



# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

## HELP WANTED: REGION 7 REPRESENTATIVES! ANGELA GIVES US THE 411



### Step 6

Were entirely ready to have God remove all these defects of character.

### Spiritual Principle

Willingness



### Tradition 6

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

### Spiritual Principle

Solidarity



June is election month for the Philadelphia Area Intergroup (PAIG). One of the positions that will be voted on is Region 7 Representative. While there are three slots for Region 7 Reps in PAIG, I currently hold one of them; PAIG would like to fill the other two during its monthly meeting on June 7th. Please attend that meeting if you would like to nominate yourself or someone else for Region 7 Rep.



To clarify, Region 7 refers to both a geographical area and a group of representatives from meetings and intergroups within that area, which encompasses Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, DC and West Virginia.

The Region holds two assemblies each year, and also hosts a conference each November in Ocean City, Maryland. This year's Fall Assembly is scheduled for September 29th through Oct 1st, 2023. After several years of online contact only, it may be meeting in person this year! Fingers Crossed!

Region 7's committees work to support intergroups year-round. They include the Conference; Outreach; Intergroup Renewal; Bylaws & Finance; and the Twelfth-Step Within committees.

After the assembly, committees typically meet once every couple of months at an agreed-upon time via Zoom. Much of the committee work can be done through email.



Region 7 reps are tasked with participating in committees, attending the region's semi-annual assemblies, and voting on motions during business meetings. They also attend monthly PAIG meetings (via Zoom) to talk about their committee work and to update PAIG about Region 7 news.

# What's Happening?

## MEETING SPOTLIGHT

This month we're featuring a brand-new meeting!!!

**Together in Recovery**  
Friday evenings at 8 PM  
Langhorne Presbyterian Church  
125 East Gillam Avenue  
Langhorne, PA 19047

Please note: This is a face-to-face (F2F) meeting only.



## Welcome aboard, Langhorne!

As for the rest of us, let's celebrate Langhorne's debut as the newest meeting in the Philadelphia Area Intergroup!

WooHoo!

The meeting is held each Friday night in historical Langhorne Presbyterian Church. Enter at the *rear* of the building through the blue door, then go down the stairs and through the first door on the left. Parking is free at the rear of the church.

See for yourselves! And keep coming back.

For more information, contact  
Phil S. at (267) 397-0977

For information about other meetings in the Philadelphia, Montgomery and Bucks County areas, see the PAIG meeting list at [oa-phila.org](http://oa-phila.org).

## More Meeting News!

The Monday night, Elkins Park meeting will switch from phone *only* to a phone/face-to-face hybrid meeting on Monday, June 12<sup>th</sup>.

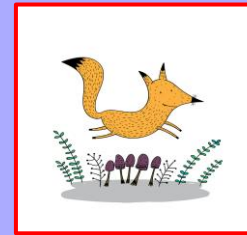
NEW

Join them!

FORMAT!

Monday, 7:30 pm @ Moss Rehab  
60 Township Road  
Elkins Park, PA  
Contact Linda C. @ (215) 284-9067

## LEAP INTO ACTION!



We here at the AWARE continue to remind ourselves about just how big an undertaking **PAIG's annual retreat** is each year!

We hardly notice, because everything goes so swimmingly, jah? Let's not be fooled; teamwork and sweat equity carry the day, not to mention creativity, ingenuity, laughs, and a certain flair for handling big events.

Do those qualities sound familiar? Do you possess them yourself, or know someone who does?

Then boy, have we got an opportunity for you!  
**The PAIG Retreat Planning Committee meeting is on June 14th at 7:00 p.m.**  
Please join us!

Contact Annie B., Co-chair, at (609) 203-0941, or  
Natasha, Chair, at (407) 461-9753 for details.

"I love you. I bless you. I release you to your own indwelling presence of God." -Author unknown

# 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.*

2<sup>nd</sup> 2023 • PAIG OA  
**Sunday**  
WORKSHOPS

*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.

Saturday, June 3  
4-6 pm EDT

# WHO'S AFRAID OF SERVICE? PURPOSE, PRINCIPLES, AND [IM]PERFECTION

Join us for an inspiring workshop and learn how  
service is crucial to our recovery.

4 speakers, followed by written reflection and Q&A



[CLICK HERE TO JOIN BY ZOOM](#)

Meeting ID: 731 088 9762 Password: BeAbstn8  
One tap mobile +13017158592,,7310889762#,,1#,628738#

Being a Region 7 Rep is a great way to provide service and meet other compulsive overeaters outside of the Philadelphia area. And I love that by giving this service, I have a voice! I am honored that PAIG trusts me to represent our intergroup and give PAIG a voice at the regional level.

