



Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

Gratitude, and a New Idea



Step 4

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle

Courage



Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle

Autonomy



This morning I had a sponsorship call where I heard a great idea. My recovery buddy heard an OA podcast speaker who shared about bringing the spiritual to his eating. My friend wanted to do that, so he came up with the idea of accompanying his meals with prayerful contemplation of Steps One, Two, and Three: Step One at breakfast, Step Two at lunch, and Step Three at dinner.

I love this idea, so I proceeded with Step One at breakfast. As I write this, it's between breakfast and lunchtime, so in a couple of hours I can proceed with Step Two at lunch, and so on, just for today.

I am so grateful for abstinence and the freedom from food obsession. I'm grateful for the Steps. I'm grateful for podcasts, sponsorship, telephone, writing, AWARE!, and the Fellowship of OA, where we share in the disease of compulsive eating and, more so, share in the solution.

Together we can do what we could never do alone.

Gratefully,
Anonymous in Philly



If you haven't done a 4th-step inventory yet, your sponsor can offer support. They might suggest that you purchase a copy of OA's *Twelve Step Workshop and Study Guide, 2nd Edition* at <https://bookstore.oa.org/books/-twelve-step-workshop-and-study-guide-second-edition-960-2.asp> to help guide you through the process.

We also have the option of simply asking our OA fellows what methods they've used, and where they got their forms and instructions.

It takes a village! You're on the right track! Courage.
Together we get better.

What's Happening?

Have you considered trying a new meeting?

Whether in-person, via Zoom or by telephone, each of PAIG's meetings is familiar enough to feel welcoming and unique enough to offer a new perspective.

This month the spotlight is on Croydon and Bryn Athyn. Let's join them! And stay tuned for more meetings in the spotlight!



Tuesdays, 7:30 pm, Croydon
Zoom or dial-in only

Zoom Link:

<https://us02web.zoom.us/j/83124962219?pwd=RIJGNFNlemN5Rk0yazNaNmZSUytJdz09>

Meeting ID: 831 2496 2219

Password: gratitude

Dial In: (646) 558-8656

Meeting ID: 831 2496 2219

Passcode: 912068717

Questions? Call Marie D. @ (215) 760-1036.



Wednesdays, 7:30 pm at Cairncrest
1100 Cathedral Rd., Bryn Athyn, PA 19009
Face-to-face only

Cairncrest is a building on the grounds of the Bryn Athyn Historic District (see below). Call for directions to the building, its meeting room's location, and tips about parking. Questions? Call Heather K. @ (215) 237-4862.



For more information about these and other meetings, see the PAIG meeting list at oa-phila.org.

Embracing the Gray Area: A Writing Prompt



At a recent meeting, a member said, "Black-and-white thinking is not recovery."

How can we embrace ambiguity – in our relationships, in our recovery processes, in our self-appraisals, in life?

If you'd like, share your insights with *AWARE!* at northword99@gmail.com.

Oh, riiiiight...



In less than six months' time, PAIG will host its annual retreat.

Has your meeting considered funding a scholarship, or contributing to one?

How about a gift basket? Can your meeting contribute a basket to be raffled, or items to be included in such a basket?

Now's a great time to discuss and strategize!

Questions? Call Annie B., Co-chair of the 2023 Retreat Committee, @ (609) 203-0941.

If you're having trouble coming up with the funds to buy literature that you need to get started in OA, or if you know someone who is, drop a note to the *AWARE!* desk at northword99@gmail.com. We'll work to find someone who can help. Your communication will remain private, and you'll remain anonymous.



On that note, if your meeting has literature that it's willing to lend or donate, contact *AWARE!* We'll pass on your info as needed.

Recovery from Relapse

***Please join us for a Workshop!
Learn about OA and the miracle of recovery!***

- **Time:** 7:30 p.m. – 8:30 p.m.
- **When:** Fifth Wednesday of the Month
- **Questions?** Call Ken at 301-613-2023
- **Hosted via Zoom by Wednesday Night OA, Columbia, Maryland**
- **Where:** Join Zoom Meeting by clicking on this link:
<https://us02web.zoom.us/j/7310889762?pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09>.

On your mobile phone: +13017158592,7310889762#

Or go to the Zoom.us website, click on 'Join a Meeting' and enter the following information: Meeting ID: 731 088 9762

Password: BeAbstn8



I thought I could lose weight on my own. Joined many weight loss programs, saw dieticians, and joined the gym.

Could only do part of this program, to my chagrin.

I thought I could take one bite. What could it hurt? I couldn't stop. The food took over again!

I thought sugar-free was allowed, but not for me. I craved more. How can that be?

I needed my HP and OA, I heard a voice say. Was it my intuition or was it God directing my way?

I found if I didn't take one bite of the foods that I craved, it was easier to resist and I felt better all day.

I didn't give up, even when I slipped. I knew one day I would lose weight if I followed a food plan, used the steps and the tools and commit.

I have a Higher Power, use the slogans of OA. Am I willing to listen and not follow my way?

It isn't easy, I need support. Especially when I see normal eaters eat everything they want.

Holidays, birthdays, and celebrations are triggers for me. Desserts call my name and tempt me.

