



AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

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

January 2019

Let's Start at the Very Beginning...

Here we are, fellow OAers. We've come full circle, and we're back at the beginning. It is, to quote the familiar song, a very good place to start.

Step 1: We admitted we were powerless over food.

To embrace our powerlessness was, of course, contrary to everything we'd learned in a culture that emphasizes its opposite. *We're in charge of our own destinies*, we're told. *We're strong! We can move mountains!*

So we balked at first, even though we'd known it all along. Indeed, the truth had been staring us in the face most of our lives. We'd tried to overcome that powerlessness in every way imaginable, only to be brought to our knees, eventually, every single time. Finally, when we were granted "the gift of desperation," or we "hit rock bottom" or we "had no place else to turn," we found OA, and we began the process of embracing our own recovery, one step at a time.

It's an ongoing journey, so many of us welcome the annual renewal of Step 1 that we find in our step meetings. We've learned that our opportunistic disease likes to push its boundaries, stealthily encouraging us, in the process, to test our own: "A little bit extra won't hurt," or "I didn't eat breakfast so I can have a big lunch," or "Technically, it wasn't *not* on my food plan..."

As one member phrased it, "I realized that my food plan entailed my eating whatever I thought I could get away with."

If any of that sounds familiar then you, like I, recognize that these are some of the games we play with ourselves when we get complacent and begin to lose sight of the very thing that gave rise to our recovery in the first place: our admission of our powerlessness over food.

Welcome back to Step 1! And may we all enjoy a Happy New Year!



Step 1:

We admitted we were powerless over food.

Spiritual Principle:

Honesty

Tradition 1:

Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle:

Unity

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.



Newsworthy:



**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



Please inform your meetings that as of Dec 2018, these OA Meetings have closed: Monday through Friday at noon, First Baptist Church, 1636 Sansom St. in Center City Philadelphia.

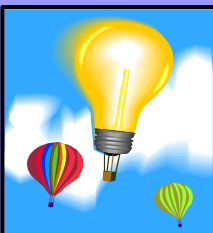
We are grateful for the service of all who supported these meetings for many years.

Thank you,
Stephen L
(serving as chair of PAIG)

"How I plan to do service in 2019?" is a great topic for a meeting!


What sort of ideas have you been kicking around? Let AWARE know, and we'll share your ideas here!

As we know, showing up at our meetings is service. Making outreach calls is service. Leading meetings, volunteering to serve as treasurer, secretary or PAIG representative is service. From small to large, opportunities abound!



OA Workshop
Hosted by Pennel Monday Night Meeting

Recovery: "Freedom from Bondage"



Monday, 1/21 (MLK Day), 7:30-9 pm

Redeemer Lutheran Church
Hulmeville & Woodland Avenues
Pennel, PA 19047

Bring your Big Book as we will read "Freedom from Bondage" story plus a speaker!

For information, call: Bill A. at 215-287-9013

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

Honesty, Spiritual Fulfillment and His Grinding Need to Feel Full

As OA's 12 and 12* suggests, I need to be honest in my admission of my disease.

I also need to be honest each time I talk with my sponsor about the times I've deviated from my food plan, because that helps me to recognize why I've done so.

Most often it's because I've taken my will back, and I've tried to do things *my* way in order to fulfill my driving need to eat everything in sight. My need concerning food has been - is, and will forever be - insatiable. I'll always want more and more and more, when what I really need, in order to meet my seemingly unquenchable need to feel full, is God's spirit inside of me. When I feel that spirit intermingling with mine, I have no other needs, and I can live with a sane, healthy food plan.

With God at my center I also lose the need to control people, places and things. All are okay just as they are and I am able to practice acceptance.

I must remember to pray for that inner joining of spirits so that I'm not tempted toward other things to fill my insatiable needs and desires.

Thank God, OA and all of you.

Love and hugs, Rick



* The Twelve Steps and Twelve Traditions of Overeaters Anonymous



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:

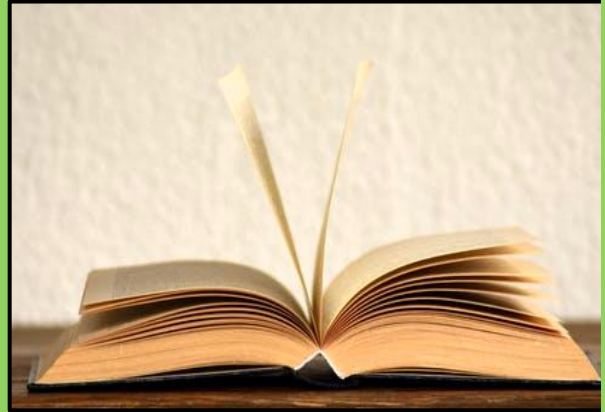
World Service Office
PO Box 44727
Rio Rancho, NM 87174-4727

60% via U.S. Mail to:

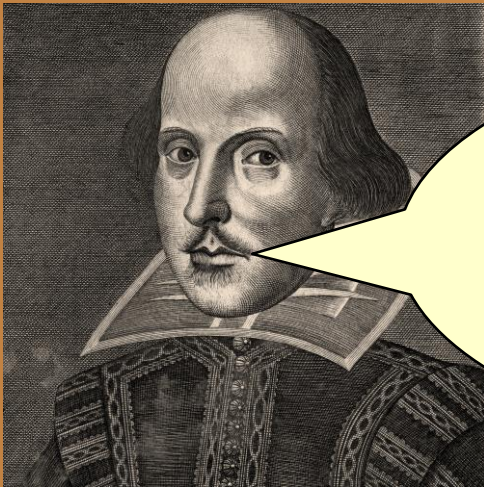
PAIG
P O Box 23
Southampton, PA 18966.

Indicate group# and meeting day and time (AM or PM) on check. Region 7 quarterly updates are available at: oaRegion7.org.

It is impossible to begin to learn that which one thinks one already knows.
- Epictetus



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"Write till your ink be dry," said I, and I'm the Bard

Once you start I promise: it won't be very hard
Send it to **AWARE!**, where they'll be sure to get it
They will print it faithfully (with just a tiny edit?)
Try it now, not by and by! Your words could help someone

Experience, strength and hope are not so easily won!*

*with abject apologies to Mr. Shakespeare.

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, February 6th @ 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>.