

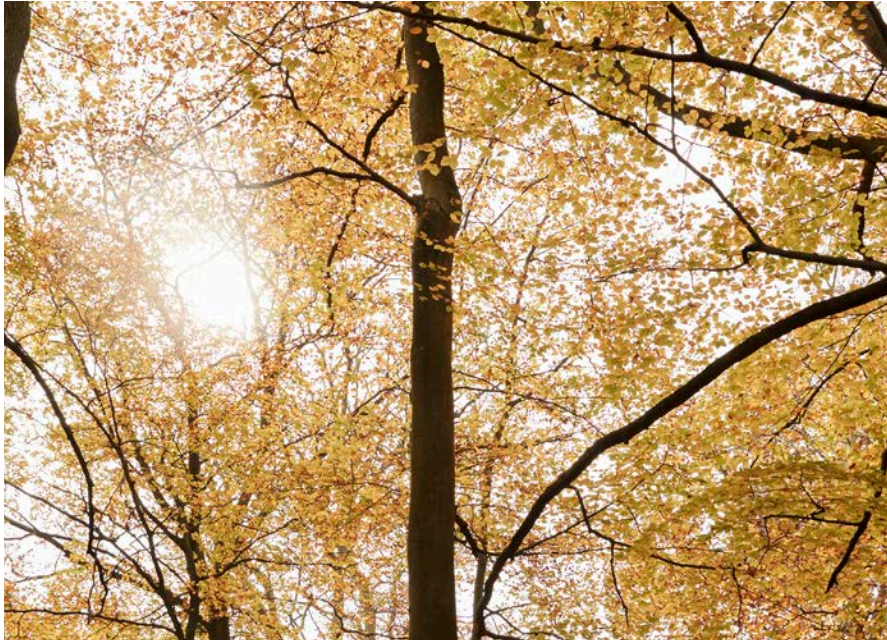
November 2020

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter



STEP ELEVEN

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.

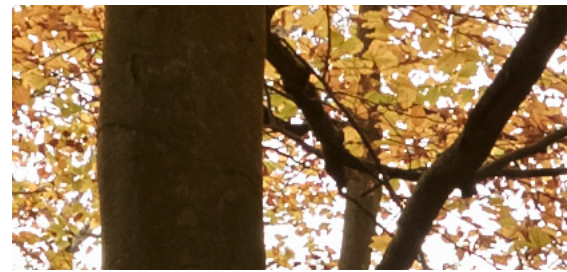
Spiritual Principle:

Spiritual Awareness

Talking to HP

When I had lost all faith in myself, the OA program, the world, and even God, I kept on talking with my HP. I kept on talking because I didn't want to lose the life I had earned and been given in program. This continual talking has worked from the beginning of my program, so even when I believe my HP does not exist, I continue talking to him.

I spoke to HP when I got up in the morning and fell in love with the way the sunlight illuminated the room, or when I saw the various birds dancing and fighting in the air with a grace that no man-made machine could possess. I saw the miracle of life in a patch of brilliantly colored flowers and thanked my HP. And when I was alone at night and believed I had no one to talk to, could not lift a pen or a book, and felt the black clouds of despair beginning to choke me, I shut my eyes and poured forth a string of heartfelt pleas to HP: please don't let me fall back into that black pit of compulsive bingeing and purging. I prayed for strength to believe, even as I admitted my disbelief, and kept chanting inside my head, "I believe in the one who believes in me." I prayed until the pain and fear and craving left me. *[con't pg 5]*



