

February 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous

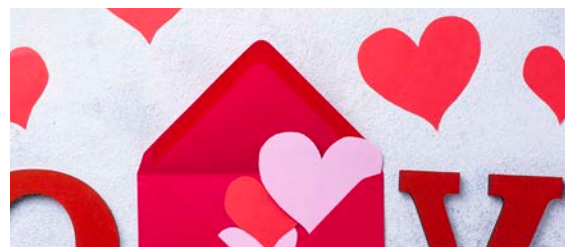


The Process of Believing

What did I come here for? I came for relief from self torturing eating behaviors that I can't seem to control any more. Compulsive eating that embarrassed me; that I feel guilty, stupid, and remorseful about later, or else guilty, stupid, and remorseful while doing. Then of course there's the familiar pit of emotions and rationalizations before I do it, ending with me doing it anyway (cue guilty, stupid, remorseful). Okay, admitted that I was/we were powerless over food - that it had made my life/our lives unmanageable.

So now what? Came to believe? I don't know about believing. Believing sounds so definite, so convinced. I feel shaky, unsure, doubtful.

[con't page 4]

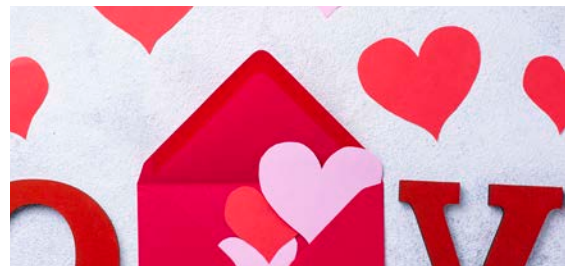


STEP TWO

Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle:

Hope



TRADITION TWO

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle:

Trust

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

"The willingness to act on faith is the key."

Upcoming Events

Click each image to enlarge fliers

BODY IMAGE, RELATIONSHIPS, AND SEXUALITY
SUNDAY, FEBRUARY 7, 2021 FROM 2-4PM EST

[https://zoom.us/j/3477212196?](https://zoom.us/j/3477212196?pwd=aVZld2hKVlRwOphDVG01Z3NXZlhxOz09)
[pwd=aVZld2hKVlRwOphDVG01Z3NXZlhxOz09](https://zoom.us/j/3477212196?pwd=aVZld2hKVlRwOphDVG01Z3NXZlhxOz09)
Meeting ID: 347 721 2196 Passcode: 724462

READING SELECTIONS FROM OA'S NEW BOOK AND OPEN SHARING

MAY INCLUDE ADULT CONTENT 18+

Order a hardcopy @ <https://bookstore.aa.org>
or
Kindle/ebook version @ [amazon.com](https://www.amazon.com)

Questions? Angela C. 215-704-9718

***HOSTED BY PHILADELPHIA AREA INTERGROUP (PAIG)**

BODY IMAGE, RELATIONSHIPS, AND SEXUALITY

Personal Journeys to Recovery in Overeaters Anonymous

Roxborough Saturday is 32!!!
Join us for a Work-playshop!

Bloom Where You're Planted: Living Life on Life's Bloomin' Terms

March 20, 2021
10:00 am - 12:00 pm

Featuring a speaker, activities and music! Have pen, paper and markers handy! And a cherished object!

Zoom Link:
<https://us02web.zoom.us/j/85721773499>
Meeting ID: 857 2177 3499
Password: recovery

Or dial in: (646) 558-8656#.
Meeting ID: 857 2177 3499#. For participant ID, enter #. Passcode: 36845472#.

Questions? Call Lynn 610-620-3411.

Woohoo!

Shake it!

Upcoming Events

Region 7 Assembly

When: March 19-21, 2021

Where: Virtual via Zoom

Info: All are welcome. Register here: <https://oaregion7.org/events/2021-region-7-spring-assembly/>

World Service Business Conference

When: April 21-24, 2021

Where: Albuquerque, NM

Info: <https://oa.org/world-service-business-conference/>

Click each image to enlarge fliers



About OA

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.

The Process of Believing

[con't from page 1]

What if I came to just check out this “Power greater than ourselves.” Like, hey new power, show me what you got - can you show me what “sanity” might look like, might feel like? I know that I’m tired of my way. My way with food had me beaten, defeated, stuck. So okay I admit I’m kind of desperate to experience a way out. But I still don’t know what to believe.

What if I’m just curious, just open minded, what might I discover? Maybe I don’t have to determine my beliefs, but just explore what is possible outside my old ideas about will power and control. What if I open my eyes and ears to see and hear what OA and the Steps have done for people like me.

What if coming to believe is more like a process, unfolding as I’m ready for it. Not something I have to force. And maybe believing can be shaky, unsure, doubtful. Not all perfectly immaculately steady and sure. I know in OA we say, one day at a time. Maybe I can just come to look and ask just for today, and that’s okay for today.

- Stephen L.



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:	Stephen L.	215-232-1216
PI/PO:	Vacant	
Web:	Shari B.	310-880-4750
Aware:	Amy L.	215-512-8871
Phone/Text:	Sheryl K.	215-990-4498
Speaker List:	Anita L.	215-262-5906
Printer:	Phil S.	267-397-0977

REGION REPRESENTATIVES

Rep A:	Shari B.	310-880-4750
Rep B:	Rob L.	267-264-9544
Rep C:	Stephen L.	215-232-1216

WORLD SERVICE DELEGATES

Delegate A:	Rob L.	267-264-9544
Delegate B:	Vacant	

PAIG MEETINGS

Held the 1st Wednesday of each month.

Next PAIG Meeting:

March 3, 2021
7:15 pm
Zoom Meeting

Email Loop

All PAIG info is sent via our Google email group. To join, email paig-oa@googlegroups.com

The Key is Prayer

"Why was I even mildly surprised that the compulsion had hold of me again? I had stopped praying for only two days and there I was, unable to fill the hole in my stomach... back in that cave where I used to live ... But I had forgotten the key. The key is prayer. I unplugged the phone, shut my bedroom door, got down on my knees and opened my heart to God, 'How can I best serve you, not me?'. If I want to get well, I pray --- each day-- on my knees in a quiet space cleared for that purpose. Only then am I able to let go."

- Lifeline Sampler




This quote says it all! That's exactly what I have been doing - letting go of my quiet time in prayer on my knees -- and thwarting my intentions of abstinence. And the scary part is that it takes only **one day** of forgetfulness for this to happen. And then the subtle monkey takes hold of me. When am I going to learn? Today.

- Irene W., Jan 7, 2021

Podcast Corner

Now you can listen to OA recovery right from the Aware! Click on one of the links below to start listening to these prerecorded speakers.



-  **Overeaters Anonymous - Central Colorado**
Charlie: November 2020
-  **Overeaters Anonymous - Region Two**
Charting a New Course Into Action Goal Setting
-  **Overeaters Anonymous - Central Jersey**
Traditions One & Two

Group Contribution Info

Region 7 - 10%

US Mail:
Email treasurer@oaregion7.org for mailing address.

Electronic: <https://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: <https://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.

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 02/25/21