Need to have a plan of action to be abstinent each day. Say the serenity prayer and ask my HP to show me the way.




I know it is possible to be abstinent each day.

I was once a sponsor but lost my way.

I am trying hard with my HP's help to get my abstinence back again every day.

-Elizabeth S-R





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)*

A member shared a fun word search with some familiar phrases:

EATING

E	L	E	G	O	B	B	L	E	U	S	L	O	A
B	I	T	E	K	E	S	N	E	A	K	U	O	U
L	R	N	E	K	G	E	P	E	R	A	F	T	N
A	E	U	I	S	L	N	O	E	L	G	D	N	D
O	G	T	A	G	L	A	R	K	T	E	N	A	I
S	U	A	A	T	K	U	T	A	U	K	I	L	M
N	L	R	E	S	I	N	I	T	H	A	M	P	L
A	A	M	A	H	T	I	O	N	I	T	T	D	I
I	R	R	A	S	U	E	N	I	D	R	P	O	A
H	M	C	S	E	B	N	S	U	E	A	L	O	E
L	E	R	E	O	A	N	G	E	M	P	U	F	R
H	A	A	C	U	E	M	T	E	A	E	G	M	T
O	L	M	O	R	N	O	S	H	R	N	T	G	N
T	S	A	E	B	N	M	T	I	N	R	E	E	G

HIDE
TASTE
GOBBLE
PORTIONS
MINDFUL
FOOD PLAN
CRAM
PARTAKE
BITE
SNEAK
NOSH
GULP
REGULAR MEALS
INTAKE
HUNGER

Play this word search online at

<https://thewordsearch.com/puzzle/5436524>.

©thewordsearch.com. Used with permission.

As a reminder,

PAIG is the Philadelphia Area Intergroup of Overeaters Anonymous. An Intergroup is an organization comprising representatives from meetings in a specific area; in this case, Philadelphia, Bucks, and Montgomery Counties.

Current PAIG members (and their contact information) are listed on the last page of this newsletter. To learn more about PAIG, chat with your PAIG rep, or visit oa-phila.org.

PAIG welcomes new members. Giving service at the intergroup level is an fun way to boost our recovery, connect with our fellows and broaden our understanding of the behind-the-scenes workings of our 12-step fellowship.

If you'd like to see for yourself, guests are always welcome at PAIG meetings! See the bottom of page 6 for meeting details.

AWARE! here, with a Spring cleaning tip: Let's make April the month that we check our meetings' listing on the PAIG website for accuracy at:

<https://oa-phila.org/wp-content/uploads/2023/03/PAIG-MEETING-LIST-3-1-23.pdf>.

Contact Vicechair@oa-phila.org with necessary edits.

While we're at it, let's check our listings at the WSO, too, at <https://oa.org/add-a-meeting/edit-a-meeting/>.

(Hint: you'll need your WSO meeting number in order to edit the listing. To find that number, click on <https://oa.org/find-a-meeting/?type=0>, and use the Search tool to find your meeting (using time of day, zip code, etc.). When your meetings' listing pops up, scroll down to "more info." Clicking on that will reveal your WSO meeting number. With that in hand, you can then edit by clicking the link above.)

A Message from OA's World Service Office:

"All are welcome in OA. When we say or hear that only one piece of literature is the way to work the Steps, the way to carry the message, the way to find recovery, OA stops being accepting, inclusive—welcoming.

Read and share [Embracing Our Differences](#), a timely reminder that OA is a Fellowship of unity and diversity, and recommit to embracing all who want to stop eating compulsively."

Overheard Recovery

“There are many things that I don’t need to be afraid of, but I didn’t realize that until I joined OA.”

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.

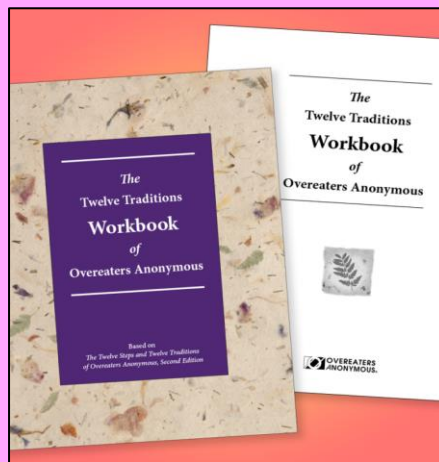
EDITORIAL POLICY: This is *your* newsletter! We encourage your contributions, comments and experience in the OA way of life. Publication of any contributions or editorial options does not imply endorsement by OA as a whole, but by the individuals who wrote them. Material submitted cannot be returned. 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!

Are you interested in exploring the 12 Traditions of OA more deeply?

Introducing *The Twelve Traditions Workbook of Overeaters Anonymous*, a new companion piece to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*. According to OA’s World Service Organization, “The Spiritual Principles of the Twelve Traditions are the focus of this workbook. We believe that studying these Principles will result in an increased ability to apply them in our program and our daily lives.”



Print options are available at bookstore.oa.org under inventory #952. You may also download a PDF e-workbook with unlimited space to type your answers under inventory #952V.

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, May 3, 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.”