



# 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)

## Ready to Move On

**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:**

ANONYMITY

Step Eight asks me to own up to who I am in relationship to other people and myself.

Working with a sponsor helped. I returned to OA after a relapse in which I quickly gained 40 pounds (18 kg). After a suicidal crisis, I realized I would slowly eat myself to death if I continued eating the way I had been. I received the gift of desperation and was willing to go to any lengths to recover from this disease. I asked someone who had what I wanted to sponsor me.

After Step Seven, my sponsor suggested I review my Fourth Step and look for any people I had harmed. I wrote down these names and the reasons why I needed to make amends to them. The first half of Step 8 was an opportunity to name those I had harmed and why. It didn't matter if someone had harmed me; I only needed to identify the people I had harmed. I recently walked through Step Eight in regard to several people I used to sponsor. It wasn't easy to admit I had been controlling and arrogant towards them. When I did admit I had harmed these people, relief filled my heart.

I also needed to put my own name on the list. "We have also damaged ourselves with our self-destructive thinking, eating and living habits." (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 69). I damaged my body by compulsively overeating starving, overexercising, and denying my excess weight. I lived in isolation, fear, self-pity, and resentment. I wrote my name on the list, although I had no idea how I would make amends to myself. That was part of Step Nine, and I wasn't there yet.

The second part of Step Eight involved becoming willing to make amends

Con't 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.



# Willingness is the Key!

to those I had harmed. "It might help us to remember that our purpose in doing Step Eight is not to judge others, but to learn attitudes of mercy and forgiveness." (The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 69).

My Sponsor suggested I pray for anyone I was unwilling to forgive. I prayed for each person to have health, prosperity, and joy, although I still felt angry. After praying for one particular person every day for a month, I felt a wave of forgiveness flow over me. The God of my understanding helped me see this person as a loveable child of God, just like me, who was doing the best with what had been given.

I prayed for each person on my Step-Eight list and asked Goddess to forgive me too. Then I was ready for Step Nine.

- C.D., Oregon, USA.

Reprinted from Lifeline, August 2010, pg 19. © Overeaters Anonymous

Overeaters Anonymous Virtual Workshop

## LABORING TOGETHER

MONDAY, SEPTEMBER 7, 2020 9:00-11:30 AM



9:00 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- 3 Speakers
- Sharing
- 7<sup>th</sup> Tradition (instructions to be provided)

Hosted by: Fellowship of Hope OA Group  
Zoom Meeting ID: 884 2062 7878  
Password: Link and password will be emailed to those on our contact list.  
Otherwise, contact Jared B

Questions? Contact  
Jarad B: 215-880-8523  
jaradbenn@gmail.com



The 5 Intergroups of NJ Overeaters Anonymous  
North Jersey, Central Jersey, West Jersey, South Jersey and Jersey Shore  
Presents

Getting Fit Through Sponsorship  
Sunday, August 16 2:00-4:15 PM EDT



**Five speakers will cover important issues about sponsorship**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/83396706050?pwd=c0lYcjlZKZ2pPRE9CWU5oVkhZU9EQT09>

Meeting ID: 833 9670 6050 Password: 026937

+1 312 626 6799 US (Chicago) +1 929 205 6099 US (New York)

For more information, contact Susan: (201) 960-1995

If you need help with Zoom, contact Nick: (908) 337-6582

## 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
Carolyn L.	☎+😊+✉	302-379-6373	carolyn.lecomte@gmail.com	Whenever

### A Recovery Workshop with Bulimia / Anorexia Focus

Using the 12 Steps to find hope, joy, and fellowship.

**Saturday, August 15, 2020**  
**1:00 to 4:00 PM PDT**


ZOOM Meeting ID:  
**373 820 2031**

Passcode: **5162020**

Phone: **+1-253-215-8782**

- Speakers with many years of recovery.
- Everyone is welcome who identifies as having a problem with compulsive eating.

This is a special virtual event hosted by South Bay Intergroup of OA (SBI). To support SBI, please send a 7th Tradition suggested donation of \$5. No one will be turned away for lack of funds. See address below or go to [www.oasouthbay.org](http://www.oasouthbay.org) to donate via PayPal. Please specify "Bulimia Workshop" in the Add-A-Note section. For further information, contact Sharon M. at (562) 243-5742 or Deana\_30313@yahoo.com



