



# AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

Information line: 215-589-6261 | PO Box 23, Southampton, PA 18966 | oa-phila.org | oaregion7.org

October 2018



## Step 10:

Continued to take personal inventory and when we were wrong, promptly admitted it.

## Spiritual Principle:

Perseverance

## Tradition 10:

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

## Spiritual Principle:

Neutrality

## Acceptance Without Issue

During any political election, I am especially thankful for OA's Tradition Ten: "Overeaters Anonymous has no opinion on outside issues." I know I can go to a meeting and no one will talk about the candidates or the issues. I am very aware that some members are strongly supporting a policy that is different than mine. At other occasions outside OA meetings, there could be discussion of these differing ideas. I can listen without comment. I choose to avoid getting into controversy.

Other non-OA topics have come into conversations between members when outside OA meetings. Yet, during the OA meeting, each member respects Tradition Ten and keeps it free of this type of discussion. The purpose of Overeaters Anonymous is sharing the message of recovery from compulsive eating. We can learn the Twelve Steps and how to implement them in our lives. We have the Traditions to keep us from missing opportunities to reach another compulsive eater. As I share my OA experience, I don't need to share personal, political, religious, or sectarian opinions.

There was once a member who felt very strongly about her religion. She considered quitting OA because she did not feel comfortable thinking she'd have to avoid all her religious ideas to be a member. After studying Tradition Ten, she realized that OA has no opinion on outside issues. She did not need to change her beliefs; others would accept her as she was. OA meetings kept her connected with people who desired to stop eating compulsively, so her recovery continued and she became a dedicated member. She later shared how her faith had kept her coming. She knew that others did not have that same faith, but the program worked for them also. We do feel accepted completely when we remember Tradition Ten.

— Anonymous

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Overeaters Anonymous, Inc.

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 hot?



## OA WORKSHOP: "THE TRICKS & TREATS OF GETTING THROUGH THE HOLIDAYS"

FRIDAY OCTOBER 26, 2018 8:00-9:30pm

Lutheran Redeemer Church, Woodland and Hulmeville Roads, Pennel, PA



This timely workshop is being sponsored by the Friday Night OA Pennel Meeting. It will feature three speakers who will share their experience, strength and hope in dealing with the holiday season.

For more information contact Phil S. at 267-560-5199.

Overeaters Anonymous Workshop

## "GRATITUDE"

THURSDAY, NOVEMBER 22, 2018 9:00 - 11:30 AM



- 9:00 - 9:30 AM - Fellowship
- 9:30 - 11:30 AM - Meeting
- Speakers
- Ask-It Basket
- Sharing

- Coffee / Tea / Water
- 50:50 Raffle
- Free Babysitting
- 7<sup>th</sup> 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 Emmy (267) 767-2132



## Overeaters Anonymous IDEA DAY International Day Experiencing Abstinence



Saturday November 17, 2018  
Overbrook Presbyterian Church  
6376 City Avenue  
Philadelphia, PA 19151  
Registration: 8:30am  
Workshop: 9am-1:30pm

Suggested donation \$5

(please don't stay away if you can't pay)  
Lunch break included; bring your lunch  
Presented by Brandywine Intergroup (BIG)  
+ Philadelphia Area Intergroup (PAIG) of OA  
Info: contact Stephen L. (215) 232-1216 sliu202@yahoo.com



OA's World Service Office has announced that it's now using a new post office box for all correspondence, *including contributions*. **Please share this info at your meetings!** And from now on, please use this mailing address:

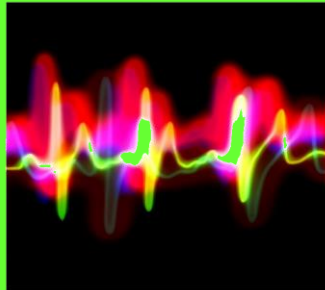
World Service Office  
PO Box 44727  
Rio Rancho, NM 87174-4727

Hoping to connect to another OAer? ☎ = a potential phone sponsor, 😊 = a willing ear, and 💻 = an email contact! Hooray for outreach!

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
Wendy K.	💻	n/a	wenknok@gmail.com	Whenever

“If you can’t think of anything to be thankful for, take your pulse.”

- Overheard at an OA meeting



### From the WSO’s September News Bulletin:

“Our website is the ‘front door’ for the still-suffering compulsive eater, so delivering clear, understandable information about OA is a priority. With that in mind, the Board of Trustees Strategic Plan Committee has added an **important new web page**. *What Is OA About?* offers concise information about OA and how a newcomer can decide whether they belong and how they can find recovery in OA.

For longtime OA members, *What Is OA About?* can also serve as a **public information resource** when carrying the message, so check it out!”





# 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](http://oaRegion7.org).

Do you have a contribution for Lifeline Magazine? Send your story to [info@oa.org](mailto:info@oa.org) with the subject "Lifeline." See Writers' Guidelines at [https://oa.org/files/pdf/Lifeline\\_Writers\\_Guidelines\\_2018.pdf](https://oa.org/files/pdf/Lifeline_Writers_Guidelines_2018.pdf).

This month's deadline for submissions is October 15<sup>th</sup>. Some suggested topics include Unity Day, which we'll celebrate February 24, 2019 at 11:30 local time: How has unity in OA or Tradition One boosted your recovery? How does placing principles before personalities support OA unity?

Lifeline information is published monthly in the WSO News Bulletin. If you'd like to sign up to receive news from the WSO via email, go to <https://oa.org/faq/> and scroll down to News Bulletin Signup on the lower right of the page.



## Sad News



Barbara A. died on Saturday, September 22nd. Visitation will be on Saturday, October 6th from 10:00 to 12:00 (with a service starting at 11:00) at Galzerano Funeral Home, 9304 Old Bustleton Avenue, Philadelphia, PA 19115. For rides, information about where to send a card, or questions, please contact Cindy at 267-241-3843.

Barbara was a long-time volunteer on AWARE's phone sponsor list. We'll miss her steady, willing presence in these pages every month.

**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-phila.org](mailto:aware@oa-phila.org) or [northword99@gmail.com](mailto:northword99@gmail.com). Thankee!

**PAIG meetings** are held on the 1st Wednesday of each month at the 1st Presbyterian Church of Warminster. **The next PAIG meeting will be held on Wednesday, November 7th @ 7:30 pm. (PI/PO Committee meeting at 7 pm.)**

**PAIG reps:** check your messages on the PAIG Google Group to be alerted to any changes. To be added to the Google Group, please go to <http://groups.google.com/group/paig-oa>.