

Hey, youse! Good news! The PAIG Retreat is back in person!!

AUGUST

2022

# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

## Time to Register for the Annual Philadelphia Area OA Retreat!!

We are returning to the Malvern Retreat House this year, so come and enjoy recovery, fellowship, keynote speakers, abstinent food, and of course, who would want to miss the annual Talent and Fashion Shows??

**\*\*Registration ends Sept. 9th,  
so don't delay!\*\***

Just click on the flyer on the next page to go directly to the registration page, where you can find information about the event, register online, or download a printed registration form,  
or visit: <https://oa-phila.org/paig-retreat-2022>



## Looking forward to seeing Everyone in 3-D!

-Trish M., Retreat Co-chair

**Welcome back!!**



**Join us as members make their in-person return to the annual PAIG retreat!**

**Location:**

Malvern Retreat House  
315 S. Warren Avenue, Malvern, PA 19355  
*Free onsite parking available.*

**KEYNOTE SPEAKERS • WORKSHOPS • MEALS  
SPEAKER PANEL • TALENT & FASHION SHOW • FELLOWSHIP**

**Click [HERE](https://oa-phila.org/paig-retreat-2022) to Register Online!**

Or visit: <https://oa-phila.org/paig-retreat-2022> for more details including a downloadable Registration Form.

**\$220 per person**  
(double occupancy)

*NOTE: Upon registering, please indicate a roommate, or one will be assigned.*

*Fee includes:*

- 2 nights lodging and 5 meals (3 Saturday/2 Sunday).
- Friday night dinner and metabolics are your responsibility.
- Refrigerator available in shared break room.
- Private bathrooms with one bath towel per person.
- Bed linens provided.

**\*\*\*REGISTRATION CLOSES: SEPTEMBER 9, 2022\*\*\***

**\*\*\*NO REFUNDS AFTER SEPTEMBER 9, 2022\*\*\***

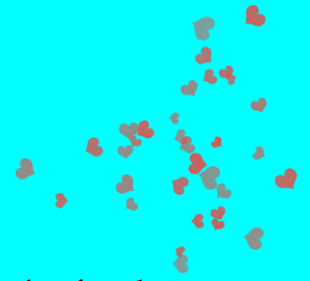
*If unable to attend, PAIG appreciates your contribution to help carry the message.*

*Scholarships are available. Information can be found on the registration website, or contact: [PAIGRetreatTreasurer@gmail.com](mailto:PAIGRetreatTreasurer@gmail.com)  
Confirmation of payment and detailed retreat information will be sent to the email address you provide when registering.*





# AWARE! is back up and running! Woo-hoo!



Been a while! How've you been? Let's talk about some of the ch-ch-ch-changes 🎵 we've faced since 2021:

- Many of us are still meeting via Zoom, or having hybrid meetings.
- Some of us have returned to our meetings in person.
- Many of us maintained our abstinence during the worst of the pandemic.
- Some of us relapsed.
- Some of us got sick (or had close shaves), and then recovered.
- Some of us were not so fortunate.
- Some of us lost those dearest to us.
- Some of us are caught up in the events of the day.
- Some of us are better at hitting the mute button.
- Many of us underwent big changes: births, deaths, health challenges, relocations, new jobs, lost jobs, retirements; changes in romantic status...the list goes on.



How can we maintain our abstinence when we're faced with sometimes life-altering events that - you guessed it - *we can't control*?

Let's break it down: **Step Eight's** spiritual principle is self-discipline. It's one of the principles I struggle most to embrace - not to control my eating, mind you; I've learned the futility of that - but to simply continue with the everyday routines that my recovery requires of me. Routines that, in their very predictability and solidity, act as scaffolding around my abstinence, if I'm willing to maintain them.

That's where self-discipline comes in. Because while routine can be life-saving, it can also become a little, you know, *stale*. "Let's try something different!" says my restless, irritable self. "Let's blow it off!" suggests my discontented, impatient addict's brain.

It's self-discipline that allows me to ignore those destructive entreaties while I pray for the willingness to adhere to my routines instead of acting on impulse.

