

July 2021

# AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



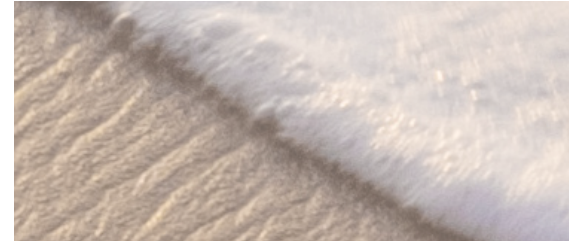
Our Monthly Newsletter



## Committing to a Lifestyle Change

**As I am coming up on my third anniversary of being abstinent** and maintaining over a 100 lb weight loss, I am often reminded of years past where I would start something and then fall off the wagon again. I would spiral into the typical cycle of feeling confident I could maintain my abstinence and keep the weight off on my own. This failed every time.

How often did I use the excuse starters? "I cannot do this because..." "I can't eat abstinely because..." "I want to do this, but I can't because..." All negative statements. To make a change I had to commit to my Higher Power that I would start going to meetings again and to these three simple pillars of my recovery: *[con't page 5]*

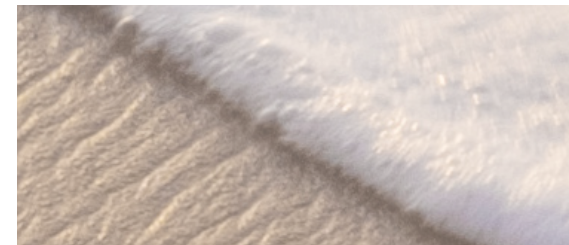


### STEP SEVEN

Humbly asked Him to remove our short-comings.

**Spiritual Principle:**

*Humility*



### TRADITION SEVEN

Every OA group out to be fully self-supporting, declining outside contributions.

**Spiritual Principle:**

*Responsibility*

**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



## Upcoming Events


Click each image to enlarge fliers.

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

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
- 7<sup>th</sup> Tradition

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

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



NJIOA presents

**AM I WORTH “IT”?**

WHAT IS YOUR “IT”?

Sunday July 18th, 2021  
2:00-4:00 pm EST

Zoom Link:  
<https://us02web.zoom.us/j/87110999300?pwd=UGdZWdNiempJSzFYdjlYlXSmxCT09>

Dial in Number:  
+1 929 205 6099 US (New York)

Meeting ID:  
871 1099 9300

Passcode:  
042034

For more information, please contact:  
Jon K. (873) 852-1335 or Shawn H. (823)-703-5130

Suggested \$5 donation  
Send checks to: NJIOA PO Box 827, Fairlawn, NJ 07410  
Zelle or Venmo: njioapay@gmail.com



# 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!



**2021 PAIG Retreat**  
September 10-12, virtual

**Want to share your ideas?**  
Join our Retreat Committee meeting:  
July 5, 2021 at 8:00pm on Zoom

Contact Angela C. with Questions: 215-704-9718



## PAIG Service Positions

### OFFICERS

<b>Chair:</b>	Mary T.	215-805-1731
<b>Vice Chair:</b>	Rob L.	267-264-9544
<b>Treasurer:</b>	Mark L.	267-247-2349
<b>Secretary:</b>	Maureen L.	267-544-9049

### COMMITTEE CHAIRS

<b>Retreat:</b>	Angela C.	215-704-9718
<b>PI/PO:</b>	Vacant	
<b>Web:</b>	Shari B.	310-880-4750
<b>Aware:</b>	Amy L.	215-512-8871
<b>Communications:</b>	Sheryl K.	215-990-4498
<b>Speaker List:</b>	Anita L.	215-262-5906
<b>Printer:</b>	Phil S.	267-397-0977

### REGION REPRESENTATIVES

<b>Rep A:</b>	Shari B.	310-880-4750
<b>Rep B:</b>	Rob L.	267-264-9544
<b>Rep C:</b>	Vacant	

### WORLD SERVICE DELEGATES

<b>Delegate A:</b>	Rob L.	267-264-9544
<b>Delegate B:</b>	Vacant	

## PAIG MEETINGS

Held the 1st Wednesday of each month.

