

May



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 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

Program, Gratitude, Being Present Now More Than Ever

These last 30 days have been extremely difficult to process. The Coronavirus (COVID-19) has upended so many lives across the globe. For me personally, it has challenged my thought process in many ways. Do I stay home and stay safe with my family, or do I go to work and help with ensuring people have food to buy (I work in the grocery industry), but this means, I am possibly exposing myself and as a result potentially exposing my family at home also. I have been getting up very early and working long hours. My life is unpredictable right now. The constant thoughts of when I get the virus, how will it affect me? How will my family survive this? Will it be severe? Could we lose someone because of my exposure? These are the thoughts in my head that I have often. It can weigh on your mind and affect your program dramatically if you do not work your program and use the tools of OA.

These are serious considerations I have to be concerned about, but this adds to the stress of my program. I am frequently feeling conflicted and depressed about if I am making the right decisions. I am not attending enough virtual meetings; I am not reaching out as much as I should to others in the program. These are triggers that can cause me to go back to the bad food behaviors I had before I was in program. With just under two years of abstinence, it is not that hard to fall off the wagon if I am not careful.

I can't control what is going on in the world. I cannot allow myself to think I am directly in control of my life, and my decisions.

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.



Stay Connected Virtually!



This is where the really tough work comes in. I have to let go of these conflicts and let my Higher Power take over. I have a tough time resorting to my Higher Power because all my life, I have been the one people come to when they need answers. I don't freeze or shy away from trouble, I make decisions and I move forward. But that is naïve when it comes to my control over things like COVID-19 and its effects on us as a whole. This is completely not in my control. So, I need to let it go. I need to allow my High Power to tell me what I need to do.

Lastly, now more than ever, I need to remember my gratitude when I get down on myself and get scared. There are many people out there with no jobs as a result of this pandemic, there are people who have major autoimmune deficiencies who could have severe reactions to this virus. Some people are waiting in line for hours at the food centers across the country. These are tough times for many. I have to remember three things daily: trust in my OA program, live in the present, and be grateful for what I have today because tomorrow there are no promises or guarantees it will be the same.

Submitted by Rob L.

Overeaters Anonymous Virtual Workshop

REMEMBERING OUR POWERLESSNESS LEST WE FORGET

MONDAY, MAY 25, 2020 9:00-11:30 AM



9:00 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- 3 Speakers
- Sharing
- 7th Tradition (instructions to be provided)

Hosted by: Fellowship of Hope OA Group
<https://us04web.zoom.us/j/6013914777>
 FOH Zoom Number: 601-391-4777
 Password: 09211960

Meeting Dial-In:
 1-929-436-2866
 Questions? Contact
 Dianne F. (215) 882-2122



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

*****Please note this event may be held by
 phone if necessary. Stay tuned for details!**

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

SOMETHING YOU CAN COUNT ON...THE ANNUAL PAIG RETREAT

During this time of uncertainty and change we long for stable and inspirational things that we can look forward to...like the annual PAIG Retreat.

The Retreat Planning Committee is pleased to announce that the retreat will be held on **Friday, September 25 through Sunday, September 27**. Please mark this in your calendars and save the dates!

To be on the safe side, the committee is putting together "Plan A" and "Plan B." If Plan A comes to fruition, the retreat will again be held at our annual overnight location, the Malvern Retreat House in Malvern, PA. If Plan B becomes the wisest option for 2020, the retreat program will be conducted virtually for either part or all of that weekend.

While the committee does not yet have an official title or theme for the retreat, the program will focus on "maintaining our health: spiritually, emotionally and physically," especially through chaos and change.

If you have suggestions for workshops, speakers or activities, or if you would like to volunteer to help plan the retreat, please contact Andrea, the Retreat Committee Chair, at ajbeck0109@gmail.com



2020 CONVENTION

ANCHORS AWEIGH!

Registration Info

\$45: Early Registration until 8/31/20

\$55: Regular Registration until 11/5/20

\$65: Onsite Registration (limited meals)

Limited scholarships may be available. Contact Registrar.

Hotel Info

Holiday Inn Oceanfront

6600 Coastal Highway | Ocean City MD 21842

Rooms are \$84 per night/double occupancy.

Mention "OA Convention" to receive the group rate.

800-837-3588

www.HolidayInnOceanFront.com

Contact Info

Convention Chair (Amy):

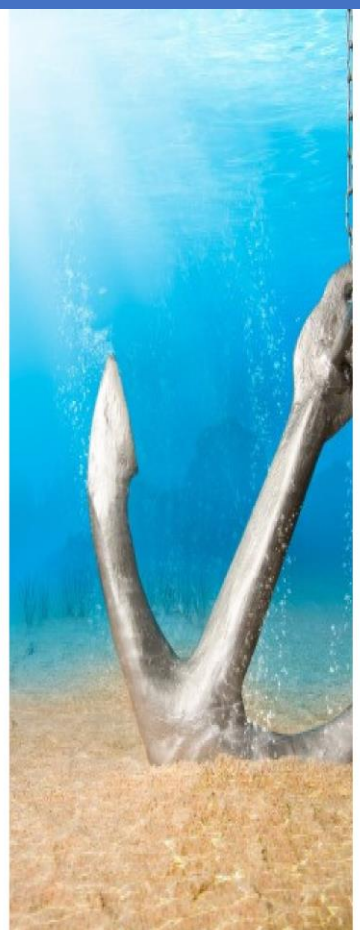
conventionchair@oaregion7.org

Registrar (Leslie):

registrar@oaregion7.org

Refund Policy:

A written request for a refund of a registration fee, less a \$10 processing fee, will be honored if received or postmarked at least 30 days prior to convention.



Letting go of what no longer serves us

NOVEMBER 6-8, 2020
OCEAN CITY, MD

REGISTER

WWW.OAREGION7.ORG



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*
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contributions, comments and
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contributions does not imply
endorsement by OA as a whole,
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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: 5/20/20. Thanks!

An OA Poem

THRIVING
The storm we will weather
Because we're in this together
We're not alone
Many meetings by phone

I can't go out
Years ago I would pout
Not today
I found a different way

This too shall pass
But while it does last
This time I will face
With dignity and grace

To stay physically fit
I wear my fit bit
And while I am walking
On the phone I share and I'm talking

I have a choice
Listen to which voice
Time to sit still
And know higher power's will

Calm down the fright
Sit down and write
A fear filled attitude
With a list turns to gratitude

With HP at the helm
I don't feel overwhelmed
Boy oh boy
Who would think I'd find joy

What is this thing
That makes my heart want to sing
What a discovery
It's my miraculous recovery

Stay in the day
God will show you the way
To be
Happy joyous and free

By: Carol P. Allen Park, MI



Philadelphia Area Intergroup

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- 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

* Public Information / Professional Outreach

**ELECTIONS WILL BE
IN JUNE. CONSIDER
NOMINATING
SOMEONE OR
NOMINATING
YOURSELF!**

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on
Weds, June 3rd, 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."