TRADITION ELEVEN

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

PAIG

P.O. Box 23
Southampton, PA 18966

Call or Text

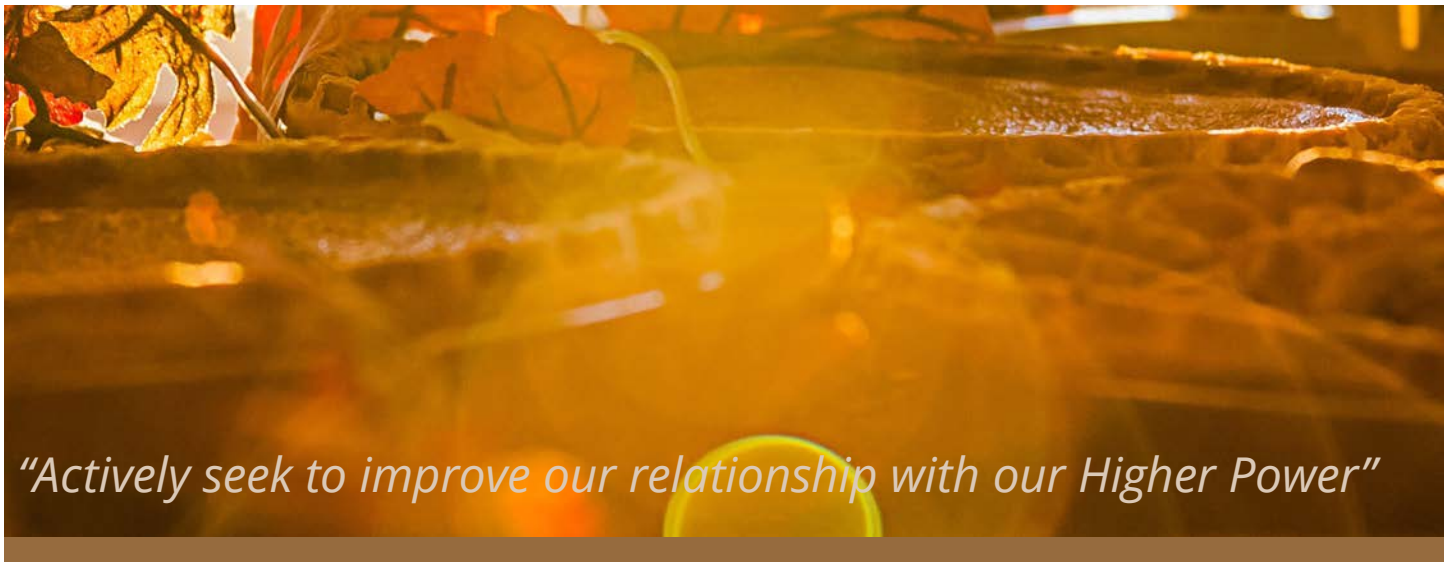
215-385-3076

Contact the Chair

chair@oa-philadelphia.org

Visit Our Website

oa-philadelphia.org



Upcoming Events



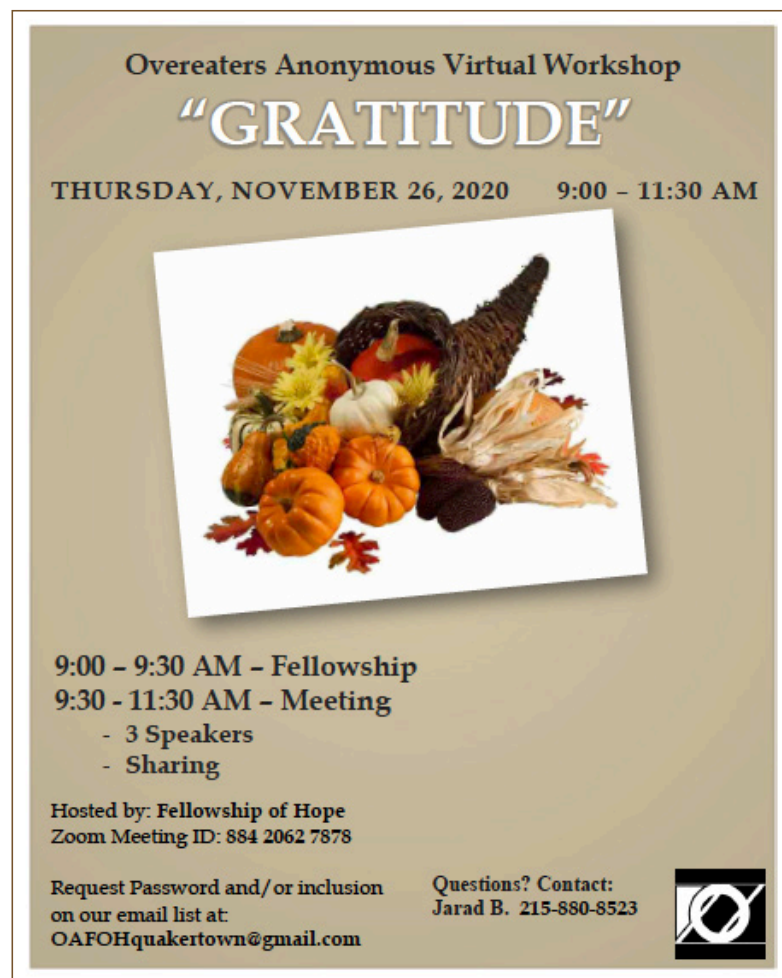
All Are Welcome
To Our Annual
Thanksgiving Day OA

