

February

AWARE!

2023

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

Restoration of Sanity...



Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle

Hope

Tradition 2

For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.



Spiritual Principle

Trust

“When life as it really is becomes a fact that I accept as naturally as I breathe, events lose their power to throw me off balance or disturb the basic rhythm of life.” – *For Today*, page 6

My recovery in OA has made it possible for me to let go of both big and small things in life. Recently, I have noticed that rather than reacting in anger, I have been able to let go of my standard responses to people and situations that in the past would have set me off both emotionally and physically in terms of overeating. I am not always able to let things slide off of my back, but when I do, I believe that that is because of my daily practice of using OA principles and OA tools, including a food plan, writing, attending meetings, reading literature, sponsorship, etc.



My life has improved in miraculous ways that I never could have imagined before coming into this program! I feel love, forgiveness, and surrender continuing to grow in place of fear, anger, and a need for control. As a result, my relationships with loved ones, colleagues -- even strangers -- has improved greatly. Most of all I have been able to truly love and forgive myself.

-Rebecca



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Did somebody say, “recovery?”
See below!



The Philadelphia Area Intergroup of OA is happy to announce the return of the 2nd Sunday Workshop series!

The committee is hard at work developing programs for our members to enjoy throughout the year. The workshops will be QUARTERLY instead of monthly, but we hope the impact will be just as spiritually nourishing and helpful.

Please SAVE THE DATE for our inaugural workshop!

Meditation & Spirituality: Improving Conscious Contact

Sunday, March 12, 2023 • 2:00 - 3:30pm

Location: ZOOM (details to come)

We are developing a Flyer for distribution and posting to the oa-phila.org website, and login details will follow in the weeks to come. In the meantime, please direct any questions to Trish M at trixie28@comcast.net.

A member's thoughts about her inclination to offer advice:

“Compulsive advice-giving is a trauma response. And it signals a lack of respect. Maybe the person I’m addressing needs to make their own mistakes so that they can learn. By trying to ‘save’ them from making mistakes, maybe I’m actually impeding their progress.”



Fifty-two card pickup? No way! Introducing *The Simplicity Project* from the WSO's 12th Step Within Committee:

"The Simplicity Project is a simple idea to help YOU stay abstinent!

Got program? Got an index card and a pen?

Write the essentials of your program on the front and back of an index card, then carry that card with you wherever you go. Take the card out and read it any time you need to reaffirm your program.

Your card should have whatever information, reminders, prompts, or action items you need to remember in times of stress. Keep it simple, though...it all has to fit on the front and back of one little index card!"

For more information and suggestions from members, click <https://oa.org/app/uploads/2021/08/the-simplicity-project.pdf>.



Check out these upcoming opportunities for recovery from the comfort of home!

THE NJIOA Winter Retreat
STAR LAKE LODGE
SATURDAY, FEBRUARY 4, 2023
9:00 AM TO 5:00 PM ET

An all-virtual OA event on Zoom

Passport to Recovery
"... and you will surely meet some of us as you trudge the Road of Happy Destiny."

Register Online here:
<https://www.njioa.org/star-lake-details>
Those registering online will receive an email confirmation.
Zoom information will be emailed to all registrants the day before the event.

Please choose the donation level that works for you: \$20, \$25, or \$30.

Contact People: Fran U. (973) 975-5607, Susan S. (201) 960-1995, Mary Ann NC Registration (973) 568-2761

Register by Mail: Snip & complete this form and mail it out with a check, payable to NJIOA. Mail this registration to: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: _____ CELL: _____
EMAIL: _____

I would like to do service at this event: Workshop host or timer Zoom Committee I can help as needed

North Jersey Intergroup of Overeaters Anonymous

There is a Solution

Save the Date! March 3-5, 2023

SAVE the DATE

OA Virtual Region 2023 Convention

There is a Solution

Welcome Center – Newcomers' Meetings – Keynotes – Concurrent Tracks – Simultaneous Interpretation in Multiple Languages

Tentative Topics

Abstinence – OA Literature – The 12 Steps – A Plan of Eating – Big Book – Anonymity – For the Family & Employers – Sponsorship – OA Tools – Young People's Recovery – Spirituality – OA Twelve and Twelve – The 12 Traditions – Giving Service – Creative Studio – For the Professional – We Agnostics – Virtual Region Fair

Registration Opens January 16

You can find larger versions of these flyers with active links at <https://oa-phil.org> !

Morning Abstinence Prayer

Higher Power, Today is a new day for me. With your help, it can be a day of abstinence. I ask for your protection, in case sometime during the day my desire to overeat is greater than my desire to abstain.

I also ask for your protection from anyone or anything that may interfere with my abstinence.

I know that I am powerless over food. I believe that you will restore me to sanity. Please help me to know your will for me today and give me the willingness to carry that out. I turn my life over to you.

- Sent in by Suzanne, who first embraced it at an IDEA Day gathering hosted by the Brandywine Intergroup. Thanks, Suzanne!

More portable recovery? You bet!



Many of us have listened to PAIG's excellent speaker recordings, which can be found at <https://oa-philadelphia.org/speakers/>

OA's Virtual Region has recorded speakers as well, and you can listen to them (from all over the world!) at: <https://oavirtualregion.org/convention-recs/>

Other intergroups offer similar recordings. Which are your favorites? Please share your tips with AWARE at: northword99@gmail.com

For instance, we've heard folks rave about the speaker recordings at the Los Angeles Intergroup (OALAIG), which you can listen to at: <https://www.oalaig.org/laig-virtual-speakers-bureau/>

Listen on your phone, your tablet (if it has audio) or your computer, and enjoy!

...speaking of stories, don't forget about *Lifeline Magazine*, OA's own publication for members. Many of Lifeline's wonderful stories are available to read for free at <https://lifeline.oa.org/>. If you like what you see there, scroll down the page and subscribe so that you'll never have to miss a Lifeline story again.



And finally (for now), you can also access OA podcasts and videos, including vintage recordings from OA founders; podcasts for young people; podcasts in Spanish! The list goes on. See and listen for yourself at

<https://oa.org/podcasts/> .

The Saturday morning Roxborough meeting bids a sad farewell to its longtime member, Mary Joy B. Mary Joy, we hardly knew ye. Rest in peace. ❤️

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 northword99@gmail.com Thankee!



MEN! WE WANT YOU!

...to remember that there are additional resources available to you at <https://oamen.org>, which is "dedicated to distributing information about meetings, resources, and support for men in OA."



A note about the *AWARE!* newsletter: like the many websites highlighted in its pages, *AWARE!* is a conduit through which we can share our experience, strength, and hope as well as our successes, challenges, laughs, insights and more. Share yours with your fellows by sending your bits and pieces to northword99@gmail.com. Not sure? Send a note. We'll chat.

Thankee! - cn

Philadelphia Area Intergroup Service Positions

- | | |
|------------|--|
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| Shari B. | Web Dudette
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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, March 1, 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 <https://oa-phila.org> and enter your email address in the box on the home page labeled "Join PAIG's Google Group."