

March

2023

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

Honesty, Hope and Faith



Step 3

Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

Spiritual Principle

Faith

Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle

Identity



The last paragraph of Step Three in *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* has given me the key to my recovery.

It suggests that my Higher Power speaks directly to me via my intuition. I tap into my intuition/Higher Power many, many times a day: Should I taste this piece of fruit in the supermarket? Should I pick a fight with my boyfriend because he embarrassed me?

I look inside for answers. I have to keep my mind clear by not eating or smelling trigger foods, because they cloud my thinking.



I don't pray for myself; I pray for others. I don't believe in asking a mysterious someone outside of myself to help me, because I already have that someone inside me. I know right from wrong; I know when to say *yes* and when to say *no* because my Higher Power is with me always. That is my faith.

And I use the acronym HALT: Am I Hungry/ Angry/ Lonely/ Tired? Usually, the answer is yes. I am one of those things, or maybe all four.

I have relaxing meditative tapes, and I listen to them for a half hour each day, which also helps.

I have faith; I believe; indeed, Faith is my middle name. I am ready to end my suffering and try another way. I feel happy that for today, with all the support I have via meetings, sponsors, telephone calls, writing, etc., I am doing okay.

-Alice Faith P.



Check out the next three pages for upcoming events!

Meditation & Spirituality

*Improving Conscious Contact
with Higher Power*

Sunday, March 12
2:00-3:30pm EST

ZOOM:

Meeting ID: 840 2425 0659

Passcode: 687242

or [Click Here](#) to Join Zoom Meeting
(Please be prompt to minimize disruptions)

**2 Speakers • Open Sharing
Breakout Session • Guided Meditation**


*A 7th Tradition donation is requested but not required.
Information will be posted in the Zoom chat during the workshop.*

*For information or to submit future workshop ideas,
please contact Trish M at 215-355-8807.*



**A special series of virtual quarterly workshops designed to support recovery
from compulsive eating and compulsive food behaviors.**

This is a service provided by the Philadelphia Area Intergroup of Overeaters Anonymous.



How Our Disease Can Fool Us

There are many ways this **cunning, baffling** and **powerful** disease of compulsive eating can fool us. April Fool's Day is a good day to remember how easy it is to fall into denial, and to instead, become aware of our unique avenues of vulnerability.

**The Saturday "One Step at a Time" meeting invites you to join us
IN-PERSON as we examine our food foolishness.***

Saturday
April 1, 2023
9am- 12 Noon

(Feel free to arrive as early as 8:30 am for fellowship time!)

BuxMont Unitarian Universalist Church*

2040 W Street Road, Warrington, PA 18976

(Parking is handicap accessible)

**SPEAKERS • BREAKOUT SESSION • RAFFLE
Q&A PANEL • FELLOWSHIP**

QUESTIONS? Contact Trish M at 215-355-8807 or email trixie28@comcast.net.

*(*Please be aware that this workshop is **NOT** being held at our usual location in Willow Grove)*

There is a Solution

March 3-5, 2023

**OA Virtual Region
2023 Convention**

REGISTER NOW!

**Welcome Center – Newcomers' Meetings – Keynotes – Concurrent
Tracks**

Select workshops and tracks in various languages

Tentative Topics

Abstinence ♦ OA Literature ♦ The 12 Steps ♦ A Plan of Eating ♦ Big Book ♦ Anonymity ♦
Recovery from Relapse ♦ Body Image, Relationships & Sexuality ♦ For Today ♦ Voices of
Recovery ♦ How It Works ♦ A Vision for You ♦ Into Action ♦ Sponsorship ♦ OA Tools ♦
Spirituality ♦ OA Twelve and Twelve ♦ The 12 Traditions ♦ Giving Service ♦ Creative Studio
♦ We Agnostics ♦ Virtual Region Fair

Great News from the Monday Night Elkins Park Meeting!

The pandemic left many of us feeling uncertain about the future of our meetings, especially before so many meetings went virtual. There was a hidden blessing in this for me: I finally understood, in a profound way, that our program and our meetings (which are the foundation of the program) must never be taken for granted. As everything shut down, it became clear to me that I needed the program in my life; perhaps more now than ever before.

The Elkins Park meeting allowed for attendance by phone long before meetings went hybrid. If there was inclement weather or even if a single member couldn't attend in person for whatever reason, we made it possible for them to be with us via speakerphone. So, we decided to stick with the phone rather than Zoom, because we were already familiar with that method.

We adjusted our meeting format accordingly, and each of us signed up to lead a month's worth of meetings for the remainder of the year, which reassured me that the meeting was going to continue at least for that year.

During the early days of the pandemic, we didn't feature speakers. Instead, we encouraged each member to share their stories, or we went 'round robin,' allowing for each of us to check in and report on what was happening in our lives and how we were using the program to deal with it.

We even came up with themes for the meetings, and members were very creative!

What happened next was nothing short of amazing. I had feared that members might drift away since we weren't meeting in person, but the cohesiveness of the group became stronger rather than weaker, and the core group attended almost without fail. Each of us truly cares about our fellow members; to me, this is the essence of our Fellowship.

In summary, I'll quote the Big Book (Alcoholics Anonymous, Fourth Edition, p. 25): "The great fact is just this and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe...our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves."

Sharing our strengths, our hopes, and the kinds of experiences mentioned above is something that I look forward to each week.

Finally, we've also found a new physical location for our meetings! Though most are still held strictly by phone for the time being, *we're now meeting both by phone and in person (hybrid) on the first Monday night of each month, at 7:30 p.m. in the Jenkintown Library, 460 York Rd, Jenkintown, PA, 19046.*



It's been wonderful to see one another again in person! You're welcome to join us! (Please call the contact person on the meeting list for specifics about parking, etc., before attending for the first time.)

We are a small meeting with BIG recovery, and for that I have my Higher Power and my fellows to thank.

-Terry S.

Overheard Recovery

"God's job is to restore me.
Mine is to believe."

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 that we include either
the group # or meeting name,
location, day, and time.

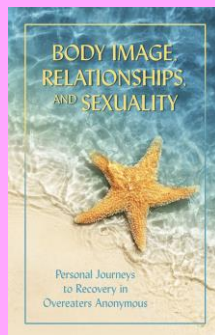
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We reserve the right to edit, and it is
understood that other OA groups,
without permission, may reprint all copy.
Got submissions? Please send
them to: aware@oa-phila.org or
northword99@gmail.com
Thankee!

Hot Off the Presses!



Voices of Recovery 2nd Edition is now available at
either the OA bookstore
(<https://bookstore.oa.org/>)
using inventory number
#986-2, or via download for
Amazon Kindle; Apple
Books; or Barnes and Noble
Nook.

The folks at the AWARE
desk found the info about
VOR at <https://oa.org/>,
our source for all things
OA! Have you visited? It
has resources, news,
links, and more! Go to
What's happening at OA?
and click on the "See
More" button.



While you're browsing,
remember that there's all
kinds of other great
literature at the OA
bookstore! Hello, recovery!

Philadelphia Area Intergroup Service Positions

Mary T.	Chair (215) 805-1731
Wendy K.	Vice-chair (215) 572-1425
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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, April 5, 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."