

MAY

# AWARE!

2023

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

## Built for Comfort? Maybe not. This Member Aims to Serve.



### Step 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

### Spiritual Principle

Integrity



### Tradition 5

Each group has but one primary purpose – to carry its message to the compulsive eater who still suffers.

### Spiritual Principle

Purpose

“Alas, it is not enough to want to be rid of the unpleasant side effects of my disease. I need to be willing to be rid of that which attracts me to it in the first place: the gratification, the sedation or whatever other payoff I get from practicing my compulsion.” - *For Today*, p. 132

I am still, as Voices of Recovery states, learning to “replace my love of food with the love of myself and others.”

My stubborn old brain hasn't totally made that connection, but I continue to practice these things anyway. I reach out to others in obedience to the 12th Step and to Traditions One and Five.



Even so, I need to practice this more intentionally in the evening to keep from eating at night. (Why do I use the excuse that it's too late to call someone? I have numbers for people in Montana and Wyoming!)

Hopefully, with help of my Higher Power, I will one day be able to totally replace my attraction to the sedation, gratification, and comfort that I get from food with my love of the program. And “totally” means eliminating even the BLTs (bitty little tastes), because oh, how quickly I forget!



I remind myself that God did not make us to be comfortable. Rather, God made us to know and love Higher Power and to serve our Higher Power by giving to others what we already so gracefully have been given.

With the daily practice of Step 12 and Traditions One and Five, I strive to be too busy to think about that sort of comfort. To be able to do so is to be truly blessed.



-Louise

# Info and News and Events, oh my!

Check out  
Amy L's  
story on p. 7!

## MEETING SPOTLIGHT

This month's spotlight is on meetings in Wyndmoor and Warminster. Your mission, should you choose to accept it: Try one on for size. See old friends and meet new comrades! And keep your eyes peeled: Your home meeting might be next!

**Thursday, 7:30 pm, Wyndmoor**  
"The Zoom Where it Happens"  
Zoom and dial-in only

Zoom Link:

<https://us02web.zoom.us/j/521111440?>

Meeting ID: 521 111 440

Password: Wyndmoor

Dial in: 929-205-6099

Meeting ID: 521 111 440

Participant ID: #

Passcode: 056701

Questions? Call Chris N. at (720) 934-0985.

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**Monday, 10:00 am, Warminster**  
"Steps to Serenity"  
Zoom, dial-in, and face-to-face

St. Andrews United Methodist  
999 York Road  
Warminster, PA 18974  
Zoom Link:

<https://zoom.us/j/82657697143>

Meeting ID: 826 576 97143

Password: serenity

Dial-in: (301) 715-8592

Meeting ID: 826 576 97143

Passcode: 20202

Questions? Call Linda at (215) 340-7476.



For more information about these and other meetings, see the PAIG meeting list at [oa-phila.org](http://oa-phila.org).

## Facing Seasonal Mood Shifts: A Writing Prompt



"A little madness in the Spring  
Is wholesome even for the King."

-Emily Dickinson

Winter is over. Sunshine and warmer weather have returned! Do you notice a difference in your recovery? What does that look like? (Let's revisit this subject in the fall.)

Quoted from For Today, page 122, ©1982, Overeaters Anonymous®, Inc.

## PAIG'S ANNUAL RETREAT NEEDS YOU!

A little help?



As you might imagine, PAIG's annual retreat is a big undertaking. When we show up on the first night, everything is in place like magic. But lots of strategizing and person-hours are required to pull it off so seamlessly.

You see where we're going with this: the Retreat Committee could use some help!

Want to learn a bunch, have fun, do service, and strengthen your recovery in the process?

Contact the Retreat Committee:  
Annie B., Co-chair, at (609) 203-0941,  
or Natasha M., Chair, at (407) 461-9753.  
See page 5 for all the details!

The next quarterly *2nd Sunday Workshop* will be held on June 11<sup>th</sup> from 2:00 - 3:30. The topic will be **Body Image**. See page 6 for details.

And since we're on the subject, would your meeting like to host a 2<sup>nd</sup> Sunday Workshop? They are fun and informative, and it's a whopper of a way to attract new folks! Call Trish M., Program Chair, for more information at (215) 370-7640.

# Recovery from Relapse

The next workshop is on Wednesday, May 31st!

**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=QkirWFFPZmhCdUM1bTB4SjZ5bnk5dz09>.

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

Live link: <https://us02web.zoom.us/j/7310889762?pwd=QkirWFFPZmhCdUM1bTB4SjZ5bnk5dz09>



Region 7's Fall Assembly is scheduled for September 29 – October 1, 2023.

Details to follow!

Here's a pro tip to attract people to your OA events:  
Post them online!

