bugs and kittens. Boy, was I thankful.

I still am.

-Anonymous





Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

Matching Calamity with Serenity: Dealing with Challenging Life Circumstances

Date:

Sunday May 5, 2024 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 814 1231 6478

Passcode: 560931

No pre-registration and no maximum number of participants.

www.oaontario.org



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)*

Your OA 90 Virtual Intergroup
Presents a Workshop on

Singing Comedy and Hope into Joyful Abstinence



Saturday, May 18th

**10:30am to 12:30pm Pacific /
1:30 pm to 3:30 pm Eastern**

Zoom ID: 837 1100 7258

Passcode: 051824



"...we aren't a glum lot."

Big Book of Alcoholics Anonymous P. 132



Visit OA90.org
for more info

Overeaters Anonymous Virtual Workshop
MEMORIAL DAY

REMEMBERING OUR POWERLESSNESS LEST WE FORGET

MONDAY, MAY 27, 2024 9:15–11:30 AM EST



9:15 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

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

Sponsored by OA Fellowship of Hope Meeting from the
Philadelphia Area Intergroup (PAIG), USA

Join Zoom Link:

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

Meeting ID Number: **884 2062 7878**

Password: Request OAFQHquakertown@gmail.com

For Int'l Dial-In #s:

<https://zoom.us/join>

Questions? Contact
Judy (215) 870-6013



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

"Let go or be dragged."

Meet Kelsey: Our Pupper of the Month!



Kelsey is an energetic, sweet-natured Pug/Beagle mix who, to her mom Diana's surprise and relief, neither howls, bays nor barks! At 8 years old, Kelsey loves walks, belly rubs and her tennis ball, but maybe not in that order. Kelsey was rescued from the streets of Bucks County, where she had to scrounge for food; no wonder she's a compulsive eater like her mama, says Diana. She loves to cuddle on the couch with her mom during Zoom meetings, though when she dozes off, her vigorous snoring requires her mom's ample use of the mute button. Aww! Good girl, Kelsey! We're glad you're our Pet of the Month.



A Writing Prompt

Why is the spiritual principle of Step 5 *integrity*?

How can practicing integrity during the Step 5 process help to lessen my isolation?

Step 5: You Can Do It!!

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

Can you find these words?

integrity
humility
trust
willingness
shame
cringe
fear
blame
breathe
peace
relief
gratitude

To play this puzzle online, go to <https://wordsearchlabs.com/view/555444>.



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.	<i>Send me your stuff!</i> 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>

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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., May 1st. Next month's will be on Wed., June 5th. 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."