

April



2020



# AWARE!

Philadelphia Area Intergroup | Overeaters Anonymous®

Call or Text: 215-385-3076 | PO Box 23, Southampton, PA 18966  
[oa-phila.org](http://oa-phila.org) | [oaregion7.org](http://oaregion7.org) | [oa.org](http://oa.org) | [chair@oa-phila.org](mailto:chair@oa-phila.org)

## UNITY DAY RECAP

### Step 4:

**Made a searching and 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.**

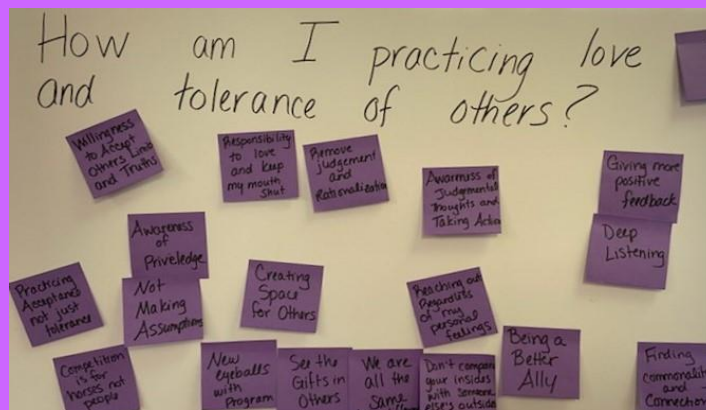
**Spiritual Principle:**

AUTONOMY

On February 29, 2020, we celebrated Unity Day! PAIG held a Unity Day workshop which included three speakers sharing and a workshop. During the workshop, participants were split into three groups and asked to brainstorm on questions related to Unity. The following were responses by fellow OA'ers.

Q1: How am I practicing love and tolerance of others? A: Willingness to Accept other's limits and truths, Responsibility to love and keep my mouth shut, Remove Judgement and Rationalization, Awareness of Judgmental thoughts and Taking Action, Giving More Positive Feedback, Awareness of Privilege, Deep Listening, Practicing Acceptance, not just tolerance, Not Making Assumptions, Creating Space for Others, Reaching Out regardless of my personal feelings, Competition is for horses not people, New eyeballs with program, See the Gifts of others, We are all the same but different, Don't compare your insides with someone else's outside. Being a better Ally, Finding Commonality and Connection.

Q2. : How might I contribute to the Unity and Diversity of OA as a whole? A: Keep Sharing, Welcome Newcomers; when sharing, remember not everyone follows your plan, shares your beliefs, respect our differences, Rigorous Honesty, Unity does not equal conformity, Identify Don't Compare, Share



Who You Are, Traditions Keeping those on the Front Lines, Keeping the Traditions Strong. Not Dissing- Allow it to be what it is, Accept Differences w/o judgement.

continued page 2>>

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.

**Hoping to connect to another OA'er?**

**☎ = 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
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

**Unity Day, continued**

Q3. How do we help OA group and be strong as a whole? A: Follow the traditions (even if it's a small meeting, it hangs in there, sponsor each other, attend meetings, put myself out and open me up to others, sharing our stories, no judgement, use tools, sharing the message (medical professionals too), set a good example, showing up, self-love first and doing my own inner journey so I can share and transmit that message of my journey, service, keep coming back, work the steps- especially step 1, anonymity (helps us feel safe), welcoming the newcomer before/after meetings, talk with others not in your group, autonomy, outreach, keeping focus on OA/AA literature, sharing about attending other types of meetings (phone, computer, etc.), We ARE the Message, having a phone meeting during inclement weather.

(Note from the editor: I hope these messages help attendees to remember our discussions at Unity Day and help those who were not in attendance feel like you were there.)

**IMPORTANT NOTICE**

**Philadelphia Area Intergroup (PAIG) of Overeaters Anonymous March 17, 2020**

**Dear O.A. friends and fellows,**

**Grateful that many OA's have been going into action to respond to the Corona Virus situation, carrying and sharing the message of Recovery. Many of our local meetings (listed below) have scheduled phone meetings at their usual time and day of the week. Please call in 5 minutes prior to the start of the meeting.**

Continued page 3>>

**DAY TIME HOME PLACE CALL-IN NUMBER ACCESS CODE (includes updates 3/31/20)**

**Sunday 7:15am Lansdale (605) 313-5086 315669#**

**Sunday 7:30am Bryn Athyn <https://us04web.zoom.us/j/743451773>, Meeting ID: 743-451-773, or phone 929-205-6099**

**Sunday 6:00pm Roxborough (712) 451-0740 739396#**

**Monday 10:00am Warminster (605) 313-4812 354496#**

**Monday 7:30pm Elkins Park (605) 313-4812 354496#**

**Monday 7:30pm Newtown (425) 436-6349 492622#**

**Tuesday 10:00am Levittown (425) 436-6301 288935#**

**Tuesday 7:30pm Croydon (712) 770-5148 736943#**

**Tuesday, 7:30, Quakertown, <https://zoom.us/j/218661209>, Meeting ID: 218 661 209 or phone +1646-558-8656, US (New York)**

