

July

2019

AWARE!

Philadelphia Area Intergroup | Overeaters Anonymous®

Call: 215-58 9-6261 | Text: 215-385-3076 | PO Box 23, Southampton, PA 18966

oa-phila.org | oaregion7.org | oa.org | chair@oa-phila.org



Step 7:

Humbly asked Him to remove our shortcomings.

Spiritual Principle:

Humility

Tradition 7:

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle:

Responsibility



Everything We Need to Know About the PAIG Retreat!

Hello! This is your PAIG Chair here, reporting on our upcoming annual Retreat. I am grateful to be working with our Retreat team, seeing so much heart, energy, thought and consideration that goes into these preparations, every bit of which will come to fruition in September when we all get together at the Retreat itself.

Newcomers, returning members, please join us!

This year's theme is "Awareness, Acceptance, & Action." We're super-excited for our speaker panel to tackle the topic of "Body Positive," as well as for our Friday night and Saturday Keynote speakers.

There'll be many sessions for listening and sharing, too, and interactive workshops on a variety of Recovery topics.

And there's more: A craft table, raffle baskets, and an annual fashion / talent show that's always fun and fabulous. There's also plenty of opportunity to take quiet time for contemplation or to join a nature walk through the lush Malvern Retreat grounds. The list goes on. The weekend and its environs are like a village of OA recovery.

Here are the details:

When? Friday, September 27th – Sunday, the 29th, 2019. Arrival starts at 5pm on Friday. The Opening Ceremony kicks off at 8pm. The Retreat wraps up at 2 pm on Sunday.

Where? The Malvern Retreat House - Family Life Center, 315 S. Warren Ave., Malvern, PA 19355.



Continued on page 3.

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 Happening!



A Journey Through the Big Book:
Steps 4-9 for Compulsive Eaters



Where: Grove United Methodist Church, 490 Boot Road, West Chester PA 19380

When: Saturday, July 20th 10 a.m. to 3 p.m. Registration at 9:30.

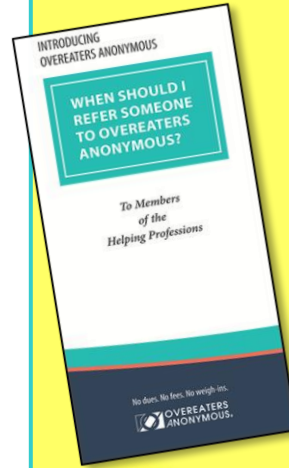
What: Workshops, lunch break (bring your own food), fellowship, and chances to share experience.

Cost: Suggested donation of \$5 to whatever you want to donate... don't stay away if you can't pay!

Questions: Contact Jason Kelley at 484-213-8490 or kelley766@gmail.com

Co-sponsored by OA Brandywine Intergroup and Vision For You Big Book Group (Sunday, 6:30 p.m., Grove United Methodist Church)

Look What's New from the WSO!



The WSO has introduced its new pamphlet *When Should I Refer Someone to Overeaters Anonymous?*, which replaces pamphlets *Introducing OA to Health Care Professionals* and *Introducing OA to the Clergy*.

Intended for doctors, therapists, nutritionists, teachers, the clergy and others, it's available for members to share. Consider taking one to your next doctor appointment or your house of worship! The more folks who know about OA, the more who'll benefit.

Sponsorship Day Workshop!



Here and now.



You and me.



Sponsor and sponsee!

Christ Memorial Lutheran Church
81 Line Road
Malvern, PA 19355



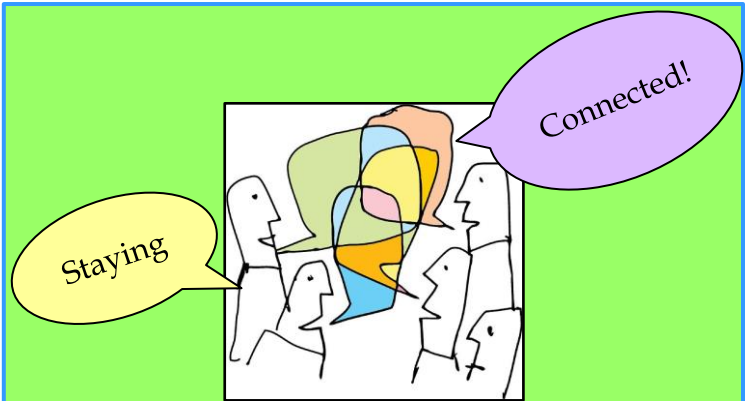
Sunday, August 18, 2019
Registration @ 12:30
Workshop from 1-4 pm



Suggested Donation: \$5.00.
If you can't pay, don't stay away!

Presented by Brandywine (BIG) and Philadelphia (PAIG) Intergroups.

Call or text Anne W. with questions at (914) 953-5753.



For more WSO news, including new documents, an opportunity to design OA's newest book cover and more, go to: <https://mail.google.com/mail/u/1/?tab=wm&ogbl#inbox/FMfcgxwChJfNTqVXDgLhNLZNOjwsFjnD>.

Hoping to connect to another 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	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

Retreat, continued from page 1.

Accommodations? Rooms are double-occupancy only. You can designate your roommate, or one can be assigned. Each room has temperature controls and a private bathroom.

Meals? Saturday: Breakfast, Lunch & Dinner. Sunday: Breakfast and Lunch. The Retreat team works with the Malvern Retreat Center to provide a menu that supports our abstinence. A refrigerator is available in a shared break room.

Price? \$220 per person, due in full by 9/13/2019. The minimum deposit is \$50. Cancellation policy: \$25 fee before 9/1/2019. No refunds after 9/1/2019.

Scholarships? Yes! Thanks to the generosity of our Fellows, we are offering eight scholarships this year. The deadline for applications is 8/15/2019. Funds are limited and will be chosen at random and with anonymity ensured.

How do I register? By snail mail only. Get a registration form at your meeting or download one at oa-phila.org. Details are on the form.

Can I come for just one day's activities? Regretfully, no; day-trippers are not allowed at our host facility.

Can I help? Yes, please! Contact Trish or Stephen!

Why should I come? Hope, inspiration and recovery!
And because we need you. Together, we get better.

More questions? Trish M., at trixie28@comcast.net or (215) 370-7640. Stephen L., at sliu202@yahoo.com or (215) 232-1216.

At your service,

Stephen L.



Photos courtesy of Malvern Retreat House

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 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 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!



"Any form of service – no matter how small – that helps reach a fellow sufferer adds to the quality of our own recovery."

The Tools of Recovery, page 5, © Overeaters Anonymous

How does service affect the quality of the meetings you attend? How about the phone meetings you might dial into? For instance, have you ever dialed into a phone meeting on which folks are shy about responding to a call for service? It makes a notable difference to have folks step up and sign up with alacrity; meetings start on time, the moderators are free to perform their essential functions, and more people have time to participate.

Service makes all the difference!



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* Public Information / Professional Outreach

Overheard Recovery:



"My phone is my portal to recovery." 📞

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on Wednesday, August 7, 7:30 pm at 1st Presbyterian Church, 500 Madison Ave, Warminster, PA 18974.**

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."