

August



AWARE!



2019

Philadelphia Area Intergroup | Overeaters Anonymous®

Call: 215-589-6261 | Text: 215-385-3076 | PO Box 23, Southampton, PA 18966

oa-phila.org | oaregion7.org | oa.org | chair@oa-phila.org



Step 8:

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle:

Self-discipline

Tradition 8:

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Spiritual Principle:

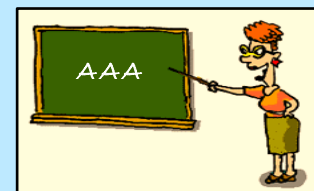
Fellowship

Are You Ready to Get Schooled?

This year's OA PAIG Retreat will help you get back to basics

School is in session! Sharpen your #2 pencils and get out your college-ruled notepads. It's back-to-school time at this year's annual OA PAIG Retreat, happening September 27-29, 2019.

We all know about the three "Rs" (reading, 'riting and 'rithmetic), but have you ever heard of the three "A's"?



The theme of this year's retreat is "Acceptance, Awareness, and Action," and the retreat committee has put together some interesting tracks to help you find or maintain your ultimate "A" -- abstinence. As attendees explore the concepts within this theme, they will have their choice of workshop offerings, including two new tracks being offered: one entitled "Food School," and the other, "Step School." Each of these new tracks is designed to build throughout the weekend. For instance, **Food School** will first explore concepts surrounding food plans, triggers, and food histories, and then move on to food behaviors and taking our food plans into the world. **Step School** will explore the concept of taking action on each step, beginning with steps 1, 2 & 3 on day one, and ending with maintenance steps on Sunday.

In addition to these special tracks, there will be familiar sessions on topics such as *Relapse*, *12-Stepping a Problem*, *Meditation Practices*, and so much more. And don't forget our amazing Friday night and Saturday Keynote speakers, and our always-entertaining *OA Talent* and *Fashion Shows*. All are welcome, if they choose to participate. For the Fashion show, bring an item of clothing that you no longer need from your closet - or maybe a new item that you've recently purchased - and wear it on the "runway!" How about a talent? Do you have a special talent you'd like to share? A poem you've written? A unique ability? Fellow attendees have been entertaining each other for years with musical, singing, comedy, and other talents. So don't be shy! We applaud all acts!



Continued on page 3.

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.



What's Happening!



New Meeting Time in Newtown!



Beginning Monday, August 5, the Monday Newtown Friends Group will change its meeting start time from 8:00 p.m. to 7:30 p.m.

The group will henceforth meet on Mondays from 7:30 to 8:30 p.m. at the Newtown Friends Meetinghouse, 219 Court St., Newtown, PA.

This is a literature meeting in which members read the Step of the corresponding month on the first Monday and read other OA literature on the following Mondays. There is also time for sharing during and after the readings. Please join us!

For more information, contact Ida D. at idabug4nt@comcast.net or 215-932-6028.

OA has expanded its social media presence!



Follow OA on Instagram at:

<https://www.instagram.com/overeatersanonymousexofficial/>



Treasurers!



OA has updated its Treasurer Guidelines to make them clearer and more helpful. Take a look at:

https://oa.org/files/pdf/Treasurer_Guidelines.pdf

Sponsorship Day Workshop!



Here and now.



You and me.



Sponsor and sponsee!

Christ Memorial Lutheran Church
81 Line Road
Malvern, PA 19355



Sunday, August 18, 2019
Registration @ 12:30
Workshop from 1-4 pm



Suggested Donation: \$5.00.
If you can't pay, don't stay away!

Presented by Brandywine (BIG) and Philadelphia (PAIG) Intergroups.

Call or text Anne W. with questions at (914) 953-5753.

The 3rd Quarter 2019 edition of *A Step Ahead* is now available! Per the WSO, it contains lots of great stuff, including:

- New business and election results from WSBC 2019
- An important announcement about Lifeline magazine
- OA's new definition of abstinence and recovery
- OA's new Statement on Public and Social Media
- Messages from our new board chair and treasurer
- Call for cover art ideas for a new OA publication, and more!