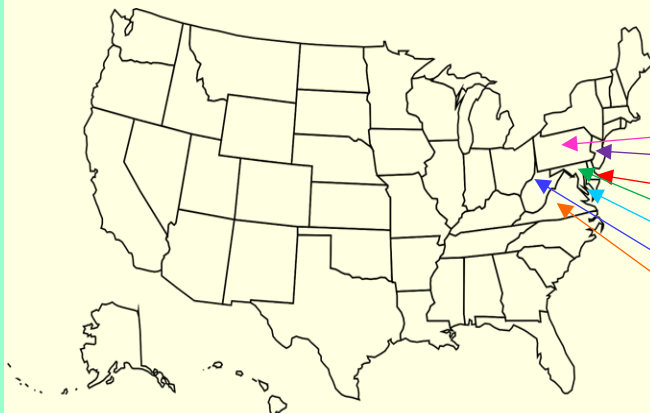
To inquire about posting your event on the Philadelphia Area Intergroup's website (<https://oa-phila.org>), contact Shari B. @ [sbasch@earthlink.net](mailto:sbasch@earthlink.net).

To inquire about posting your event on OA's Region 7 website, go to <https://oaregion7.org/board/contact-webmaster/>.

If you're hoping for global attention via OA's main website, go to <https://oa.org/event-calendar-submission-form/>.

Remember, checking out PAIG, Region 7 and OA's World Service websites is a great way to keep informed about OA!

The Philadelphia Area Intergroup is just one of many intergroups in OA's Region 7, which is just one of OA's global regions! What's the furthest you've traveled on a Zoom call? Share your story at [northword99@gmail.com](mailto:northword99@gmail.com)!



Did you know that OA's Region 7 comprises **Pennsylvania**, **New Jersey**, **Delaware**, **Maryland**, **Washington, DC**, **West Virginia** and **Virginia**?



Overeaters Anonymous Virtual Workshop  
MEMORIAL DAY

**REMEMBERING OUR  
POWERLESSNESS  
LEST WE FORGET**

**MONDAY, MAY 29, 2023 9:30–11:30 AM EST**



**9:15 - 9:30 am – Fellowship**

**9:30 - 11:30 am – Meeting**

- 3 Speakers
- Sharing
- 7<sup>th</sup> Tradition (instructions to be provided)

**Sponsored by OA Fellowship of Hope Meeting from the  
Philadelphia Area Intergroup (PAIG), USA**

**Join Zoom Link:**

<https://us02web.zoom.us/j/88420627878?pwd=VlpHZkxDeKU4ZXRVaTVxVE1MQVFSDz09>

**Meeting ID Number: 884 2062 7878**

**Password: Request OAFQHquakertown@gmail.com**

**For Int'l Dial-In #s:**

<https://zoom.us/zoomconference>

**Questions? Contact**

**Monica (215) 870-6552**

# PAIG Retreat Planning

**H**elp us plan our fall retreat.  
Share your creativity and enthusiasm

When | May 10, 2023 at 7:00pm (EST)

Where | Virtual Zoom details below

[https://us06web.zoom.us/j/3477212196?  
pwd=aVZVd2hKVIRWQnhDVGQ1Z3NXZHhXdz09](https://us06web.zoom.us/j/3477212196?pwd=aVZVd2hKVIRWQnhDVGQ1Z3NXZHhXdz09)

Meeting ID: 347 721 2196

Passcode: 724462

Dial in: 929 436 2866

For additional information please contact

Annie B (609) 203-0941

Natasha M (407) 461-9753

OVEREATERS  
ANONYMOUS

PHILADELPHIA  
AREA INTERGROUP



# Exploring **Body Acceptance**

PRESENTED BY: *The Philadelphia Area Intergroup of Overeaters Anonymous*

**Sunday, June 11**

2:00-3:30pm EST

**ZOOM:**

**Meeting ID: 874 0529 3802**

**Passcode: 024272**

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

- **Body Image Discussion\***
- **Open Sharing**
- **Guided Meditation**

\* Download and print a handout to be used at the event.

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

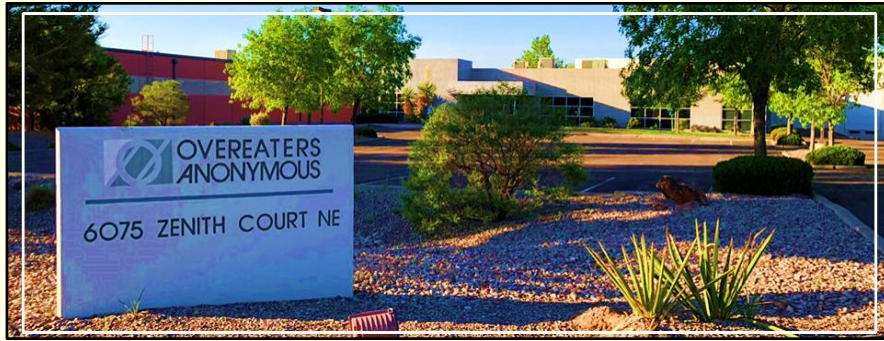


*For information or to submit future workshop ideas, please contact Trish M at 215-355-8807.*



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

# What's it like to be a World Service Business Conference delegate? Amy takes us inside.



The World Service Office of Overeaters Anonymous in Rio Rancho, New Mexico

Serving as a WSBC delegate was an honor and a privilege that I'm grateful to have experienced for a number of years. It is definitely a commitment: traveling to Albuquerque, NM once a year; participating in and doing committee work throughout the year; attending and serving as the voice of your intergroup in the business meetings at the conference -- these are all part of the important job of serving as a delegate.