### Next PAIG Meeting:

August 4, 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](mailto:paig-oa@googlegroups.com)

# Committing to a Lifestyle Change

*[con't from page 1]*

1. Commit to a healthy food plan and make it a lifestyle change.
2. Maintain physical fitness and a healthy body weight.
3. Constantly strive to be a better person; continuous improvement.

How do I accomplish this?

I am following a food plan that works for me. I always adjust and modify when needed, but the food plan itself is consistent. When I make it a lifestyle change, it means I am adapting to my life's events. If I am traveling, I have a plan. When I am at a party, I have a plan. I have learned over time how to adapt in any situation. My life is not limited now because of the food I eat. I can go anywhere and attend any event and still enjoy myself without stressing over the food.

Now that I have lost over 100 lbs, I have committed to repairing and improving my physical self. I do not overdo it. I am not 20 years old any longer. My body has been damaged because of my overeating for so many years. Today I walk several times a day - every day. I hike often. I work out in our basement. I do physical labor by working around the house. All of this has provided me confidence and a slow trend to being in better shape than I was when I was 25, in the military and at what I thought was my peak. *[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.



**Mill Creek OA 100 Pounder  
Speaker Meeting**



**Genevieve from LAIG  
June 26, 2021**

### Group Contribution Info

#### Region 7 - 10%

**US Mail:**

Email [treasurer@oaregion7.org](mailto: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-philadelphia.org](mailto:treasurer@oa-philadelphia.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-philadelphia.org](mailto:aware@oa-philadelphia.org) by 07/28/21



# Committing to a Lifestyle Change

*[con't from page 5]*

I feel that the greatest enemy is my mind - not the food. Getting into the food is a result of what happens when my mind controls my actions. When I am on an emotional rollercoaster, the food is my "stability." This causes weight gain and all the other negative consequences that follow.

I committed three years ago that I would go back to school and finish my degree before I turned 50. I just graduated in February ahead of my 50th birthday in September. I have been in therapy and working on my resentments, anger, and baggage I've been dragging behind me for decades.

To keep my program stable and strong, I commit to Step 12 by doing as much service as possible. As we all know, 2020 was the year from hell. I was able to maintain my program through all the stress by committing to service and listening to my Higher Power. I sponsor multiple people, help with chairing meetings, serve on the board at Intergroup, am a Representative for our Region and a Delegate for the World Service Business Conference. I also recently started a new men's meeting to help other men who, like me, want to hear more recovery, strength, and hope from each other. I use the word "I" here, but my Higher Power has helped me through all of this. I try to take the time to listen.

I have to say, I feel like I am now truly at the peak of my life and living it fully at (almost) 50 years old. I am not hampered by medical issues, medicines, or limitations of physical pain. I want to continue to live my life to the fullest and all I want to do is continue to travel the world with my lovely wife. That is my goal and my commitment to her. By just committing to a lifestyle change and working the program as much as I can, I've been provided with the happiest moments of my life with the most wonderful person in my life.

- Rob L.  
Warminster, PA

## Free Recovery Stories Online

Read real stories of recovery written by OA members for free on your computer or smartphone when you visit [oalifeline.org](http://oalifeline.org). Oalifeline.org was the digital version of Lifeline magazine until the end of 2020.



Now discontinued, [oalifeline.org](http://oalifeline.org) is free for any OA member to read while it remains online. Visit today and discover more than a thousand shares of experience, strength, and hope originally published in the pages of Lifeline magazine from 2016–2020.

An ad hoc team is working on a replacement for Lifeline and [oalifeline.org](http://oalifeline.org). Look for announcements later this year!

