

September 2021

AWARE

Philadelphia Area Intergroup of Overeaters Anonymous



Our Monthly Newsletter

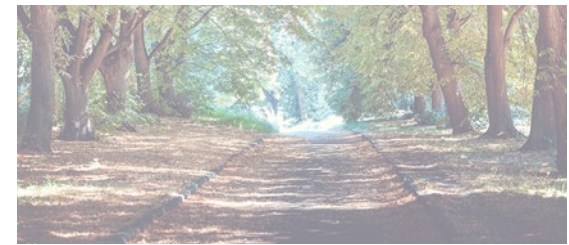


STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle:

Love



The Solution is Spiritual

In the rooms we have often heard, and I have often said myself, that we have a three-pronged illness (or disease): physical, mental and spiritual. However, during a podcast I was recently listening to, the speaker pointed out that in the Big Book of AA, in the Doctor's Opinion, it states that we have an allergy of the body which manifests itself as an obsession of the mind and that the *solution* is spiritual, as in spiritual awakening through working the 12-step program (4th Edition, xxvi).

When the speaker pointed this out, a light bulb went on in my head with that great sense of joy that one has in an "ah-ha" moment, because I was never comfortable with the three-pronged disease theory. I believe that I was born with this disease, and I could easily accept that I was born with a physical and mental disease, *[con't page 3]*

TRADITION NINE

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle:

Structure

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 >>](#)

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 9/12/21.
 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-phila.org/paig-retreat-2021/>

In an effort to ensure a smoothly-run Retreat, prompt log-in and attendance is requested for all events.

Overeaters Anonymous Virtual Workshop

“WORKING TOGETHER”

MONDAY, SEPTEMBER 6, 2021 9:15-11:30 AM EST

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

- 3 Speakers
- Sharing
- 7th Tradition (instructions to be provided)

Hosted by: Fellowship of Hope OA Group
 Zoom Meeting ID: 884 2062 7878
 Passcode: Contact Jarad B. or request it
 from oafohquakertown@gmail.com

Questions? Contact
 Jarad B: 215-880-8523

The Solution is Spiritual

[con't from page 1]

but if spirituality is God's life in us, which I believe it is, how could that be diseased from birth in a way that wasn't true for "normal eaters." Now I understand that the disease is physical and mental, and the solution is a spiritual awakening brought about by working the 12 steps. For me, being a nurse, a spirituality that needs to be nudged awake, is a lot easier to accept than one that is diseased.

In my family I was the eldest of seven. Both my grandfathers were functional alcoholics and at least one grandmother was a compulsive overeater. I grew up in a loving environment but began putting on weight when I hit puberty, and by the age of 21, at 5'1" tall I weighed 220 lbs. Today I am 72 years old and weigh 134lbs, about 9lbs away from my goal weight. I came into OA in the 1990s, found OA and did well, and then went to Europe for 20 years, putting back on most of the weight that I had lost. Since returning to the States in 2015 to care for my mother who passed in 2017, I got back into the rooms.

