

August 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter



Becoming Willing

There are two parts to Step 8: make a list and become willing.

We've talked extensively in a [previous post](#) about that list, so let's focus more on the willingness. What we're really becoming willing to do is ignore our pride and our fear.

Our pride may tell us that this is all too much. It will imagine forward into the ninth step. It may tell us that the process will feel humiliating, like begging forgiveness on our bended knees or like prostrating ourselves before another person. The Big Book gives sound advice. We are never to be "scraping or servile" it says. We are absolutely not making amends to gain forgiveness. That's selfish thinking—as in *What can I get from this encounter?* In fact, we are not aiming to gain anything, only to do what we can to put as square as possible the relationships we've skewed through our behavior as food addicts. *[con't page 5]*



STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle:

Self-discipline



TRADITION EIGHT

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Spiritual Principle:

Fellowship

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



Willingness is the key

Upcoming Events

Click each image to enlarge fliers.

[Check out more events on our website >>](#)

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

OVEREATERS ANONYMOUS

IT'S TIME TO REGISTER FOR THE PHILADELPHIA AREA INTERGROUP RETREAT!

What is Enough?
Defining a New Fullness

presented by
PHILADELPHIA AREA INTERGROUP
OF OVEREATERS ANONYMOUS

REGISTER NOW!

**KEYNOTE SPEAKERS • SPEAKER PANEL
TALENT SHOW • HOSPITALITY ROOM
FELLOWSHIP • OPEN SHARING**

SEPTEMBER 10-12, 2021

You must preregister to participate in the retreat.
A moderate, "choose-your-level" 7th Tradition donation is requested.
Details can be found on the registration page.
If you cannot afford the 7th Tradition donation, please email the retreat treasurer at PAIGRetreatTreasurer@gmail.com.
No transfers or refunds available on retreat registrations after 9/1/21.
If you find you are unable to attend, PAIG appreciates your contribution to help carry the message.

Zoom meeting access information
will be emailed to registrants 2-3 days prior to the start of the Retreat.

SCHEDULE

FRIDAY: 6PM-9PM

- Opening Remarks & Housekeeping
- Opening Speaker & Open Sharing
- Newcomers OA Meeting

SATURDAY: 9AM-9PM

- Multiple Workshops throughout the day
- Keynote Speaker
- Lunch & Dinner Breaks
- Talent Show, Music & Dancing

SUNDAY: 9AM-12:30PM

- Morning Workshop
- Speaker Panel & Open Sharing
- Closing Ceremony

• Hospitality Zoom Room available throughout the weekend!

NOTE: Details may change. Registration and a current detailed schedule can be found at:
<https://oa-philadelphia.org/retreat-2021/>
In an effort to ensure a smoothly-run Retreat, prompt log-in and attendance is requested for all events.

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.

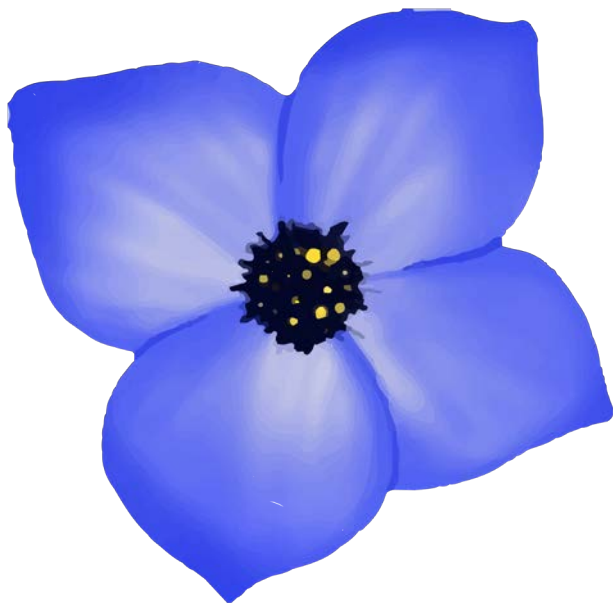
SAVE THE DATE!

Online Sponsorship Workshop

When: Saturday, August 21
8:45am - 11:30am

What: 3 speakers, Q & A, and
open sharing

*Flyer with more information to be
posted on PAIG website soon.*



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:

September 1, 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

Becoming Willing

[con't from page 1]

Rather than listen to our pride and its imaginings of the future, we keep it in the present and just pray for willingness.

