

JULY

2023

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter • Overeaters Anonymous®

• She Never Left the Rooms •



Step 7

Humbly asked Him to remove our shortcomings.

Spiritual Principle

Humility



Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle

Responsibility



I am powerless over food. I started saying those words right away when I walked into the doors of OA in 2010, but it took me a very long time to comprehend and absorb their meaning.

I was in denial for a long time. I wanted to be like a normal eater. I tested the waters over and over again, saying to myself, "Let me just try this little bite," or "I can handle it this one time." The answer I found each time was always, "No, I cannot." My denial resulted in repeated relapses for ten years. My saving grace was that even in relapse, I never left the rooms.

Eventually, I began to feel truly desperate. In step 3, we turn our will and our lives over to the care of our HP, whom I call God. So, I prayed to God to please help me, as I was powerless over so many things in my life! By admitting to my own powerlessness, I was able to invite God to take over.

Next came the willingness to listen to others and learn what worked for them. I had to start by putting down my binge foods (sugar, salty/crunchy, flour), and watching my portion sizes. I struggled at first, "white-knuckling it," still in the midst of my mental obsession. Food was all I thought about. I even had food *dreams*.



When I finally put down the food, all the emotions came up that I had been shoving down for years, including a lot of sadness and anger that I'd kept hidden: anger at people I loved; anger at society in general; mostly anger at myself. I worked the steps to try to figure out how to cope with those hard feelings.

As for the people in my life, I can't fix them. But I can pray for them. I can decide if I want to keep them in my life or not. And I can set boundaries to protect myself. The longer I am in the program, the better I get at setting boundaries and the healthier I become.

What's Hot?

MEETING SPOTLIGHT

This month we're featuring a meeting with familiar faces, trusted concepts, and brand-new Zoom information!



Recovery on Rittenhouse

Thursdays at 5:30 p.m.

Zoom only

Meeting ID: 872 5204 5721

Passcode: 259739

Questions? Contact Nancy J. at (215)262-8539 or email: njames478@hotmail.com.

More Meeting News!!

The Saturday, Willow Grove "One Step at a Time" meeting is IN-PERSON (hybrid) on the *first* Saturday of every month at 9:00 am!! Woot!

Willow Grove Baptist Church
3600 Welsh Rd
Willow Grove, PA 19090
or Zoom: ID# 248 996 3425
or Dial-In: 646 558 8656



Contact Loren Grace B. for passcodes at:
<mailto:lorribond@verizon.net>

We read the Steps every week from both OA and AA Literature. It's amazing and healing, so please join us!



Are you looking for a speaker for your next meeting? Perhaps you'd like to add your name to **PAIG's Speaker List**.

Look no further: Maureen L. has stepped up to assume a new role as the keeper of the list. She can be reached at 267-401-9256.

A minimum of thirty days' abstinence is suggested for PAIG speakers.



◆◆◆ In the Midst of Devastation, a Member Shares Her Gratitude ◆◆◆

I wanted to share a story about my relapse that I am currently in at the moment. It is very devastating, but this time around I hear my Higher Power trying to stop me in many ways. This is just another reason for me to believe He loves me unconditionally, and He wants me to be well. Relapse can take away my joy and freedom, but it will not take away my God. He is way more powerful than my disease. I just have to listen closely to His message and stay out of His way. I love my Higher Power and I know He loves me, relapse or not.

Thank God for all my OA fellows supporting me through this difficult time. Thank you. Thank you. Thank you.

- Annie B., New Jersey



A Member's Journey, Continued from page 1

The first time I remember bingeing was when I was eleven years old and my uncle (who was like a big brother to me) passed away. I lost my first husband and my grandmother, too. I am powerless over mistakes that I made with them and others. No amount of guilt or shame will change that. The only thing in my power today is to forgive myself for past mistakes, to forgive others for theirs, and to learn acceptance. I don't do it for anyone else; I do it for me, so that I can recover.

It used to be that when I was angry at someone, they likely never even knew. I didn't punish them; I punished myself by compulsively overeating. Today, I know a better way. When I get angry or upset, I know I need to address it right away. So, I talk to my sponsor. I write about it and address it upfront before it turns into a resentment. Resentment will lead me back into the food.

I am powerless over the loss and grief I have experienced. I am powerless over my disability and how aging impacts my mobility. I decided to have bariatric surgery, which I place in the same category as sponsorship, picking up the phone or writing; it's a tool. It's not the solution. The solution is working the steps to the best of my ability, staying in daily contact with my HP, and accepting that I'm powerless.

I am powerless over past jobs, past bosses that I had difficulty with, and past choices I made about work, the latter of which I've spent a lot of time regretting. But turning my life and will over to my HP means that I accept where I am at today. I choose to look at how much better I am doing physically, emotionally and spiritually rather than thinking about where I could have been if I had made different career choices. I might not be where I want to be financially, but I can say that I am actually content. I am happier than I've been in a long time.

I have neutrality around food today. I have a food plan that works for me. I can eat with other people who are normal eaters. I know that their food is not my food, and I can accept that for the most part. If I start to miss my binge foods, or if I'm tempted, I know that something is disrupting my peace of mind. A sponsor told me years ago that writing would help me to uncover the source of my distress. She was right. Picking up a pen instead of the food helps me to deal with it head-on.

