

October

2022

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

My Spiritual Path



Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle

Perseverance

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

Spiritual Principle

Neutrality

Each morning my partner and I walk in the woods. We look at the tall trees with their large strong roots. We peruse their flowers and fruit that feed the birds, squirrels, chipmunks, and bees. We sit by a pond and watch barn swallows skim over the water, feeding on bugs or fish. We look for does feeding on bushes, and watch fawns eating and frolicking in the forest.

They are all eating.



What feeds *me*? YOU! My OA fellowship! It includes my sponsor, my meetings, my readings; telephone contacts, writing, and more. Everything that OA gives me, including you, my friends, sustains me.



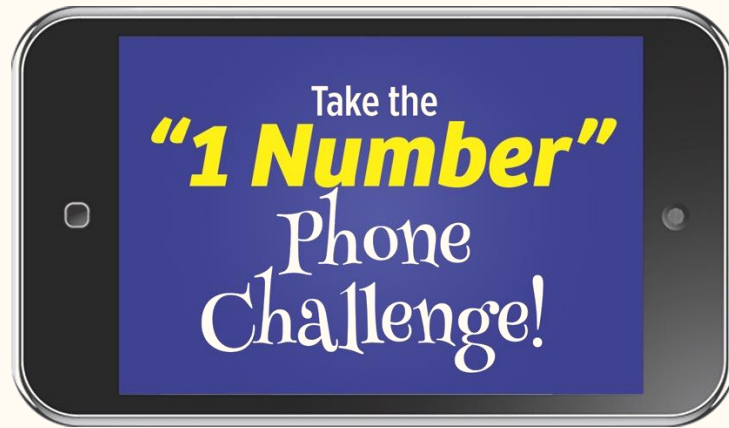
Three years ago, I could not stop feeding myself with food that was not good for me. I was eating my partner's food, my daughter's food, and food in anyone's house that I entered. I stole from supermarkets and ate out of trash cans - I could not help myself. I was out of control and in a great deal of emotional pain.

What changed me? YOU: a fellowship that understands the pain and suffering I was going through. You offered your hands and told me that together we can do what I could not do alone. You offered me hope and love and understanding. You became my family. After a year or so my compulsive eating stopped and I found peace and serenity.

I am grateful. -Alice Faith P.



Trish fills us in about this year's annual PAIG Retreat:



Returning in-person to Malvern this year was a treat for so many members. The joy expressed and felt was certainly long-awaited. And coming together and hearing the Serenity Prayer spoken in unison (without Zoom delays and lag-times) was a particularly moving experience. Uniting in Fellowship provided an opportunity for many attendees to weep with gratitude and joy. It was truly a Higher-Powered weekend.

In keeping with the theme of this year's Retreat - "We are All Together Now: Reuniting in Fellowship" - the Retreat Committee introduced a new challenge. Attendees were encouraged to obtain ONE phone number of someone they didn't know, to write down WHY they chose that person, and then to commit to following up with that person in the days after the Retreat. Over half of the attendees took up the challenge and when asked why they chose that particular person to call, here were some of their comments:

- "She came over to me after I shared that in *Voices of Recovery*, August 27th, it said 'God grieved over every extra bite I ate.'"
- "Enjoyed talking to her."
- "Actually, the person chose me... very grateful!"
- "I was drawn to her. She touched my heart."
- "She led a meeting & I liked what she had to say!"
- "Something shared at a spiritual meeting "God grieves over every extra bite I take."
- "We share 12-Step programs. She was friendly and a leader. She exuded a sense of peace and confidence."
- "We share a lot in common related to our recovery and spiritual journey."
- "Both of us are relatively new to OA."
- "She had a positive outlook, a solid program and we have a lot in common."
- "I chose her because she helped me to understand the difference between Abstinence and a Food plan."
- "Identified with her share."
- "She resembles a beloved former sponsor who had passed away, and she was wearing an owl pendant with my favorite color. It felt like HP winking at me."



