

December



2019



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

Step 12:

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

Spiritual Principle:

Service



Tradition 12:

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

Spiritual Principle:

Spirituality

Awareness, Acceptance & Action!

The theme for the PAIG retreat was Awareness, Acceptance and Action. Attendees were encouraged to share their insights they had gained at the retreat. This is the third and final part of the three-part series in which AWARE! will share those insights. December's focus is on Action. The following is what retreaters shared about Action.

- My experience in the Step 10, 11 & 12 Workshop led me to the action to always reach out in service in completing Step 10.
- Start using the "Remind" app at work to provide more time my day for prayer, program, and peace.
- Read something from the Big Book daily.
- Gather our financial information to share with a professional despite the fear I have about it.
- Let go of my closed past and embrace the open future. "Let go and let God."
- In addition to three things I'm grateful for, each night I'm going to write three things I like about myself or three things I did well that day. Big thanks to Karen.
- Be consistent with daily work.
- Ask HP for guidance before taking action.

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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.



Get in on the Action!



PHILADELPHIA AREA INTERGROUP MEETING LOCATION



CHANGE: Starting in January 2020 there will be a new time and location: First Wednesdays 7:15 to 8:45pm at Upper Moreland Library, 109 Park Avenue, Willow Grove, PA 19090. (January Meeting is scheduled for Jan 8, 2020, due to New Year's Day holiday.)

Action, continued from page 1:

- Make a plan and move forward.
- Surround myself with positive people & read uplifting literature. This will keep me open to God's will.
- Get an OA sponsor to help with healthier food choices and a new abstinent food plan.
- It is really hard to say anything that I did "good" or "positive." But I know that some of the actions that I did were so hard and uncomfortable, and way out of my comfort zone. I used my voice – and opened up – I shared in all 4 workshops - I was honest. I spoke from my heart. I allowed feelings to come out. And to identify some of them, I reached out to people. I asked for what I needed and wanted. I challenged my negative thoughts in my head – and that was hard! I allowed myself to cry! That was huge.
- Take a problem that I started with in the "Working a Problem Through the 12 Steps" workshop and complete it through.
- Talk to my sponsor about surrendering monthly track of weight and just getting weighed at doctor appointments.
- Decided this weekend to take action and talk and share with new people and make friends.

THANKS TO ALL WHO SHARED WHAT THEY LEARNED FROM THE OA RETREAT!

December 12th: Twelfth Day Within Day. Reach out to the still-suffering within our Fellowship today.

WORLDWIDE EVENTS

Unity Day: February 29th. Check oa.org/podcasts to download a podcast on Unity. It will be available at 2:30pm EST February 29th.

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

OA WORKSHOP
Enjoying the Gift of Abstinence



"Abstinence is the most important thing in my life, without exception."

As the holidays come to a close, let us gather to give thanks for the great gift that OA gives us...ABSTINENCE!

Monday, January 6, 7:30 - 9 pm

Redeemer Lutheran Church
Woodland & Hulmeville Rd
Pennel, PA 19047

* Contact: Bill A. 215-287-9013

OA's 60th
Birthday Party
Celebration



January 17-19th in
Los Angeles, CA

For more information and to register, visit:

www.oabirthday.com

December 2019 is Your Last Chance to Buy a Lifeline Magazine Subscription



(photo: WSO News Bulletin, October 2019)

Lifeline magazine, both print and online, will be discontinued at the end of 2020. Your last chance to purchase a one-year print subscription will be December 17, 2019. Online subscription sales to oalifeline.org will end December 31, 2019. The magazine will be replaced by a new online format so members can continue sharing their experience, strength, and hope with the Fellowship.

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Meetings Updates for Upcoming Holidays!

- The Fairmount Weds. 8pm meeting will be CLOSED Dec 25th. The meeting will be OPEN on Weds., Jan 1st New Year's Day.
- The Cairncrest "Together We Can" Weds. 7:30pm meeting will be OPEN both Christmas Day, Dec 25th and New Year's Day, Jan. 1st.
- The Tuesday Croydon 7:30pm meeting will be OPEN Tuesday, Dec. 24th, Christmas Eve and Tuesday, Dec.31st, New Year's Eve.
- (Check www.OA.org for phone and online meeting times)

Check December meeting list for additional updates.

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! 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 or
amcg120@gmail.com two weeks
prior to PAIG meeting. Next
due date is: **12/25/19**. Thanks!

Spotlight on Service

The Academy of Nutrition and
Dietetics holds an annual Food
and Nutrition Conference and
Expo (FNCE) in different
locations each year. Being held
in Philadelphia this year, the
FNCE contacted PAIG, and
offered us a booth reserved for
nonprofit organizations.

PAIG organized an OA booth
with generous support from
South Jersey IG, Central Jersey
IG, Brandywine IG, South
Central PA IG, Region 7, and
World Service Office
Professional Exhibits Fund.

Our booth ran for the 3 days of
the Expo. We had 3 to 5
volunteers at the booth
throughout, thirteen OA
members altogether. There was
great interest in our booth, and
a steady stream of visitors. We
had about 500 visitors. The
feedback was very positive.
Many thanked us for being
there.

I am grateful for this
opportunity to help carry our
OA message, knowing that it
has been carried along with the
service, contributions, and well
wishes of so many in our
Fellowship. Gratefully in
service, Stephen L.



Philadelphia Area Intergroup

- Stephen L. Chairperson
215-232-1216
 - Steve T. Vice-chairperson
910-231-2047
 - Mark L. Treasurer
267-247-2349
 - Irene W. Recording Secretary
610-828-6770
 - Angela C. AWARE! Editor
215-704-9718
 - Phil S. Printer Dude
267-397-0977
 - Andrea B. Retreat
215-756-6246
 - Bryan L. Retreat
267-994-5373
 - 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
 - Rob L. Region 7 Rep &
PI/PO
267-264-9544
- Available: World Service Rep

* Public Information/ Professional Outreach

Overheard Recovery:



"Don't Give Up before the
Miracle Happens!"

PAIG meetings are held on the 1st Wednesday of each month except January, New Year's Day,
*** The next PAIG meeting will be held on **Wednesday, January 8th, 7:15 pm at**
Upper Moreland Library, 109 Park Avenue, Willow Grove, PA 19090.***

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."