Serving as a Region 7 Rep isn't as difficult or intimidating as it may sound. Region 7 even provides mentors to help people who are attending their first assembly. It has been wonderful learning so much about how OA's business meetings operate. I enjoy finding out what is happening around the region and how other areas handle different situations.

I have been serving on the Twelfth Step Within Committee, where I learned that Region 7 keeps its own speaker list and provides workshop templates that intergroups can use to plan their own workshops.

It's exciting to be able to contribute to these projects. Most important to my personal recovery, I love the fellowship and getting to know so many other compulsive eaters like myself from different states in our region.

Consider attending the PAIG meeting on June 7th, and nominate yourself!

In the meantime, feel free to reach out to me if you have any questions or concerns. I hope to continue serving another term right alongside of you!

-Angela C.

Introducing ~

# BURNING



# ISSUES

...in which *AWARE!* asks for members' input about burning issues of the day.

Do you have a *OA* issue or question that you think others might share? Send it to Burning Issues at [northword99@gmail.com](mailto:northword99@gmail.com) and we'll poll our readers for their input.



Today's question comes from a local meeting that is contemplating a change in its weekly, variable format. The aim? To read Step One each time a newcomer joins, instead of following a given week's regularly-scheduled format, which might include reading that month's step or tradition; conducting a writing meeting; or featuring a speaker.

The quandary: what happens to the weeks that are pre-empted by the newcomer meeting? Should they be abandoned? Rescheduled for another week? If so, what about *that* week's format? What happens if a meeting is honored with several newcomers in a month's time?

These questions and more have members pondering. Please share your experience with hosting on-the-spot newcomer meetings, the resultant effects on your meeting, and what sorts of adjustments you then make to that month's format (if any). Please respond to: [northword99@gmail.com](mailto:northword99@gmail.com).

## A Member Shares Her Pain, and Her Prayer...

I was at an OA “writing” meeting the other night. After the meeting opened in the usual way, everyone spent 10 minutes quietly writing in response to a question posed by the leader: “How do I handle stressful situations – or situations that cause me to feel angry?”

What do I do when I’m stressed or angry?

I eat. I ruminate. I feel negative about myself. I focus on others. Stress and anger are triggers for me to “excuse” my overeating. I am guilty of endless grazing, and acting like my overeating is justified. I would probably add boredom to my trigger list – which is really just me numbing out to the joy of living. Anger, stress, and boredom/numbing out are bad habits for me. I am 62 years old, so I have had a lifetime of practice.

The worst time for me is in the evenings. I usually am tired from work – and often stressed. I am too tired to do my hobbies but not tired enough to rest. And then I feel stressed because I am not being “productive.” A feeling of uselessness often comes over me. I eat because I believe it will solve something. Or relieve something.

Yet eating more than I need to nourish my body does not solve anything. I feel angry with myself for “failing again.” (Can you hear the violins playing my self-pity song?) That feeling of failure then becomes an additional internal stress I put on myself.

For me, two very useful tools are the phrases, “My meals have a beginning and an end,” and, “I don’t eat after 7 pm.”

I am not hungry after a nutritious dinner. Yet, I graze again and again, starting at about 5:30 pm-ish and continuing until dinnertime. Then I eat dinner, and afterward, at around 7:30 pm, I want to eat yet again. Impulsively. *Compulsively*. I blame my husband because he also has an eating disorder, but it is not his fault. *I* have an eating disorder. I am responsible for myself. And what I put or don’t put in my mouth is my choice. That is on me.

I don’t want to eat after 7:00 pm. I don’t want to graze anymore around my dinner mealtime or around any meal. I want to become willing to use the tools I have learned in OA that work for me.

I pray for the willingness to change, and to surrender to a different way of living that is not blocked up by my compulsive eating. I want to become free inside myself to make choices that help me become the woman I was meant to be. A woman who is fully present and of service to others – that is my prayer.

