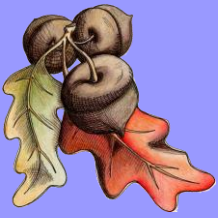


November



AWARE!

2019



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 | chair@oa-phila.org

Step 11:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Spiritual Principle:

Spiritual Awareness

Tradition 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Spiritual Principle:

Anonymity

Awareness, Acceptance & Action!

The theme for the PAIG retreat was Awareness, Acceptance and Action. Attendees were encouraged to share their insights they had gained at the retreat. This is the second part of the three-part series in which AWARE! will share those insights. November's focus is on Acceptance. The following is what retreaters shared about acceptance.

- I accept that my program is sloppy and needs strict adherence and brutal honesty
- I can reveal my authentic self and be welcomed and loved.
- I am who I am
- I accept the valuable lessons I learned this weekend and that I am worthy of love.
- That I'm not normal in my reaction to certain foods
- To accept my imperfection and I need to still work on myself
- Dear God, change me into a person who remembers that everyone has their own path and that is how they learn. Change me to a person who remembers you are in charge.
- So be it.
- That I have some responsibility for the issues with my sister.

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.



What's Happening!



- 2 -

PHILADELPHIA AREA INTERGROUP MEETINGS: Starting in January 2020 there will be a new time and location: First Wednesdays 7:15 to 8:45pm at Upper Moreland Library, 109 Park Avenue, Willow Grove, PA 19090. (January Meeting is scheduled for Jan 8, 2020, due to New Year's Day holiday.)

Acceptance, continued from page 1:

- All things, all of us, will/must pass.
- Awareness of my own resistance, barriers, areas of secrecy. Acknowledging that God is the God of the ugly areas. And to take action to give those areas to him.
- I am learning to accept that feelings the feelings is a good thing. And that your feelings are not going to kill you! This week I am starting to accept that crying is NOT a sign of weakness. I am learning to accept that I DO have a voice. And that I really do want to talk and be with people instead of isolating.
- Being grateful for my body, just the way it is. With this beautiful body I can: walk, run, dance, climb, bend, sit on the floor, tie my shoes, play, etc. Thank you, my body, for being so wonderful to me.
- ACCEPTANCE DOESN'T NEED TO BE NEGATIVE.
- Although my will is to hold a different position in my job, I accept that the will of my Higher Power is for me to be doing exactly the job I currently have.
- Last year I attended a party and when I approached the buffet, I looked for what I could have-- what a change of perspective. What a blessing not to focus on self-pity and what I can't have.
- I don't have to change others, only myself.

Stay tuned next month to hear what retreaters learned about Action!

International Day of Experiencing Abstinence (IDEA) DAY is November 16th and 17th!

