

AWARE!

Philadelphia Area Intergroup | Overeaters Anonymous®

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

oa-phila.org/ | oaregion7.org | oa.org



Step 5:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual Principle:

Integrity

Tradition 5:

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Spiritual Principle:

Purpose



Acceptance

My husband is enduring a vicious case of shingles in his right eye. After a week in the hospital he was released with what turned out to be an inadequate care plan, leaving him unable to sleep, frantic with pain. His health organization's response seemed maddeningly slow, beset with roadblocks and red tape.

I went from advocate to antagonist in a heartbeat. I acted like a jerk. I ranted, raved, blew my cool in nearly every encounter, insisting things be done my way, now, Now, NOW!

Finally I calmed down long enough to listen to my inner voice, my sponsor, and others who channeled the wisdom of my HP: I was not going to change a decades-old system by stomping through its corridors like Godzilla, breathing fire and wreaking havoc. There were other ways to affect change, starting with the willingness to accept that which I could *not* change. So I turned it over. I asked for help, and guess what? It's working. So why did it take me so long to remember that acceptance offers a path to serenity? Because my spiritual fitness is not what it should be. As soon as things got scary, I reached for my old bag of tricks. Good lesson, that. But bad timing, or so I thought. Read on:

As we sat together in a hospital waiting room last week, I very quietly read the Acceptance Prayer aloud to my husband. Turns out the man seated on Ed's right was listening too. When I finished, he turned to me with tears in his eyes. "Page 417," he said. "Thank you. You have no idea how badly I needed to hear that right now."

As we spoke, I felt the turmoil of the previous month ebb away to be replaced with something sweeter, and sadder. I felt like crying for the distress I'd caused those who'd been doing their best in a broken system, for the suffering of Ed and the thankful stranger, and in gratitude for my HP, whose presence had been revealed so beautifully in that moment.

Acceptance. Willingness. Humility. Trust. *Bless them, change me.* Thank you, HP.

- cn

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!



From the WSO's April 2019 News Bulletin:

"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

"OA is a Life Saver"

Workshop hosted by Pennel Monday Night Meeting



Monday, 5/27 (Memorial Day), 7:30-9 pm

Redeemer Lutheran Church
Hulmeville & Woodland Avenues
Pennel, PA 19047

We will have a speaker, interactive activity and sharing.

For information, call: Bill A. at 215-287-9013

Overeaters Anonymous Workshop

"REMEMBERING OUR POWERLESSNESS"

LEST WE FORGET

MONDAY, MAY 27, 2019 9:00-11:30 AM



9:00 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- Speakers
- Ask-It Basket
- Sharing

50:50 Raffle

Coffee / Tea / Water

Free Babysitting
7th Tradition

Hosted by the Fellowship of Hope Group
West Swamp Mennonite Church
2501 Allentown Road
Quakertown, PA 18951

Easy access off Q'town
exit, PA Turnpike!
Questions? Contact
Dianne F. (215) 882-2122



😊 Annual OA Picnic 😊

Hosted by the "Friday Night Live" Penndel OA Meeting

**Sunday – May 26, 2019
Memorial Day Weekend
Noon until Dusk**

Core Creek Park, Pavilion #10

1749 Woodbourne Road, Langhorne, PA 19047

(Enter the park from Woodbourne Road)

All are Welcome to Attend

Bring your family and friends to join in the fellowship.



**Abstinent food is available:
Grilled Hot Dogs, Hamburgers & Chicken
will be provided. Let one of the contacts
know if you would like to bring a dish.**



**Bring your family and friends for a day of
sunshine, outdoor games/prizes, laughter,
and just fellowship fun!**



**Paper products, Water, Soft Drinks & Kids
Drinks will be provided**

Contact Information

**If you would like more information or
want to bring your favorite abstinent dish,
a game and/or sign-up for service please
call either:**

Phil S. - 267-560-5199

Mary T. - 215-805-1731

"...Together we can do what we could never do alone"



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.

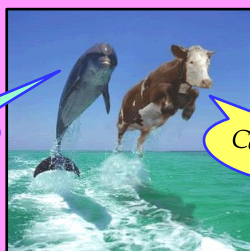


Indicate group# and meeting day
and time (AM or PM) on check.
Region 7 quarterly updates are
available at: oaRegion7.org.

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-philadelphia.org or
northword99@gmail.com.
Thankee!

SPOTLIGHT ON SERVICE!

You Never Know *What*
You'll
Find at the Annual Retreat!



What the-?

Cowabunga!

It'll be even better if you
contribute your ideas! Join us!

The next Retreat planning
phone meeting will be
Saturday, May 18th from
10:30am - 12 noon at 641-715-
3200. Passcode: 354496#.



Information about in-person
meetings will be shared soon!

Questions?
Call Retreat Co-Chairs
Tanya O. at 215-219-8808 or
Trish M. at 215-370-7640.

This year's retreat will be held
in Malvern 9/27 - 9/29!!! See
your early bird flyer for more
details. If you need a flyer,
please see your PAIG rep or
call a member of PAIG.

Register early! It's going to be
epic! Hot diggity!



Philadelphia Area Intergroup

Stephen L.	Chairperson (215) 232-1216
Maureen L.	Vice-chairperson (267) 544-9049
Mark L.	Treasurer (267) 247-2349
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Mary T.	Webmaster(ess) (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:



"Care about what other people
think and you'll always
be their prisoner."

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Wednesday, June 5th, 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-philadelphia.org and enter your email address in the box under "Join Our Email Loop."

Note!