

February

2020



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 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 ultimate 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

Dear AWARE!,

Here I am at my small home group and I am the only one here. Thanks to recovery I am turning this situation over and picking up a pen to use the tool of writing. First of all, let me say that I am so grateful to be abstinent today. With a power greater than myself and Overeaters Anonymous, I have been placed in a position of neutrality with the food, something that once tempted and tortured, commanded and compelled, leaving me bedraggled and remorseful.

I'm sitting here alone in this room, but I don't feel alone. I feel connected with OA, with the struggles and the recovery of my fellows. There are the Steps and the Traditions posted on the wall, there are OA books on the table: For Today, Voices of Recovery, the Brown Book and the Big Book. I need to keep all the wisdom and healing close to my heart. OA teaches me and patiently encourages me to accept myself, my true imperfect mixed up lost self.

Part 2: I'm home now. My dear fellow OA came into the room after getting off work. So, we had a meeting after all. Two person meetings are so wonderful. We read from the AA 12 & 12 and shared. Thanks to OA and HP, I'll lay my head down on my pillow tonight grateful for this day and this way of life, abstinent and safe. Thanks AWARE! for listening to my little story and for being there.

One Day at a Time,
A grateful Philly OA

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.



Fill Your Cup with OA!



FEBRUARY EVENTS

“We were meant to open up so that we might learn to receive love and to truly love others.”

The 12 Steps and 12 Traditions of OA, Step 2.

Celebrate the anniversary of the Thursday night OA meeting in Wyndmoor with two speakers on learning to accept and love ourselves and others.

- ♥ 7 pm to 8:30 pm, Thursday, February 13
- ♥ 801 E Willow Grove Ave, Wyndmoor, PA, 19038.
- ♥ Park in the Santander Bank lot or on the street.
- ♥ Bring a mug for tea!
- ♥ Questions? Mindy at 215-694-0231, text or voice.

February 29, 2020 is Unity Day!!

The Willow Grove "One Step at a Time" meeting presents Overeaters Anonymous

Unity Day
CELEBRATION



Saturday
February 29, 2020
9:00 am - Noon

Registration begins at 8:30 am.

Willow Grove Baptist Church
1872 Kimball Avenue
Willow Grove, PA 19090
(Corner of Kimball Avenue & Old Welsh Road;
Enter off of Old Welsh Road)



The Saturday Willow Grove OA meeting is setting aside our usual format on this special day of global recognition to celebrate OA Unity. Join us to experience unity and commonality of fellowship. The event will include:

- 3 Speakers
- Open Sharing
- Breakout Workshop

A 7th Tradition donation of \$5 is requested. But if you can't pay, please don't stay away!

Contact: Sheryl K. at 215-990-4498 for more information.

Then Listen to OA's Worldwide Podcast

At 2:30pm

<https://oa.org/podcasts/unity-day/>



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
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

**LOOKING
AHEAD:**



**Help us
celebrate our
31st birthday!**

**into
Recovery**

**Saturday, March 28, 2020
10am - Noon
Speakers & Sharing**

Roxborough Memorial Hospital, 5800 Ridge Avenue, Philadelphia
Conference Room A

*One block above Walnut Lane, at Jamestown Avenue. Take elevator down to Ground Floor.
For more information, call Rebecca at 215.242.8565*

**WORLD SERVICE
CONVENTION**

**2020 Convention
Theme: Sunshine of the Spirit: 60
Years Around the Sun!**

Dates: August 20-22, 2020

Renaissance Orlando at Sea World ®
6677 Sea Harbor Drive
Orlando, FL 32821 USA
Phone: 407-351-5555

Hotel Reservations
Reservations will open January 2020



Region 7 2020 Convention in Ocean City, MD

Theme Coming Early 2020

When: November 6-8, 2020

Where: Holiday Inn Oceanfront, 6600 Coastal
Highway, Ocean City, MD 21842

Contact Info: Email [Bob](#) or [Amy](#)

Group Donation Station: How, where and what!

10% to Region 7,
Via U.S. Mail, please email:
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.

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
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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: **2/19/20**. Thanks!

Spotlight on Service

What is your meeting doing to
welcome newcomers to OA?

A few of the meetings I attend
have different ways of
welcoming newcomers. One
meeting is a step study group.
Each week we read a step from
OA's 12 & 12. Whenever we
have a newcomer, we read Step
One, rather than the scheduled
step for that week. We want to
give the newcomer the Step
they may relate to the most.

In another meeting, we save
the last ten minutes of open
sharing for newcomers with a
year or less. Volunteers stay
afterwards in order talk with
newcomers and to answer their
questions. We suggest
resources, give them phone
numbers to reach out, and offer
a warm welcome.

This not only helps the
newcomers, but it also serves
as a reminder for the rest of us
of what life was like before we
found recovery.

We were all a newcomer at one
time! Please remember that the
newcomer is the most
important person in the room.

- Angela C.



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
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215-219-8808
- Sheryl K. Text
215-990-4498
- Mary T. Webmaster(ess)
215-805-1731
- Dianne F. Region 7 Rep
215-882-2122
- Rob L. Region 7 Rep &
PI/PO*
267-264-9544
- Jennica N. Speaker List
215-550-1491

Available

Positions: Region 7 Rep &
World Service Rep

* Public Information / Professional Outreach

Overheard Recovery:



"GOD stands for Good Orderly
Direction"

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Weds, March 4th, at 7:15 pm at Upper Moreland Library, 100 Park Ave., 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."