

December 2020

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter



STEP TWELVE

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



Living the Twelve Step Program in 2020

In going over my life in 2020 with the obvious hurdles of fears, sadness, frustrations, confusion and at times utter hopelessness there was ALWAYS the twelve Steps - a program that I may have taken for granted in the past, but in 2020 saved this addict from complete physical, emotional, and spiritual despair. By continuing the suggested daily 12-Step recovery work, I was able to focus on me and what I needed to do in order to stay in recovery and ultimately be of service to others within the boundaries of our spiritual principles and traditions.

In what seemed to be a world turned upside down, the Twelve Steps and Twelve Traditions were not only my guideposts but proved to be an unwavering spiritual support system. *[con't page 3]*

TRADITION TWELVE

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

Spiritual Principle:

Spirituality

PAIG

P.O. Box 23
Southampton, PA 18966

Call or Text

215-385-3076

Contact the Chair

chair@oa-phila.org

Visit Our Website

oa-phila.org



“Freely ye have received;
freely give...”

Twelfth Step Within

December 12 each year is designated as OA's International Twelfth Step Within Day. The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. Here are some ideas for actions to take this month:

1. Make outreach calls/texts to members you haven't seen in meetings or you know are in relapse/struggling.
2. Sign the "Recovery Insurance Policy" with another member to commit to recovery together: <http://www.oa.org/pdfs/recoveryinspolicy2.pdf>
3. Post messages on safe social media groups that you are a resource that people can reach out to for support.
4. Write down 12 actions that will support your own or others recovery. Share your list with another member.
5. Work with another member using the "Been Slipping and Sliding? A Reading and Writing Tool" questions. (See pg 3 for link)
6. Write an article for the AWARE.
7. Help another member develop a holiday action plan.
8. Attend a meeting; share your recovery/offer to sponsor.
9. Hold an impromptu meeting that focuses on helping members get and stay abstinent; share meeting link far and wide.
10. Start a step study group - include those who are struggling and stay on Step One as long as necessary.
11. Host a group sponsorship meeting with the people you sponsor; brainstorm ideas to carry the message.
12. Add your name to the Region 7 speaker list; share your recovery story.

Strong Abstinence Checklist

At the Region 7 Anchors Aweigh Convention, a workshop I attended used the Strong Abstinence Checklist and Writing Exercise, which can be downloaded from oa.org. There are many great questions for reflection and using the tool of writing. I picked question 12) What place does food have in my life today?

Today food is fuel and substance for my body. Food is a communion with the living Earth and provides me the energy to be of use during this time I find myself here on the Earth. Where there once was an insatiable discontent that I tried to fill with food, I now ask God to fill me with love, compassion, and purpose. Procuring and preparing abstinent meals is another chance to know God's grace. I take time for meals, sit down at a nicely set table, and take time for prayers. The distraction and screens are turned off. God, please slow me down, and may I be present to each abstinent meal, one day at a time. I want and need to keep living the OA way of life and let God direct food's proper place. Thank you.

*- Anonymous attendee of the
Region 7 Convention*



Living the Twelve Step Program in 2020

[con't from page 1] The program never failed to remind me to keep the focus on me and what I could do to live my life in peace and serenity and in acceptance.

Whether it was admitting on a daily basis my powerlessness over food and that my life was unmanageable requiring me to stick to my food plan; or, having to recommit on a daily basis that my HP has been, is, and always will be there with me, holding me, loving me and looking out for me through loving discipline; or, whether it was practicing the program by using the tools of recovery such as the telephone/virtual meetings, sponsors, writing a daily 10th Step, active 12-Step study work, literature, prayer and meditation and sponsorship.

The result has been a year of new experiences: for example, the joy of being in nature and taking more walks, meeting neighbors I didn't know existed, learning new ways of connecting to family using technology and just appreciating them more in their absence. Looking at the world and experiencing it through the lens of OA has helped me see the best in others while I stayed focused on cleaning up my own imperfections. For me 2020 has been a perfect example of how the OA 12-Step recovery program really works!

- Mary T.

