

June 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



A No-brainer Trade

Oh, how I struggle with willingness! Most of all, the willingness to work for what I want. I want to lose weight, not admit my faults. I want to eat whatever I feel like and not suffer the consequences, not consider the other guy's side in an argument. I want to be right and to win, not accept the things I cannot change.

One of the most valuable exercises my sponsor asked me to do in working Step Six was to take a look at my searching and fearless moral inventory (Step Four) and see where my wrongs and their exact nature (Step Five) were harming me. At one time, these were simply part of my character, and may even have been assets. But then they were warped by my addiction into something that kept me apart from others. [*con't page 5*]



Our Monthly Newsletter



STEP SIX

Were entirely ready to have God remove all these defects of character.

Spiritual Principle:

Willingness



TRADITION SIX

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle:

Solidarity

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

"There is only one key, and it is called willingness."

Upcoming Events

Click each image to enlarge fliers

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

Overeaters Anonymous Virtual Workshop
"FREEDOM FROM BONDAGE"
MONDAY, JULY 5, 2021 9:00-11:30 AM



9:15 - 9:30 am – Fellowship
9:30 - 11:30 am – Meeting

- Speakers
- Sharing
- 7th Tradition

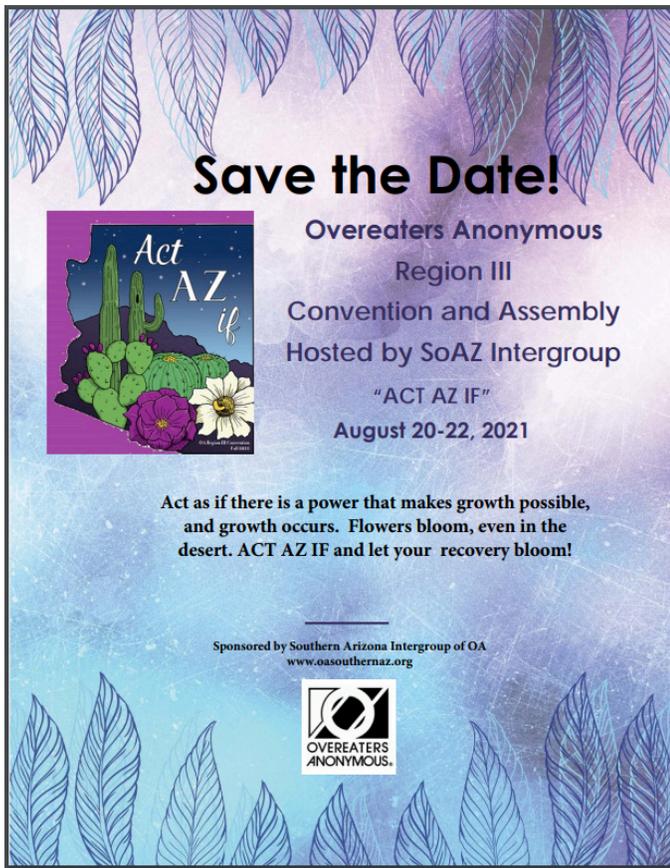
Hosted by: Fellowship of Hope
Zoom Meeting ID: 884 2062 7878
Request Password at:
OAFOHquakertown@gmail.com

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



Upcoming Events

Click each image to enlarge fliers



Save the Date!

Overeaters Anonymous
Region III
Convention and Assembly
Hosted by SoAZ Intergroup

"ACT AZ IF"
August 20-22, 2021

Act as if there is a power that makes growth possible, and growth occurs. Flowers bloom, even in the desert. ACT AZ IF and let your recovery bloom!

Sponsored by Southern Arizona Intergroup of OA
www.oasouthernaz.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

www.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 11/7/21:	\$65

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

*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.

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.

SAVE THE DATE! PAIG RETREAT

**2021 Philadelphia Area Intergroup Retreat
September 10, 11, 12**

"What is Enough? Defining a New Fullness"

Will include keynote speakers, speaker panel, two workshop tracks, a "fill up your tank" hospitality room, and Saturday night entertainment.

