

April 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter



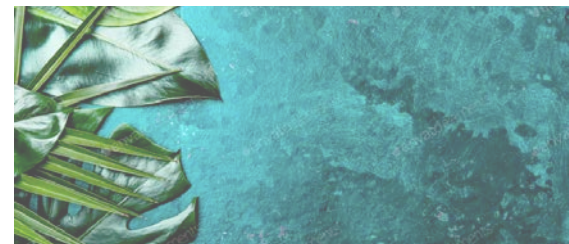
The Loudest Voice?

"Are we afraid that we won't be recognized or respected or loved? Do we fear that we won't get our share or that we won't be listened to?"

- *Twelve Steps and Traditions of Overeaters Anonymous*, page 35

Yes... to all of the above.

Growing up as the youngest of five - and then with a sixth who arrived much later - attention, affection, and most everything was in short supply or seemed so to me while growing up, and that carried over to adolescence and adulthood. I was the quiet one growing up so it felt at times as though I was overlooked. The only way to draw attention to myself was to act out, but I was such a good girl that acting out wasn't really an option. *[con't page 4]*



STEP FOUR

Made a searching and fearless inventory of ourselves.

Spiritual Principle:

Courage



TRADITION FOUR

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle:

Autonomy

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

"Half measures availed us nothing."



Upcoming Events

Click each image to enlarge fliers



***Working Through Shame in
OA Recovery***

Saturday, April 24, 2021
Noon-2:00 p.m. Eastern Standard Time

<https://us02web.zoom.us/j/87117177285?pwd=Sm5ZZDd0YUwRLOtk1bE5YdQVlUTU1QT09>

Meeting ID: 871 1717 7285
Passcode: 187124

If you prefer to join us by phone: +1 646 558 8656
Meeting ID: 871 1717 7285
Passcode: 187124

Find your local number: <https://us02web.zoom.us/j/87117177285?pwd=Sm5ZZDd0YUwRLOtk1bE5YdQVlUTU1QT09>

Sponsored by Brandywine Intergroup

Call or text your hosts with questions
Louisa (215-796-4323) or Ann T. (610-405-9423)

NJIOA Presents

My Body & Me

A Body Image Workshop

Three amazing Speakers from all around Region 7

Sunday, April 11th

2p-4p/ET

ZOOM LINK:
<https://us02web.zoom.us/j/89051131152?pwd=ScR8UEFHM01BU2dEZE09>

MEETING ID:
890 5113 1152

PASSCODE:
54832

DIAL IN NUMBER:
(929) 205-6099 (New York)

PASSCODE:
54832#

Suggested Donation \$5.00 if you cant pay don't stay away.
Send checks to NJIOA PO Box 827 Fairlawn, NJ 07410
Venmo or Zelle njioapay@gmail.com

For more information contact Maria G 201-314-1350 or Susan 201-960-1995 text or call.

Upcoming Events

World Service Business Conference

Theme: "Looking to the Future: One Day at a Time"

When: April 21-24, 2021

Where: Virtual via Zoom

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

Agenda Questionnaire Results: <https://oa.org/results-21.pdf>

Click each image to enlarge fliers

From Sea to Shining Sea:
A Special Workshop hosted by
The North Jersey & Los Angeles
Intergroups of Overeaters Anonymous

"How I Found God"
6 Speakers | Breakout Rooms | Q & A

Join us for an interactive virtual workshop to strengthen your relationship with God. Fellows from around the country will share their experience in making conscious contact with a higher power of their understanding.

SUNDAY, MAY 2ND 2021
10:00AM - 1:00PM PST
1:00PM - 4:00PM EST

Zoom Meeting ID: 923 5126 6518
Zoom Password: 748174

For more information visit
oalaig.org or njioa.org

**REGION 7
2021 CONVENTION**
*USS RECOVERY:
ALL ABOARD!*

**Nov
5-7,
2021**

To be held at:
Princess Royale Oceanfront Resort
91st Street Oceanfront
Ocean City, MD 21842

REGISTER NOW
oa.org/convention/2021/region-7-convention

Pre-registration until 11/30/20:	\$35
Earlybird Registration until 8/31/21:	\$45
Regular Registration until 10/31/21:	\$55
Late Registration until 11/02/21:	\$65

*Due to COVID-19, this is subject to change. We may hold the convention virtually again, but we won't know until the time gets closer.

Note: If we move to a virtual convention, we will lower the cost and issue refunds.

