

September

2020



# AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

Call or Text: 215-385-3076 | PO Box 23, Southampton, PA 18966  
[oa-phila.org](http://oa-phila.org) | [oaregion7.org](http://oaregion7.org) | [oa.org](http://oa.org) | [chair@oa-phila.org](mailto:chair@oa-phila.org)

## Step 9:

**Made direct amends to such people wherever possible except when to do so would injure them or others.**

### Spiritual Principle:

LOVE



## Tradition 9:

**OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**

### Spiritual Principle:

STRUCTURE

## Wanted: Patient Higher Power

The addict in me wants a loving, kind, forgiving Higher Power who will make my problems disappear with no effort on my part. I want every wish granted and every desire fulfilled. I want to keep all my bad habits and character defects because it is too hard to change; I just don't want the consequences from those old behaviors.

I want a Higher Power who will release me from obligations; absolve me of responsibilities; and keep me safe, healthy, and happy. I want an enabler. I deluded myself into believing that drugs and unhealthy relationships would do that for me. They were my Higher Power, my gods.

The healthy person I am discovering in myself wants lots of help. I need a Higher Power who is patient and understanding while I put back together the pieces of my spiritual, emotional, and physical life. To do that, I need guidance and a wise teacher. I need a Higher Power to hold me accountable but give me strength to handle the consequences of my poor decisions and old behaviors I am still working to get rid of. I need a Higher Power who will help me see through my own delusions, misconceptions, and fantasies. I need a Higher Power to help me see my character defects and self-defeating behaviors and show me how to overcome them. I need a Higher Power who will occasionally give me a wake-up call when I'm not paying attention to his guidance. I need a Higher Power who will show me how to be responsible by leading me to the right people and resources for growth, who will guide my never-ending search for the best me I can be.

Cont. 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.



# In the Zoom Rooms!

I need a Higher Power with balance so that I may learn balance. I need a Higher Power who knows how much pain and discomfort I can take, how to teach me what I resist learning and how to make me grow up and be useful to others.

I need a Higher Power who will help me discover and use the gifts he has given me and teach me to love others and myself as he loves us. I need a Higher Power who gives me what I need, not what I want, when I am not wallowing in self-pity and am willing to listen and turn my life and will over to him.

- D.B., Dracut, Massachusetts, USA,  
Reprinted from Lifeline, page 24 Taking the Spiritual Path  
September/October 2006, Recovering from Relapse, Twelfth Step Within and Making Amends, © OA, 2006

The  
**POWER** of  
SURRENDER

*What do you want to surrender?  
Food? Fear? Control?  
Write an action plan to support you in your journey.*

**Meeting LINK:**  
<https://us02web.zoom.us/j/84464021896>

**Meeting ID: 844 6402 1896**  
One tap mobile  
+16465588656,84464021896# US (New York)  
+13017158592,84464021896# US (Germantown)

**DIAL BY YOUR LOCATION**  
+1 646 558 8656 US (New York)  
+1 301 715 8592 US (Germantown)  
+1 312 626 6799 US (Chicago)  
+1 669 900 9128 US (San Jose)  
+1 253 215 8782 US (Tacoma)  
+1 346 248 7799 US (Houston)  
Find your local number: <https://us02web.zoom.us/j/kcvs1Z1ye>

**2 INSPIRATIONAL OUT OF AREA SPEAKERS**  
SPONSORED BY NJIOA  
**9 . 1 3 . 2 0 2 0**  
Sunday | 2PM - 4:30 PM EST  
For further information call Fran | 973-975-5607

recovery inspiring shared experiences

Our mission is to provide inspiring speaker meetings of depth and authenticity while supporting World Service through financial contributions.

**Upcoming Speaker Topics:**

JULY 19	"The Twelve Steps from the AA Big Book"	AUG 2	"Fat Serenity?"
AUG 16	"There are no musts... but are there?"	SEPT 6	"Life on Life's Terms"

**1-4 p.m. PDT**

**Contact Us:**

Website Link:

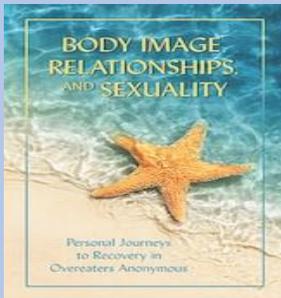
Zoom Meeting ID: 947 2125 9974 Password: 810562 Email us at [info@oarise.org](mailto:info@oarise.org)

**Hoping to connect to another OA'er?**

**☎ = a potential phone sponsor, 😊 = a willing ear, and 📧 = an email contact!**

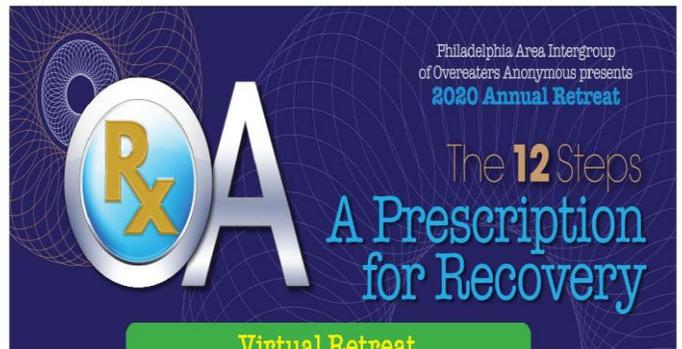
Name	Service	Phone	Email	When?
Judy R.	☎+😊	215-603-1854	n/a	11am - 8 pm, Tu. - Sun.
Kate V.	☎+😊+📧	215-350-4443	kvalessky73@comcast.net	Whenever
Celeste S.	📧	n/a	celeste.schor@gmail.com	Whenever
Sue	📧	n/a	Sac123058@comcast.net	Whenever
Jeff S.	☎📧	609-610-6193	stoolmanjackson@yahoo.com	10am - 9pm
Carolyn L.	☎+😊+📧	302-379-6373	carolyn.lecomte@gmail.com	Whenever