-Anonymous, Massachusetts

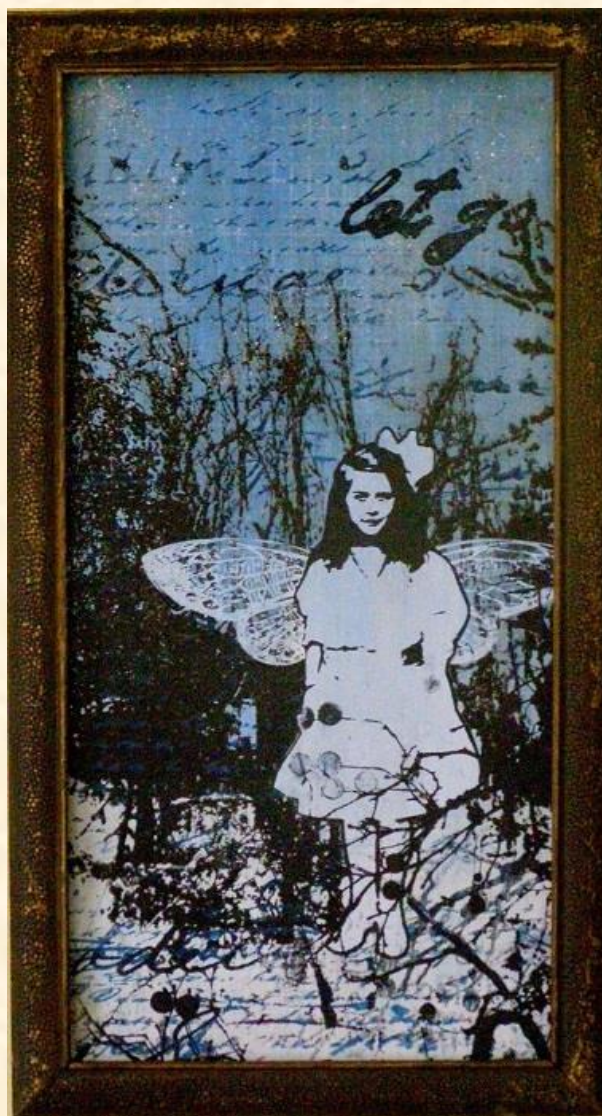


Image: *let go*, created by member Jann K.

## ...Another Shares Her Miracle

I went on a vacation to a warm climate with my husband, and without thinking I threw a pair of white pants into the suitcase. At the resort, I wanted to dress up. I pulled out the pants and, while I was talking my husband, I pulled them on one leg at a time. Wonder of wonders, they fit perfectly! I bought those pants fifteen years ago! Me, with her expandable body. Miss Yoyo, with a closet filled with clothes from size twenty down to size four. What happened? The miracle of OA.

A miracle that includes the group, the gift of sponsorship, and my Higher Power, as well as the steps, the readings, the friendships, and more. I fit into every small size I own! I used to weigh one hundred and seventy-five pounds and now, at under 5 feet, I weigh one hundred pounds. How did this happen? Is it really a miracle or is it that I've surrendered to my Higher Power?

Maybe both. I no longer worry constantly about food. I no longer obsess; I no longer binge until I am out of my mind. I am no longer self-centered. I am no longer an isolated, angry person.

The other thing that feels miraculous is that before, whenever I went on a vacation, I took a vacation from healthy eating. One year I gained twenty pounds in one month! On this vacation, I eyed the size of my food, wrote it down, and sent it to my sponsor.

I am a new person! I am happy, I am positive, and the world is bright. I have learned to love myself and my body. I feel both humbled and proud.

This is the miracle of OA.

-Alice P.



### Surrendering Our Character Defects: A Writing Prompt



“When you have faults, do not fear to abandon them.” - Confucius



Am I reluctant to surrender my character defects? How does their presence affect my life, my relationships, and my recovery? How might their absence affect my life, my relationships, and my recovery?

Quote from For Today, page 308,  
©Overeaters Anonymous, Inc.

### One Day at a Time

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

COURAGE  
LAUGH  
SPONSOR  
SERENITY  
LET GO  
HOPE  
STEPS  
MEETING  
HEAL  
PRAY  
WISDOM  
JOY  
LOVE

Play online at:

<https://thewordsearch.com/puzzle/5690910/one-day-at-a-time/>

## Overheard Recovery

Because  
I'm  
Not  
Good  
Enough

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

EDITORIAL POLICY: This is *your* newsletter! Please share your stories, poems, snippets or observations about your OA experience! 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!

## PAIG's Pet of the Month: YoYo



**Mom:** Shari B.

**Domicile:** Philly burbs

**Age:** 18

**OA Service:** Attending OA meetings with Mom.

**Favorite activities:**

Basking in the sun, sleeping nested in piles of pillows, sitting on his mom's lap, and burrowing into her every nook and crook.

*ed note:* Not long before we went to print, YoYo drew his final breath. Rest in Purr, YoYo. We're honored to feature you as our very first CoverKat.



## Philadelphia Area Intergroup Service Positions

Mary T.	Chair (215) 805-1731
Wendy K.	Vice-chair (215) 572-1425
Phil S.	Treasurer (267) 397-0977
Maureen L.	Secretary & Speaker List (267) 401-9256
Angela C.	Region 7 Rep (215) 704-9718
Amy L.	WSBC Delegate B & Region 7 Rep (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
Anne W.	Communications 914-953-5753

### 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 Pg:**  
<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, July 5, 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."