

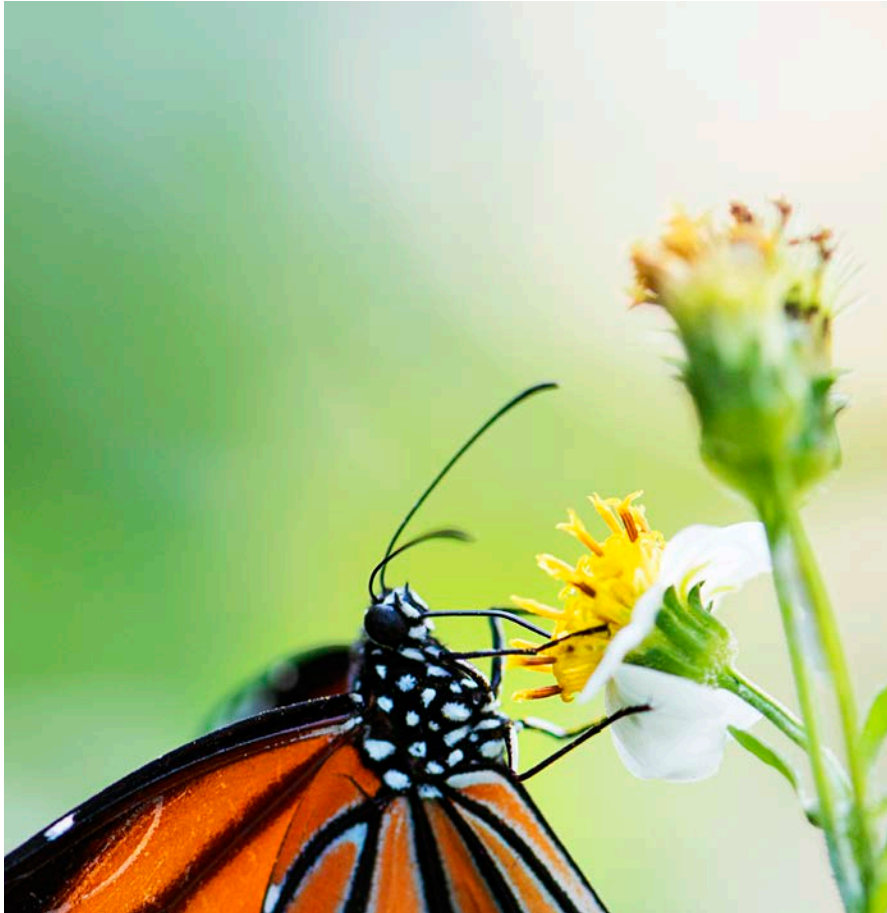
May 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter



Happy Camper

I was two years into recovery when my partner and I packed up our car with abstinent food, my food scale, an air mattress, two lanterns, and our very first tent. We hit the open road for an eight-day, cross-country trip across the southeastern United States. I'd already researched historical sites, museums, and campsites, and I felt profound gratitude for my recovery.

Before recovery, camping would not have been feasible for me, since sleeping on the ground requires getting down there and back up again. Also, when I came into program at my highest weight of 336 pounds (152 kg), I had sleep apnea and needed to travel with a CPAP machine that required electricity. *[con't page 4]*



STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Spiritual Principle:

Integrity



TRADITION FIVE

Each group has but one primary purpose - to carry its message to the compulsive overeater who still suffers.

Spiritual Principle:

Purpose

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




*"We are neither above nor below
the rest of the human race."*

Upcoming Events

Click each image to enlarge fliers


Overeaters Anonymous Virtual Workshop
**"REMEMBERING OUR
POWERLESSNESS"**
LEST WE FORGET
MONDAY, MAY 31, 2021 9:15-11:30 AM ET



9:15 - 9:30 am – Fellowship
9:30 - 11:30 am – Meeting
- 3 Speakers
- Sharing
- 7th Tradition

Hosted by: Fellowship of Hope
Zoom Meeting ID: 884 2062 7878
Dial-in: 1 929 205 6099
Request Password and/or inclusion on our email list at:
OAFoHQuakertown@gmail.com

Questions?
Contact: Jarad B.
(215) 880-8523



NJIOA presents
**KNOW YOUR
TRIGGERS**

Sunday, June 27, 2021
2:00-4:00 PM EST

Two out of the area speakers will share
their internal and external triggers.

You will have an opportunity to identify your triggers
and write an action plan to manage them.