For more information, or to read it online, go to:

<https://oa.org/members/service-resources/a-step-ahead-newsletter/>

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

Schooled, *continued:*

Saturday afternoon, a special **“Body Positive”** speaker panel will focus on the particular changes and challenges that many of us have experienced living in our bodies while on the road to recovery.

Abstinent food, raffle baskets, fellowship, workshops, and many opportunities for spiritual growth to help us grow closer to HP: what more could we want?

Registration forms are available for download at <http://oa-phila.org/pdfs/2019-Retreat-Registration-Form.pdf>

Additional questions? A desire to be of service? Contact either Trish M • 215-370-7640 (trixie28@comcast.net) or Stephen L • 215-232-1216 (sliu202@yahoo.com).

Members always come away with an added sense of fellowship and awareness. – Trish M.

It Was a Dark and Stormy Night...

Who doesn't love a great story of strength and struggle; heartbreak and redemption; joy and recovery? If you've had the pleasure of hearing the podcasts on the PAIG website at <http://oa-phila.org/speakers/>, then you've heard compelling stories from our fellows that'll knock your socks off.

Think your story may be uninteresting? *Au contraire*. We never know what may inspire another. While everyone's experience is unique, many have sometimes surprising and unexpected similarities to our own. Sharing about our journeys of recovery is a great way to do service!

If you'd like to add your name to a pool of available speakers for local meetings, contact Jennica at 215-550-1491. Thirty days' abstinence is typically suggested, though each meeting may have its own guidelines. We can't wait to hear from you!

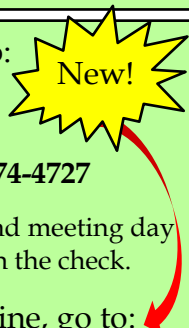


Group Donation Station: How, where and what!

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



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 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-phila.org or
northword99@gmail.com.
Thankee!

SPOTLIGHT ON SERVICE!

Are you looking for an
opportunity to do service?
Would you like to learn more
about sponsorship? Taking on
a sponsee can feel like a
daunting task, no? We've all
felt that way. *What if I do it
wrong?*



By the same token,
let's remember the first time
we asked someone to sponsor
us. It can feel a bit like asking
somebody to the prom. Cue the
butterflies!



The good news is
that there is much guidance to
be had.

From the counsel of our
fellows, to the literature
available at the OA bookstore,
to the myriad selections at
[https://oa.org/google-search-
results/?q=sponsorship](https://oa.org/google-search-results/?q=sponsorship) , we
can amass scads of helpful
information about sponsorship.

Best yet, there's a Sponsorship
Workshop being held *this
month* for all of us who want to
learn about sponsorship or
brush up on our sponsorship
chops.



**See page 2 for details about the
workshop being held Sunday,
August 18th in Malvern!**

If you have any questions, call
Anne W. at 914-953-5753.



Philadelphia Area Intergroup

- Stephen L. Chairperson
215-232-1216
- Steve T. Vice-chairperson
917-231-2147
- Mark L. Treasurer
267-247-2349
- Irene W. Recording Secretary
610-828-6770
- Chris N. AWARE! Editor
(720) 934-0985
- Phil S. Printer Dude
267-560-5199
- Trish M. Retreat
215-370-7640
- Tanya O. Telephone
215-219-8808
- Sheryl K. Text
215-990-4498
- Mary T. Webmaster(ess)
215-805-1731
- Nancy J. Region 7 Rep
215-262-8539
- Dianne F. Region 7 Rep
215-882-2122
- Available PI/PO*

* Public Information/ Professional Outreach

Overheard Recovery:



"We can't judge ourselves into
improvement."

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Wednesday, September 4, 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-phila.org and enter your email address in the box under "Join Our Email Loop."