



AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

Information line: 215-589-6261 | PO Box 23, Southampton, PA 18966 | oa-phila.org | oaregion7.org

March 2019



Step 3:

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle:

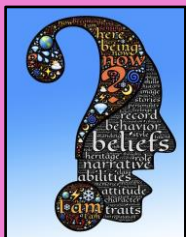
Faith

Tradition 3:

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle:

Identity



FINDING THE COURAGE TO RELINQUISH SELF-WILL

"Many OAs have been able to identify certain eating behaviors or foods which tend to lead us into compulsive eating. Acceptance of these facts about ourselves gives us hope...we found that when we give up self-will regarding food and completely turn our lives over to our Higher Power, we find all kinds of guidance." - The Twelve Steps and Twelve Traditions of Overeaters Anonymous, © OA, Inc.

While I believe these words are true, I still struggle with giving up my self-will and completely embracing that guidance. Fact is, I still want to eat compulsively - not every minute of the day or with every single thing I eat. But that desire never fully goes away.

Will I ever abandon my cushy existence for the promise of sanity that lies in the darkness beyond my self-will? That is the challenge for me to tackle in Step 3.

Just this morning I listened to an interview with Teju Cole, who talks about the difference between hope and optimism. Optimism, he says, is the feeling that everything will be alright. Hope, on the other hand, means reaching our hands into the dark with the expectation that we may, in fact, make things better.

God did not make us to feel comfortable! Yet I find myself frequently wanting to embrace the words of Lily Tomlin: "Since I put reality on the back burner, my life has been jam-packed and fun-filled."



Yes, I am addicted to avoidance and to escaping reality. I often find myself tipping toward delusion and escapism. But one cannot sustain a meaningful life that way. When I find myself in that state, I realize it's time to pull back and, with the help of my HP, reach my hands into the darkness that is hope.

- Irene W., Lafayette Hill

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.



Look what's springing up!



**NEW YEAR =
NEW TIME &
NEW FORMAT**

THE THURSDAY NIGHT PRIMARY PURPOSE GROUP IS MAKING "BIG" CHANGES STARTING JANUARY 2019. COME JOIN US!

NEW TIME: 7PM
Davisville Baptist Church
325 Street Road, Southampton PA

Enter lobby using far-left door, head straight and take elevator to 2nd floor, Room #207

NEW FORMAT: BIG BOOK, STEPS & TRADITIONS STUDY

Text Amy for more info: 215-512-8871

Note to self: try a new meeting!

**Overeaters Anonymous
new meeting**
Mondays 7:30 - 8:30pm
1234 S. Broad Street
Philadelphia PA 19146
(at Lilypad family play space)

3 blocks south of Washington Avenue, near the Ellsworth - Federal stop of the Broad Street Subway. (note: Lilypad does not have handicapped access)

This meeting follows a "foundation" format. The moderator will lead a study of the first 3 steps and then briefly go over the rest of the 12 steps, using the big book of Alcoholics Anonymous. It is not a discussion meeting, so there will not be time to share. However there will be a brief period of fellowship after the meeting for people to ask questions, check in, etc. This is a great meeting for those wanting to learn more about the 12-step program of recovery.

contact: Carolyn (302) 379-6373

There's A New Meeting in Town!
Come join us as we study the Big Book from an OA point of view!

There Is A Solution!

Saturdays: 8:30 AM – 9:30 AM
Peace Lutheran Church
100 Old Bethlehem Rd.
Perkasie, PA 18944


(Use left side door entrance; church is NOT handicapped accessible)

Bring your Big Book to read as we go through the first 164 pages of this guide to recovery.

Questions? Please call Lynn F. at 267-784-2152, or Emmy L. at 267-767-2132.



Group Secretaries! The WSO reminds us to update our meeting information!



"Do your part to carry the message. Make sure the details of your meeting – day, time, location, OA contact name, phone number, and any other necessary information – are up to date so everyone who is searching for a solution to compulsive eating can find their way into our rooms and virtual meetings. Go to <https://oa.org/groupsservice-bodies/meeting-changes/edit-a-meeting/> to review your meeting details and make changes."

Hoping to connect to another OAer?

☎ = a potential phone sponsor, 😊 = a willing ear, and 📧 = an email contact!
Outreach can save a life.

| 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 |

How can we work Step Three if we don't believe in God? Hear one member's thoughts:

"For me, Step Three was making a commitment to work the OA program of recovery despite my doubts, criticisms, rationalizations and desires to do it 'my way.' Some would call this surrender. But rather than surrendering to an omnipotent being that would pull strings in my life from now on, I made the decision to turn my will and my life over to the process of working the Twelve Steps.

While I'm not certain of the existence of God, I can't deny the empirical evidence of OA recovery that I see in meetings. Whatever the power is behind the OA program, I feel it strongly every time I step through the doors of an OA meeting or use the tools of the program.

Working Steps Three and Eleven, to me, means realizing that this power is real and its label doesn't matter."



Reprinted from the pamphlet entitled, "What if I don't Believe in "God?", page 6, ©1994 Overeaters Anonymous, Inc.

If you're 18 to 30 and interested in giving service as a podcast speaker, sharing your experience, strength, and hope through recovery in OA, the WSO requests your input via an online questionnaire that you can access here:

<https://www.surveymonkey.com/r/YPC19>



Responses will be reviewed by the OA Young Persons' Committee, and committee members will contact you to follow up. The questionnaire will remain open until January 31, 2021.



Hello! Frosty here with a gentle reminder that because snowy days often result in more phone meetings and fewer face-to-face meetings, our 7th tradition baskets are emptier than usual. Let's consider giving an extra contribution at our next home meeting to offset the shortfall!

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.

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!

Are you willing to share your story at a meeting near you? PAIG is working on compiling a list of potential speakers that can be shared by all our member meetings! Stay tuned...



Some meetings are making it a point to page through their old We Care books for phone numbers so that current members can reach out to folks who haven't been to a meeting in a while. Sometimes "I've been thinking about you," can mean the world.



Offering to give rides to meetings is a great way to give service. Offering rides to special events like anniversary meetings or conventions is, too. How about offering to drive a pal to a PAIG meeting?



How about putting up an OA poster at your local library, coffee house, gym, church, or doctor's office? Go to <https://oa.org/documents/> and scroll down to Public Information Posters for links to free, downloadable posters!

Hey, all! We're doing service as members of PAIG! Contact us any time, or join us at a meeting!



- | | |
|------------|---|
| Stephen L. | Chairperson (215) 232-1216 |
| Maureen L. | Vice-chairperson (267) 544-9049 |
| Mark L. | Treasurer (267) 247-2349 |
| Irene W. | Recording Secretary (610) 828-6770 |
| Chris N. | AWARE! Editor (720) 934-0985 |
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| Emmy L. | Telephone (267) 767-2132 |
| Mary T. | Webmaster (215) 805-1731 |
| Nancy J. | Region 7 Rep (215) 262-8539 |
| Dianne F. | Region 7 Rep (215) 882-2122 |

* Public Information / Professional Outreach

Overheard Recovery:



"Courage is fear that prays."



PAIG meetings are held on the 1st Wednesday of each month. ****The next PAIG meeting will be held on Wednesday, April 3rd, 7:30 pm at the Upper Moreland Library, 109 Park Avenue, 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."