

March 2021

# AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



## Recovery is An Action

**“Step 3 calls for affirmative action,** for it is only by action that we can cut away the self-will which has always blocked the entry of God.”  
- *Twelve Steps and Traditions of Alcoholics Anonymous, page 34*

Blocking is the operative word here. Even though I take great joy, solace, and satisfaction in following God’s will, I have always felt that I lack the willingness to truly *turn over* my life. I am so sick of talking about it and feeling disappointed in myself regarding my failings with step three.

So, it is clear to me that willingness is simply not enough to accomplish this. It is also clear to me that I must pray to be tender, empty, open and vulnerable to what God wants of me. *[con’t page 4]*



Our Monthly Newsletter



### STEP THREE

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

**Spiritual Principle:**

*Faith*



### TRADITION THREE

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

**Spiritual Principle:**

*Identity*

**PAIG**

P.O. Box 23  
Southampton, PA 18966

*Call or Text*

215-385-3076

*Contact the Chair*

chair@oa-phila.org

*Visit Our Website*

oa-phila.org



# Upcoming Events

Click each image to enlarge fliers

**NEWCOMERS ZOOM WORKSHOP**  
MARCH 14, 2021 1:00pm to 2:30pm  
SPONSORED BY THE OA SOUTH JERSEY INTERGROUP

**OA NEWCOMERS WORKSHOP**  
Sunday, March 14, 2021, 1:00pm to 2:30pm

- Who Should Attend:** Anyone in OA a year or less who has questions about program and who needs a sponsor. Note, however, everyone is welcome.
- Format:** Intro Presentation; Three Speakers with Question & Answer Time.
- For More Information:** Contact Doris W. at 856-237-5418 or Jeff S. at 609-610-6193.
- Where:** Zoom Platform, Meeting ID #989 5966 5170 Passcode: newcomer  
Dial By Location:  
+1 312 626 6799 US (Chicago)  
+1 929 205 6099 US (New York)  
+1 301 715 8592 US (Washington DC)  
+1 346 248 7799 US (Houston)  
+1 669 900 6833 US (San Jose)  
+1 253 215 6782 US (Tacoma)  
Meeting ID: 989 5966 5170 Passcode: 37234243

**Roxborough Saturday is 32!!!**  
Join us for a **Work-playshop!**

**Bloom Where You're Planted:  
Living Life on Life's Bloomin' Terms**

**March 20, 2021**  
**10:00 am - 12:00 pm**

Featuring a speaker, activities and music! Have pen, paper and markers handy! And a cherished object!

**Zoom Link:**  
<https://us02web.zoom.us/j/85721773499>  
Meeting ID: 857 2177 3499  
Password: recovery

Or dial in: (646) 558-8656#.  
Meeting ID: 857 2177 3499#. For participant ID, enter #. Passcode: 36845472#.

Questions? Call Lynn 610-620-3411.

# Upcoming Events

## Region 7 Assembly

**When:** March 19-21, 2021

**Where:** Virtual via Zoom

**Info:** All are welcome. Register here: <https://oaregion7.org/events/2021-region-7-spring-assembly/>

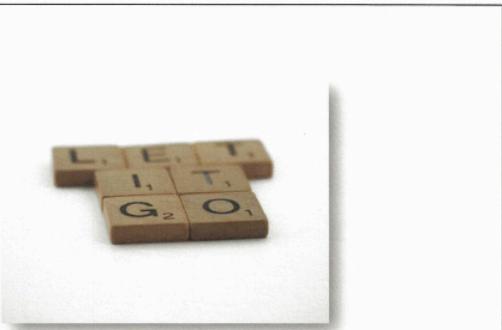
## World Service Business Conference

**When:** April 21-24, 2021

**Where:** Virtual via Zoom

**Info:** <https://oa.org/world-service-business-conference/>

Click each image to enlarge fliers



*Working Through Shame in  
OA Recovery*

Saturday, April 24, 2021  
Noon-2:00 p.m. Eastern Standard Time

<https://us02web.zoom.us/j/8711717285?pwd=Sm5ZZDdYUWRlOTk1bESYd0VlUjU1Q109>

Meeting ID: 871 1717 7285  
Passcode: 187124

If you prefer to join us by phone: +1 646 558 8656  
Meeting ID: 871 1717 7285  
Passcode: 187124