- “She was in pain, so I went to tell her what helped me.”
- “Loved her “Style” and courage to be herself!”
- “Willingness to do whatever it takes to get abstinent.”
- “She was in a workshop with me and talked about being shy, an introvert, and not liking to share. Then I sat with her at breakfast on Sunday and we just had the nicest conversation. Both encounters I felt a connection.”
- “1st person I connected with at this retreat.”
- “Very nice, I felt like there were a lot of things in common. Knowledgeable, wanting to help me, she can’t sponsor me, but she will help me anytime. Humble servant.”
- “I just really connected with them and was able to share easily.”
- “She is willing to start using the tools. I will try to help her the best I can.”
- “Our eyes met and we knew we were sisters.”
- “She is friendly, honest, and working program.”
- “A newcomer and very sweet. Not sure if OA is for her. Maybe I could....”
- “She is a newcomer and I want to be in service.”
- “Common interest in traveling.”
- “Very down to earth and peaceful. Enjoyed her shares and could relate to some situations discussed.”
- “She’s from outside the local area; lives in my favorite state, and is a giving social worker.”
- “Compassionate and knowledgeable.”
- “I felt a connection to her.”
- “I’ve known this lovely lady for years but never really got to know her!”

Another lovely surprise this weekend was the showing of an almost 40-year-old recording of members from the 1980s being interviewed on an old Philadelphia talk show called “People Are Talking.” Four women shared their experiences and answered audience questions about Overeaters Anonymous during the hour-long show. One of those original members was even in attendance this weekend! Such a gift to see those ladies bravely talk about their experiences, and sharing the hope of OA, way back then. We are grateful for their service.

Here’s to a wonderful Retreat!! With 2022 now in the record books, we look forward to planning next year’s Retreat. If you are interested in being a part of our wonderful and fun committee, please contact Trish M: 215-370-7640 for details. There is no abstinence required to be on the committee, and we’d be happy to have you!

— Trish M, Southampton, PA
2022 Retreat Committee Co-Chair



*Isn't connection
lovely?*

What else is new?



2022 REGION 7 CONVENTION

Swimming
THE SEAS OF RECOVERY!
NOVEMBER 4-6

CONVENTION
REGISTRATION LINK
www.oaregion7.org

The poster features a blue background with a white diagonal stripe. At the top, the text '2022 REGION 7 CONVENTION' is written in large, bold, white letters. Below this, the word 'Swimming' is written in a large, white, serif font, with 'THE SEAS OF RECOVERY!' in a smaller, white, sans-serif font underneath. At the bottom left, the dates 'NOVEMBER 4-6' are written in large, bold, blue letters. On the right side, there is a yellow sun-like logo with 'Region 7' in the center and the state abbreviations WV, MD, VA, DC, DE, PA, and NJ around it. Below the logo, the text 'CONVENTION REGISTRATION LINK' and the website 'www.oaregion7.org' are written in blue.

If you've never been to the Region 7 Convention, now's the time! Visit Ocean City, MD for a weekend of recovery with members from all over our great OA region! Besides Pennsylvania, you can meet your fellows from New Jersey, West Virginia, Maryland, Virginia, Washington DC, and Delaware. Treading water, anyone? Click on the link above!



“Meditation is an action that gives us much-needed practice in the art of sitting still and opening our hearts to receive spiritual nourishment.”

The Twelve Steps and Twelve Traditions of Overeaters Anonymous Second Edition, p. 79.
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Overheard Recovery

*"It doesn't get easier;
we just get stronger."*

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Does your meeting have 7th-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, 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 or
northword99@gmail.com

Thankee!

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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5/2015

Helpful Contact Info:



PAIG Service Positions:

Mary T.	Chair (215) 805-1731
Wendy K.	Vice-chair (215) 572-1425
Phil S.	Treasurer (267) 397-0977
Maureen L.	Secretary (267) 401-9256
Angela C.	WSBC Delegate A (215) 704-9718
Linda S.	Region 7 Rep A (267) 792-4092
Amy L.	Region 7 Rep B (215) 512-8871
Chris N.	Aware! Editor (720) 934-0985
Trish M.	Retreat 2022 (215) 370-7640
Natasha M.	Retreat 2022 (407) 461-9753
Angela C.	Speaker List (215) 704-9718
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, November 2, 2022 at 7:15 pm via Zoom. Contact 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 and enter your email address in the box on the home page labeled "Join PAIG's Google Group."