The promises of the program are coming true for me one day at a time. I am happy, joyous and free. Having lost over 90 lbs. in this last year has taken a lot of pressure off my knees, so I have less pain. I get up early in the morning and I take water exercise classes at my local YMCA. Last month, I went on vacation and went to a family wedding. I was able to walk and I was able to dance, which I haven't been able to do in years. I volunteer with an animal rescue and at my church, and I do a lot of service work in OA, all of which makes me feel happy and useful. I believe that I am exactly where God wants me to be today. I am incredibly grateful.

-Angela C.



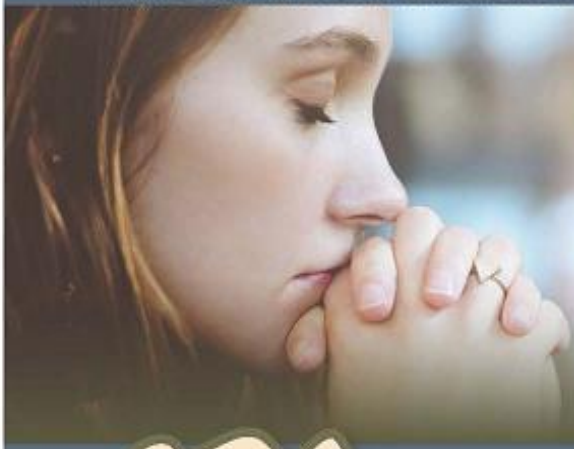
The OA Responsibility Pledge:



"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Where are the people who were at your first meeting? How many of them are still coming to OA? There are many things that each of us and our groups can do to keep people coming back. In an effort to extend the hand and heart to those who share our compulsion, * OA offers suggestions for membership retention.

Go to <https://oa.org/guidelines-meetings/membership-retention/> to view a list of great ideas.



Acceptance is the Answer, Surrender is the Solution.

Annual Retreat

September 22-24, 2023

Early Bird
Registration is
now open!



Register and
Pay before
July 31st, 2023*
to be entered into a raffle to
receive a \$50 discount!

** Registration and payment must be received by 7/31/23
in order to be eligible for the drawing. One name will be anonymously
drawn on August 3, 2023.*

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.

EARLY BIRD REGISTRATION CLOSURES: July 31, 2023

*****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.

Overeaters Anonymous Virtual Workshop

“FREEDOM FROM BONDAGE”

TUESDAY, JULY 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
from the Philadelphia Area Intergroup (PAIG), USA

For Int'l Dial-In #s:

<https://zoom.us/zoomconference>

Join Zoom Link:

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

Meeting ID Number: **884 2062 7878**

Password: Request from

OAFQHquakertown@gmail.com

Questions? Contact

Monica (215) 870-6552

Northern New Jersey Intergroup of OA Presents

Lessons from the Jaywalker:

Breaking Free

From compulsive
food behaviors



Sunday, July 30, 2023, 7:00 p.m. to 8:30 p.m. est.

A panel of speakers followed by a question-and-answer session.

Join Zoom Meeting: <https://us02web.zoom.us/j/7378030229?pwd=UFRUGhORUMwubFRHVChlQlJpUFNpdz09>

Meeting ID: 737 803 0229

Passcode: 2023

Find your local number: <https://us02web.zoom.us/u/kdlkhGF7bb>

Suggested donation \$5
send to: NJIOA 551 Valley Rd, Box 206, Montclair, NJ 07043
If you have Venmo and Zelle accounts: Send to Treasury@njioa.org
You can also securely donate using a
debit card, credit card, or PayPal at NJIOA.org

For additional information, please contact ToniAnn A. 973.945.5233

Overheard Recovery

"The quality of our lives is dictated by our inner dialogue."

July's Pets of the Month!



Meet Kevin, the "goofball," who's still a wee beastie at only three years old, and Felix, "the gentleman," who clocks in at a dignified 10 years old.

Kevin and Felix are best buddies who help their mom, Wendy K., perform her service as PAIG's Vice-Chair by purring adorably, commandeering her keyboard, and sharing their selfies with Zoom participants.

Kudos to Kevin and Felix!



What do I need to relinquish in order to achieve genuine humility?



A Writing Prompt

"Humility is a gift as surely as is our recovery from compulsive eating and the other miracles of healing we experience as we work the Twelve Steps. Our job is to be willing to let go of old attitudes that block humility, such as low self-esteem, status seeking, and self-righteousness."

The Twelve Steps and 12 Traditions of Overeaters Anonymous, Second Edition, p. 53, © 2018 OA, Inc.

OA 12-Step Principles

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

FAITH
COURAGE
SPIRITUALITY
INTEGRITY
HUMILITY
LOVE
PERSISTENCE
SERVICE
WILLINGNESS
HONESTY
HOPE

Play this puzzle online at

<https://thewordsearch.com/puzzle/5785503/>

Note: the game shown is a mockup. Only a random sample of available words will show each time you play. We promise we've included all 12 OA principles in the mix!

©thewordsearch.com

Q. What do mathematicians in recovery eat for breakfast?

A. Humble π .



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.

EDITORIAL POLICY: This is *your* newsletter!

Please share your stories, poems, snippets or artwork related to 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 or northword99@gmail.com

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.	Aware! 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, August 2, 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."