**OVEREATERS  
ANONYMOUS.**  
SOUTH BAY

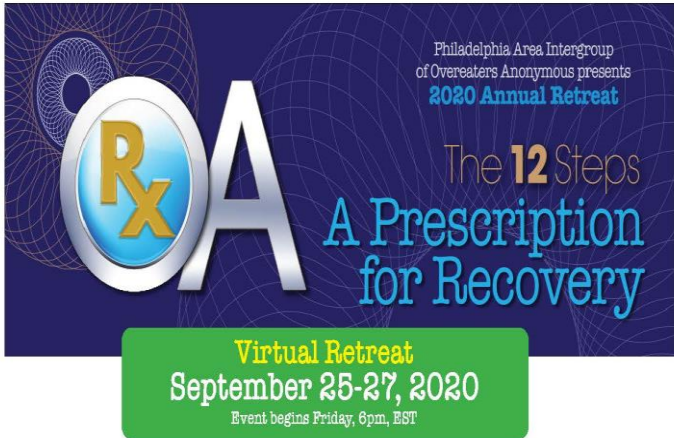
South Bay Intergroup of  
Overeaters Anonymous  
P. O. Box 918  
Harbor City, CA 90710

I put my hand  
in yours . . .

. . . and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

©1968 Overeaters Anonymous, Inc.  
All rights reserved.

Registration for the 2020 PAIG Retreat is online this year. Simply click the flier below to be taken to the online registration page, or type <https://oa-phila.org/paig-retreat-2020/> into your browser.



**Get your dose of recovery,  
while you Zoom from your own room!**

**KEYNOTE SPEAKERS • SPEAKER PANEL • BREAKOUT WORKSHOPS  
TALENT SHOW • FASHION SHOW • FELLOWSHIP**

**Register Here\***

Registration is open and ONLINE this year.\*  
You must pre-register to participate in the retreat.

A moderate 7th Tradition donation is requested. Details can be found on the registration page.  
If you can not afford the 7th Tradition donation, please email the retreat treasurer at [PAIGRetreatTreasurer@gmail.com](mailto:PAIGRetreatTreasurer@gmail.com).

**NOTE: Zoom meeting access information will be emailed to registrants  
2-3 days before the retreat begins.**

**Schedule\*\***

In an effort to ensure a smoothly-run Retreat, prompt log-in and attendance is requested for all events.

**Friday: 6pm-9pm**

- Special Zoom Attendee Onboarding Session
- Opening Remarks & Housekeeping
- Opening Speaker & Open Sharing
- Newcomers OA Meeting

**Saturday: 9am-9pm**

- Four workshop tracks will be offered – Spiritual, Emotional, Physical, and Engagement.
- Main Keynote
- Lunch & Dinner Breaks
- Talent, Fashion Show, Skit

**Sunday: 9am-12:30pm**

- One Workshop
- Speaker Panel & Open Sharing
- Closing Ceremony

\* If the link above does not work, please enter <https://oa-phila.org/paig-retreat-2020/> in your web browser.  
\*\* Details may change. A current detailed schedule can be found online at: <https://oa-phila.org/paig-retreat-2020/>

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

**IN SERVICE**



Philadelphia Area Intergroup

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.

**SEVENTH TRADITION  
ANNOUNCEMENT!**

**Effective immediately:  
PAIG can accept  
donations via PayPal (for  
PAIG donations only). On  
the PayPal website send  
donations to**

[treasurer@oa-phila.org](mailto:treasurer@oa-phila.org).



Many thanks and congratulations  
go out to PAIG, the efforts of our  
Treasurer, Mark L and to those  
who volunteered on the  
Electronic Payments Ad-hoc  
Committee. Also, let's not forget  
all of the assistance we received  
from contacts we had reached  
out to from other  
Intergroups/Regions.

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

Mary T.

- Mary T. Chairperson  
215-805-1731
- Rob L Vice-chairperson  
267-264-9544
- Maureen L. Recording Secretary  
267-544-9049
- Mark L. Treasurer  
267-247-2349
- Angela C. AWARE! Editor  
215-704-9718
- Phil S. Printer Dude  
267-397-0977
- Andrea B. Retreat Chair  
215-756-6246
- Sheryl K. Phone/Text  
215-990-4498
- Shari Webmaster(ess)  
310-880-4750
- Dianne F. Region 7 Rep  
215-882-2122
- Shari Region 7 Rep  
310-880-4750
- Rob L. PI/PO\*  
267-264-9544
- Jennica N. Speaker List  
215-550-1491

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. Paypal:  
[treasurer@oa.phila.org](mailto:treasurer@oa.phila.org)

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) by 8/19/20.  
Thanks!

**SERVICE**

Available PI/PO,  
Positions: Webmaster,  
Region 7 Rep &  
World Service Rep

\* Public Information / Professional Outreach

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on  
Weds, Sept 9th, 7:15 pm Upper Moreland Library, 100 Park Ave., Willow Grove, PA 19090 or on Zoom.**  
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](http://oa-phila.org) and enter your email address in the box under "Join Our  
Email Loop."