

March

2020



# 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 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

### I am a Queer and Disabled Compulsive Overeater.

This writing came from my recent share at the Unity Day Workshop. According to Tradition 3 (stated in the left-hand column), OA welcomes anyone who has the desire to stop eating compulsively. No matter how different we may be in other ways, we all identify as compulsive overeaters. Whenever I hear someone share their story, no matter who they are or what they look like, I can always relate.

As Tradition 3 states, we welcome everyone. No matter your race or ethnicity. No matter your sexuality. No matter your gender; and no matter your ability (or disability). Now I personally cannot speak on the topic of race. I can only listen to people of color who share their story.

I can share on two other identities that I have. I identify as queer and I identify as disabled. Now, you may ask, what does that have to do with my compulsive overeating? I spent a lot of time wearing different masks in my life. I was this person at work, this person with my family, this person with strangers. I hid who I really was, and I couldn't stop eating. It took many years in program, time in and out of relapse, to finally come to accept who I am and share who I am with the world.

Before program, I wore the mask of a heterosexual woman. I was actually a closeted bisexual. At an OA retreat 10 years ago, I was in a workshop on sexuality. At this retreat, I finally felt comfortable enough to "come out" and share who I was. This room full of OA'ers showed me love and acceptance. I want to continue to share that love with newcomers coming into program today.

Continued page 2 >>

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.



# Awareness and Acceptance

Now, in terms of my disability, in the past I wore the mask of a sweet helpless little girl. The reality was, I was carrying a lot of anger. This was not anger about my disability. I was never angry at God because I couldn't run or because I needed crutches. I was born with a disability, so this has always been my reality. Having a disability is just part of who I am. It is not a misfortune. It is my identity. For me, it is just like having brown hair or needing glasses.

What I was angry about was how people treated me differently because of my disability. My family and close friends never treated me different. It is usually strangers and acquaintances who don't know me well. I recognize many people aren't used to being around someone like me who uses crutches (or seeing someone using a wheelchair out and about), so they may feel uncomfortable. They often talk to me as if I am a child. I can't tell you how many times I have been patted on the head or how many times I have been prayed for by strangers. Complete strangers who see me walking slowly with my crutches and praying for me has actually harmed my spiritual life. I always knew I had a disability that wasn't ever going to go away, and I had symptoms that would get worse over time with age, and I have accepted that. I didn't want to be around people who were going to be "praying for" me for some type of miracle. Those messages made me angry. I also don't like hearing that I am "inspirational" or "so brave", just for getting out of bed in the morning and living my life. Now, if you want to tell me I wrote a great article, go ahead. That would be awesome. But just for going about my daily routine? No. Saying things like that is very patronizing.

What did I do with that anger? I never showed people that I was angry. I kept a fake smile on my face while my blood was boiling, and then I went home to my refrigerator. I took that anger out on myself by eating compulsively. I couldn't take it out on person who said it because they didn't know any better. They didn't know that their behavior or their words were offensive. In the past, when people would overstep my boundaries, I would say to myself, "well, they mean well" and let them overstep.

Today, I am in recovery. While I still will not outwardly express my anger at someone when they say something inappropriate, I am learning to be more assertive. I will ask for help when I need it. If someone offers to help me, and I don't need the help, I will say "no thank you" and I will continue doing what I am doing independently. It is actually very important for me to continue to be as independent as possible.

I know that my OA recovery has saved my life. I also know that there are many more people like me who need OA. I cannot speak for all LGBTQ+ folks, or all people with disabilities. I can share only my own perspective and share my personal truth. Thank you for reading and allowing me to share - Angela C.

**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



**Help us celebrate our 31st birthday!**

**into Recovery**

**Speakers & Sharing**

Saturday, March 28, 2020  
10am - Noon

Roxborough Memorial Hospital, 5800 Ridge Avenue, Philadelphia  
Conference Room A

*One block above Walnut Lane, at Jamestown Avenue. Take elevator down to Ground Floor.  
For more information, call Rebecca at 215.242.8565*

**IMPORTANT MEETING ANNOUNCEMENT**

The Saturday morning meeting held at St. Albert The Great Church, 11am to 12pm in Huntington Valley will be **CANCELLED** on **APRIL 11<sup>th</sup>** due to church event for Holy Saturday.

**Sunrise Serenity**



**Anniversary Meeting**

April 26, 2020  
7:30am to 9:00am  
2 Speakers!

**Region 7 2020 Convention in Ocean City, MD**

**Theme Coming Early 2020**

**When:** November 6-8, 2020  
**Where:** Holiday Inn Oceanfront  
6600 Coastal Highway  
Ocean City, MD 21842  
**Contact Info:** Email Bob or Amy

**2020 World Convention**

**Theme: Sunshine of the Spirit: 60 Years Around the Sun!**

**Dates: August 20-22, 2020**

Renaissance Orlando at Sea World ®  
6677 Sea Harbor Drive  
Orlando, FL 32821 USA  
Phone: 407-351-5555

### Group Donation Station: How, where and what!

10% to Region 7,  
Via U.S. Mail, please email:  
[treasurer@oaregion7.org](mailto:treasurer@oaregion7.org) for  
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or electronically at  
<http://oaregion7.org/>. On the  
right side, under "7th Tradition,"  
click on "Contribute." Click your  
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**PO Box 44727**  
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Indicate your group# and meeting day  
and time (AM or PM) on the check.

Or to contribute online, go to:  
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**PAIG, P O Box 23**  
**Southampton, PA 18966**

Indicate your group# and meeting  
day and time (AM or PM) on the  
check.

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**Please send submissions to:**  
[aware@oa-phila.org](mailto:aware@oa-phila.org) or  
[amcg120@gmail.com](mailto:amcg120@gmail.com) two weeks  
prior to PAIG meeting. Next  
due date is: 3/18/20. Thanks!

### Spotlight on Service

The Professional Community  
Courier is OA's newsletter to  
professionals, such as doctors,  
nurses, and therapists, who  
might refer their patients or  
clients to OA. It is written by  
professionals who already  
understand OA and refer their  
patients and clients to us.

The Courier can be an effective  
tool for carrying the message to  
referring professionals in your  
community.

OA releases an updated edition  
of the Courier annually, and  
the newest edition is now  
posted. This edition  
omits Lifeline magazine  
subscriptions, which are no  
longer available, and updates  
the listing of OA pamphlets  
addressed to professionals. If  
you have old copies of  
the Courier, it is suggested you  
replace them with this new  
edition so the references to our  
literature are accurate. Find the  
free download at

<https://oa.org/news/updated-courier/>



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### Philadelphia Area Intergroup

- Stephen L. Chairperson  
215-232-1216
- Steve T. Vice-chairperson  
910-231-2047
- Mark L. Treasurer  
267-247-2349
- Irene W. Recording Secretary  
610-828-6770
- Angela C. AWARE! Editor  
215-704-9718
- Phil S. Printer Dude  
267-397-0977
- Andrea B. Retreat  
215-756-6246
- Tanya O. Telephone  
215-219-8808
- Sheryl K. Text  
215-990-4498
- 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

\* Public Information / Professional Outreach

Want to get involved? We have  
open service positions available:

Recording Secretary  
Region 7 Rep  
World Service Rep

All are welcome to attend  
meetings!

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on  
Weds, April 1st, at 7:15 pm at 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](http://oa-phila.org) and enter your email address in the box under "Join Our  
Email Loop."