Stay tuned for details!

What to help? Join our committee meeting! Our next meeting will be Monday, June 7, 2021 at 8:00pm. All are welcome. [Contact Angela](#) for more information.



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:

July 7, 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

A No-Brainer Trade

[con't from page 1]

Confidence became pride, discernment warped into judgment. Sensitivity and feeling turned to fear and numbness. At one time we were all openhearted, fresh and innocent, and then life happened. It made us unhappy people who ate our way to 300 pounds or starved our way to 90. It made us throw up shields to keep from getting hurt.

For me the power of Step Six – indeed, of Steps Four through Ten – is in lowering my shields. In becoming brave enough to be frightened and to know that the only way around is through, as the poet Robert Frost is quoted saying in For Today. In being willing to consider that a Higher Power will protect me spiritually and emotionally if I become vulnerable enough to be genuine with others. Does it always “turn out for the best”? No. Sometimes I get hurt. But living my life sitting tight within the circle of my defects of character only ensures that I will be unhappy and frightened alone. If I allow my Higher Power to draw me outside the circle, I discover that I can see my fellows more clearly and compassionately, and that I am part of humanity and the Divine One. This is worth everything, and I am entirely ready and willing to give up my defects in order to get this gift. It’s a no-brainer trade.

- Kate I., NOVA

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-phila.org.

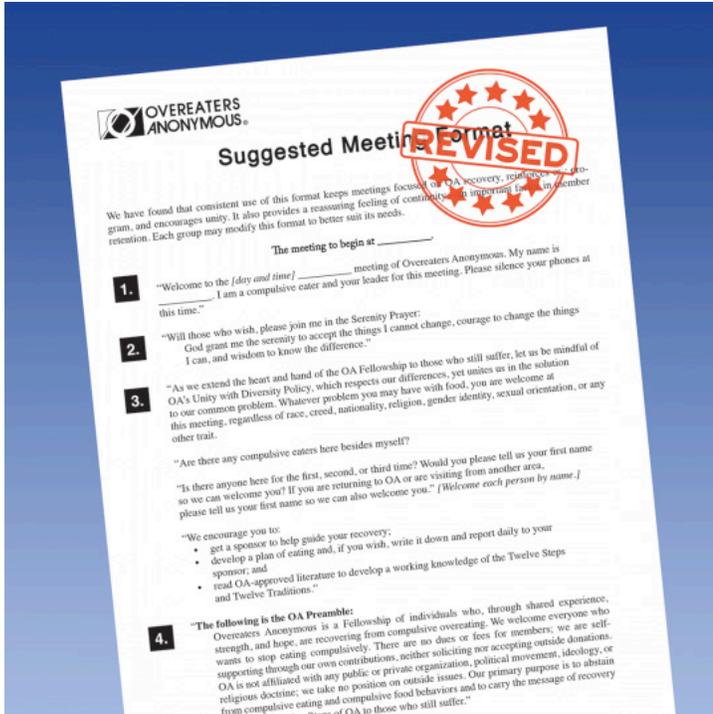
Indicate your group number and meeting day and time on any checks.

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 06/28/21

Suggested Meeting Formats Updated



Following the delegates' decision at World Service Business Conference 2021 to revise OA's Abstinence and Recovery Policy, all suggested meeting formats on oa.org have been revised to include the new policy language:

"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 living and working the Overeaters Anonymous Twelve Step program on a daily basis."

The revised formats are as follows:

- [Suggested Meeting Format](#)
- [Lifeline Meeting Format](#)
- [Suggested Reading and Writing Meeting Format](#)
- [Suggested Recovery-from Relapse Meeting Format](#)
- [Suggested Step-Study Meeting Format](#)
- [Suggested Telephone Meeting Format](#)
- [Suggested Young People's Meeting Format](#)

You can find all of OA's suggested meeting formats in the [Document Library](#) under category "Meeting Formats."

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!

