

November



2022



# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

## Finding Time for Service in Your Recovery



### Step 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

### Spiritual Principle

Spiritual Awareness

### Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

### Spiritual Principle

Anonymity

How many times do you go to a meeting, whether in person or on a Zoom call, and you simply show up and go through the motions? Everything just works; the meeting happens and then you leave. Have you thought about how these meetings work, and how accommodating it is to show up to a meeting that just runs?

Now imagine going to a meeting, and no one is there to open the room up, or set the room up. No one is there to lead the meeting. How many of us have gone to a meeting like that? A meeting whose future seems uncertain? For many of us, this is now a reality.



We had the Region 7 Assembly a few weeks ago, and our overall theme was How Can we Encourage and Attract More Service? We had a wonderful workshop with our representatives where we came up with ideas and developed a working plan for how to bring these ideas back to our Intergroups. Essentially, it was a grassroots campaign to go Back to Basics.

We asked ourselves: how can we encourage our fellows -- members of our local meetings -- to step up and say, "I am willing to run the meeting this month?" How can we encourage someone in recovery to be willing to take a Representative position at the Intergroup level? How can we attract people to serve at the levels of Region and World Service?



The meeting went well, and you'll all have a

*Continued on page 3*

# Sign up PDQ!

## 2022 REGION 7 CONVENTION



Swimming  
THE SEAS OF RECOVERY!  
NOVEMBER 4-6

CONVENTION  
REGISTRATION LINK  
[www.oaregion7.org](http://www.oaregion7.org)

Have you registered for the R7 Convention yet? *What are you waiting for??* There is still time!

[<Click Here to Register>](#)

Have you seen the Food Menu yet? We just updated it!

[<Click Here to View>](#)

We are looking for volunteers for service during the event! We need your help!

[<Click Here to View>](#)

If you want to perform in the OA TALENT SHOW, Email DJ Rob Rocks and he will sign you up!

[<Click Here to Email>](#)

Join us  
here!



# Finding Time for Service in Your Recovery

*Continued from page 1*

chance to hear about some of these new ideas as soon as your Region 7 reps return to share our findings.

As the new Region 7 chair, I want to lead by example and continue to provide service to the OA community. *It is not a chore at all!* I have had wonderful experiences over the years: I have been to the Region 7 convention, where people enjoyed speakers and attended workshops on our collective experience, strength, and hope. I've danced to music and watched as people who had never performed in front of others did so at the Talent show.

I was able to go to World Service, too, and even though it was conducted via Zoom, I had a whole new awakening as to how important OA's traditions and concepts are for our programs and for the notion of service. I am hoping that in 2023 I will attend the World Service Business Conference where I'll meet people from all over the world and hear *their* recovery stories.



This is a huge gift in recovery! I would not have had these wonderful experiences if I was still in the food, isolating and feeling alone.

I hope that in the next two years I can meet many of you at meetings and events to help attract more people to provide the simplest of services.

So, when you go to your next meeting, event or workshop, consider providing a moment of service, which helps in your recovery and attracts others to do the same!

Rob L.  
Region 7 Chair  
[Chair@oaregion7.org](mailto:Chair@oaregion7.org)

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. ©1984...2013 Overeaters Anonymous, Inc. All rights reserved. Rev. 5/2015



And speaking of service, have you visited OA's Virtual Region (OAVR)? It's a remarkable website, helmed by OAs who do their service by maintaining this terrific resource that connects recovering compulsive overeaters all over the globe.

To visit, go to: <https://oavirtualregion.org/>.

Note: the VR publishes a list of phone marathons that occur throughout the entire year. **There's one on Thanksgiving Day, starting at 8 AM and going until midnight!** Click on <https://oavirtualregion.org/marathons-2022/> for more information.

### Elizabeth R. shares some thoughts on Step 11:



I looked at step 11, meditated and prayed.  
My Higher Power wants me to write on it today.  
I listened to my thoughts. What do I feel in my heart?  
I wrote and read, what I thought God said in my head.  
Was it about an amends to make, a risk to take, and action to make?  
Are these thoughts from God?  
Why are the answers unclear? How can I see?  
Should I follow them? Are they from you or me?  
Sometimes I need to wait, before making a mistake.  
I pray for knowledge of his will. Sometimes that means being still.  
I feel angry, scared, confused, and ill.  
The wait is long, I think something is wrong.  
I am uncomfortable, I want to eat to stop the pain.  
The anxiety is too great;  
What decision should I make, is it too late?  
Then a sign appears miraculously.  
A place or thing that I see, or a person says something to me.  
My path is unclear until I am patient and listen without fear.  
Let Go and Let God.  
Things happen in his time, not mine!  
God will show me what to do.  
He'll give me the courage to follow the right path, and the willingness too.



## Overheard Recovery

“The past and the future are places I used to hang out.”

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!

On a final note, let's ask ourselves if we've made a recovery plan for our holiday gatherings. Have we considered how the day might proceed; how we'll react to foods we might not ordinarily encounter; what to do when Uncle Clem starts talking politics or Aunt Gert suggests a new diet. What about the newly vacant chair at the dinner table? Triggers galore.

What are some of the actions we can take to help ensure our abstinence? Will our sponsors be available? Are our fellows on speed dial? Will we have taken the time to quiet our minds and connect to our HP's before the day gets hectic?

Let's share ideas with our OA fellows.

May we all enjoy safe travels, loving interactions with family and friends, and the gift of abstinence this Thanksgiving. 

## 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, December 7, 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."