**NEW BOOK! Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous**



OA's newest book – Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous – is a first-of-its-kind collection of member stories about how our disease can be deeply intertwined with the most intimate parts of our lives – our deeply held traumas, personal relationships, and changing identities. In this book, OA members share openly and honestly about their journeys, from unfulfilled – even shattered – existences to lives overflowing with the acceptance, freedom, and serenity found by working and living OA's Twelve Step program of recovery. Find [Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous](#) (#950/ #951 box of 25) in the OA [bookstore.](#), reprinted from OA.org, 2020

**REGISTRATION CLOSES SEPTEMBER 23 at 6:00pm EST. Click anywhere within this box to be taken to the online registration link!**



**Virtual Retreat**  
**September 25-27, 2020**  
 Event begins Friday, 6pm, EST

**Get your dose of recovery, while you Zoom from your own room!**

**KEYNOTE SPEAKERS • SPEAKER PANEL • BREAKOUT WORKSHOPS  
 TALENT SHOW • FASHION SHOW • FELLOWSHIP**

**Register Here\***

Registration is open and ONLINE this year.\*  
 You must pre-register to participate in the retreat.  
 A moderate 7th Tradition donation is requested. Details can be found on the registration page.  
 If you can not afford the 7th Tradition donation, please email the retreat treasurer at PAIGRetreatTreasurer@gmail.com.

**NOTE: Zoom meeting access information will be emailed to registrants 2-3 days before the retreat begins.**

**Schedule\*\***

*In an effort to ensure a smoothly-run Retreat, prompt log-in and attendance is requested for all events.*

Friday: 6pm-9pm	Saturday: 9am-9pm	Sunday: 9am-12:30pm
<ul style="list-style-type: none"> <li>• Special Zoom Attendee Onboarding Session</li> <li>• Opening Remarks &amp; Housekeeping</li> <li>• Opening Speaker &amp; Open Sharing</li> <li>• Newcomers OA Meeting</li> </ul>	<ul style="list-style-type: none"> <li>• Four workshop tracks will be offered – Spiritual, Emotional, Physical, and Engagement.</li> <li>• Main Keynote</li> <li>• Lunch &amp; Dinner Breaks</li> <li>• Talent, Fashion Show, Skit</li> </ul>	<ul style="list-style-type: none"> <li>• One Workshop</li> <li>• Speaker Panel &amp; Open Sharing</li> <li>• Closing Ceremony</li> </ul>

\* If the link above does not work, please enter <https://oa-phil.org/palg-retreat-2020/> in your web browser.  
 \*\* Details may change. A current detailed schedule can be found online at: <https://oa-phil.org/palg-retreat-2020/>

## Group Donation Station

## IN SERVICE



### Philadelphia Area Intergroup

- |            |                                     |
|------------|-------------------------------------|
| Mary T.    | Chairperson<br>215-805-1731         |
| Rob L      | Vice-chairperson<br>267-264-9544    |
| Maureen L. | Recording Secretary<br>267-544-9049 |
| Mark L.    | Treasurer<br>267-247-2349           |
| Amy L.     | AWARE! Editor<br>215-512-8871       |
| Phil S.    | Printer Dude<br>267-397-0977        |
| Andrea B.  | Retreat Chair<br>215-756-6246       |
| Sheryl K.  | Phone/Text<br>215-990-4498          |
| Shari B.   | Webmaster(ess)<br>310-880-4750      |
| Dianne F.  | Region 7 Rep<br>215-882-2122        |
| Shari B.   | 3Region 7 Rep<br>310-880-4750       |
| Rob L.     | PI/PO*<br>267-264-9544              |
| Jennica N. | Speaker List<br>215-550-1491        |

\* Public Information / Professional Outreach

**SERVICE**

Available PI/PO,  
Positions: Webmaster,  
Region 7 Rep &  
World Service Rep

10% to Region 7,  
Via U.S. Mail, please email:  
[treasurer@oaregion7.org](mailto:treasurer@oaregion7.org) for  
mailing address  
or electronically at  
<http://oaregion7.org/>. On the  
right side, 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. PayPal:  
[treasurer@oa.phila.org](mailto:treasurer@oa.phila.org)

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**Please send submissions to:**  
Amy L. [aware@oa-phila.org](mailto:aware@oa-phila.org) by  
9/23/20. Thanks!

**In Gratitude from your Editor**  
  
It has been such a pleasure to edit  
the AWARE! and be part of PAIG  
during this past year!

However, it is time for me to step  
down. I chose the front cover  
article this month because it  
really spoke to me and where I  
am today, as I have been  
struggling with food once again.

This disease really is cunning,  
baffling, and powerful, but I have  
hope. I have my Higher Power,  
this program and all of you. I am  
making my health and my  
abstinence my priority. You will  
still see me in the rooms, as I will  
keep coming back!

I have learned and grown so  
much through being a part of  
PAIG and I am grateful to have  
been given this opportunity!

Thank you to Amy L. who has  
stepped up to be our new  
AWARE editor! She will be  
taking over for October 2020.

Thank you all for the outpouring  
of love and support you have  
shown me! Together we can do  
what we could never do alone!

I look forward to "seeing" you at  
the virtual retreat! Angela C.

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on Weds, Oct. 7th, 7:15 pm Upper Moreland Library, 100 Park Ave., Willow Grove, PA 19090 or on Zoom.**

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](http://oa-phila.org) and enter your email address in the box under "Join Our Email Loop."