**Phone
Thank-a-Thon**
2 Speakers & Sharing

Thursday
November 26, 2020
9:00 – 10:30 am

Phone: 712-770-5148
Code: 736943#

Sponsored by:
"One Day at a Time"
Tuesday Night OA Meeting
Contact: Roni 267.847.4079




Overeaters Anonymous Virtual Workshop
"GRATITUDE"
THURSDAY, NOVEMBER 26, 2020 9:00 – 11:30 AM

9:00 – 9:30 AM – Fellowship
9:30 – 11:30 AM – Meeting
- 3 Speakers
- Sharing

Hosted by: Fellowship of Hope
Zoom Meeting ID: 884 2062 7878

Request Password and/or inclusion
on our email list at:
OAFOHquakertown@gmail.com


Questions? Contact:
Jarad B. 215-880-8523



Upcoming Events

Click to see original flier / go to website

IDEA Day 2020
Saturday, November 21st
1:00pm-4:00pm Eastern Standard Time



International Day of Experiencing Abstinence: Abstinence in Times of Uncertainty

Come join us as three speakers share their experience of physical, emotional and spiritual recovery through life's unexpected events. Followed by an opportunity for open sharing.

Topic: IDEA DAY
 Time: Nov 21, 2020 01:00 to 4:00PM - Eastern Time (US and Canada)

Join Zoom Meeting
<https://us02web.zoom.us/j/87127649729?pwd=Y3hlcTJhWThuMldoOVVXWUvndGIHQOT09>

| | |
|---|---|
| Meeting ID: 871 2264 9729 Passcode: 105928 One tap mobile | Dial by your location +1 301 715 8592 US (Germantown) +1 312 626 6799 US (Chicago) +1 646 558 8656 US (New York) +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 669 900 9128 US (San Jose) |
|---|---|

Find your local number:
<https://us02web.zoom.us/j/87127649729?pwd=Y3hlcTJhWThuMldoOVVXWUvndGIHQOT09>

Seventh Tradition: The suggested donation is \$5 but give as you are able, and don't let this keep you away. All donation should be sent to the Brandywine Intergroup of Overeaters Anonymous, PO Box 605, Bryn Mawr, Pa 19010-0605.

For question please contact:
 Grace G 610-495-2173 or text 347-453-5300; email grace.gordon1025@outlook.com

Hosted by the Green Tree Meeting of the Brandywine Intergroup of Overeaters Anonymous,
www.brandywineintergroup.org



2020 CONVENTION

ANCHORS AWEIGH!

Now Virtual!

KEYNOTE SPEAKERS • PANELS •
 WORKSHOPS • ENTERTAINMENT

Registration Info
Register with a contribution that works best for you! Choose from \$15, \$25 or \$35.

Click Here to Register

Contact Info
 Convention Chair (Amy):
conventionchair@oaregion7.org
 Registrar (Leslie):
registrar@oaregion7.org

Refund Policy:
 No refunds or transfers will be allowed after September 30, 2020. If you find you are unable to attend, R7 appreciates your contribution to help carry the message.



Letting go of what no longer serves us

NOVEMBER 6-8, 2020
ZOOM FROM HOME

REGISTER
WWW.OAREGION7.ORG



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 by 11/22/20.



Resources for Newcomers & Sponsors

From the World Service Office:

Where Do I Start? for Newcomers Now an E-book; Pairs with New Sponsorship Guide Download

We've heard your concerns! Newcomers are showing up to virtual meetings, but it's challenging to quickly give them some OA literature. To help solve this difficulty and further spread the OA promise of hope, we've made our thirty-two-page [Where Do I Start? pamphlet](#) for newcomers available in e-book formats from Amazon Kindle, Barnes and Noble Nook, and Apple Books for about US\$1. Go to amzn.to/35WTcg6 or bit.ly/3kHA7my or apple.co/3i1StwR to purchase from these respective retailers.