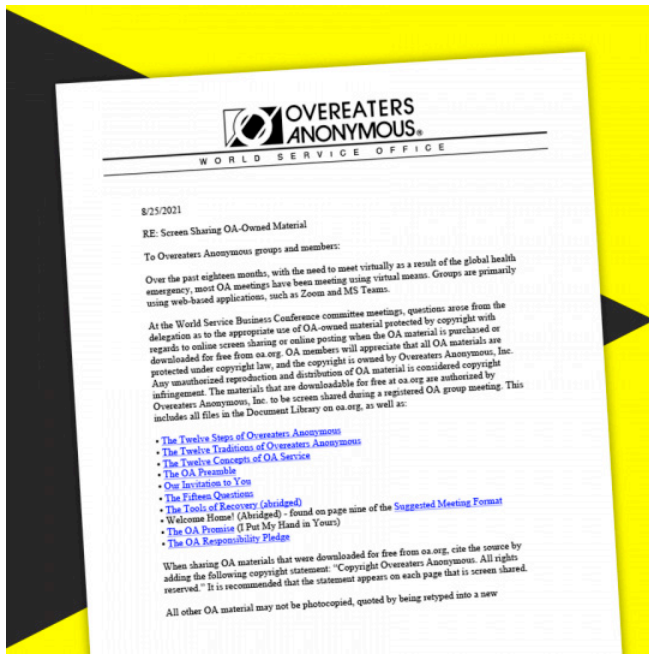
Though a member of a Catholic Religious Congregation for more than 50 years, I rarely skipped my one-hour morning walk but sometimes skimmed or daydreamed during my evening prayer. I have a meditation partner who keeps me accountable to my morning meditation, so at least that stayed intact. My conscious contact with God during the day, too was often haphazard and forgotten as I became preoccupied with community commitments, but recently I've devoted more time to stopping at specific times during the day and not neglecting my nightly examination. The Big Book also says that we expand our spiritual life through work and outreach to others (4th edition, 14-15). I don't pretend to know why this is true, but I have seen that those who have a strong recovery, are also those who do a lot of service. They are also the ones who are Happy, Joyous and Free. So, today I am concentrating not only on my plan of eating and daily exercise, but most especially on my conscious contact with God and outreach to others. I consider this article one way to do that by passing on this inspiration that was given to me by another in the program.



*Linda S.
Quakertown, PA*

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.



Important News

The OA Board of Trustees has issued an [instructive letter](#) (DOCX file) to all OA groups that meet virtually to immediately stop screen sharing and all other unauthorized reproductions of OA literature in virtual meetings.

Since this issue affects OA as a whole, it is not a matter of group conscience. Moreover, it is a matter of acting lawfully, since unauthorized reproduction of OA literature violates the copyright of Overeaters Anonymous, Inc. While we are all one OA, when it comes to copyright law, OA, Inc. must actively protect its copyrights to maintain these copyrights. This is for the good of the Fellowship as a whole and in support of our Seventh Tradition.

OA groups are free to reproduce and share all print material found on oa.org, and they are free to request reprint permission of OA literature from the World Service Office. For more information about these options, see the [Copy Requests page](#).

We ask that you download [this letter](#) (DOCX file) and share it with your group as soon as possible.

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:	Vacant	
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:

October 6, 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

We Have Ceased Fighting

This morning during my usual walk/prayer time, something incredible occurred to me. Yesterday, I was disturbed for a time. I got news that threw me a little bit - rippled my serenity. I thought about eating, and then used my tools instead. I wrote to someone; I posted in a Facebook group; and when the food thoughts didn't go away, I called an OA friend and said, "I want to eat, but I don't want to eat." After a short conversation, I took a break, sat on the porch, cried a little, and then went back to work.

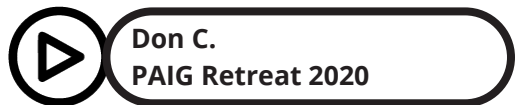
Here is the incredible part that I didn't even realize at the time: when I thought about my go-to way of dealing with stress, anger, sadness and disappointment, it actually wasn't my normal go-to!!! Not once, not even for a nanosecond, did I think about picking up a drink, or something sugary, or a bag of chips. I thought about a burger or an extra helping of fruit. Cracked myself up this morning when I thought about it.

Recovery is amazing. Sober for eleven years, and free from compulsive eating for ten months, with OA meetings just about every day, and like magic, the obsession with my drug of choice has been removed entirely. ENTIRELY. I know there are promises in the AA Big Book, and I am pretty sure this is at least related to one of them. I did not fight any thoughts of the foods I used to turn to. They simply did not come into my head. I think it is also super cool that I had space in my life this morning to come to that realization so I could turn around and thank my Higher Power, my program, and all of the people who walk with me on this journey.

Jill C.

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! ****



Don C.
PAIG Retreat 2020



Stephen L.
PAIG Retreat 2016

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