Contact Us For More Information
Committee Chair: [Contact Amy](#)
Registrar: [Contact Leslie](#)

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 Loudest Voice?

[con't from page 1]

Then when I did get noticed, it felt uncomfortable to me. I didn't know how to act when the spotlight shone on me, so I hid from it. When my developing body drew unwanted and uncomfortable notice, food and the accompanying weight were good places to hide. But being the good girl also meant pretending; pretending I was happy when I wasn't, pretending I was other than I really was, saying, "Yes" when I wanted to say, "NO!", doing things in public that I attempted to undo in private, displaying passive/aggressive tendencies, sneaking, hiding, not able to be honest and forthright; the price was too high, except that my self-esteem was non-existent. I felt myself to be a hypocrite, a liar, dishonest, and deceitful. But I didn't know how to be anything else - I had too much to hide.

"Perhaps we have not been able to trust because we haven't been trustworthy. **A willingness to be honest is essential to recovery in OA.**" (Emphasis added)
(*"The Twelve Steps and Twelve Traditions of Overeaters Anonymous"*, page 41.)

I don't like being honest, if it's admitting a fault or a failure or a shortcoming, I still want to appear perfect, still think I need to hide the parts of myself I find shameful. I am afraid that people will not like me if I am not perfect. I am also afraid that if I allow people to see the real me, they will "use it against me" at some point. Because that has happened in the past, I don't trust that it won't happen again.

[con't page 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:	Vacant	
PI/PO:	Vacant	
Web:	Shari B.	310-880-4750
Aware:	Amy L.	215-512-8871
Communications:	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:	Vacant	

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:

May 2, 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 Loudest Voice?

[con't from page 4]

There are times I don't want to admit to myself that I have acted in a way of which I am ashamed. I don't want to see my faults and failings because I go to the black and white thinking that "if I am a little bad, then I am all bad" - forgetting about any positive characteristics I might have - or telling myself that I don't have anything positive about me.

As I re-read these writings that I did in recent 4th Step Meetings, I see how much my disease tries to get me to believe negative things about myself. That's why it is so important for me to attend (and participate in) meetings, to read OA & AA literature, and to talk with other members, in addition to working the Steps. These actions are necessary to prevent my disease from being the loudest voice in my head.

- Gloria B
Central New Mexico Intergroup

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.



▶ Reflections: A Visit with OA's Founder, Rozanne S.

▶ Embracing Diversity with LGBTQIAAP

▶ Humor: The Light Side of Recovery, OA Broward Cty

▶ Diane K., 100 Pounder, Mill Creek Meeting

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-phil.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-phil.org by 04/27/21

Whose Program Are You Working?

A while back I had to sit back and really concentrate on this question. I had come to a place in my life and my program when everyone else's program appeared to be working better.

One particular person didn't feel the need to call in her food every day, so I thought that would be good for me. Another person read all the books and pamphlets and didn't go to meetings, so I started reading all the books and pamphlets to the exclusion of everything else, including meetings. Then I talked with someone else who told me they had turned it all over to God and needed *nothing* else. So, since that sounded like an even better program than either of the first two, I decided to work the third person's program.

You know what? None of them worked - for me! They weren't *my* program. They weren't the programs God intended for me. I was taking my will back, trying to do it my way again. I was looking for an easier, softer way. I was trying to work the program in the way that God intended it to be worked by each of those other members.

Well, thanks to God, He showed me His will for me before it was too late. Now I have a program that works for me. I share it with others and they still share with me what works for them. However, I now know that the only way to work my program is the way God intends it for me.

If your program isn't working for you, sit down and examine it as I did. Is it the one God intended for you alone or is it the one intended for a fellow member? There are many ways to work the OA program, but only one way for each individual.

Whose program are you working?

- Anonymous
Heart of Texas Intergroup, 1990

New PAIG WhatsApp Group

Now Introducing the PAIG WhatsApp group. This is a new way to engage and communicate with fellows across the PAIG intergroup and beyond.



WhatsApp is a free, multiplatform messaging app that lets you make video and voice calls, send text messages, and more - all with just a WiFi or cellular connection. This is a new tool that will give you 24/7 access to OA members that you can reach out to for support or connection within the App.

WhatsApp can be downloaded from the AppStore or Google Play. Once you've created your free account, reach out to your PAIG rep for an invite. If you don't know your rep or don't have a PAIG rep, reach out to the PAIG communications team via phone or text at 215-386-3076.

We hope to connect with you there!