It's simple, we learn in program, but not easy. So, we support one another. We show up at meetings. We do service. We use the tools and work the steps, again. And again. And again, so that even when we shake our fists at the television (or the universe, or the bakery aisle), we can then pause just long enough to breathe deeply and reconnect with our Higher Power. Hence, we achieve a measure of serenity, allowing us to better accept life on life's terms, one day at a time. Ahhh.



Welcome back, my learning, yearning, beautifully imperfect fellows. I put my hand in yours. - cn

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 eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps to those who still suffer.

## Overheard Recovery:

*“You can’t defeat your demons if you’re still enjoying their company.”*



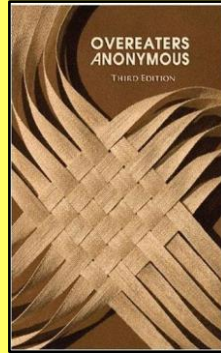
Does your meeting have 7<sup>th</sup>-tradition funds over and above your prudent reserve and immediate-future costs? Here are suggested disbursement guidelines:

1. 60% to:  
Philadelphia Area Intergroup via PayPal to: [treasurer@oa-phila.org](mailto:treasurer@oa-phila.org), or send a check to  
P O Box 23  
Southampton, PA 18966.
2. 30% to OA World Service Office: <https://oa.org/contribute>, or send a check to:  
PO Box 44727  
Rio Rancho, NM 87174-4727
3. 10% to Region 7: <https://oaregion7.org>

It’s vital to include your group number or your meeting name, location, day, and time.

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Thankee!

Have you given much thought to the difference between *submission* and *surrender*? I hadn’t, until I re-encountered Appendix C of the Brown Book, aka *Overeaters Anonymous, Third Edition*, in the course of a Step Study. Take a peek. It’s powerful stuff.



Next month we’ll feature a story about an OA member’s experience with Covid, and how it impacted not only her abstinence, but her attitude.

Do *you* have a story to tell about your journey of recovery? Or something you heard at a meeting for our Overheard Recovery box? Is there a particular challenge that you’ve overcome? A snippet of wisdom? Don’t hide your light under a bushel! Just as you’ve been moved by others’ stories, their recovery could very well be strengthened by hearing yours. Look left for information about where to send your contributions, or you can contact the *AWARE!* editor at the number in the contact list to the right.

Don’t forget to sign up for September’s PAIG Retreat! See page 2 for details.

## Helpful Contact Info:



### PAIG People:

- |            |                                   |
|------------|-----------------------------------|
| Mary T.    | Chair<br>(215) 805-1731           |
| Wendy K.   | Vice-chair<br>(215) 565-5830      |
| Phil S.    | Treasurer<br>(267) 397-0977       |
| Maureen L. | Secretary<br>(267) 401-9256       |
| Angela C.  | WSBC Delegate A<br>(215) 704-9718 |
| Linda S.   | Region 7 Rep A<br>(267) 792-4092  |
| Amy L.     | Region 7 Rep B<br>(215) 512-8871  |
| Chris N.   | Aware! Editor<br>(720) 934-0985   |
| Trish M.   | Retreat 2022<br>(215) 370-7640    |
| Natasha M. | Retreat 2022<br>(407) 461-9753    |
| Angela C.  | Speaker List<br>(215) 704-9718    |
| Phil S.    | Communications<br>(267) 397-0977  |
| Shari B.   | Web<br>(310) 880-4750             |

Send me your stuff!

- PAIG: (215) 385-3076 or <https://oa-phila.org>
- OA’s Region 7: <https://oaregion7.org>
- OA headquarters, aka World Service Office: <https://oa.org>
- Brandywine Intergroup : <https://brandywineintergroup.org>
- OA Virtual Region: <https://oavirtualregion.org>
- OA Men's Group: <https://www.oamen.org>
- OA Young People’s Facebook page: <https://m.facebook.com/OAinfo>



PAIG meetings are held on the 1st Wednesday of each month. The next PAIG meeting will be held on Wednesday, September 7th at 7:15 pm via Zoom. Contact [chair@oa-phila.org](mailto:chair@oa-phila.org) for login. PAIG reps, check your emails from the PAIG Google Group to be alerted to any changes. To subscribe to the Google Group, please go to [oa-phila.org](https://oa-phila.org) and enter your email address in the box on the home page labeled “Join PAIG's Google Group.”