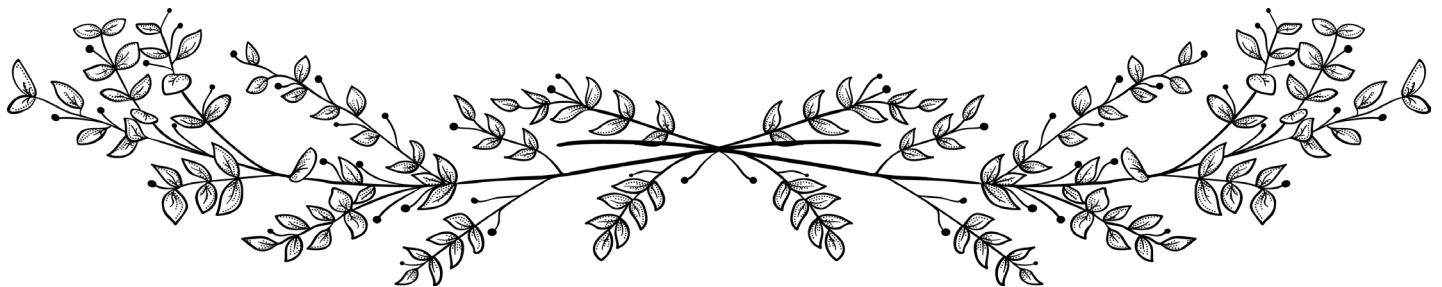
ZOOM LINK:
<https://us02web.zoom.us/j/83923443845?pwd=ZmlzeHdOdjJldDlnOC9rdWp2bkM2dz09>
MEETING ID: 839 2344 3845
PASSCODE: 822040
DIAL IN (NEW YORK): 1 929 205 6099

\$5 suggested donation
Send checks to NJIOA, P.O. Box 827 Fair Lawn, NJ 07410.
Venmo and Zelle to njioapay@gmail.com

For more information contact
Fran U at 973-975-5607

Upcoming Events

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.

Happy Camper

[con't from page 1]

Without it, I stopped breathing many times a night and had to jerk awake to catch my breath again. Now, my sleep apnea has resolved itself with the weight loss. I feel such gratitude for my physical recovery. I can easily bend down and tie my shoes, walk across the large city I live in, and breathe comfortably through the night.

Over my two years of abstinence, I have released over 140 pounds (63kg) and am working my way to a normal body weight for the first time in my adult life. Physical recovery has come as I follow a food plan, talk to my sponsor regularly, and work the Twelve Steps. In addition to restoring me physically, my time in OA has deepened and strengthened my emotional and spiritual connections - physical, emotional, and spiritual recovery have all been deeply intertwined. The spiritual connection became particularly evident to me on the third night of the trip.

The ride from North Carolina to the South Carolina Sea Islands was especially beautiful - large marshlands unfolded on both sides of the highway as birds called and swooped. That night, as I carefully nestled in our tent in a grove of palm trees, I reflected on how far I had progressed.

[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:	Angela C.	215-704-9718
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:

June 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

Happy Camper

[con't from page 4]

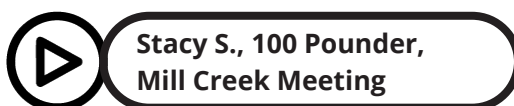
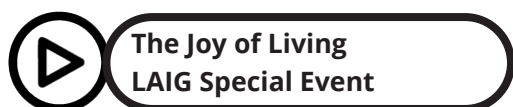
Before recovery, I did not come into contact with the world much; I was so insulated and anesthetized by large volumes of sugary and fatty foods. My geographic scope had narrowed drastically to a few coffee shops, my apartment, and my job. Now here I was, lying with my partner in a tent surrounded by the spooky shadows of trees, the nighttime hum of cicadas, and the hot and humid air. A little uneasy in the dark, I grinned nonetheless, fully aware that this trip was brought to me by recovery.

"We will be amazed before we are half way through," says the Big Book (Alcoholics Anonymous, 4th ed., p 83). Indeed! The promises have come true for me, and I am very fortunate to live a life in "the sunlight of the Spirit" (Alcoholics Anonymous, 4th ed., p 66) thanks to the recovery offered in OA.

*- Reprinted from Lifeline
January 2017*

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.



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

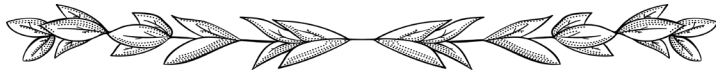
Indicate your group number and meeting day and time on any checks.

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 05/27/21

Revised Policies from WSBC



A revised **"Unity with Diversity"** Policy was adopted at World Service Business Conference 2021. OA's revised policy states:

"Unity with Diversity" Policy

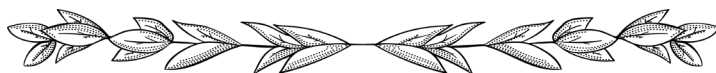
THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach(es) to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of members, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to respect those rights as they extend the hand of fellowship to those who still suffer.

THE FELLOWSHIP encourages each duly registered group and service body to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing any member to share his or her experience, strength, and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V.

You can view or download this updated policy statement on the [Unity with Diversity Policy Statements web page](#).



A revised **Abstinence and Recovery Policy** was adopted at World Service Business Conference 2021. OA's revised policy states:

"WSBC 2021 accepts the following:

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis."

(Business Conference Policy Manual, 1988b [amended 2019, 2021])

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!

