



AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

Call: 215-589-6261 | Text: 215-385-3076 | PO Box 23, Southampton, PA 18966 | oa-phila.org | oaregion7.org

April 2019



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



Live and Learn – and Serve

If I accept the circumstances I am in, I am given the opportunity to learn and serve.

To learn and serve is the agreement I made when I entered the Twelve Step program: Accept – Learn – Serve.

When I came to understand I had a disorder that made me different from many other people, and when I came to accept I would have to accommodate this inherent weakness in my system for the rest of my life, then I could choose to follow a philosophy of life that rests on the commitment to learn and serve.

I cannot prescribe any other formula to guide my life. The only formula that will sustain me and my weakness in health and happiness is one of service. I cannot be profit based. I cannot be ego-based. I cannot be talent-based. I can only be service-based. All other approaches will quickly come to a dead end.

Basing my choices on a foundation of learning and serving starts with a dependency on God and a faith and appreciation of all experiences, both painful and joyous, as the pathway to health and happiness. This is the agreement, the contract I made with OA when I first began the journey.



Accept – Learn – Serve. May I continue to live up to that commitment.

– Ron S.

Reprinted from Lifeline Magazine, July 1, 2017, © OA, Inc.

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and compulsive food behaviors and to carry this message of recovery through the Twelve Steps to those who still suffer.



Look what's springing up!



Take a gander at the logo for this year's World Service Business Conference to be held May 6 – 11 in Albuquerque. Cool! Go to: <https://oa.org/members/events/world-service-business-conference/> for more info about the conference!

For more news about all things OA, including this year's Annual Appeal, go to <https://mailchi.mp/oa/news-from-the-wso-3079109?e=806aca6f6b> to see what's happening!

Hoping to connect to another OAer?

☎ = a potential phone sponsor, ☺ = a willing ear, and 💻 = an email contact!

Name	Service	Phone	Email	When?
Judy R.	☎+☺	215-603-1854	n/a	11am – 8 pm, Tu. – Sun.
Kate V.	☎+☺+💻	215-350-4443	kvalessky73@comcast.net	Whenever
Linda J.	☎	215-663-9644	n/a	6pm – 9pm
Rick M.	☎	215-785-5630	Rickam1@Verizon.net	11am to 10pm
Celeste S.	💻	n/a	celeste.schor@gmail.com	Whenever
Sue	💻	n/a	Sac123058@comcast.net	Whenever
Jeff S.	☎💻	609-610-6193	stoolmanjackson@yahoo.com	10am – 9pm

There's A New Meeting in Town!
Come join us as we study the
Big Book from an OA point of view!

There Is A Solution!

Saturdays: 8:30 AM – 9:30 AM

Peace Lutheran Church
100 Old Bethlehem Rd.
Perkasie, PA 18944



(Use left side door entrance; church is NOT
handicapped accessible)

Bring your Big Book to read as we go through the
first 164 pages of this guide to recovery.

Questions? Please call Lynn F. at 267-784-2152,
or Emmy L. at 267-767-2132.



TUESDAY NIGHT CROYDON OA MEETING SPIRITUAL WORKSHOP

"WARMING UP TO YOUR HP"

DATE: APRIL 30, 2019

TIME: 7:30PM – 9:00PM

ST. THOMAS AQUINAS CHURCH
601 BRISTOL PIKE, CROYDON, PA 19021

Join us for our Spring Spiritual Workshop. There will be
2 speakers, sharing and fellowship.

All Are Welcome to Attend!!
7th Tradition Basket

FOR MORE INFORMATION CONTACT: MICHELLE S. @ 215-530-3781

😊 Annual OA Picnic 😊

Hosted by the "Friday Night Live" Pennadel OA Meeting

**Sunday – May 26, 2019
Memorial Day Weekend
Noon until Dusk**

Core Creek Park, Pavilion #10

1749 Woodbourne Road, Langhorne, PA 19047

(Enter the park from Woodbourne Road)

All are Welcome to Attend

Bring your family and friends to join in the fellowship.



**Abstinent food is available:
Grilled Hot Dogs, Hamburgers & Chicken
will be provided. Let one of the contacts
know if you would like to bring a dish.**



**Bring your family and friends for a day of
sunshine, outdoor games/prizes, laughter,
and just fellowship fun!**



**Paper products, Water, Soft Drinks & Kids
Drinks will be provided**

Contact Information

**If you would like more information or
want to bring your favorite abstinent dish,
a game and/or sign-up for service please
call either:**

Phil S. - 267-560-5199

Mary T. - 215-805-1731

"...Together we can do what we could never do alone"



Group Donation Station: How, where and what!

10% electronically to
Region 7, at
<http://oaregion7.org/>.



Go to the website. On the right,
under "7th Tradition," click on
"Contribute." Click your preferred
payment option, and follow
directions.

30% via U.S. Mail to:

World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727



60% via U.S. Mail to:

PAIG
P O Box 23
Southampton, PA 18966.



Indicate group# and meeting day
and time (AM or PM) on check.
Region 7 quarterly updates are
available at: oaRegion7.org.

EDITORIAL POLICY: This is *your*
newsletter! We encourage your
contributions, comments and
experience in the OA way of life.
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-philadelphia.org or
northword99@gmail.com.
Thankee!

SPOTLIGHT ON SERVICE!

The Retreat Planning Committee Wants You!



...to bring your enthusiasm
and ideas about games, ice
breakers, skits, the fashion and
talent show, speakers,
workshop topics and readings
to their meetings! Wanna be a
raffle basket wrangler? How
about leading a meditation, a
movement session, a walk, or
some other activity?

Retreat planning phone
meetings will be April 13 &
May 18, (each a Saturday) from
10:30am - 12 noon at (641) 715-
3200. Passcode: 354496#.



Information about in-person
meetings will be shared soon!

Questions? Call Retreat Co-
Chair Tanya O. at 215- 219-
8808.

This year's retreat will be held
in Malvern 9/27 - 9/29!!! See
your early bird flyer for more
details. If you need a flyer, see
your PAIG rep or call a
member of PAIG! Yay!

Hey, all! We're doing service as
members of PAIG! Care to join
us? We welcome you! ♥



Stephen L.	Chairperson (215) 232-1216
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Nancy J.	Region 7 Rep (215) 262-8539
Dianne F.	Region 7 Rep (215) 882-2122

* Public Information/ Professional Outreach

Overheard Recovery:



"Mean what you say; say
what you mean, but
don't say it mean."

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Wednesday, May 1st, 7:30 pm at 1st Presbyterian Church, 500 Madison Ave, Warminster, PA 18974.**

PAIG reps, check your messages on the PAIG Google Group to be alerted to any changes. To subscribe to the
Google Group, please go to oa-philadelphia.org and enter your email address in the box under "Join Our Email Loop."

Note!