

October 2020

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



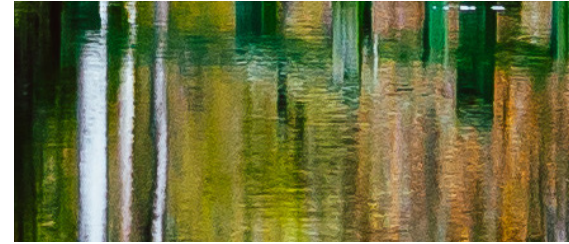
Spiritual Awakening & Step 10

As I sit here about to write for the newsletter, I am aware of the intersection between a spiritual awakening (the result of working the 12 Steps) and Step 10 (continuing to take personal inventory and setting right any new mistakes). In recovery I have been blessed with many spiritual experiences (as described in Appendix II on p. 567 of the Big Book). I actually had many spiritual experiences before recovery, however due to the food fog I was never able to appreciate them fully. Today I have spiritual experiences daily. Each time I am aware of my relationship to my Higher Power, I have the opportunity for a spiritual experience.

Before working through each of the 12 Steps, as laid out in the Big Book with a sponsor, my own human frailties blocked me from the full understanding of my perfect creation. I acted self-absorbed, proud, self-righteous, judgmental, fearful, vain, impatient, greedy, anxious, dishonest, angry, self-pitying, disrespectful, defiant, self-reliant, had low self esteem and suffered from “moreness” (the disease of more) and self-doubt (to name a few). Today I know that each of these attitudes and my behaviors stemmed from faulty thinking. Today I know that I am a beautiful child of God, perfectly created to be imperfect. This awareness came as I worked through the 12 Steps (and each Step brought its own awarenesses and freedoms). [\[con't page 4\]](#)



Our Monthly Newsletter

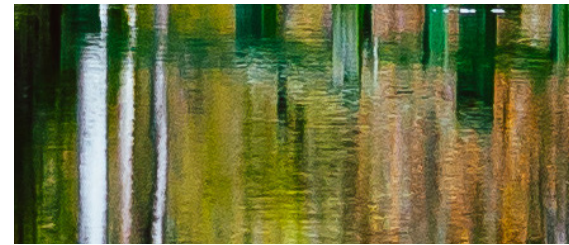


STEP TEN

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

Spiritual Principle:

Perseverance



TRADITION TEN

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

Spiritual Principle:

Neutrality

PAIG

P.O. Box 23
Southampton, PA 18966

Call or Text

215-385-3076

Contact the Chair

chair@oa-phila.org

Visit Our Website

oa-phila.org



"Willingness is the key."

Upcoming Events



Region 7 of Overeaters Anonymous

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

HEARD AT THE RETREAT

A compilation of tidbits of wisdom heard at the PAIG Retreat held virtually September 25-27, 2020

"When I eat mindfully my food tastes better."

"The service I do in program expands my spiritual life."

"Quality food equals a quality life."

"TAKING BACK CONTROL OF FOOD IS A SPIRITUAL BREAK WITH HP."

"You might be a compulsive overeater if you bark and growl when someone attempts to eat your food."

"Feelings masquerade as hunger."

"Who would I be if I wasn't someone who struggled with having a positive body image?"

"Every day I thank HP for my second chance at life."

Heard at the Retreat

A compilation of tidbits of wisdom heard at the PAIG Retreat held virtually September 25-27, 2020

"Making a commitment to having a food plan is admitting powerlessness."

"I have faith that there will be no challenge I cannot meet if I follow the steps of OA and build a strong spiritual connection with my HP."

"Buying or making foods for others that they may like but that I cannot eat is a compulsive food behavior."

"OA is a realignment of my external and internal selves."

"Change, 'God why did you do this to me?' To, 'Why did you do this for me?'"

"I can not be in charge of deciding what to eat in the moment - because I have a disease. A disease that will exploit any weak spots including indecision or gray areas. Not committing them allows room for my disease to do the committing even if I'm decisive in what foods I know should be on my food plan."

"Food is not my real problem. The real problem is between my ears."

"Each day I need a 'to be' plan not a 'to do' plan."

"Mindful eating is just good manners."

**"At its simplest, OA is a 2-step program:
Step 1: put down the food.
Step 2: change (by working the steps)."**

"As with quantum measurements I can only measure or predict the nature of my HP until a certain point. As my life evolves and I encounter new challenges the strength I'm granted and the love felt from my HP will evolve and change as well. I cannot predict what new experiences life brings and will need a HP that will help me deal with them all. How then can I say my HP is this or that exactly?"

"NEGATIVE THOUGHTS ARE A WAY OF MY MIND TRYING TO PROTECT MYSELF FROM SOMETHING."

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 10/21/20.



Relief filled my heart

[con't from page 1]

I know that each time I think or act in a way that is inconsistent with the Truth of who I am I block myself off from the Sunlight of the Spirit.

Step 10 allows me to grow in understanding and effectiveness. I never want to be where I was before my spiritual awakening (feeling and thinking that I was separate from God; that God did not care about every part of me). So, I start each day with prayer & meditation (Step 11) and pray continuously through the day. I check in with myself and with God throughout the day (Step 10) and ask if I am behaving selfish, dishonest, resentful or afraid? Whether I am acting loving and kind toward all?

Making conscious contact with God reminds me of the benefits of working Step 10, makes it easier for me to act from my true nature (as a loving channel of God's love) and allows me many opportunities to have spiritual experiences daily.

I am grateful for a beautiful way of life that works!

- Atiya., Raleigh, NC, USA.

Reprinted from Triangle OA Recovery News, October 2009, pg 5.

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:	Andrea B.	215-756-6246
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:	Dianne F.	215-882-2122

WORLD SERVICE DELEGATES

Delegate A:	Vacant
Delegate B:	Vacant

PAIG MEETINGS

Held the 1st Wednesday of each month.

Next PAIG Meeting:

November 4th, 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

Heard at the Retreat

A compilation of tidbits of wisdom heard at the PAIG Retreat held virtually September 25-27, 2020

OA OA Song Lyrics

OA OA It's the only way
 OA OA How did you eat today?
 OA OA Red foods, Yellow foods,
 Green foods too
 All you have to do is use the 9 Tools!

OA OA Vanity
 OA OA Program of We
 OA OA Abstinence
 OA OA Meetings don't you miss
 OA OA The Big Book
 OA OA It will change your looks

OA OA has gone to Zoom
 OA OA We have many more rooms
 OA OA Serenity Prayer
 OA OA Unmute and say it together

OA OA It's Fun Night
 OA OA Don't take that trigger bite
 OA OA Higher Power
 OA OA Meetings are one hour

OA OA Thank you Bill
 OA OA Never a diet pill
 OA OA Earn a Chip
 OA OA Try not to Slip!

OA OA The 12 Steps
 OA OA Try them it helps
 OA OA Give some service
 OA OA Don't be nervous

OA OA Keep Coming Back
 OA OA Plan of Action keeps you on track
 OA OA Earn a Chip
 OA OA Try not to Slip!

OA OA Recovery
 OA OA Good for You and Me
 OA OA Experience, Strength, Hope
 OA OA Don't miss the boat!

OA OA Keep Coming Back
 OA OA Sponsors keep you on track
 OA OA PAIG
 OA OA How you like Femi?

OA OA
 OA OA
 OA OA
 OA OA Glad you're here today!

*By Femi
 The Florida Keys*

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 over-eating. 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.