

January



2020



AWARE!

Philadelphia Area Intergroup | Overeaters Anonymous®

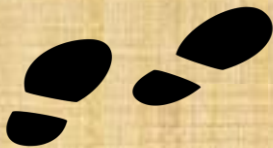
Call: 215-589-6261 | Text: 215-385-3076 | PO Box 23, Southampton, PA 18966
oa-phila.org | oaregion7.org | oa.org | chair@oa-phila.org

Step 1:

We admitted we were powerless over food – that our lives had become unmanageable.

Spiritual Principle:

HONESTY



Tradition 1:

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

Spiritual Principle:

UNITY

Lifetime Journey

A Year into Recovery, I can look back and see how I was before. I'd pray to grow out of my fatness or simply wake up thin one morning. I halfheartedly expected God or others to do the work for me. I wanted to be thin, but I didn't want to have to do the footwork.

OA has helped me to see what the problem was. I've come to realize that I don't get something for nothing. It takes willingness and action on my part. That's been God's message to me all these years. I can no longer blame God for not making me thin. I've learned that I have to see God's will, not mine. My will and wants don't get me very far. They only make me frustrated and depressed.

By working the program, I'm seeking God's will. I'm on a journey of hope and healing and peace.

There's no deadline, no end. I'm going to new places, constantly moving – sometimes fast, sometimes slow. My journey is hard, but it has many rewards.

I started by admitting I'm powerless over food and by letting God help me.

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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.



Come in out of the Cold



DO YOU HAVE A WRITING (Journal, Essay, Poem, etc) TO SHARE WITH THE PHILADELPHIA INTERGROUP OF OA? Submit writings two weeks prior to the following PAIG meeting. For February, please submit by January 22, 2020 to Angela C.

Continued from page 1.

I took a moral inventory of my twenty-three years on earth. I made a list of those I had harmed and made amends to them all. I took a daily personal inventory and admitted my errors. I sought God through prayer and meditation. I shared with others who I was and who I am.

The fruits of this hard work include the making of many friends including my wonderful sponsor. I've begun a new relationship with my father and his wife after years of fear, anger, and resentment. My own marriage has been strengthened. Food is no longer my higher power in times of loneliness, excitement, anger or fear. I feel better about myself. I exercise regularly and relish the benefits of feeling good and looking better. The weight loss has been slow to come off, but I've lost seventeen pounds and I'm learning to love myself the way I am.

I have a lifetime journey of many rewards ahead of me.

B.J. Lakeland, Florida

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OA's 60th Birthday Party Celebration January 17-19th in Los Angeles, CA

For more information and to register, visit: www.oabirthday.com

WORLDWIDE EVENTS

Unity Day: February 29th. Check oa.org/podcasts to download a podcast on Unity.

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	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

WE'RE MOVING!

**THURSDAY NIGHT
PRIMARY
PURPOSE
MEETING CHANGE**

STARTING 1/2/20 AT 7 PM
Good Shepherd Lutheran Church
877 Street Road, Southampton PA

CONTACT AMY FOR QUESTIONS: 215-512-8871

"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.

MEETING MAKERS MAKE IT!

- Did you know many people in recovery attend at least three meetings a week?
- Are you struggling with your recovery?
- Make a commitment to yourself in 2020 to attend more meetings.
- You may be amazed at the result!

Are you recovering from compulsive overeating and want to share your personal story of recovery? Contact Jennica N. at 215-550-1491. Jennica is making a list of speakers for local meetings, so that we can connect with you! Thank you for your service Jennica!

Check January meeting list for a meeting near you!

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: 1/22/20. Thanks!

Spotlight on Service

Greetings of recovery in the New
Year 2020. We're in the winter
advisory season now, so here's
some thoughts for your meetings:

If bad weather strikes, how will a
decision be made to cancel your
meeting, and how will it be
communicated? Do you have an
email, text list, or phone tree to
inform members of a
cancellation? Some meetings
default to a phone meeting when
they cancel a face to face meeting.

Did you know that PAIG has a
free conference call number
available? Please contact your
intergroup chair to get the PAIG
conference call number and
passcode. If more than one group
wants to use the number at the
same time, the Chair will defer to
the group that asked first; and
ask that the groups share
recovery together. If you do
schedule a phone meeting, you
might want to send an
announcement/invitation email
via the PAIG google group.

Stay safe in recovery this winter,

Stephen L. (PAIG chair)

chair@oa.phila.org



Philadelphia Area Intergroup

- Stephen L. Chairperson
215-232-1216
- Steve T. Vice-chairperson
910-231-2047
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- Irene W. Recording Secretary
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- Tanya O. Telephone
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- 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

Overheard Recovery



"One Day at a Time!"

* Public Information/ Professional Outreach

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Weds, February 5th, 7:15 pm 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."