

# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

## Are You Ready for Recovery? The Annual PAIG Retreat is Here! Register by September 9<sup>th</sup>!



- Recovery.
- Camaraderie.
- Spirituality.
- Discovery.
- Love.
- Nature.
- Laughter.
- Healing.
- Fashion!
- Connection.
- Movement.
- Growth.



### Step 9

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

*Spiritual Principle:*

Love



### Tradition 9:

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

*Spiritual Principle:*

Structure

**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 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 CLOSSES 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 Confirmation of payment and detailed retreat information will be sent  
to the email address you provide when registering.*

# What's new? Do tell!

## OA and COVID

It can be said that Covid 19 and its current variant are warriors. OA is a warrior, too, with many simple strategies to overcome the disease of compulsive overeating - or maybe I should say just one basic strategy, the program of the 12 steps and 12 traditions, which help us to attain abstinence and maintain it for life.

Covid 19 and its variants can be seen as potential enemies of the OA program: One day you wake up 

miserable, with fever, chills, headache, sore throat and not much of an appetite. You think you're safe from overeating or other compulsive food behaviors.

You can't go anywhere, so no trips to the grocery store. So maybe for a few days you don't eat much, or maybe not at all. After a few days of that, you tell yourself that since you haven't eaten much at all, you can go ahead and eat some red-light foods, and maybe have some sugar in your tea or coffee. *The enemy has moved in.*

"Wake up! Wake up!" I say to myself. "You are on a dangerous path and you have to get off of it right away. Back to your program and plan of eating. You didn't get a free pass to eat what you want. OA is the only path you need to be on."

What a relief to get back to the right path, and arrive at a place of serenity, peace and freedom!

Yes, COVID 19 is a warrior, but OA is a much *stronger* warrior, and it can beat COVID 19 any time.

-Anne W.

 OVEREATERS  
ANONYMOUS®  
South Jersey InterGroup

Service

"He requested the privilege of being allowed to tell his story to other patients"  
The Doctor's Opinion, Alcoholics Anonymous

### Strengthening Your Recovery Through Service Online Workshop

- A speaker will share their experience, strength, and hope. And how service strengthened their recovery.

- Activities

Sunday, September 11, 2022

1:00 PM – 2:30 PM Eastern Time (US and Canada)

Zoom Meeting ID: 228 467 1262

Passcode: recovery

A donation of \$5.00 is suggested.

"In the course of his third treatment he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation, he commenced to present his conceptions to other alcoholics, impressing upon them that they must do likewise with still others. This has become the basis of a rapidly growing fellowship of these men and their families."  
The Doctor's Opinion, Alcoholics Anonymous

## Step Nine

Step Nine is about amends.

Atonement to self also.

Amends to the living and the dead, as long as hurt doesn't dwell.

A living amends to family, friends, and others, we have harmed

A letter of apology to those who died  
And those estranged as well

We hope that our amends won't be rejected  
Sometimes amends not accepted  
It doesn't work out as expected  
Our shame and guilt remain  
We want to eat to ease our pain  
We need to go on  
We did our part

We want to say "What you did to me"  
But that is not the answer  
Prayer and forgiveness are key  
Let go and Let God, move on to Step 10  
Our Higher Power has the answer!!!

- Elizabeth S.

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.

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## Overheard Recovery

"I can't be grateful and hateful at the same time."



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.

**EDITORIAL POLICY:** This is *your* newsletter! We encourage your contributions, comments and experience in the OA way of life. Publication of any contributions or editorial options 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. **Got submissions?** Please send them to: [aware@oa-phila.org](mailto:aware@oa-phila.org) or [northword99@gmail.com](mailto:northword99@gmail.com)  
Thankee!

Are you interested in learning more about **OA's Virtual Region**? Go to <https://oavirtualregion.org/> to see a wealth of online information and resources!



Did you know that PAIG keeps a **speaker list**? This is a list of available speakers who have at least 30 days' abstinence and are willing to share their personal stories (what it was like, what happened, and what it is like now) at OA meetings.

**Speakers:** If you're willing to share your story at future OA meetings, please consider adding your name to the speaker list. This is a great service to give! Please email Angela at [amcg120@gmail.com](mailto:amcg120@gmail.com) with your name, email, preferred days/times, and if you have a special-interest topic to share on. We also have a list that goes outside of PAIG, to other areas in the country; if you would like to be included in that list, please note that as well.

**Leaders:** If you are leading a meeting and need a speaker for your upcoming meeting, please contact Angela for a copy of the list.

**Confidentiality Note:** All OA members' confidentiality is important to us, so this list is not to be posted anywhere online.

Because their names are on the speaker list, a couple of PAIG members recently shared their stories at a virtual meeting from the Detroit, MI area.

Thank you, Higher Power!

-Angela C.

## Helpful Contact Info:



PAIG Service Positions:

Mary T.	Chair (215) 805-1731
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Phil S.	Treasurer (267) 397-0977
Maureen L.	Secretary (267) 401-9256
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Phil S.	Communications (267) 397-0977
Shari B.	Web (310) 880-4750

PAIG:

Call or text (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, October 5<sup>th</sup>, 2022 at 7:15 pm via Zoom. Contact [chair@oa-phila.org](mailto:chair@oa-phila.org) for login information. 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."