Go one step further! [Temporary Sponsors: Newcomers' First Twelve Days](#) is designed to work hand-in-hand with Where Do I Start? and gives you a twelve-day guide for reading and discussion to help you temporarily sponsor a newcomer. Temporary Sponsors is Conference-approved literature available for free as a PDF download at oa.org/document-library.

PAIG Service Positions

OFFICERS

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

COMMITTEE CHAIRS

| | | |
|----------------------|------------|--------------|
| Retreat: | Stephen L. | 215-232-1216 |
| PI/PO: | Rob L. | 267-264-9544 |
| Web: | Shari B. | 310-880-4750 |
| AWARE: | Amy L. | 215-512-8871 |
| Phone/Text: | Sheryl K. | 215-990-4498 |
| Speaker List: | Jennica N. | 215-550-1491 |
| Printer: | Phil S. | 267-397-0977 |

REGION REPRESENTATIVES

| | | |
|---------------------|------------|--------------|
| Rep A: | Shari B. | 310-880-4750 |
| Rep B: | Rob L. | 267-264-9544 |
| Rep C (Alt): | Stephen L. | 215-232-1216 |

WORLD SERVICE DELEGATES

| | |
|--------------------|--------|
| Delegate A: | Vacant |
| Delegate B: | Vacant |



PAIG MEETINGS

Held the 1st Wednesday of each month.

Next PAIG Meeting:

December 2nd, 2020
7:15 pm
Zoom Meeting

Email Loop

All PAIG info is sent via our Google email group. To join, email paig-oa@googlegroups.com

Talking to HP

[cont from page 1] As I progressed in program, I began to talk to HP as if he were my constant companion, thinking the best of me, supporting me, and telling me the painful truth in the most loving and constructive way for my growth and healing. HP spoke to me when I had a car accident on the way to a meeting (he kept me abstinent). HP spoke to me when I had two painful relationship breakups (he kept me abstinent). HP spoke to me when banks of black clouds smothered me with aching depression (he kept me abstinent).

I realize now that HP was always speaking to me, but I couldn't hear him until I began speaking with all my heart and willingness, even if the amount of willingness could not fill a thimble at that moment. However, as the promises of the program began coming true, along with the inevitable problems of daily living, I became too busy to speak to HP. Then I couldn't hear him until more pain drove me to more meetings and more sessions with him. And guess what! The burdens of life were easier to manage.

I don't follow this program perfectly, I don't have all the answers. I still have defects of character and pain in my life, but I also have a joy and contentment that were never open to me in my obsession. As long as I keep talking to my HP in whatever manner and with as much faith as possible, asking only for the strength to do his will for me, one day at a time I will hear him.

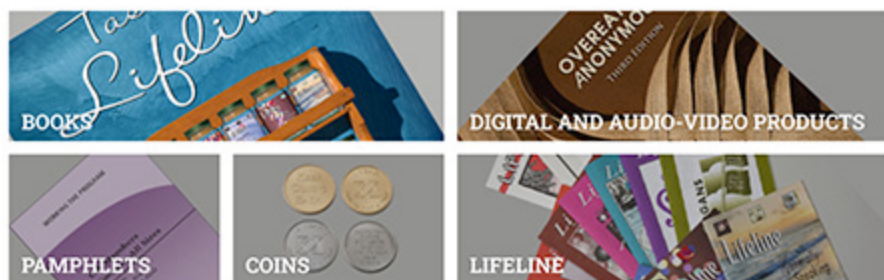
- Anonymous., New York, USA.

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Updated OA Bookstore

Check out the redesigned OA Bookstore! <https://bookstore.oa.org>



Group Contribution Info

Region 7 - 10%

US Mail:

Email treasurer@oaregion7.org for mailing address.

Electronic: 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: oa.org/contribute/

PAIG - 60%

US Mail:

PAIG
P.O. Box 23
Southampton, PA 18966

Electronic: Paypal to treasurer@oa-phila.org

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

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.