**Wednesday 9:30am Lower Gwynedd (712) 770-5148 736943#**

**Wednesday 7:30pm Bryn Athyn**

**Thursday 10:00am Doylestown & Quakertown (605) 313-4812 354496#**

**Thursday 10:00am Levittown (425) 436-6301 288935#**

**Thursday 7:00pm Southampton (605) 468-8796 936290#**

**Thursday 7:00pm Wyndmoor (425) 436-6314 309475#**

**Thursday, Primary Purpose, Warminster, <https://zoom.us/j/307250421>, Meeting ID: 307 250 421 or phone 646 558 8656**

**Friday 10:00am Warminster (605) 313-4812 354496#**

**Friday 8:00pm Penndel (712) 770-5148 736943#**

**Saturday 9:00am Willow Grove (605) 313-4812 354496#**

**Saturday 10:00am Roxborough (ends at 11:15am) (425) 436-6314 309475#**

**Saturday 11:00am Huntingdon Valley <https://us04web.zoom.us/j/434404603>, Meeting ID 434 404 603, or call 1-646-558-8656**

**Meetings that are part of PAIG are welcome to use the PAIG conference call number (605) 313-4812 access code 354496#. Please be mindful that many of us are sharing the line, so check with the times already listed above. I have heard that it is easy for anyone to get your own conference phone number and code, you or your meeting might get your own. I have also heard that there may be overload on the system, so service may be less than ideal. Also, many virtual meetings and other resources are available at oa.org. Thank you for joining us in Recovery. Reach out in loving support of each other and stay close to Higher Power. What an opportunity for 12th Step, perhaps calling a newcomer or someone who we haven't seen for a while.**

**Gratefully in Service, Stephen L (215) 232-1216 (sorry, not for texting)**

### Group Donation Station: How, where and what!

10% to Region 7,  
Via U.S. Mail, please email:  
[treasurer@oaregion7.org](mailto:treasurer@oaregion7.org) for  
mailing address  
or electronically at  
<http://oaregion7.org/>. On the  
right side, 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**  
  
Indicate your group# and meeting day  
and time (AM or PM) on the check.  
  
Or to contribute online, go to:  
<https://oa.org/contribute/>

60% via U.S. Mail to:  
**PAIG, P O Box 23**  
**Southampton, PA 18966**  
  
Indicate your group# and meeting  
day and time (AM or PM) on the  
check.

**EDITORIAL POLICY:** This is *your*  
newsletter! We encourage your  
contributions, comments and  
experience! Publication of any  
contributions 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.  
**Please send submissions to:**  
[aware@oa-phila.org](mailto:aware@oa-phila.org) or  
[amcg120@gmail.com](mailto:amcg120@gmail.com) two weeks  
prior to PAIG meeting. Next  
due date is: **4/22/20**. Thanks!

Dear Friends,

This is a difficult and uncertain time  
for us all as we see how the COVID-  
19 virus has affected us all. As we  
practice social distancing it is  
important not to isolate-maintaining  
connections is important to  
recovery. The thoughts below have  
been shared by other members of the  
fellowship. I hope they are helpful. I  
plan to choose one or more each day  
to focus on as part of my action plan.

- Pick up your phone list and call someone. Ask if they are open to a mini meeting.
- Pick a topic from an index that speaks to you and read the pages. Write a little on each entry
- Share with a buddy or two on the phone.
- Learn how to hold a conference call on your phone and do it.
- Don't eat over it. This too shall pass.
- Go to [OA.org](http://OA.org) Find A Meeting to find virtual and other meeting options.

<https://oavirtualregion.org/virtualmeetings/findameeting/>

<https://oa.org/find-a-meeting/?type=1>

- Hold a meeting with a podcast, telephone meeting, or other online meetings with your OA Fellows or make your meeting online using a video conferencing service.
- Explore [OA.org](http://OA.org) topics and share links with your OA Fellows.
- Update [oa.org](http://oa.org) with any new information, even if it's temporary.

In this difficult time please remember  
to continue financial support of your  
Intergroup, Region and WSO.



### Philadelphia Area Intergroup

- |            |  |
|------------|--|
| Stephen L. | Chairperson<br>215-232-1216              |
| Steve T.   | Vice-chairperson<br>910-231-2047         |
| Maureen L. | Recording Secretary<br>267-544-9049      |
| Mark L.    | Treasurer<br>267-247-2349                |
| Irene W.   | Recording Secretary<br>610-828-6770      |
| Angela C.  | AWARE! Editor<br>215-704-9718            |
| Phil S.    | Printer Dude<br>267-397-0977             |
| Andrea B.  | Retreat<br>215-756-6246                  |
| Tanya O.   | Telephone<br>215-219-8808                |
| Sheryl K.  | Text<br>215-990-4498                     |
| Mary T.    | Webmaster(ess)<br>215-805-1731           |
| Dianne F.  | Region 7 Rep<br>215-882-2122             |
| Rob L.     | Region 7 Rep &<br>PI/PO*<br>267-264-9544 |
| Jennica N. | Speaker List<br>215-550-1491             |

\* Public Information / Professional Outreach

Above all, stay in touch. It's crucial to  
keep our fellowship alive. **Remember,**  
**friends don't let friends isolate.**

Stay safe and guard your  
abstinence.

Love,  
Terri, Region 7 Chair

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on  
Weds, May 6st, at 7:15 pm at Upper Moreland Library, 100 Park Ave., Willow Grove, PA 19090.**

PAIG reps, check your messages on the PAIG Google Group to be alerted to any changes. Subscribe  
to the Google Group at [oa-phila.org](http://oa-phila.org) and enter your email address in the box under "Join Our Email Loop."