

July

2020

AWARE

Philadelphia Area Intergroup | Overeaters Anonymous®

Call or Text: 215-385-3076 | PO Box 23, Southampton, PA 18966

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

Step 7:

What price Serenity?

Spiritual Principle:

**Humbly asked
Him to remove our
shortcomings**

Spritual Principle: Humility



Tradition 7:

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

Spiritual Principle: Responsibility

Where does my contribution go when I put it into the Seventh-Tradition collection? I'm not concerned about this because I have received more from this program than money could buy. However, through giving service to OA over the past two years, I have learned the answer to this question and much more about the Seventh Tradition. I have learned that it is up to OA members to support this program financially. Only we can ensure that it will be available to the still-suffering compulsive overeater, and supporting it financially is one of the ways in which we do so.

I love to get something for nothing. "Freebies" thrill me. Coupons, rebates and two-for-one deals satisfy me. Free food, free clothing or any decent handout can send me into euphoria. Yet, this desire to get the goods without the guts kept me in a downward spiral into the food. It still threatens my abstinence. I am often tempted to eat more "free" food than I need, simply because I did not have to pay for it. Part of my recovery today is accepting gifts when they come but paying my way instead of looking to freeloader. That means I must take an active role in supporting the program that saved my life, a program that is technically free, but that costs me personally to work it and that has its own expenses.

I can see how every dollar I give to OA helps to keep it running. It pays the rent to the building in which my meeting is held. It goes to my meeting's treasury to fund literature purchases – some for members to buy, some to give to newcomers. It helps purchase materials for my meeting that keep me recovering and keep my group abreast of area OA news and events. Every dollar I place in the basket contributes to my group's support of the Twelfth-Step work of my intergroup, my region, and world service. Our Intergroup's delegates and representatives travel to business meetings and assemblies on our dollars.

What would happen if I decided not to contribute my share when the basket is passed? OA probably wouldn't fall apart without my money, but it might if we all began skimping on our contributions.

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 Hot!



Without our financial support, the printing presses would stop, and we would have no more literature. No human voices would answer the phones at the World Service Office. Our Intergroups would no longer send delegates to the World Service Business Conference every May. Whoever could get to Albuquerque on his or her own money would go and decide what happens to the rest of us in OA.

No contributions means no rent to our meeting place, which means no meeting place. That means I would miss the recovery I find at meetings, and newcomers would miss the hope. Without our dollars, WSO would lack funds to send free information to newcomers. Would they bother to try OA and find out if it is for them? The Twelfth tradition reminds us that our purpose for existing is the newcomer. Without newcomers, OA would dissolve.

The reality is that a dollar per member these days is hardly enough to support the work of OA worldwide. Like everything else in OA, giving has a dual purpose. It is for the good of OA and for my own good.

It keeps the program alive for me when I need it. It offers practice in giving, which the self-centered part of me doesn't always enjoy. Giving to OA teaches me to value my serenity more than my money. Through giving, I learn that even my money belongs to God and that I must give it as He directs, trusting Him to provide whatever else I need. Giving teaches me to support causes in which I believe, even when this support demands personal sacrifice. My contributions to the Seventh Tradition help me learn to be selfless.

Through our selfless giving, OA is empowered to continue its Twelfth-Step work around the world and to provide a place where we can "keep coming back." By supporting our programs financially, we protect it from domination by outside forces that might subsidize it, such as the government, private organizations, or well-meaning philanthropists. These subsidies would alter and corrupt our program, leaving it vulnerable to decay. We safeguard against this every time we place a dollar (better make that at least two!) in the basket as it comes around. We give back. We see that OA is worth it. We see that we are worth it. We gain self-esteem, and we ensure a future for OA and for ourselves.

- N.W, Fairfax, Virginia USA (reprinted from Lifeline July 2001, © OA, Inc.)

Thank you to
Stephen L and
Steve T. for your
service and
leadership with
PAIG!



Please congratulate
Mary T. as the new
PAIG Chair
and Rob. L as the
new Vice Chair!

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	kvalesky73@comcast.net	Whenever
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
Carolyn L.	☎+☺+✉	302-379-6373	carolyn.lecomte@gmail.com	Whenever

Overeaters Anonymous Virtual Workshop

“FREEDOM FROM BONDAGE”

SATURDAY, JULY 4, 2019 9:00–11:30 AM



9:00 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- Speakers
- Sharing
- 7th Tradition

Hosted by Fellowship of Hope OA Group
<https://us04web.zoom.us/j/6013914777>

Questions? Contact
Dianne F. (215) 882-2122



Sponsorship Workshop

Saturday, August 15

10:30-12:30 Pacific Time



Getting Newcomers Started

The First Three Steps

Sponsoring Chronic Slippers

Love and Forgiveness

Two speakers with time for follow-up “Ask It Basket” questions

<https://zoom.us/j/9961238124?pwd=aVR6Y1dtNG5oeHFNanlWdHdyU3JsQT09>
Meeting ID: 996 123 8124
Password: 4KwK79
Phone: +1 669 900 6833
Phone Password: 874751

If you need help with Zoom, contact Gerri: (808) 250-1212
Suggested 7th Tradition Online Donation: \$5.00
<https://www.sacvalleyoa.org/7th-tradition-donation.html>

PAIG RETREAT NEWS!

The PAIG Retreat Committee has decided to hold this year's retreat virtually via Zoom with a training session to be held on Friday before the retreat begins. The retreat will run from **Friday, September 25 through Sunday, September 27, 2020**.

This year's theme Prescription for Recovery: The Twelve Steps aims to help us all explore ways we can strengthen our recovery and it's in the best interest of everyone's health that the committee made this decision.

We've all seen the innovative ways people have come together in order to foster community and strengthen relationships in these unusual times. We put our faith in our Higher Power to guide us and trust that this retreat will offer just as much strength, recovery, and hope as past retreats.

Workshops will be held along four tracks: Spiritual, Emotional, Physical, and Engagement along with two keynotes on Friday and Saturday. There will also be special offerings for those new to OA and a panel on Sunday.

We also plan to continue the wonderful tradition of the talent and fashion shows as well as the skit. We are actively looking for volunteers and participants and can't wait to see you all display your multitude of gifts and strut your stuff from the comfort of your homes.

Online registration should be available in the coming weeks via the PAIG website. Stay tuned for further details and Workshop information. Also,

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

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: 7/22/20. Thanks!

SPOTLIGHT ON SERVICE!

New Resource: Temporary Sponsors: Newcomer's First Twelve Days.

Sponsorship is a vital part of the OA recovery process, as it builds a tight-knit, trusting fellowship and invests purposefully in newcomers. To this end, our newest resource intends to bolster relationships with newcomers—and instill confidence in those new to sponsoring—by partnering those new to OA with a "temporary sponsor" to guide them through the pivotal first days of their OA journey. Stamp out feelings of intimidation about sponsorship and jump-start a newcomer's experience with our helpful introduction to program, [Temporary Sponsors: Newcomers' First Twelve Days](#). This free downloadable guide is one of the newest pieces of literature to receive the Conference-approved Literature Seal of Approval during WSBC 2020. Download this new resource at [oa.org/sitemap](#) under "Group Resources" and take it to your next meeting to share with other members. Need to translate? Use Google Translate for easy translation of the document into the language of your choice without needing written permission from the WSO.

From OA.org
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World Service Rep

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on Weds, August 5, 2020, at 7:15 pm at Upper Moreland Library, 100 Park Ave., Willow Grove, PA 19090 or online.** 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."