

September

# AWARE!

2019

Philadelphia Area Intergroup | Overeaters Anonymous®

Call: 215-589-6261 | 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

## Imagine If

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

Tradition Nine is kind of buried, and it seems like one of those boring maxims about how we set up shop. Yeah, yeah, so we can have an intergroup and world service, isn't that special . . . who wouldn't have thought of that?

But imagine if the opposite were true. Imagine if Tradition Nine said, "OA ought to be highly structured and hierarchical. Every local group's mission is to serve the greater good as determined by OA's leadership." Imagine the clawing and ladder-climbing that would ensue as we control-freak OA members tried to manage our way up the hierarchy, all so we could show everyone the right way to run the program. Imagine the hurt and resentment, the bitter power struggles, the rebellions, factionalism, and anger. OA would last about as long as a polar bear in the Amazon – if we were lucky.

As it is now, Tradition Nine gives us guidance about how to get things done locally and more broadly. We form service bodies that report to those they serve. That's right, in OA, the intergroup is not the boss! The intergroup is a collection of (hopefully) humble servants who act on behalf of their local meetings to carry the message in the broader community.



OA works because it's not organized. There are no stars or VIPs that rise through a power structure to tell us all what to do. But being "not organized" isn't the same as being "disorganized." Tradition Nine facilitates getting the work of OA done without dissolving into chaos.

-Reprinted from Lifeline Magazine, 9/1/18, © OA, 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 Happening!



## New Meeting Time in Newtown!



As of Monday, August 5, the Monday Newtown Friends Group has changed its meeting start time from 8:00 p.m. to 7:30 p.m.

The group is now meeting on Mondays from 7:30 to 8:30 p.m. at the Newtown Friends Meetinghouse, 219 Court St., Newtown, PA.

This is a literature meeting in which members read the Step of the corresponding month on the first Monday and read other OA literature on the following Mondays. There is also time for sharing during and after the readings. Please join us!

For more information, contact Ida D. at idabug4nt@comcast.net or 215-932-6028.

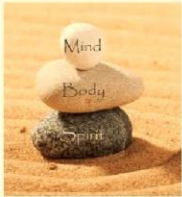
## WSO's 7<sup>th</sup> Tradition News!



"In March 2019, the Board of Trustees voted to increase the suggested meeting contribution to US \$5. This decision was made to account for inflation and OA's increased reliance on oa.org, social media tools, and other information technology to carry worldwide our message of recovery through OA's Twelve Steps. Today, the Seventh Tradition of OA pamphlet has been updated to include the US \$5 suggested contribution."

Download a PDF of the new 7<sup>th</sup> Tradition pamphlet at:

<https://oa.org/files/pdf/SeventhTraditionPamphlet.pdf> or contact the WSO for assistance in updating your translated version.



## 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!!

## WANT TO LEARN MORE ABOUT OA SPONSORSHIP?

Are you a Sponsor or Sponsee? Do you want to be BUT something is holding you back?

There are common questions and fears that everyone has about Sponsorship!



Join us for a Workshop to answer your questions and debunk our common fears about OA Sponsorship!

All are welcome!

Thursday, September 12<sup>th</sup>  
7:00 – 9:00 PM  
(7:00 – 7:20 Fellowship)

Palmer Moravian Church  
2901 John St., Easton, PA

Fellowship  
Speakers

Q&A and Sharing  
Water will be available!

Hosted by OA Penn Jersey Intergroup

### 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

**Sunday 7:15 A.M.**  
**Overeaters Anonymous Meeting in Colmar**

permanent change in meeting location starting




**September 1, 2019**

Meetings will be held at  
**Abington - Lansdale Hospital**  
**100 Medical Campus Drive**  
**Lansdale, PA 19446**




Go to main entrance, walk to the end of the hall, turn left to go to elevators. Take elevator to Lower Level (LL). Follow the brown stripe on the floor to Classroom C on the Lower Level

Contact: Joe B. 484-624-7739

\*\*\*All are welcome\*\*\*

### A Tisket, a Tasket...

Hello, all! See below for details about this year's PAIG Retreat! It's not too late to sign up!








In the meantime, please remember that items are raffled off at each year's retreat to raise money for the next year's scholarship fund. You or your meeting can donate a gift basket full of smaller items, or a single, larger item to be raffled separately. Suggestions include: • Gift Cards • Gift Certificates • New Program Books and Literature • Any New Appliances • New Spiritual Items.

Please consider our diverse fellowship when considering options.

Questions? Contact Retreat Chair, Trish M., at 215-355-8807 or [Trixie28@comcast.net](mailto:Trixie28@comcast.net).

### Have you signed up for this year's PAIG retreat yet?

Find recovery, serenity, support, laughter, abstinent food and total immersion into OA during a weekend's stay on Malvern's beautiful grounds September 27<sup>th</sup> through 29<sup>th</sup>! There are plenty of spots still open! Many folks find their abstinence at the annual retreat and they're glad they came.

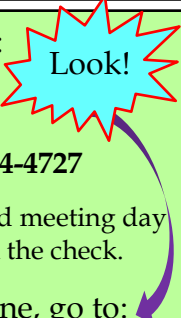
To access an application online, go to <http://oa-phila.org/pdfs/2019-Retreat-Registration-Form.pdf> and print your copy!

### 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  
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but by the individuals who wrote  
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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!

### SPOTLIGHT ON SERVICE!

If you weren't able to attend  
August's Sponsorship Workshop,  
there's another this month in  
Easton, PA on September 12<sup>th</sup>. See  
page 2 for details!

But sponsorship isn't the only  
way in which we OAers help one  
another. Have you ever received  
an outreach call or text as just the  
right moment? Or a hug? Or an  
offer to go for coffee? Those sorts  
of kind gestures can go a long  
way in helping to aid someone's  
recovery.

Anne Lamott says, "Help is the  
sunny side of control." Ah, yes!  
Most of us have been the recipient  
(or giver) of the sort of help she  
refers to. So then what?

September 2<sup>nd</sup>'s *For Today* reading  
suggests, in part, that, "Help is  
not telling another what to do, or  
even suggesting it. Help is being  
there for someone; to share  
experience, to lend support, to do  
what needs to be done when a  
friend's burden becomes  
crippling. I need the awareness to  
keep my ego, my advice, my good  
intentions out of another's life,  
even though they appear in the  
guise of help. If I want to help  
other develop their own strengths  
and realize their full potential, I  
cannot do it by telling them what  
to do...**For Today:** I am an  
instrument of my Higher Power. I  
carry the message, but I do not  
interfere with it."

-For Today, p. 246, © OA, Inc.



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215-805-1731
- Nancy J. Region 7 Rep  
215-262-8539
- Dianne F. Region 7 Rep  
215-882-2122
- Available PI/PO\*

\* Public Information/ Professional Outreach

### *Overheard Recovery:*



"Humankind: Be both."

PAIG meetings are held on the 1st Wednesday of each month. **The next PAIG meeting will be held on Wednesday, October 2, 7:30 pm at 1<sup>st</sup> 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-phila.org](http://oa-phila.org) and enter your email address in the box under "Join Our Email Loop."