

December

2022

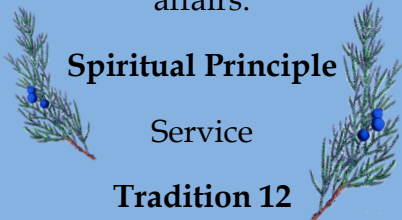
AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®



Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



Spiritual Principle

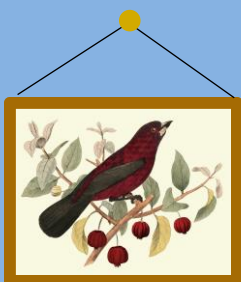
Service

Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Spiritual Principle

Spirituality



Here Come the Holidays: Don't Kiss Rattlesnakes!

At the beginning of my first holiday season in OA I had six months of abstinence. But when my children baked holiday sweets, I thought, "They'll feel bad if I don't try them." After one taste, I couldn't put down the sugar. For three months I ate compulsively; clean abstinence took six months.

My second holiday season in OA I stayed abstinent until Christmas dinner at a relative's house. I thought, "This dessert comes only once a year. I don't have it in my house. Surely it can't hurt to try it." I came home and ate every sweet thing in the house and began a two-month relapse. The terror of what I was doing prompted me to find a sponsor who had what I wanted: 365-day abstinence. With her encouragement and the Steps, Tools and Fellowship, I reclaimed my abstinence, one day at a time.



My third season in OA I stayed abstinent. Abstinence was a greater blessing than the pleasure sugar gave to me, and I had no hell to pay afterward.

Recently, a local newspaper printed an article about a man who brought home a baby rattlesnake from the desert. To show a friend how tame his pet was, he kissed its snout. The rattlesnake bit him on the lip, and the man nearly died. How, I wondered, could anyone be so naïve? Did he reason that because he took good care of this cute little snake it would never act out its essential nature? Did he imagine that it loved him?

My compulsive eating is like a rattlesnake. It isn't evil; in its cage it's benign. I can live in peace with it as long as I remember that it's a dangerous animal, not a pet. However, during the holidays it's easy to forget, and to be influenced by friends, thinking I can get away with it just this once. I want to be pals with my compulsive-eating self until I let it out of its cage. Then I discover my absurd naivete! I have uncaged a dangerous animal that bites! My abstinence dies before my eyes.

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Even though I know better, I still sometimes feel the urge to kiss my rattlesnake during the holidays. I encounter painful emotions like loneliness, grief, alienation and shame. The sights and smells of food assail my senses. Pleasure calls; expectations mount; busyness and pressure demand relief; people irritate me.

However, the program shows me how to remain abstinent. The Steps, Tools and Fellowship show me new ways to like myself and cope with life. I can tell someone what I'm feeling, go to more meetings, and change my holiday lifestyle. I can work the Steps on a difficult person, place, situation or emotion. I can discover for myself that "It is an incomparable pleasure to use the power this program gives me to eat moderately even on days when excess is the norm." (For Today, page 329.)

Happy holidays, everyone. Don't kiss your rattlesnake!

Edited and reprinted from Lifeline Magazine, © Overeaters Anonymous, December 2005.



When is the last time you checked out PAIG's website at <https://OA-philadelphia.org/>? Events, meeting information, and opportunities for recovery abound!

New Meeting Alert!



Friday nights, 6pm-7pm
Brewerytown/Fairmount
Clubhouse
2044 Fairmount Avenue
Philadelphia, PA 19130

Masks are encouraged but not required. Plenty of parking on the street!
Join us!!!

New Meeting Alert!



The **first** Monday of each month @
7:30 pm sharp!
Jenkintown Library
460 Old York Road
Jenkintown, PA 19046

The beautiful, historic Jenkintown Library is handicapped accessible, and parking is available in the back. Enter through the well-lit rear door.

If you can't attend in person, join us by phone via the OA conference line: 605-313-4812. PIN 354496#.

We can't wait to see (or hear) you! As our meeting grows, we may add additional meetings. We'll let you know!

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.



Twelve Steps to a Better Holiday Season*

1. We acknowledged that the holiday season has way more to offer than just food.
2. Came to believe that a power greater than ourselves could help us adjust our expectations of the role of food in our seasonal celebrations.
3. Made a decision to trust our Higher Power to help us broaden our appreciation of the season beyond excess food.
4. Made a searching and fearless examination of our attachment to certain foods during holidays past.
5. Admitted to our Higher Power, ourselves and another the exact nature of our conduct with food at past holiday gatherings.
6. Were entirely ready to ask for our Higher Power's help to relinquish those past behaviors.
7. We humbly asked our Higher Power to remove our feelings of entitlement for "special" foods during the season.
8. Made a list of all the people who bring joy into our lives during the holidays, with whom we hope to gather in celebration and reflection.
9. Made plans to spend time with those people whenever possible, except when to do so would jeopardize our primary purpose of maintaining abstinence.
10. Continued to enjoy the company of friends, family and strangers (!), and resolved to be a loving presence in their lives during the holidays.
11. Sought through prayer and meditation to improve our appreciation of the season, praying to joyfully participate in helping to create its special magic, and
12. Having acknowledged that the joys of the season far outweigh the fleeting pleasure we once sought from compulsive eating, we gave others the gift of our full attention and appreciation without the distraction of excess food.

