

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.

Spiritual Principle

Self-discipline



Tradition 8

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Spiritual Principle

Responsibility



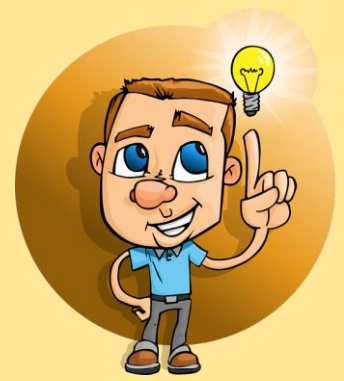
How OA Improved My Memory

OA has provided several "gifts" to me. One that I'm very thankful for is how participation in OA has improved my memory.

Before OA, I would stop at a local mini-mart, get a breakfast sandwich (or sometimes two) and eat it on the way to work. When I got to work, I would eat the breakfast I intended to eat, forgetting that I had already eaten breakfast.

At lunchtime, I would go to the cafeteria and eat lunch. Later, after catered meetings were over, food would show up in the break areas, and I would eat a second lunch, forgetting that I had already eaten lunch.

On my way home from work, I'd stop at a fast-food drive-thru, get dinner, and eat it in the car. When I got home, I would eat the dinner that my wife had prepared, forgetting that I had already eaten dinner.



Before I joined OA and learned about the concept of a food plan, I wasn't aware of what, how much, and how often I was eating. Now I am.

Thank you, OA.

-Anonymous

Scroll on through to see what's new!

MEETING SPOTLIGHT

This month we're featuring
Quakertown's Fellow of Hope meeting!

Fellowship of Hope
Thursdays at 10:00 AM
Zoom only

Meeting ID: 884 2062 7878
For passcode, please contact
Monica at (215) 870-6552, or email:
OAFQHQuakertown@gmail.com.

Note: Fellowship of Hope is hosting next month's Labor Day workshop entitled *Working Together*. See page 3 for details!

And one more thing: Fellowship of Hope is in discussions about public outreach efforts at local colleges. Interested? Join them to learn more!

Remember, if you need literature but you can't afford it, reach out to *AWARE!* at northword99@gmail.com.

We'll do our best to find someone who can provide what you need, and we'll honor your anonymity in the process.



Likewise, if you or your meeting can provide literature for a member in need, reach out to *AWARE!* and let us know. We'll keep your info on file for when the need arises.



The last OA membership survey was conducted in 2017. If you're interested in viewing the survey, it's available online at:

<https://media.oa.org/app/uploads/2023/01/06151339/2017-membership-survey-report.pdf>

Calling all PAIG reps! Have you ever reached for your notes about this month's PAIG meeting only to find that they've disappeared? *Gremlins*.

But have no fear! You can check out the minutes from each month's PAIG meeting at <https://oa-phila.org/paig-resources/> for a handy summary to share with your group.

Thanks to PAIG's outgoing secretary, Maureen L., and its new secretary Shari B., for doing the honors.



Region 7's Fall Assembly will be held virtually this year, via Zoom, on September 29th and 30th. Registrations are due by September 15, 2023.

Representatives and visitors welcome! For more information, and to register, go to: <https://oaregion7.org/events/2023-region-7-fall-assembly-virtual/>.

Overeaters Anonymous Virtual Workshop
LABOR DAY

“WORKING TOGETHER”

MONDAY, SEPTEMBER 4, 2023 9:30–11:30 AM ET



9:15 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- 3 Speakers
- Sharing
- 7th Tradition

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

Join Zoom Link:

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

Meeting ID Number: 884 2062 7878

Password: Request from OAFOHquakertown@gmail.com

For Int'l Dial-In #s:

<https://zoom.us/zoom-conference>

Questions? Contact

Monica (215) 870-6552



Acceptance is the Answer, Surrender is the Solution.

Annual Retreat

September 22-24, 2023

Keynote Speakers • Speaker Panel
Workshops • Talent & Fashion Show
Open Sharing • Fellowship

Event Location:

Malvern Retreat House
315 S. Warren Avenue, Malvern, PA 19355
Free onsite parking available.

Click **HERE** to Register Online!

Or visit: <https://oa-phila.org/paig-retreat-2023> for more details including a downloadable Registration Form.

\$290/person
(double occupancy)

NOTE: Upon registering, please indicate a roommate, or one will be assigned.

Fee includes:

- 2 nights lodging and 5 meals (3 Saturday/2 Sunday).
- Friday night dinner and metabolics are your responsibility.
- Refrigerator available in shared break room.
- Private bathrooms with one bath towel per person.
- Bed linens provided.

TENTATIVE SCHEDULE

Friday: 6pm-9pm

- Opening Remarks, Welcome & Housekeeping
- Opening Speaker & General Sharing

Saturday: 9am-9pm

- Multiple Workshops throughout the day
- Keynote Speaker
- Lunch & Dinner Breaks
- Talent/Fashion Show

Sunday: 9am-12:30pm

- Morning Workshop
- Speaker Panel & Open Sharing
- Closing Ceremony

*****FINAL REGISTRATION CLOSURES: SEPTEMBER 8, 2023 • NO REFUNDS AFTER SEPTEMBER 8, 2023*****

If unable to attend, PAIG appreciates your contribution to help carry the message.

Scholarships are available. Information can be found on the registration website, or contact: PAIGRetreatTreasurer@gmail.com
Confirmation of payment and detailed retreat information will be sent to the email address you provide when registering.

