

June



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 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 to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Spiritual Principle:

SOLIDARITY

An OA Dream

I was getting ready to send out the phone number reminder for an OA meeting by phone. Before I got to my computer, I heard the front door opening and people coming right into my house and setting up chairs for a meeting. So many people! I am totally surprised, what is going on? And wait a minute, I'm not even wearing pants. I have to run to my room and put pants on. When I come back I see all these familiar OA faces settling in, and one member has her hands full of hundred dollar bills! I think, wow, we haven't met face to face for such a long time, boy, the Seventh Tradition is unbelievable, I better find an envelope to put it all in.

I woke up; the dream made me so happy. It was another gift of Recovery for me during these COVID 19 times. Our OA Fellowship has been so present, literally coming right into my home by telephone and video conferencing (and in real life I'm usually wearing my pants!). In the dream, as in my life, there are so many people coming right into my house to share in Recovery, so rich, like handfuls of hundred dollar bills. I've heard members concerns about our Seventh Tradition collections, and the dream felt like a message to trust HP and our wonderful Fellowship, we are guided by the Traditions, including the Seventh.

OA Recovery is "beyond my wildest dreams." Powerless over COVID 19, but came to believe that the power of the Steps, OA Fellowship, and a power greater than ours can restore us to sanity. Praying only for God's will, and the power to carry that out. In stay at home mode, I can still use the OA Tools of Recovery. **Action Plan:** helps ensure a realistic and reassuring schedule. For me this includes 3 abstinent meals (and nothing in between), prayer and meditation, exercise (video exercise classes), reading, writing, tasks of the day, and rest. Living one day at a time. **Plan of Eating:** It says in Overeaters Anonymous 3rd edition p. 193: "The food plan should fit the member like a pair of comfortable sneakers. It should be solid, supportive and comfortable enough to help the member travel over the rocky ground of his or her recovery." These times sure are rocky, and I am so grateful for my plan of eating. No need to eat over this or anything. **Telephone:** So grateful for my OA fellows who have called or emailed me. I need to keep calling our newcomers,

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.



Pick up the Tools!

newcomers, and long-time friends and family both in and out of the program. **Literature:** Reading For Today and Voices of Recovery daily are such a comfort, and inspiration. Helps me keep in fit spiritual condition. **Writing:** I write a gratitude list and a Dear God letter every day. Writing about my fears, insecurities, regrets, and anger, helps me get some needed distance so I can turn my thoughts and words to HP. "When I focus on what's good today, I have a good day, and when I focus on what's bad, I have a bad day. If I focus on a problem, the problem increases; if I focus on the answer, the answer increases." (AA Big Book p 419). And I can write to AWARE! too. **Sponsorship:** I need to listen and be listened to. So grateful that my sponsor is there for me, supporting me and reminding me the Steps are a way of life. **Anonymity:** Respecting and protecting each other, together ensuring a safe place mindful not to gossip or criticize. This safety really fosters the honesty and sharing that are so essential. **Service:** Wonderful to witness our meetings in service arranging for phone and video conference meetings, reaching out to each other. "Those of us who live this program don't simply carry the message; we *are the message*." (The 12 Steps & 12 Traditions of OA p.86) **Meetings:** Our meetings don't depend on physical spaces to carry on, it's been us, in service, making our meetings. We are the message.

Well back to meetings, and my OA dream of you coming right into my house. Thankful for our Meetings carrying on. Together we can do what we could never do alone.

Submitted by: Stephen L. April 9, 2020

OA Workshop: "Don't Bury Your Defects in the Sand"



Step 6: Were entirely ready to have God remove all these defects of character

When: Tuesday, June 30, 2020 – 7:30p to 9:00p
Location: Tuesday Night "One Day at a Time" OA Meeting
 St. Thomas Aquinas RC Church
 601 Bristol Pike, Croydon, PA 19021
Format: 2 Speakers and Open Sharing (7th Tradition Donation)*
 *If you can't pay please don't stay away!

