



AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

Information line: 215-589-6261 | PO Box 23, Southampton, PA 18966 | oa-phila.org | oaregion7.org

December 2018



Step 12:

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Spiritual Principle:

Service

Tradition 12:

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Spiritual Principle:

Spirituality

Always Hope

Our meeting responded to a discussion question from an issue of *Lifeline*: “What would you say to a still-suffering compulsive overeater?”

One day at a time, through the program and other recovering overeaters, our spirits begin to shine through the clouds of loneliness and isolation. Keep coming back. The miracle will happen for you too.

There is hope. There is always hope. No matter what level of despair or pain you are experiencing and no matter how bleak your future seems, there is hope.

This is a program of action, so focus on what you can do. Can you call someone? Journal? Read literature? Get to a meeting? Be of service? Pick something and then do it. Hope will glimmer on the horizon like the rising sun as you take action in this program.

“God could and would if he were sought” (*Alcoholics Anonymous*, 4th ed., p. 60), so keep coming back. You’re worth it. You too can discover freedom from food obsession, one Step at a time. Try different meetings. Find someone who has what you want and ask them to be your sponsor. We love you already.



Without a doubt, there is hope. The promises speak of this hope, which will become real.

– A.K., Tempe, Arizona USA

Reprinted from *Lifeline*, © OA, Inc., March 10, 2016.

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.



Brr! What's Hot?



Is food a problem for you?



Dear Philadelphia Area Overeaters Anonymous Friends,
We would like to take this opportunity to announce a new meeting that is under construction right now. It's the **"Strength in Powerlessness"** OA meeting.



A special, but certainly not the only, focus of the meeting will be issues of relevance to people of color who are dealing with compulsive overeating and other eating disorders. Perhaps you, someone in your family, a neighbor, friend or coworker may need us. Pass the word. There are no required payments, meals, or weigh-ins. Be assured that ALL are welcome. The only necessity is a desire to recover from the disease of compulsive overeating. If you think this kind of meeting will add to your program of recovery, send an email with your contact info to aware@oaphila.org OR northword99@gmail.com



Someone will get back to you about upcoming information meetings.

"Work on your breakthrough abstinence until you break free."
Join us for such a time as this. Open to newcomers.

A new meeting?
Oh, boy!

Overeaters Anonymous Workshop

"ONE DAY AT A TIME"

TUESDAY, JANUARY 1, 2019 9:00 – 11:30 AM



- 9:00 – 9:30 AM – Fellowship
- 9:30 - 11:30 AM – Meeting
- Speakers
- Sharing
- Ask-It Basket

- Coffee / Tea / Water
- 50:50 Raffle
- Free Babysitting
- 7th Tradition

HOSTED BY THE FELLOWSHIP OF HOPE GROUP

West Swamp Mennonite Church
2501 Allentown Road
Quakertown, PA 18951

Easy access off Q'town exit,
PA Turnpike! Questions?
Contact Emmy (267) 767-2132



Have you missed meetings because of weather, or illness, or just a hitch in your calendar's giddyup? No worries!

To listen to local speakers who've been recently recorded for posterity by PAIG'S excellent audio folks, go to:

<http://oa-phila.org/speakers/>



A treasure trove of excellent recovery awaits you!

HEAR YE, HEAR YE! DON'T MISS THIS IMPORTANT ANNOUNCEMENT!

OA's World Service is now using a new post office box for *all* correspondence, including contributions and Lifeline. Please share this info at your meetings! And from now on, please use this mailing address:

OA WSO
PO Box 44727
Rio Rancho, NM
87174-4727



Hoping to connect to another OAer? ☎ = a potential phone sponsor, ☺ = a willing ear, and 💻 = an email contact! Hooray for outreach!

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
Wendy K.	💻	n/a	wenknok@gmail.com	Whenever

From the WSO's news Bulletin:



Eureka!

“Have you considered making an end-of-year contribution to OA? How about setting up an Automatic Recurring Contribution to support our Seventh Tradition through the new year? Contributing is simple at oa.org/contribute. There, you can check “Make this a recurring gift” to set up a monthly or quarterly Automatic Recurring Contribution online or download the contribution form to mail your check or money order.” Go to oa.org/files/pdf/contributionform.pdf.

“Imagine turning to OA for help but finding **there is no literature for you to read**. That might be the reality for the still-suffering compulsive eater who does not read English. Fortunately, OA has established the Translation Assistance Fund.

OA recovery grows where compulsive eaters can read program literature in their own language, so **supporting translation projects** is an important way we carry the message. OA members, groups, and service bodies can support the Translation Assistance Fund by going to oa.org/contribute and selecting “Translation Assistance Fund” from the Designation menu. Or, write “Translation Assistance Fund” on the memo line of your check when you mail in your contribution.

To apply for translation funds, find information and the Translation Fund Application on the [Literature Translations page](#). The annual deadlines for applications are February 1, June 1, and October 1.”



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.



Support your recovery through the holiday season with hundreds of real stories of recovery through oalifeline.org. Stories just posted from the November/December issue are dedicated to holiday abstinence, gratitude, and fellowship. Learn what piece of OA literature one member relies on every day to maintain serenity and a strong program, and read about another member's strategies for **maintaining abstinence while traveling**.

A one-year online subscription is just US\$23 worldwide, so give yourself **the gift of experience, strength, and hope** found in our Twelve Step program.

Visit oalifeline.org today and subscribe!

Remember, December 12th is OA's 12th Step Within Day, on which we reach out to OA members who are in relapse or who still suffer from compulsive eating.



How will you and your meeting carry the message on December 12th to mark this important event?



"First keep the peace within yourself. Then you can also bring peace to others."

- Thomas à Kempis

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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!

PAIG meetings are held on the 1st Wednesday of each month at the 1st Presbyterian Church of Warminster. **The next PAIG meeting will be held on Wednesday, January 2nd @ 7:30 pm. (PI/PO Committee meeting at 7 pm.)**

PAIG reps: check your messages on the PAIG Google Group to be alerted to any changes. To be added to the Google Group, please go to <http://groups.google.com/group/paig-oa>.