Yet, I have found that this particular job pays huge dividends, making all the work and time worthwhile. First, there is the fellowship and spiritual experience of sitting in a room with more than 100 compulsive eaters in recovery from all around the globe. Hearing the serenity prayer said in different languages each day never failed to move me to tears.

Also, attending the WSBC always helped me see that I am truly not alone. There are other compulsive eaters just like me in every part of the world! Getting to vote on motions - some of which will end up being quite historical as the years go by - felt important, and filled me with awe that my local fellows trusted me to be their voice.

While the business portions of the conference were meaningful in all these ways, the time I spent before, between, and after the business functions always made the trips even more special. New Mexico is a beautiful state, and there's a lot to do and see in the area. When possible, I added a few days to my trip to explore.

During the week of the conference, there are lots of fellowship opportunities: meetings, workshops, and mealtimes abound. I met new friends at the WSBC that turned into decades-long friendships, and I have people I can text or call in quite a few time zones these days. Developing and strengthening these relationships year after year at the WSBC has been one of the nicest blessings this service has brought me.

If you're thinking about doing this service, but are hesitant for any reason, please ask your HP to help you understand why. Are you just afraid of the unknown and that you won't know what to do? If the answer is yes, trust that taking the leap can add so much to your life, and that there are lots of fellows to help you along the way!



An exterior shot of the conference hotel in Albuquerque

You can do it! - Amy L.



Mingle your joys sometimes with your earnest occupations. - Linnaeus

**PAIG**

N	O	I	T	A	C	I	N	U	M	M	O	C	I
C	T	S	I	L	R	E	K	A	E	P	S	I	N
O	R	C	D	R	E	N	M	V	R	S	R	R	T
A	V	O	E	R	T	S	S	C	E	I	A	E	E
M	O	M	L	T	E	T	C	A	R	U	T	G	R
E	L	M	E	A	R	N	G	I	R	A	A	I	G
E	U	I	G	T	E	E	R	A	W	A	E	O	R
T	N	T	A	G	P	V	A	N	A	I	N	N	O
I	T	T	T	R	O	E	S	N	G	C	M	S	U
N	E	E	E	O	R	S	S	A	I	O	W	E	P
G	E	E	S	U	R	E	T	R	E	A	T	V	R
S	R	S	O	P	D	O	P	E	E	O	E	E	E
V	S	N	M	S	L	I	T	A	S	M	O	N	P
L	W	O	R	L	D	S	E	R	V	I	C	E	S

- REGION SEVEN
- SPEAKER LIST
- INTERGROUP REPS
- EVENTS
- RETREAT
- VOLUNTEERS
- COMMUNICATION
- DELEGATES
- WORLD SERVICE
- OA MEETINGS
- COMMITTEES
- GROUPS
- AWARE

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**INSOMNIA JEOPARDY**

WAYS IN WHICH PEOPLE HAVE WRONGED ME	STRANGE NOISES	DISEASES I PROBABLY HAVE	MONEY TROUBLES	WHY DID I SAY/DO THAT?	IDEAS FOR A SCREENPLAY
\$10	\$10	\$10	\$10	\$10	\$10
\$20	\$20	\$20	\$20	\$20	\$20
\$30	\$30	\$30	\$30	\$30	\$30
\$40	\$40	\$40	\$40	\$40	\$40
\$50	\$50	\$50	\$50	\$50	\$50

R. Chast



## Overheard Recovery

"I need a checkup from the neck up."

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-phil.org](mailto:treasurer@oa-phil.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 the meeting name, location, day, and time.**

**EDITORIAL POLICY:** This is *your* newsletter! Please share your recovery stories, poems, snippets, photos, or artwork! 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-phil.org](mailto:aware@oa-phil.org) or [northword99@gmail.com](mailto:northword99@gmail.com)

Thankee!

## Oakie would like a word...



Oakie, AWARE's newsletter consultant, suggested we ask our readers:

What sorts of things would you like to see in the *AWARE*?

What sorts of features do you find helpful? Or fun? Or interesting?

Tell us (and Oakie) at [northword99@gmail.com](mailto:northword99@gmail.com)!

Oh, and if you'd like to, send us a photo of your beloved critter(s) to share with our readers! We'll feature a new one every month. Oakie loves critters. And so do we.\*

Picture your pet's photo here...



\*Please no people photos, so we can protect your anonymity. Thankee!

## 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-phil.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, June 7, 2023 at 7:15 pm via Zoom. Contact [chair@oa-phil.org](mailto:chair@oa-phil.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-phil.org](https://oa-phil.org) and enter your email address in the box on the home page labeled "Join PAIG's Google Group."