

# AWARE!

Philadelphia Area Intergroup | Overeaters Anonymous®

Call: 215-589-6261 | Text: 215-385-3076 | PO Box 23, Southampton, PA 18966

[oa-phila.org/](http://oa-phila.org/) | [oaregion7.org](http://oaregion7.org) | [oa.org](http://oa.org) | [chair@oa-phila.org](mailto:chair@oa-phila.org)



### Step 6:

Were entirely ready to have God remove all these defects of character.

### Spiritual Principle:

Willingness

### Tradition 6:

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

### Spiritual Principle:

Solidarity

## Grappling with Surrender

Everything I have today begins with abstinence, which is a decision to ask God for help in planning my day and working my recovery.

That said, it's hard for me to ask God for help. I find myself lost a lot because I need to give it all away and allow my HP to handle my days so I can work my recovery. Instead, I always rely on myself to deal with life. Needless to say, I am not doing a great job (lol).

I know that abstinence offers a lot. I have been feeling my feelings - mostly anger and pain and tears that come out in full force. The intensity of those feelings truly shows me how much I have been shoving certain feelings down with food.

I find that I do not know how to ask HP to help me through it, though. I just get into the intensity of my feelings. I know it's good to feel them and all, but...☺

My HP has the power to let me live abstinely in all aspects of my life. Even though I have a hard time giving it away and believing that I am not in charge, my HP *will* take care of me, but only if I allow it.

While the program teaches me about abstinence from compulsive eating (and the reasons that I eat that way), the only way I'll truly get abstinent is to believe that a power greater than myself can bring me back to sanity.

- On the road to recovery in Wyndmoor



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.



# Hello, sunshine! What's new?



From the World Service Office, a gentle reminder:

“The OA Board of Trustees is again asking each group for a special contribution to OA’s general fund. The Annual Appeal letter will be read by groups at three consecutive OA meetings before a separate collection is taken. These contributions are then to be sent directly to the World Service Office for deposit to the general fund.

Started in 2018, OA’s Annual Appeal is similar to contribution campaigns in other Twelve Step fellowships. Let’s build on the success of last year’s OA Annual Appeal, which garnered more than US\$20,000 to help us carry the message at the world service level.” To contribute:



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

## 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

Save the Date!

Sunday August 18, 2019 1-4pm

for an

O.A. Sponsorship Day Workshop!

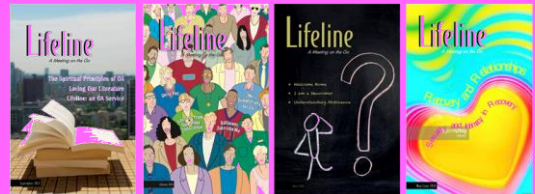


The location is still to be determined.

BIG (Brandywine Intergroup) & PAIG (Philadelphia Area Intergroup) are co-hosting this workshop.

If you have questions or can help with either planning the workshop or doing service at the workshop, please contact Stephen L. at [sliu202@yahoo.com](mailto:sliu202@yahoo.com) (215) 232-1216.

## How's about that Lifeline Magazine, huh? Pretty cool!



Not a registered subscriber? A one-year subscription to [oalifeline.org](http://oalifeline.org) gives you every new story published in the print version of Lifeline, plus access to every story published since January 2016 – more than 900+ stories! You can even read stories in French, Spanish, or your choice of more than one hundred languages with a click!

Give your recovery a boost with real stories of recovery from fellow OA members. Go to <http://www.oalifeline.org/> to get started!

## Men! Do you sometimes feel a smidge outnumbered? Need a shot of male recovery?

Don't forget about the men's meeting sponsored by the South Jersey Intergroup!



The Thursday 7-8pm Men's Meeting in Roebing, NJ has moved to Jefferson Hospital, 2201 Chapel Ave W, Cherry Hill, NJ 08002 in Conference Room #1, on the ground floor.

Park outside or in the garage. Take the front door, then go downstairs via the steps or elevator. (There is also a side door which will lead you down a long hallway to the security desk & elevators to go down one floor to the ground level.) Conference Room #1 is a board room with table and chairs, and is the room closest to the bathrooms, in the corner, past Rooms #2 and 3.

For more information, contact Bob L., Chair, SJIG, at (856) 685-0019.



And while we're on the subject, did you know that according to the World Service Organization's 2010 survey, only 13% of OA's membership comprises men? Not to worry! There are face-to-face and phone meetings all over the world with a special focus on men.

For a list, visit <http://OAMen.org/meetings> .



To join an email-based discussion group for men, email your first name and last initial to the google group at [Tuesday@OAMen.org](mailto:Tuesday@OAMen.org) or visit the yahoo group at <http://oa12step4coes.org/loops/male> and submit your email address. (You can also get your name on a phone list via the google group.)



For more resources, go to <http://OAMen.org> and browse!



If you'd like to print an OA men's flyer to share at your meetings, visit <http://OAMen.org/publicity> for this and more!



## PAIG's Fall Retreat is Just around the Corner!

This year's event, entitled Awareness, Acceptance and Action, is scheduled for September 27, 28 and 29 at the Malvern Retreat house. Don't forget to register by going to <http://oa-phila.org/pdfs/2019-Retreat-Registration-Form.pdf> and following instructions! For more information, contact retreat co-chairs Tanya O. at 215-219-8808 or Trish M. at 215-370-7640.





## 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](http://oaRegion7.org).

**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](mailto:aware@oa-phila.org) or  
[northword99@gmail.com](mailto:northword99@gmail.com).

Thankee!

## SPOTLIGHT ON SERVICE!



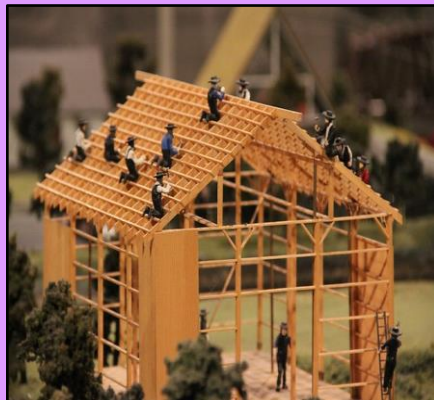
Our program teaches us that  
service is essential to our  
maintaining spiritual fitness  
and therefore abstinence.

Rotation of service is also  
essential, especially for the  
health of our groups  
themselves.

My home meeting recently  
held elections for its service  
positions, and folks who hadn't  
assumed service positions were  
gently encouraged to do so.

Is your group rotating its  
service positions? Does  
everybody play a part in  
keeping the meeting sound and  
healthy? What sorts of benefits  
have you gained from service?

Share your stories with  
*AWARE!* at  
[northword99@gmail.com!](mailto:northword99@gmail.com)



### Philadelphia Area Intergroup

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\* Public Information / Professional Outreach

### *Overheard Recovery:*



"The tools are the handrails to  
the steps."

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on  
Wednesday, July 3rd, 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](http://oa-phila.org) and enter your email address in the box under "Join Our Email Loop."