PAIG Retreat Planning

Help us plan our fall retreat.
Share your creativity and enthusiasm

When | August 9, 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



*It's a great way
to do service!!*

For additional information please contact
Annie B (609) 203-0941
Natasha M (407) 461-9753

**OVEREATERS
ANONYMOUS**

**PHILADELPHIA
AREA INTERGROUP**



SCHOLARSHIPS 101



There are many ways to fund Retreat scholarships. Some meetings fund individual scholarships for their members. Others donate toward the PAIG's Retreat scholarship fund. Still others put together gift baskets to be auctioned off at the Retreat.

If you're in the latter camp, you or your meeting can donate a gift basket full of smaller items, or a single, larger item or gift card to be raffled separately. Some meetings choose a theme for their baskets: Autumn? *Nice.* Spa Day? *Yes, please.* Holidays? *Oh boy!*

Past baskets have included gift cards; gift certificates; new program literature; jewelry; artwork; lotions and toiletry items; movie tickets; candles; books, new spiritual items, books on meditation, hobbies and more! Larger items have included new appliances or electronics (coffee makers; blenders; televisions), and even cars.



Cars, you say?! We jest. But you get the picture; themes and donations run the gamut. So have fun with it! And as always, let's remain considerate of the diverse nature of our fellowship when compiling our raffle items.

If you have any questions, contact *AWARE!* at



northword99@gmail.com.

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



Let's mark our calendars for Wednesday, August 30th from 7:30- 8:30!

2023 REGION 7 CONVENTION

November 3, 4, 5



Sail into Recovery

Ocean City, MD

TOGETHER WE GET BETTER



Princess Royale Oceanfront Resort

9100 Coastal Highway
Ocean City MD 21842

(800) 476-9253

Registration costs and
other event details found on
the events page on our website:

www.oaregion7.org

**Early Bird
Registration** **\$55.00**
until 9/30/23

**Regular
Registration** **\$65.00**
until 11/2/23

**On-site
Registration** **\$75.00**

Meals **\$87.00**
incl Lunch &
Dinner Saturday

General Inquiries

Email us here:
conventionchair@oaregion7.org

Interested in Speaking?
speaker@oaregion7.org

A written request for a refund of a registration fee (less a \$10 processing fee) will be honored if received at least 30 days prior to the convention.

Registration is OPEN

www.oaregion7.org

Overheard Recovery

"We may have influence, but we do not have control."

August's Featured Pet



Meet Letty, a sweet-natured draft/paint horse who belongs to Nancy J., a longtime OA member with fifty years' riding experience. Letty has declined to reveal her age, but Nancy suspects that she's 11 years old.

In her two years with Nancy, Letty has proved herself such a love bug that Nancy and her family call her "Clifford the Big Red Dog."

Letty's also a bit insecure, as it turns out, and when she's nervous she wants nothing more than to sit in Nancy's lap.

Aww, Letty! Thanks for being our August cover mare.



A Writing Prompt

"If we pray daily for the people who have wronged us, asking that they be given all that we want for ourselves, we can be freed of our resentments and forgive them for the harm they have done to us. [It] will work, even if we don't mean a word of what we're saying. If we keep praying for them faithfully, sooner or later our feelings will change."

I've heard members say that the resentment prayer was life-changing. Am I willing to try it for a month? If not, how come?

Agitated? Time crunch? What next?

E	E	W	O	T	Y	H	E	N	O	H	P	M	T
T	E	N	X	D	T	Y	E	R	E	Y	G	T	R
I	E	Y	P	E	E	D	R	I	E	R	I	P	A
I	D	D	N	E	X	R	X	N	R	R	T	P	T
R	A	B	M	R	T	A	E	B	R	T	R	B	I
M	R	A	T	H	E	T	I	R	H	D	T	X	R
O	R	T	E	M	S	E	I	E	T	I	R	L	E
V	E	E	I	I	E	I	Y	A	O	A	D	T	E
E	A	A	L	T	W	A	T	T	D	E	I	E	E
A	D	D	T	S	E	H	W	H	A	R	E	E	E
V	T	E	E	E	O	A	R	E	W	E	H	E	S
T	R	D	E	E	M	E	D	I	T	A	T	E	I
O	R	R	P	R	H	Y	S	N	O	T	R	A	N
P	R	A	Y	X	R	E	E	R	T	T	E	P	G

PRAY
MEDITATE
READ
TEXT
LISTEN
WRITE
HYDRATE
MOVE
BREATHE
SING
PHONE

Play this puzzle online at

<https://thewordsearch.com/puzzle/5839956/agitated-time-crunch-what-next/>

Note: the game shown is a mockup. Only a random sample of available words will show each time you play.

©thewordsearch.com

"I can't find what's causing your illness," said the doctor. "Frankly, I think it's due to compulsive overeating."

"In that case," replied his patient, "I'll come back when you're abstinent."



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/>

Be sure to include either the group # or the meeting name, location, day, and time.

Taking Care of Business...

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.	Speaker List (267) 401-9256
Angela C.	Region 7 Rep A (215) 704-9718
Chris N.	<i>Aware!</i> Editor (720) 934-0985
Trish M.	Program Chair (215) 370-7640
Natasha M.	Retreat 2023 Chair (407) 461-9753
Shari B.	Secretary & Web Chair (310) 880-4750
Anne W.	Communications and Region 7 Rep B 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 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, September 6, 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."