



AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

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

February 2019



Step 2:

Came to believe that a power greater than ourselves could restore us to sanity.

Spiritual Principle:

Hope

Tradition 2:

For our group purpose there is but one authority – a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle:

Trust

What Joy Looks Like

What would my life look like if I met each moment with wonder and curiosity, experiencing my feelings and then letting them go? Instead I meet my days with preconceived ideas of how they *should* go, resenting interruptions and intrusions of “my” schedule.

How self-absorbed I am! How much joy do I miss because I am busy pounding square pegs into round holes and then cursing the inevitable frustration these futile attempts bring me?

This program offers me a new way to be: taking one day at a time, one moment at a time.

Pierre Teilhard de Chardin says, “Be patient with the slow work of God...accept the anxiety of feeling yourself in suspense and incomplete.” To hold this anxiety of incompleteness is to be human.

Help me, please, Lord, to accept this reminder of my very nature. Let me view my world not with fear and judgment but with curiosity and wonder at the incredible mystery of being alive; loving, sharing, failing, struggling, succeeding, grieving, persevering.

What a rich and profound world I inhabit. Let me not search for admiration and accolades. Instead, let me laugh at the absurdity of this life. Let me shout with joy at the sheer immenseness of the universe.

- Barb K.



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 Hot!



**NEW YEAR =
NEW TIME &
NEW FORMAT**

THE THURSDAY NIGHT PRIMARY PURPOSE
GROUP IS MAKING "BIG" CHANGES STARTING
JANUARY 2019. COME JOIN US!

NEW TIME: 7PM
Davisville Baptist Church
325 Street Road, Southampton PA

Enter lobby using far-left door, head straight and take elevator to 2nd floor, Room #207

**NEW FORMAT: BIG BOOK, STEPS &
TRADITIONS STUDY**

Text Amy for more info: 215-512-8871

There's a New OA Meeting in Town!

Mondays, 7:30 - 8:30pm
Lilypad Family Play Space
1234 S. Broad Street
Philadelphia PA 19146

(3 blocks south of Washington Ave., near the
Ellsworth/Federal stop of the Broad Street Subway.
This space is **not** handicapped accessible.)

This meeting follows a "foundations" format. The
moderator will lead a study of the first 3 steps and then
briefly go over the rest of the 12 steps, using the big
book of Alcoholics Anonymous. It's not a discussion
meeting, so there won't be time to share, but there will
be time for fellowship afterward to check in and ask
questions, etc.

This is a great meeting for newcomers and those
wanting to learn more about the 12-step program of
recovery. This meeting is affiliated with
oabigbooksolutiongroup.org.

Contact: Carolyn (302) 379-6373

**Look at Our
New Newcomer
Pamphlet!**



This comprehensive, 32-page pamphlet replaces our bulky newcomer packets, and it's only \$1.00! It includes the Fifteen Questions, OA Tools, suggested plans of eating, the OA Promise, AA's Third and Seventh Step Prayers, and "Welcome Home!" A FAQ section addresses questions about compulsive eating; bulimia and anorexia; OA as a spiritual program; recovery in OA's Twelve Step Program and more. Go to: <http://bookstore.oa.org/> to order yours today!

**Brandywine IG and Sunday Night Malvern Meeting present
Unity Day**

**Tradition 1: Our common welfare should come first;
personal recovery depends upon OA unity.**

Sunday, February 24, 2019
Covenant Presbyterian Church, 400 Lancaster Avenue
Malvern, PA 19355

1:00 Registration (\$5.00 requested, but not required!)
1:30 Speakers / Panel and Discussion
4:15 Candle lighting and closing

Please bring a beverage, as no kitchen facilities will be available.
For info, call or text Marilyn 610-324-7268 or Cathe 610-299-5107.



**Please come and support this event for
your recovery and for others'!**

Hoping to connect to connect with an 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	kvalesky73@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



The WSO News Bulletin just continues to get better and better!

To learn about new literature; read A Step Ahead; share ideas for a pamphlet that appeals to 18 - 30 year olds; learn about funds available for translation and more, go to: <https://mailchi.mp/oa/news-from-the-wso-3079089?e=806aca6f6b> and keep scrolling down!



CAN YOU HEAR ME NOW?

Did you know that we can hear OA speakers - a new one (or more) every week - whose stories are recorded at area meetings and archived onto PAIG's website for retrieval at our convenience? When we long for portable support, we can listen to a local speaker at home in our jammies, or on our lunch hours, or on vacation, at any time of the day or night. Seriously!

Go to <http://oa-phila.org/speakers/> and click on one of the files listed to hear for yourself. There are hundreds of excellent recordings available at the mere click of a mouse.

Now that's a lotta recovery.

Listen on your PC, laptop, phone or tablet, and enjoy!

*experience
insight
spirituality
strength
commiseration
recovery
hope*



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.

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!

We OAers are all about service. We know that our recovery depends on it. Our 12 and 12* reminds us that "... *we may serve each other by sponsoring, speaking at meetings, and doing necessary committee and other service work.*"

But what does "other service work" entail? How about offering assistance in small ways that can have a big impact?

Take the **AWARE!**: One person edits, another proofreads, and still another has recently volunteered to sort through some of the hand-written gems that have long languished in **AWARE!**'s filing cabinet.

If you're uncertain how you can give service, ask your PAIG rep, or call one of its members listed in the next column. They just might have some fab ideas. Better yet, they'd love to hear yours!



In the coming weeks and months, we'll spotlight some of the ways in which folks have been giving service - to say thank you, and to remind us all that even with time, distance and other sorts of constraints, achievable opportunities for service abound. Yay!

*The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition, © 2018, OA, Inc.

Hey, all! We're doing our service on the PAIG committee! Contact us any time, or join us at a meeting!



- Stephen L. Chairperson
(215) 232-1216
- Maureen L. Vice-chairperson
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- Mark L. Treasurer
(267) 247-2349
- Irene W. Recording Secretary
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(215) 219-8808
- Emmy L. Telephone
(267) 767-2132
- Mary T. Webmaster
(215) 805-1731

* Public Information/Professional Outreach

Overheard Recovery:



"An unsolicited opinion is criticism."

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, March 6th @ 7:30 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>.