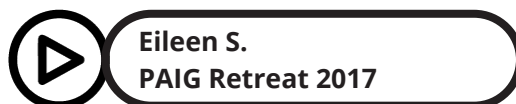
Our fear is more potent yet. It may tell us that making amends threatens our emotional or even physical well-being. Or that we just *can't* do it. We are likely afraid of encountering anger, rejection, or bad feelings. We may also be afraid of letting the words fall from our mouths, for shattering the idea that we've been perfect or never wrong. Again, fear is projecting a future that is unlikely to occur. Most amends go smoothly, some go delightfully, and, yes, some don't go well. It doesn't matter. Right now, we are merely becoming willing to go through with them. If someone becomes angry at us, they have every right. After all, we harmed them!

Rather than listen to our fear and its imaginings of the future, we keep it in the present and just pray for willingness.

If we remain unwilling to commit to this path, we pray until we become willing. But we don't need to sit passively by either, awaiting spiritual dew drops of willingness to fall onto our foreheads. Instead, we can talk to others about what's blocking us. *[con't page 6]*

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. *****Get inspired for the upcoming PAIG Retreat by listening to these past keynote 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 08/28/21

Becoming Willing

[con't from page 5]

Having just put down the food, taken inventory, and had our defects of character removed, we can test the new clarity our HP has given us to consider the costs and benefits of moving forward or staying at Step 8. Let's look at them.

STAYING PUT

Costs

- I'll eat again because I'm not growing spiritually and I'm not completing the program of action that's known to work
- My relationships won't improve or change
- I'll still feel discomfort about the harms I've caused

Benefits

- I won't have to admit I've been or done wrong
- I won't have to face fears or anger and rejection
- I won't have to give up control of the situation

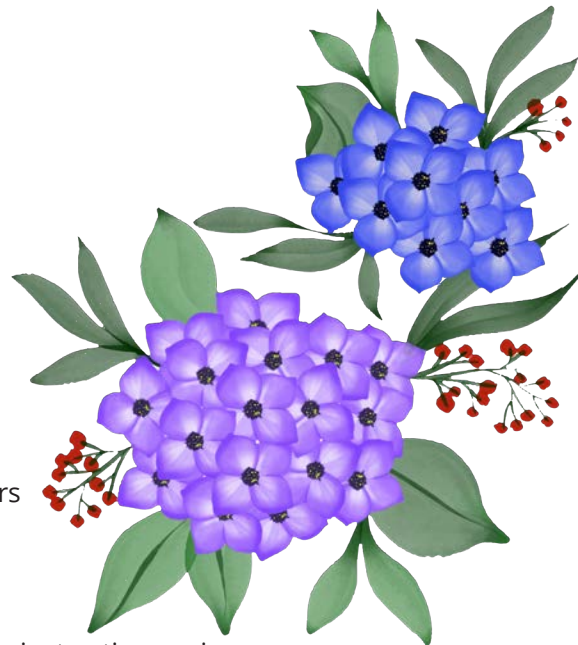
MOVING FORWARD

Costs

- I'll have to swallow my pride
- I'll have to summon courage from HP to face my fears
- I'll have to accept the outcome, whatever it may be

Benefits

- I'll be growing spiritually and taking out insurance against eating again
- I'll feel freedom from self-resentment about the harms I've done
- My relationships and life circumstances will improve
- I'll feel self-esteem for following through on something difficult



Other peoples' lives may change for the better because I've have broken the negative cycle between us. Seems pretty straightforward. We exchange a little discomfort for a truckload of blessings. This is exactly why the promises we read at most meetings are found in the ninth step—because we can't get those promises without cleaning up our side of the street. Only then do we receive the entirety of the spiritual bounty that OA promises us.

Emotions are very, very powerful. They are often also misleading. As people in recovery, we understand that we've let our emotions run our lives into the ground. As we become willing to make amends in Step 8, we are reminding ourselves that our Higher Power runs the show, not our feelings. We still have our feelings, but we now have Steps 10 and 11 as well as the nine OA tools to safely deal with them. They needn't block us from taking action that will save us instead of action—or inaction—that will kill us.

- Seacoast OA Intergroup Blog
[August, 2016](#)