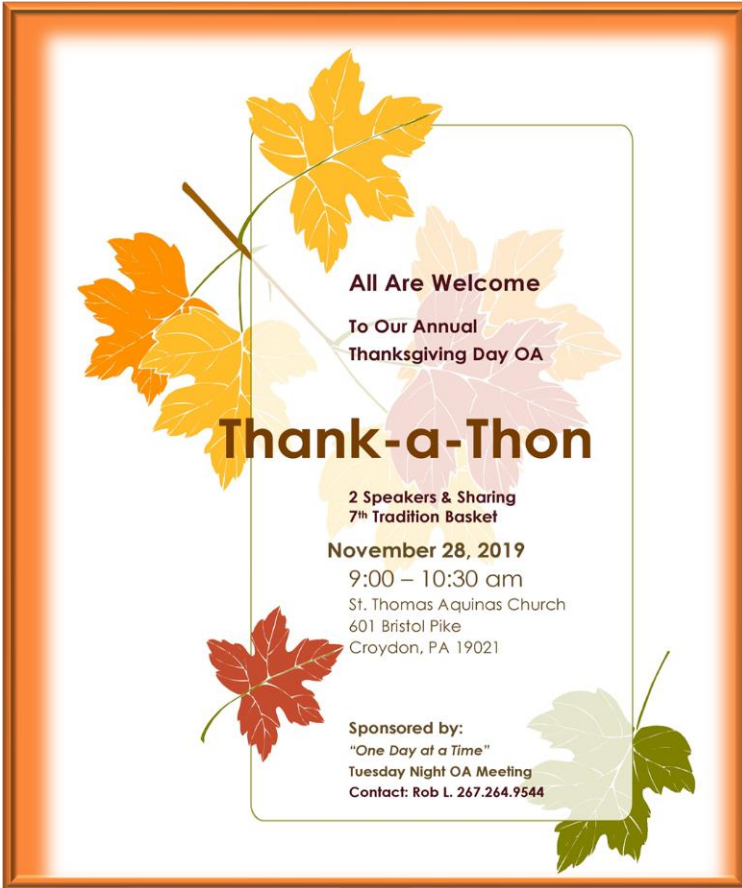
WSO NEWS

Save the Date: The 60th OA Birthday Party Weekend Celebration: January 17-19th

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	kvaesky73@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



All Are Welcome
To Our Annual Thanksgiving Day OA

Thank-a-Thon


2 Speakers & Sharing
 7th Tradition Basket

November 28, 2019
 9:00 – 10:30 am
 St. Thomas Aquinas Church
 601 Bristol Pike
 Croydon, PA 19021

Sponsored by:
 "One Day at a Time"
 Tuesday Night OA Meeting
 Contact: Rob L. 267.264.9544

Overeaters Anonymous Workshop
"GRATITUDE"


THURSDAY, NOVEMBER 28, 2019 9:00 – 11:30 AM



9:00 – 9:30 AM - Fellowship Coffee / Tea / Water
 9:30 - 11:30 AM - Meeting 50 : 50 Raffle
 - Speakers Free Babysitting
 - Ask-It Basket 7th Tradition
 - Sharing

HOSTED BY FELLOWSHIP OF HOPE GROUP

West Swamp Mennonite Church Easy access off PA Trpk I-476,
 2501 Allentown Road Q'town Exit 44. Questions?
 Quakertown, PA 18951 Call Dianne F. (215) 882-2122



More Thanksgiving Day Updates!

The following Thursday meetings will be **CLOSED**:

- 10am Levittown
- 10 am Doylestown
- 5:30 pm Center City (Rittenhouse)
- 7pm Wyndmoor (may have phone meeting)
- 7pm Southampton

There are Phone marathons all day 712-432-5200, ID 4285115#

LOOKING AHEAD
January 6, 2020

Monday Night Penn del Meeting
presents "The Gift of Abstinence"



Contact: Bill A. 215-287-9013

Redeemer Lutheran Church
246 Hulmeville Ave (at Woodland Ave)
Penn del, PA 19047

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

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*
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 or
amcg120@gmail.com two weeks
prior to PAIG meeting. Next
due date is: **11/20/19**. Thanks!

Spotlight on Service

Hello everyone! I am Angela C.
a grateful, recovering
compulsive eater. I live in
Northeast Philadelphia and can
most often be seen at meetings
in Croydon and Huntington
Valley. I am grateful to be able
to give this service and I am
grateful to Chris N. for her
expertise and assistance with
getting me started.

I have been in and out of
program for the past 10 years.
I have been back, working my
program consistently over the
past year. Although I have
struggled in relapse in the past,
I kept coming back! I never lost
hope as I knew that this
program works. Keep coming
back is my favorite OA saying.

I am grateful that every time I
came back to these rooms, I
was greeted with a smile and a
hug. I am grateful for the many
friends I have made in OA. I
am grateful to be able to give
service (and learn some new
computer skills) by becoming
the new editor.

For those of you who do not
know me, I look forward to
getting to know you soon! This
is your newsletter! Feel free to
reach out.



Philadelphia Area Intergroup

Stephen L.	Chairperson 215-232-1216
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Nancy J.	Region 7 Rep 215-262-8539
Dianne F.	Region 7 Rep 215-882-2122
Available	PI/PO*

* Public Information/ Professional Outreach

Overheard Recovery:



**"KEEP COMING BACK. IT
WORKS WHEN YOU WORK IT."**

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on Wednesday, December 4th, 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-phila.org and enter your email address in the box under "Join Our Email Loop."