Invite a friend! Welcome to all!
 Contact: Mary T. - 215.805.1731 – mctunney@gmail.com

** This will be a phone meeting. 1-712-770-5148, code is 736943#



e-WORKSHOP series
 Every "2nd Sunday of the Month"
 3–4:30pm EST (~5HR GMT)

VIRTUAL REGION WORKSHOP ROOM

- 1/12 Newcomers
- 2/09 Men in OA
- 3/08 Body Image
- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times

<https://zoom.us/j/557696207>

One tap mobile:

+17207072699,, 557696207# US or
 +16465588656,, 557696207# US (NY)

(Meeting ID: 557696207)

Arrive 10 min. early for basic
 zoom online orientation tips!



Come together once a month for
 rotating topics, speaker qualifications,
 brainstorming and sharing ideas that WORK!

FOR MORE INFORMATION:

oavirtualregion.org/events/workshops/
 (BJ) workshop@oavirtualregion.org
 (Carolyn) vicechair@oavirtualregion.org

Suggested workshop contribution \$5
oavirtualregion.org/region/seventh-tradition/

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	kvalessky73@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

My Higher Power

My God is an awesome, he guides me each day

When I open the door he finds a way

To convey His will for me is a thrill

Someday he call me to heaven, yes he will

And when he asks me questions about OA

I'll respond the Twelve Steps were the way

For me to grow up to be a responsible man

Thanks God for having OA in my action plan

As I write this poem I feel a breeze

God's speaking to me and I'm at ease

It's a gift to be silent and hear His voice

He gives me free will and it is my choice

To open the door and let Him in

Brings joy to my heart and a big grin

You are here today and I feel your presence

Being gentle with myself is the essence

Of being open to listen to Your will for me

In the OA world I'm happy, joyous and free

*Your loving child,
Bob B.*



Sponsorship Workshop

Hosted by the Virtual Intergroup of Overeaters Anonymous and the Outreach Men's Sub-Committee (VIG) Sunday, June 7, 2020 from 3 to 4:30 pm Eastern Time

We welcome everyone who wants to enhance their Sponsorship abilities
There is no need to register, join Zoom at about 10 minutes early to complete some logistics

Workshop Location: Your Home via Zoom

Zoom Meeting: 891 655 40024 Password: 120912 <https://zoom.us/j/89165540024>

Join Zoom Meeting (no password required)

<https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejZkdz09>

Phone in from US 720 707-2699

Find your local number:

Phone in from Canada 547 558-0588

<https://zoom.us/u/ab1MjWDpp>

Highlights from the Workshop --

First Things First:

Before doing anything, a new sponsor needs to study these OA pamphlets:

- A Guide for Sponsors
- Sponsoring Through the Twelve Steps
- A Plan of Eating
- Dignity of Choice and OA's Fifteen Questions

Key discussion points:

- 28 Thoughts on Getting Newcomers Started
- Fifteen Questions (in Newcomers Packet)
- Getting Honest About Your Food and Weight
- Food Slip inventory
- Top Ten Characteristics of Effective Sponsors, we have Fifteen
- Seven Tips on Sponsoring

Questions or Additional Information request can be sent via email, telephone or Text

Jack P 709 746-8888

Email 20150808ab@gmail.com



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
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
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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: 6/17/20. Thanks!

IN SERVICE

A Prescription for Recovery: The 12 Steps

This year's theme will be *A
Prescription for Recovery:
The 12 Steps* and will
explore how the 12 Steps
helps us to maintain our
spiritual, emotional, and
physical health.

The retreat will be
on **Friday, September 25
through Sunday,
September 27**. The
committee is continuing to
explore holding the retreat
remotely if we cannot hold
the retreat at our usual
location, the Malvern
Retreat House.

Stay tuned for updates on a
decision and mark your
calendars! Whether the
retreat is held remotely or in-
person, you'll be able to take
away fellowship and
recovery from the
experience.

Thank you to Andrea B. and
the retreat committee!!

Sept 25th through Sept 27th



Philadelphia Area Intergroup

Stephen L.	Chairperson 215-232-1216
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Andrea B.	Retreat 215-756-6246
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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



Elections are being held at the
June meeting. Stay tuned for
announcements about newly-
elected positions.

* Public Information / Professional Outreach

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Weds, July 1st, 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."