

October

AWARE!

2019

Philadelphia Area Intergroup | Overeaters Anonymous®

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

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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

Awareness, Acceptance & Action!

The theme for this past weekend's PAIG retreat was *Awareness, Acceptance & Action*. Attendees were encouraged to share insights they'd gained at the retreat about all of those things. In a three-part series, *AWARE!* will share those insights with our readers. October's list pertains to Awareness:

- I have, and I am, everything I need with my program and my HP in my pocket.
- Transitions take time.
- Identify behaviors that will compromise my abstinence
- To define my abstinence beyond my binge foods
- Setting the table with your Higher Power. You do not have to eat alone.
- I did not realize that my rage was gone either.
- I do touch people in their lives.
- As I work on myself, I see more clearly where I was at fault and can move on.
- Body image is a mental issue. It needs a spiritual solution.
- I am still (or maybe newly) teachable. Gratitude is important.
- Retreats and the subsequent return home used to be such a high and low for me. Today they are both right in the middle--neither too high nor too low, just like the rest of my serene life!
- I am really aware that I am powerless over food.
- In the acceptance workshop, I heard that the Serenity Prayer doesn't say, "My name" grant me the serenity--it says, "G-d" grant me the serenity. This allows me to release my problem over to my HP and then let it go.
- Courage was mentioned with faith. I have put both down in my journal when releasing fear and replacing it with faith AND courage. I was happy to be reminded of that.
- It can take time to realize if I qualify for OA.
- Just as the disease is progressive, so is the recovery.

Continued on 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.

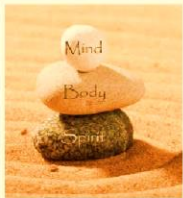


What's Hot!



Awareness, continued from page 1:

- I still have body image issues.
- I am so grateful for the morning yoga class. It helped me create a body awareness that kept me centered throughout the retreat.
- I am aware that this program has given me a much better life and freedom.
- Turning my will and my life over to God involves turning my loved ones over too.
- There is a place for me here. Even though I am unique, I am also a part of...
- I am not aware that I have been living in fear...for so much of my life.
- That perfectionism lies behind part of my issues at work.
- I want to lose weight. Someone tell me how! While I eat!
- I am NOT alone.
- Assess my feelings during the moment to become more mindful of them
- I really need to move forward to a more positive environment.
- I can barely believe some of the things I have said or done -- and even some of the things that I thought. It kind of feels like a whole new language to me. Feelings to me seem foreign at times. I don't know them--I don't want to experience them--and I want to avoid them! I am becoming aware that I DO NOT want to ever acknowledge them. I am aware that I want to numb out. I am aware that I have to ask for what I want or need. As hard and scary as that is, I am aware that I have a lot of hurt and pain that I need to feel to heal. I am aware that HP is always there, and I am the one who needs to open my eyes and ears to figure out what he is trying to communicate to me. I am aware that other people or things can be my HP's way of speaking to me. I am aware that I really do love to be with people and talk to them.



Mindfulness & Meditation Workshop

Covenant Presbyterian Church
400 Lancaster Avenue
Malvern, PA 19355

Saturday, October 26, 2019
Registration: 8:30
Workshop: 9:00-noon

Suggested Donation: \$5.00 (or whatever you feel comfortable with)

Sponsored by Brandywine Intergroup (BIG) and Friday North Coventry Meeting

1. Learn to step away from stress to deepen your recovery.
2. Hear how fellow OAs incorporate mindfulness and/or meditation.
3. Experience being mindful.
4. Participate in a guided meditation.

Call or text Ann T. with questions at 610-405-9423

Hope you can join us!!

See more
workshop
news on
page 3!

Overeaters Anonymous Workshop "GRATITUDE"

THURSDAY, NOVEMBER 28, 2019 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
7th Tradition

HOSTED BY FELLOWSHIP OF HOPE GROUP

West Swamp Mennonite Church
2501 Allentown Road
Quakertown, PA 18951

Easy access off PA Trpk I-476,
Q'town Exit 44. Questions?
Call Dianne F. (215) 882-2122



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 Workshop
Hosted by Sunrise Serenity Meeting

Enjoying the Holidays In Recovery




Sunday, 10/27, 7:30-9 am
1100 Cathedral Rd.
Bryn Athyn, PA

We will have a speaker, literature, and an interactive activity!
For information, call: Bill A. at 215-287-9013

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W
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Have you taken a gander at September's WSO Newsletter yet? Lotsa great stuff, including a reminder to update the definitions of *abstinence* and *recovery* in our meeting formats. Go to <https://mailchi.mp/oa/news-from-the-wso-3079171?e=806aca6f6b> for more information!

Don't forget that IDEA Day will be observed world-wide on November 16th and 17th. How will your meeting observe the International Day of Experiencing Abstinence? A joint workshop by PAIG and the Brandywine Intergroup is in the works. Look for details in November's AWARE!



Check out OA's Statement on Public and Social Media, approved at this year's World Service Business Conference!

"While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2019 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

"Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous are responsible for maintaining their anonymity and respecting the anonymity of other OA members. When attending an OA meeting, whether face-to-face or virtual, members are encouraged to seek appropriate means to protect their own anonymity and that of fellow members.

"All registered virtual meetings shall inform members that their anonymity is not fully protected when attending a virtual meeting.

"Find options for protecting anonymity at Guidelines for Anonymity in the Digital World."

Find Guidelines for Anonymity at oa.org/documents under "Guidelines."

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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 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!

Hello, all! After three years'
service as editor of the
AWARE! Newsletter, I am
stepping down. A new editor
will take my place, and I'll let
her introduce herself in the
next issue.

I have gotten such a kick out of
editing the AWARE! The
service strengthened my
recovery, the work itself was
fulfilling, and getting to meet
scads of my fellows during my
tenure was an added bonus.

As is true for many of us, OA
saved my life. It continues to
do so daily. That said, I'm
stepping down because after
three years, it's time; but also
because I realized that I'd
gotten complacent. I'd taken
back my control. Both choices
had predictable results: my
abstinence took a hit.

So I'm going to reevaluate,
adjust my program
accordingly, and put my
recovery first. I do so with a
hopeful heart and a renewed
connection, both to my
program and to my Higher
Power.

Life is good. Abstinence is a
gift. Thanks for being part of
my journey! As always, I'll see
you in the rooms.

- Chris N.



Philadelphia Area Intergroup

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* Public Information / Professional Outreach

Overheard Recovery:



"Came for the vanity; stayed for
the sanity."

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on Wednesday, November 6th, 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."