Find your local number: <https://us02web.zoom.us/j/kerb59NpCR>

*Sponsored by Brandywine Intergroup*

Call or text your hosts with questions  
Louisa (215-796-4323) or Ann T. (610-405-9423)



**REGION 7  
2021 CONVENTION**

**USS RECOVERY:  
ALL ABOARD!**

**Nov  
5-7,  
2021**

To be held at:  
Princess Royale Oceanfront Resort  
91st Street Oceanfront  
Ocean City, MD 21842

**REGISTER  
NOW**

<https://oa.org/events/2021/region-7-convention>

Pre-registration until 11/30/20:	\$35
Early/bird Registration until 8/31/21:	\$45
Regular Registration until 10/31/21:	\$55
Late Registration until 11/7/21:	\$65

Note: If we move to a virtual convention, we will lower the cost and issue refunds.

\*Due to COVID-19, this is subject to change. We may hold the convention virtually again, but we won't know until the time gets closer.

**Contact Us For More Information**  
Committee Chair: Contact Ann  
Registrar: Contact Leslie



## About OA

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.

# Recovery is An Action

*[con't from page 1]*

I must remind myself that success in this program is not an exercise in good, positive thinking, rather it is the continuous *action* of working on myself and serving others. This requires getting out of my head and focusing on how Higher Power is speaking to my heart. My mind can be a dangerous place; it can be so easily swayed by ego, self-will, selfishness, and fear. Only when I get out of that dangerous neighborhood called self can I concentrate on my heart connection with Higher Power.

It is only in my heart that I can recognize the blockage that has kept me captive to self. It has taken me many years in program to finally recognize that I have been working the steps primarily from my head. Becoming truly open to God tells me my head does not contain adequate space for conscious contact with Higher Power- for God lives in my heart. And only God can cut away the self-will that is ready to thwart my every move.

I must pray daily to maintain that spiritual connection which enables and inspires me to be active in improving myself and to focus on serving others. I have come to believe that service is the key to a heart-centered life. Service is the most effective way to get out of my self, to maintain conscious contact with God, and be truly open to turning over my life to God's will. And so, the most important investment I can make in this program is in the service of others. "Making the decision" in step three seems to be easy, but it is only in the action of helping the man who still suffers that I can sustain a heart-centered life - a life that is centered in love, joy, and purpose.

*- Irene W.*

## PAIG Service Positions

### OFFICERS

<b>Chair:</b>	Mary T.	215-805-1731
<b>Vice Chair:</b>	Rob L.	267-264-9544
<b>Treasurer:</b>	Mark L.	267-247-2349
<b>Secretary:</b>	Maureen L.	267-544-9049

### COMMITTEE CHAIRS

<b>Retreat:</b>	Stephen L.	215-232-1216
<b>PI/PO:</b>	Vacant	
<b>Web:</b>	Shari B.	310-880-4750
<b>Aware:</b>	Amy L.	215-512-8871
<b>Phone/Text:</b>	Sheryl K.	215-990-4498
<b>Speaker List:</b>	Anita L.	215-262-5906
<b>Printer:</b>	Phil S.	267-397-0977

### REGION REPRESENTATIVES

<b>Rep A:</b>	Shari B.	310-880-4750
<b>Rep B:</b>	Rob L.	267-264-9544
<b>Rep C:</b>	Stephen L.	215-232-1216

### WORLD SERVICE DELEGATES

<b>Delegate A:</b>	Rob L.	267-264-9544
<b>Delegate B:</b>	Vacant	

## PAIG MEETINGS

Held the 1st Wednesday of each month.