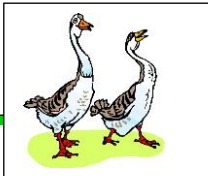
*Inspired by a piece in a 2007 edition of Lifeline Magazine, © Overeaters Anonymous, 2007.

✧ Constructive Imagination ✧

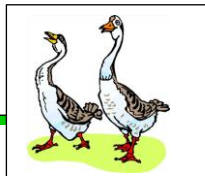
Steve T. shared about his Thanksgiving experience at a meeting the other day. Struck by the notion of Constructive Imagination that he'd read about in Step 11 of Alcoholic Anonymous' Twelve Steps and Twelve Traditions, Steve decided to apply that approach to his holiday meal: Hours beforehand, he envisioned himself at a sideboard filled with holiday foods of all sorts. In his mind's eye, he saw himself choosing some things and bypassing others as he filled a plate with abstinent choices and amounts of food. He pictured himself eating the food, appreciating it, and feeling satisfied without going back for seconds.

By giving himself a blueprint to follow, Steve removed the uncertainty that can sometimes crop up in social settings where food is served. It worked like a charm! "And afterward, I wasn't glassy-eyed from a tryptophan hangover," he grinned.

Hooray! Thanks for the tip, Steve.



Take a gander at some upcoming events!



This workshop is brought to you by OA's Region 7 Twelfth Step Within Committee



The Keys To SURVIVING THE HOLIDAYS-RELAPSE PREVENTION AND RECOVERY

A ZOOM WORKSHOP

A G E N D A

- **3 Speakers Will Share Their Experience, Strength, and Hope**
- **Learn About the 12 Steps To A Slip**
- **Open Sharing**
- **Free Raffle (\$25 gift cert. for OA literature of choice)**

TUESDAY DECEMBER 13, 2022

7:00 PM – 9:30 PM ET

ZOOM INFORMATION: Meeting ID: 460 686 1021

Passcode: unp8QX

Or click on the Hyperlink Below:

<https://us02web.zoom.us/j/4606861021?pwd=RkJ4WU1MTVMwWmhKQ3dMdFRlbnBPZz09>

Dial by your location

+1 646 931 3860 US
+1 301 715 8592 US (Washington DC)
+1 309 205 3325 US
+1 312 626 6799 US (Chicago)
+1 646 558 8656 US (New York)
+1 719 359 4580 US
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
+1 360 209 5623 US
+1 386 347 5053 US
+1 507 473 4847 US
+1 564 217 2000 US

+1 669 444 9171 US
+1 669 900 9128 (San Jose)
+1 689 278 1000 US
Meeting ID: 460 686 1021
Passcode: 922513

Find your local number: <https://us02web.zoom.us/j/koDOgVITB>

OA BALTIMORE
PRESENTS

Candlelight Promises Meeting

Join us for a candlelit evening of reflection on what it means to be HAPPY, JOYOUS, and FREE as each speaker shares their experience, strength, and hope on the twelve 9th Step promises of recover.

SUNDAY, December 11th 2022 at 5:30 pm



HOW THIS EVENT WORKS

We're asking each speaker and attendee to turn on their webcam, lower the lights in their location, and place a lighted (battery operated) candle in front of them so the event will be conducted in the warmth of candlelight (optional).

Suggested 7th Tradition donation: \$5 to oabaltimore.org

TO ATTEND

We are using the BAIG 2nd Zoom Account address It can be found on [OABALTIMORE.org](https://oabaltimore.org)

<https://us02web.zoom.us/j/7310889762?pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09>

Meeting ID: 986 0477 8939 Passcode: 476659; One tap mobile +13017158592,,98604778939#,*476659#

Overeaters Anonymous Virtual Workshop

“ONE DAY AT A TIME”

MONDAY, JANUARY 2, 2023 9:15 – 11:30 AM EST



9:15 – 9:30 AM – Fellowship

9:30 – 11:30 AM – Meeting

- 3 Speakers
- Sharing
- 7th Tradition

Hosted by: Fellowship of Hope, PAIG

<https://us02web.zoom.us/j/88420627878?pwd=VlpHZkxDeKU4ZXRoVaTVxVE1MQVFSdz09>

Dial In: 1 929 205 6099

Meeting ID: 884 2062 7878

Request Password from:

OAFQHquakertown@gmail.com

Questions?

Contact:

Linda S.

267-792-4092



Overheard Recovery

"A boundary is not a betrayal."



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!

Let's consider how we're going to practice the principles of Service and Spirituality this month.

The holidays can be cozy and joyful as we celebrate with friends and family. But as the author of "Don't Kiss Rattlesnakes!" reminds us, it can also be an especially lonely time, when our troubles weigh heavily and our hearts long for companionship.

Do you know someone who attends your meetings who is single, and who might not have family in town? How about inviting them over for a cozy evening, or a cup of joe at your local coffeehouse?

How about someone who isn't a member of OA, but who struggles with compulsive overeating? If they've expressed curiosity about your success, how about sharing your story? Inviting them to a meeting? Offering a ride?

And what about our own programs? Have we checked in with our Higher Power lately? Have we scheduled time to pray and meditate during this busy season instead of just doing them on the fly? How might that affect our abstinence?

Finally, many of us have developed specific techniques to prepare ourselves for holiday gatherings which can be chock-full of triggers, food-related and otherwise. Let's share those at our meetings this month.

Thanks, everybody! Keep sending your AWARE contributions to northword99@gmail.com !

See you in 2023!



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, January 4, 2023 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."