

January

2023

# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

## Happy New Year!



### Step 1

We admitted we were powerless over food – that our lives had become unmanageable.

### Spiritual Principle

Honesty

### Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

### Spiritual Principle

Unity



The holidays are behind us. A new calendar year beckons. How shall we mark the passing of 2022 and the arrival (ta da!) of 2023?

Many of us know from experience that swearing off *this* and promising *that* isn't exactly a sustainable approach. Perhaps a small change, then.

Let's consider the OA prayers: some of them have fallen into my lap as if by magic, just when I needed them most. Several helped me to connect with people who felt badly broken. It's tough to overestimate their power. Even so, I sometimes need reminding to pull them out and shake them off, like a favorite sweater from the bottom of the winter clothes trunk. So here's my small change: I will print out my favorite prayer, the one that helps me to accept life on life's terms, and keep it right here, mounted over my desk.



The Acceptance Prayer

Page 417, *Alcoholics Anonymous* 4<sup>th</sup> Edition

"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my compulsive overeating, I could not stay abstinent; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitude.

*continued on page 2*



*Happy New Year, continued.*

Shakespeare said, 'All the world's a stage, all the men and women merely players.' He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did. A.A. and acceptance have taught me that there is a bit of good in the worst of us and a bit of bad in the best of us; that we are all children of God and we each have a right to be here. When I complain about me or about you, I am complaining about God's handiwork, I am saying that I know better than God."

I will breathe deeply. I will open my mind to accept life as it is, not as I wish it (or me) to be. With that in mind, I will revisit Step 1 with my fellows: "We admitted we were powerless over food – that our lives had become unmanageable."

Happy New Year! May we all enjoy a peaceful and abstinent 2023.

-cn

Alcoholics Anonymous 4<sup>th</sup> edition, page 417, AA World Service, Inc., © 1939, 1955, 1976, 2001.

**Attending meetings is a great way to do service! We have two new meetings that could use some encouragement. One's *in person*; the other's a *hybrid*.**

**1.**

**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!!!

**2.**

**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.

Or join us by phone via the OA conference line: 605-313-4812. PIN 354496#.

We may add additional meetings. We'll let you know! Join us!

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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# Look what's new from OA's Virtual Region!

**A Design for Living (AD4L) Intergroup hosts a monthly Speaker Series**

**Topic for January: "Bill's Story"**

Saturday, January 7th – 3.30pm – 5.00pm in New York/USA

Saturday, January 7th – 8.30pm – 10.00pm in London/UK

Sunday, January 8th – 7.30am – 9.00am in Melbourne/ Australia

Zoom ID: 200 540 624 (no password required) or join: <https://us02web.zoom.us/j/200540624>

For more information or future events please visit: <https://www.ad4l.info>

We look forward to welcoming you!

***OA Foot Steps Presents...***

***New Year***

***Fresh Start***

**2 Speakers with Q&A**

Sunday, January 8, 2023

3PM - 4:30PM EST

Meeting ID: 914 9995 6265

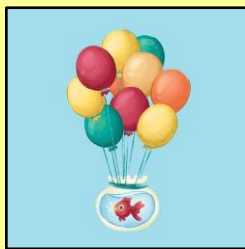
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**STEPS...**

WORKSHOP



**Ocean & Bay Intergroup presents  
OA's 63rd Birthday OA Trivia  
Game:  
♻ BIRTHDAY BONANZA ♻**



WHEN: Sunday, January 8, 2023

TIME: 1:00 PM to 3:00 PM Eastern Standard Time

ZOOM INFO: <https://zoom.us/j/87569085435>

MEETING ID: 875 6908 5435

PASSCODE: 447099

Questions? Email Susan at [sharabi4@bezeqint.net](mailto:sharabi4@bezeqint.net)  
or call/text Carole at 916-730-9277.

**Birthday hats and costumes are optional!**

There's info about other events like these, and scads of great information at OA's Virtual Region website!

Visit:

<https://oavirtualregion.org/>  
to see for yourself!

Is your meeting looking for help with navigating Zoom? Look no further! OA's World Service Office has published a helpful guide entitled *New Videoconference Meeting Training and Security / Preventive Measures*.

To access a copy, go to:

<https://oa.org/news/new-videoconference-meeting-training-and-security-preventive-measures/?news-category=0&page=0>

**A Women's Retreat in Rehoboth Beach, Delaware?**  
**Sounds like just the thing to strengthen her recovery and chase the**  
**winter doldrums away!**  
**See below:**



## WINTER OA BEACH RETREAT JANUARY 20-22, 2023

Greetings Friends! The Fridays With Fellowship meeting has organized a women's OA retreat, and all women in the fellowship are invited! Here's the key info:

- \* Where? [Memorial House](#), which is a short walk from the beach in Rehoboth Beach, Delaware.
- \* Accommodations? Single and double rooms are available; we will all be in the same large house.
- \* Cost? \$325 to share a room; \$375 for a private room. Note that private rooms are limited; if you'd like one, please register ASAP. Limited scholarships available – ask us!
- \* Capacity? 17 people max.
- \* Meals? Six meals are included, from Friday dinner through Sunday lunch. Vegetarian options will be available, and sugary desserts will not be served.
- \* Agenda? In the works, but with a Step 6 and 7 theme. Great recovery and fellowship are promised!