### *Next PAIG Meeting:*

April 7, 2021  
7:15 pm  
Zoom Meeting

### *Email Loop*

All PAIG info is sent via our Google email group. To join, email [paig-oa@googlegroups.com](mailto:paig-oa@googlegroups.com)

# Just For Today

*Just for today, I will place principles before personalities, and I will treat others as I wish to be treated.*

*Just for today, I will notice the newcomer who is a man, queer, young, bulimic, anorexic, disabled, a member of a minority religion, or a person of color. I will welcome them. I will know that we are different from each other, and I will share with them the very same solution that worked for me: the Twelve Steps of Overeaters Anonymous.*

*Just for today, I will notice if my meeting lacks diversity. I will look for an opportunity to carry the message of recovery to more members of my community.*

*Just for today, I can comport myself with true humility in the spirit of the Seventh Step, knowing that I am no less or more than anyone else; I am just different.*

*Just for today, I am grateful that OA takes no position on politics, religion, or any other outside issue that may spark controversy in other diverse organizations.*

*Just for today, I will notice the rainbow of OAs around the world living in the same solution, and I will take a moment to appreciate it.*

- Clare W

## Group Contribution Info

### Region 7 - 10%

**US Mail:**  
Email [treasurer@oaregion7.org](mailto:treasurer@oaregion7.org) for mailing address.

**Electronic:** <https://oaregion7.org/>  
Click on "Contribute." Click your preferred payment option and follow directions.

### World Service - 30%

**US Mail:**  
World Service Office  
P.O. Box 44727  
Rio Rancho, NM 87174-4727

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

### PAIG - 60%

**US Mail:**  
PAIG  
P.O. Box 23  
Southampton, PA 18966

**Electronic:** PayPal to [treasurer@oa-phila.org](mailto:treasurer@oa-phila.org)

*Indicate your group number and meeting day and time on any checks.*

## Podcast Corner

Now you can listen to OA recovery right from the AWARE! Click on one of the links below to start listening to these prerecorded speakers.



### 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](mailto:aware@oa-phila.org) by 03/25/21

# A Word From Your Retreat Chair

PAIG Retreat September 24-26, 2021

The PAIG Retreat is a most wonderful event that comes around the last weekend every September. That's a bit more than half a year away, but thoughts are beginning to stir. I've been blessed by seven PAIG retreats in the twelve years I've been in OA, and they are beautiful, so rich in recovery and fellowship. I've been on the retreat committee several times, and it is a most wonderful way to give service and deepen and expand your retreat experience. The amazing devoted service that went into last year's virtual retreat was truly unforgettable, and that retreat was a joy.

Please check with your heart and your higher power (always good to check with your sponsor too) about helping us plan our 2021 retreat. May I introduce myself as Retreat Committee Chair this year. I will be checking in a lot with my heart, higher power and sponsor. January 2021 has brought some demanding health concerns for my husband, so life has taken an unpredictable turn. Thank HP for program! I really hope that I will be able to fulfill the service of Chair. I'm writing this to remind myself and all of you that HP is really the director, and the retreat comes together beautifully from our teamwork. The players may need to change positions. In any case, the retreat will be blessed I'm sure, because OA is a "we" program, and we work it together. New to OA, service, the retreat? Please join us!

Program really helps me to accept that so much is not predictable or controllable. Of course we're really going to need to listen and take direction about virtual or face-to-face again. Trusting HP will direct us to safe wise choices.

Thanks for reading. Just wanted to give PAIG retreat a spring wake up call. More will be revealed (including committee meeting times, looks like they will be virtual).

Please be in touch with thoughts or questions or just to be in touch.

*Stephen L*  
(215) 232-1216 (no text)  
sliu202@yahoo.com

## New Pamphlets

Now available in print from the OA Bookstore or as an eBook on Amazon Kindle, Barnes & Noble Nook, and Apple Books platforms for \$1. Click each pamphlet to learn more.

