

January 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter



A Devastating Disease

My small step study group recently decided to answer the questions in OA's reading and writing tool, "[Been Slipping and Sliding?](#)" Question two asks, "How did I know that my eating was out of control?" And question three poses, "Do I have a devastating disease that leads me to return to food for comfort? If so, how much pain does this cause me? How could my disease kill me?" What follows are my responses to those questions.

I knew my eating was out of control because I kept on eating even when I didn't want to anymore. I was driven by a compulsion beyond my own doing and one I could not overcome. Food had me in its grips and was my Master. Whatever it demanded I do, I did, willingly and without question. [con't page 4]



STEP ONE

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

Spiritual Principle:

Honesty



TRADITION ONE

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

Spiritual Principle:

Unity

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



Upcoming Events

Overeaters Anonymous Virtual Workshop
“ONE DAY AT A TIME”
FRIDAY, JANUARY 1, 2021 9:15 – 11:30 AM

9:15 – 9:30 AM – Fellowship
9:30 – 11:30 AM – Meeting

- 3 Speakers
- Sharing
- 7th Tradition

Hosted by: Fellowship of Hope

Zoom Meeting ID: 884 2062 7878
Request Password and/or inclusion on our email list at:
OAFOHquakertown@gmail.com

Questions?
Contact: Jarad B.
215-880-8523

OA NEWCOMERS WORKSHOP

SPONSORED BY THE OA SOUTH JERSEY INTERGROUP

WHEN: Saturday January 2, 2021, from 1:00pm to 2:30pm*

WHERE: On the Zoom Platform (See Login Information Below).

WHY ATTEND QUESTIONS:

- 1. Are you a newcomer who has been to OA meetings for a short time and are not sure if the program is for you?*
- 2. Are you someone who has been in OA less than a year and still have questions about working the 12 Steps and staying abstinent? Do you still need a sponsor?*

If you answered yes to any of the above questions then we urge you to attend this special newcomers event. There will be three speakers and the opportunity for you to ask questions, and share your experience, thus far in OA.

You can attend this Newcomer Zoom Workshop by Logging on below via link, meeting ID & passcode or a phone dial up:
<https://zoom.us/j/95146119316?pwd=MkR6aEI2REhXSG9YSINjNTNPNWVlUT09>
-Meeting ID: 951 4611 9316. Passcode: step1
- Dial in: 1 929 205 6099 US (New York) Meeting ID: 951 4611 9316
Passcode: 424717

For more information: Contact Jeff S. at 609-610-6193 or stoolmanjackson@yahoo.com

Upcoming Events

NJIOA PRESENTS
TRIPLE A
ACCEPTANCE. AWARENESS. ACTION

Our 26th Annual Winter Retreat
 Please join us Saturday January 23rd & Sunday January 24th of 2021
SPEAKERS · MIRACLES · SERENITY
 THIS YEAR'S EVENT WILL BE HELD VIA
zoom

Contribution options : please choose the contribution amount that works best for you \$20, \$25, or \$30
 All participants receive the same access to the retreat.
 All contributions will go towards retreat expenses, scholarships, and supporting NJIOA

You must pre-register to participate in this retreat.
 PLEASE REGISTER BY 1/15/2021
 We will be holding a raffle for the first 100 paying registrants!

REGISTER ONLINE BY CLICKING THIS <https://www.njioa.org/winter-retreat-details> OR
 FILL OUT TEAR OFF TICKET BELOW & SEND CHECK OR MONEY ORDER
 TO ADDRESS SHOWN ON TEAR OFF
 If you are registering with the link, a receipt will be generated upon confirmation.

Zoom information will be emailed to registrants the day before the retreat begins.
 For more information please contact
 Maryann: OAMaryann48@gmail.com or Bonnie: b4oai8n8@gmail.com 201-657-3916

NAME _____
 EMAIL _____
 CELL _____
 SERVICE VOLUNTEER: Technical Zoom Committee help _____ Variety Show _____
 Monitor Chat rooms _____

Please mail check made payable to NJIOA: Mary Ann Cluney, 11 Newbridge Street, Durham, NC 27703
 You will receive an email to confirm receipt of check.