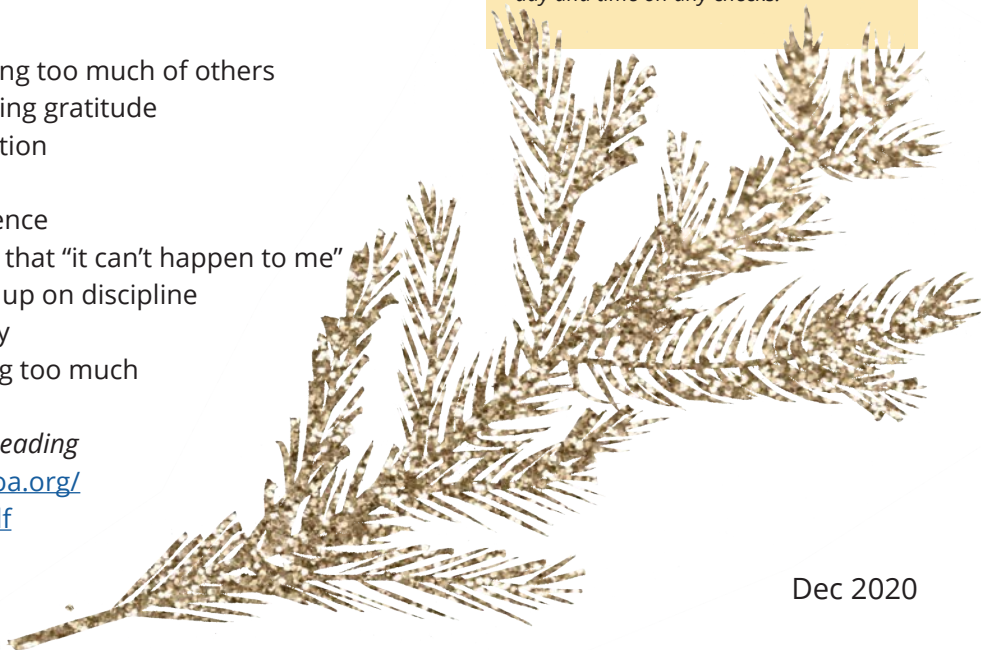


Signs of Relapse or Slipping

- Being argumentative
- Cockiness
- Complacency
- Defiance
- Denial
- Depression
- Dishonesty
- Eating binge foods
- Exhaustion

- Expecting too much of others
- Forgetting gratitude
- Frustration
- Grief
- Impatience
- Feeling that "it can't happen to me"
- Letting up on discipline
- Self-pity
- Wanting too much

Excerpted from "Been Slipping and Sliding? A Reading and Writing Tool" available here: <http://www.oa.org/pdfs/been%20slipping%20and%20sliding.pdf>



Group Contribution Info

Region 7 - 10%

US Mail:

Email treasurer@oaregion7.org for mailing address.

Electronic: oaregion7.org

Click on "Contribute." Click your preferred payment option and follow directions.

World Service - 30%

US Mail:

World Service Office
P.O. Box 44727
Rio Rancho, NM 87174-4727

Electronic: oa.org/contribute/

PAIG - 60%

US Mail:

PAIG
P.O. Box 23
Southampton, PA 18966

Electronic: PayPal to treasurer@oa-philadelphia.org

Indicate your group number and meeting day and time on any checks.



Relapse Questions

Identify specific things that may have contributed to relapse. Answer the following questions honestly and thoroughly:

- a) Look at our eating behaviors. Do we see anything that may be causing problems, such as eating in the car, sneaking food, eating standing up, eating in front of the TV, skipping meals, allowing too much flexibility in our plan, or anything else from which we need to be abstaining?
- b) What feelings were we having before the relapse?
- c) What were we thinking before the relapse?
- d) What secrets were we keeping or still keeping that need to be shared with our sponsors or another abstinent, recovering compulsive eater?
- e) What lies did our disease tell us that we believed?
- f) How did we decide it was okay to eat?
- g) Are we hanging around slippery people and slippery places, such as family, friends, relatives, restaurants, grocery stores?
- h) Where was HP?
- i) Were we doing our daily meditation and prayers consistently?
- j) Were we keeping honest, accountable, and current with our daily Tenth Step inventory?
- k) Were we making people, places, or things our Higher Power?
- l) Were the highest priorities in our life our Higher Power, our abstinence, and the program, or was it something else?

Excerpted from "From Slip or Relapse to Recovery" found here: <https://oa.org/app/uploads/2019/12/From-Slip-or-Relapse-to-Recovery.pdf>

PAIG Service Positions

OFFICERS

Chair:	Mary T.	215-805-1731
Vice Chair:	Rob L.	267-264-9544
Treasurer:	Mark L.	267-247-2349
Secretary:	Maureen L.	267-544-9049

COMMITTEE CHAIRS

Retreat:	Stephen L.	215-232-1216
PI/PO:	Vacant	
Web:	Shari B.	310-880-4750
AWARE:	Amy L.	215-512-8871
Phone/Text:	Sheryl K.	215-990-4498
Speaker List:	Jennica N.	215-550-1491
Printer:	Phil S.	267-397-0977

REGION REPRESENTATIVES

Rep A:	Shari B.	310-880-4750
Rep B:	Rob L.	267-264-9544
Rep C:	Stephen L.	215-232-1216

WORLD SERVICE DELEGATES

Delegate A:	Rob L.	267-264-9544
Delegate B:	Vacant	



PAIG MEETINGS

Held the 1st Wednesday of each month.

Next PAIG Meeting:

January 6, 2021
7:15 pm
Zoom Meeting

Email Loop

All PAIG info is sent via our Google email group. To join, email paig-oa@googlegroups.com

12 Steps of Recovery

In the **first step** of program, recovery gives to me –
No power and sanity.

In the **second step** of program, recovery gives to me –
Loss of will, and -

In the **third step** of program, recovery gives to me –
Trust in God -

In the **fourth step** of program, recovery gives to me –
Focus on the past -

In the **fifth step** of program, recovery gives to me –
Sharing my truth -

In the **sixth step** of program, recovery gives to me –
Character defects -

In the **seventh step** of program, recovery gives to me –
Change of old habits -

In the **eighth step** of program, recovery gives to me –
Hurts to be healed -

In the **ninth step** of program, recovery gives to me –
Loss of ill feelings -

In the **tenth step** of program, recovery gives to me –
Daily reflection -

In the **eleventh step** of program, recovery gives to me –
God's loving purpose -

In the **twelfth step** of program, recovery gives to me –
Freedom and service -

Sung to: **The Twelve Days of Christmas**
English Christmas Carol, composed by Frederic Austin
Lyrics: Tanya O., 2014



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 by 12/30/20

About OA

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive over-eating. 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.