To reserve your space, email Sue to let her know, and get your payment to Sue or Jane in one of these ways:

- \* Check made out to Jane Smith and mailed to 447 Range Road, Towson MD 21204
- \* Venmo to [@sue-battle-mcdonald](#)
- \* Zelle to Sue using 410-206-6724
- \* PayPal to Sue using [suebattle@yahoo.com](mailto:suebattle@yahoo.com)
- \* Cash handed to Jane or Sue

Questions? Contact Jane S. at 410-375-7458 (call or text) or [timandjanes@msn.com](mailto:timandjanes@msn.com) or Sue B-McD at 410-206-6724 (call or text) or [suebattle@yahoo.com](mailto:suebattle@yahoo.com).

There are still  
slots open! Call  
today!



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
- 7<sup>th</sup> Tradition

Hosted by: Fellowship of Hope, PAIG

<https://us02web.zoom.us/j/88420627878?pwd=VlpHZkxDeKU4ZXR>

VaTVxVE1MQVFSdz09

Dial In: 1 929 205 6099

Meeting ID: 884 2062 7878

Request Password from:

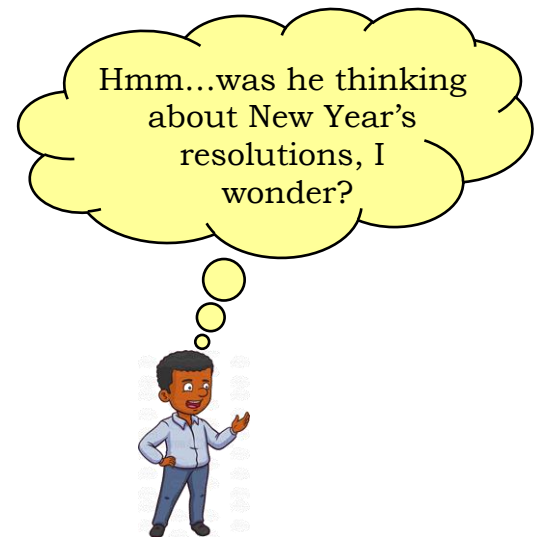
OAFQHquakertown@gmail.com

Questions?

Contact:

Linda S.

267-792-4092



*“To promise not to do a thing is the surest way in the world to make a body want to go and do that very thing.” – Mark Twain*

For Today, p. 365, © OA, 1982

## Where Do I Start?

Great news! There is a new pamphlet available for newcomers to OA entitled, *Where Do I Start?: Everything a Newcomer Needs to Know*.

Best of all, it can be downloaded for free in twenty languages!

Go here to access your copy:

<https://oa.org/what-to-expect/where-do-i-start/>



## Overheard Recovery

“PAUSE: Practice Acceptance Until the Spirit Emerges.”

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!



As many of our meetings are now being held via Zoom, why not explore meetings in far-flung places?

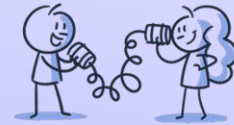
Fancy a visit to Australia? Japan? Hoboken? Have at it!

OA's World Service Office has information on meetings that are being held daily, all over the world. Go to <https://oa.org/> and explore!

OA's Virtual Region has information and great resources about events around the globe, too, at: <https://oavirtualregion.org/>

What is the Virtual Region, anyway? It's a service body that supports OA Virtual Meetings and OA Virtual Intergroups. The VR's presence is online only. But it's maintained by OAers just like us.

## Philadelphia Area Intergroup Service Positions



Mary T.	Chair (215) 805-1731
Wendy K.	Vice-chair (215) 572-1425
Phil S.	Communications & Treasurer (267) 397-0977
Maureen L.	Secretary (267) 401-9256
Angela C.	Region 7 Rep A & Speaker List (215) 704-9718
Amy L.	Region 7 Rep B & WSBC Delegate B (215) 512-8871
Chris N.	Aware! Editor (720) 934-0985
Trish M.	Program Chair (215) 370-7640
Natasha M.	Retreat 2023 Chair (407) 461-9753
Annie B.	Retreat 2023 Co-Chair (609) 203-0941
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. Next month's PAIG meeting will be held on Wednesday, February 1, 2023 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."