BODY IMAGE, RELATIONSHIPS, AND SEXUALITY
SUNDAY, FEBRUARY 7, 2021 FROM 2-4PM EST

[https://zoom.us/j/3477212196?](https://zoom.us/j/3477212196?pwd=aVZVd2hkVIRWQnhDVGQ1Z3NXZHhXdz09t)
[pwd=aVZVd2hkVIRWQnhDVGQ1Z3NXZHhXdz09t](https://zoom.us/j/3477212196?pwd=aVZVd2hkVIRWQnhDVGQ1Z3NXZHhXdz09t)
 Meeting ID: 347 721 2196 Passcode: 724462

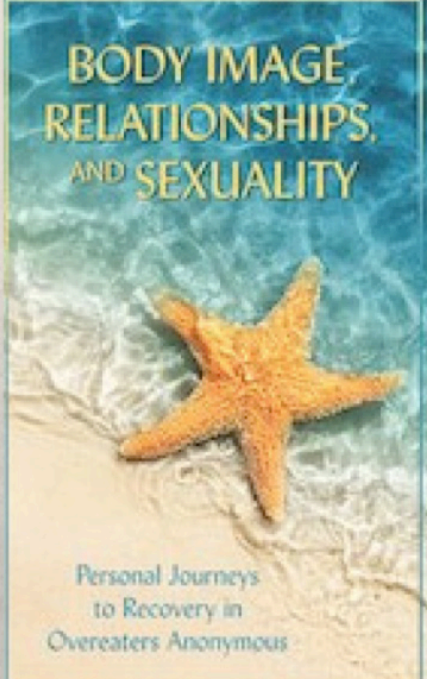
**READING SELECTIONS FROM
 OA'S NEW BOOK
 AND OPEN SHARING**

**MAY INCLUDE
 ADULT CONTENT 18+**

Order your copy at
<https://oa.org>

Questions? Angela C.
 215-704-9718

***HOSTED BY
 PHILADELPHIA AREA
 INTERGROUP (PAIG)**



Personal Journeys
 to Recovery in
 Overeaters Anonymous



About 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.

A Devastating Disease

[con't from page 1]

I was more faithful to food than I was to God, my spouse, my job, or anywhere else in my life where I was supposed to act in a responsible and trustworthy fashion. I also knew I was out of control when I couldn't stay on a diet for more than a few hours. My will power was entirely exhausted.

I absolutely have a devastating disease. The thing that was causing the problem was the thing I turned to in trying to solve the problem. The comfort was so incredibly short lived, but I still sought it, over and over and over again.

Thankfully today I am not in the pain of my disease because I am in recovery, but when I was, it caused me more pain than anything else in my life has brought me. Even the death of loved ones was not as bad as the pain I was in when I was in the food. I was hopeless, distraught, miserable, angry, unstable, wildly emotional, incapable of sustaining healthy relationships, manipulative, mean, conniving, untrustworthy, and unreliable.

And unfortunately this disease kills slowly. First the emotional and spiritual deaths occur - these can last years and years before a physical death happens. The physical death happens slowly even if I am grossly overweight. The physical pain of being uncomfortable, unable to do all the activity I would like, and being self conscious pales in comparison to the emotional and spiritual pain. Clearly, not having a power greater than myself to restore me to sanity, to lead my life, to show me how to live is just not a way I can live any longer.

- Amy L.

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:	Vacant	
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:

February 3, 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

Using an Action Plan Instead of Resolutions

New Year's resolutions are magical thinking: tomorrow I'll lose weight, quit overeating, exercise, eat only low-fat, or only fat, or only whatever else is the fad of the day. By July, I'll lose 100 pounds, life will be perfect, and other insane fantasies.

An action plan is sanity: today I'll follow a food plan, exercise, and use the Tools and Steps of program.

I don't have to worry about tomorrow because tomorrow will soon become today. If I use the Tools and Steps one day at a time, I'll recover from compulsive overeating and stay in recovery. Then weight and many other problems will be overcome.

The remarkable outcome is that our relationships improve because we have a spiritual awakening. This spiritual awakening can bring peace and serenity because we can turn our problems over to our HP.

A resolution to be abstinent or peaceful or not diabetic or not fat or whatever just doesn't work. That's self-will. An action plan is following HP's path to serenity.

- Betty, San Antonio, TX, Jan 2015



We are powerless over food, not doing the work.

- Sheila J.



Group Contribution Info

Region 7 - 10%

US Mail:
Email treasurer@oaregion7.org for mailing address.

Electronic: <https://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: <https://oa.org/contribute/>

PAIG - 60%

US Mail:
PAIG
P.O. Box 23
Southampton, PA 18966

Electronic: Paypal to treasurer@oa-phila.org.

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

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 01/25/21