

# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

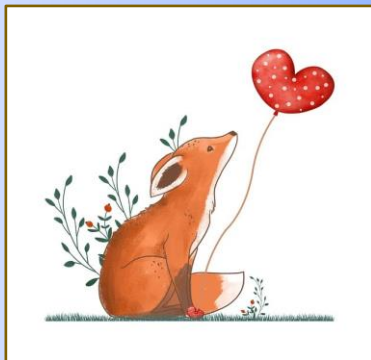


## Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

### Spiritual Principle

Love



## Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

### Spiritual Principle

Structure

## Leaving the Weight of Guilt and Resentment Behind

In one of my meetings this week, we were asked to respond to a question from the Twelve Step Workbook of Overeaters Anonymous regarding Step Nine. I chose "What is the purpose of Step Nine?" (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against him and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, The Twelve Steps and Twelve Traditions of Overeaters Anonymous tells me that these people "don't owe us forgiveness, and we don't need it to complete step nine and recover from compulsive eating" (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.



When I walked into the rooms, weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

# Scroll on through to see what's new!

## MEETING SPOTLIGHT

Monday, 7:30 pm  
Moss Rehab  
60 Township Road  
Elkins Park, PA

Hybrid: in-person and via phone.  
To dial in: (605) 313-4812.  
Passcode: 354496#.



The Monday night, Elkins Park meeting is ba-a-a-ack!

Back at Moss Rehab, we mean, which is now also known as Jefferson Moss-Magee Rehab. Each Monday night, the meeting commences at 7:30 pm in person *and via telephone*. Please join them!

See the meeting list or contact Linda C. at (215) 284-9067 for details.



Step right up, folks!  
Malvern's got recovery!  
Sign up by **9/8/23!**

Registration for **PAIG's Annual Retreat** closes on September 8<sup>th</sup>! If you haven't signed up, there's no time like the present.



If you'd like to see a tentative list of topics, go to <https://oa-phila.org/paig-retreat-2023/schedule/>.



Per Trish M., "We're getting close!! Don't miss out on this wonderful opportunity to submerge yourself in **Recovery and Fellowship** for an entire weekend!!  
See page 6 to register.



Reminder!

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/>.

Don't forget that OA's recovery blog-that-used-to-be-a-magazine, *Lifeline*, is available to read any time!



Go to <https://lifeline.oa.org/> and take a peek!

*Continued from first page:*

I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me (Alcoholics Anonymous, 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

—Sander

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## A SPONSORSHIP PRIMER RIGHT AT OUR FINGERTIPS!

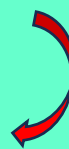
It can be daunting to sponsor for the first time, because many of us are perfectionists, and we want to be sure that we're getting it right. Here's a tip: none of us believes we can get it right at first. None of us. But guess what? We can, and we will. And OA has lots of helpful materials to get us started.

At a recent PAIG meeting, the Chair, Mary T., shared that she had browsed the OA Library with great success. So, we started there: <https://oa.org/document-library/>. We filtered our search by clicking inside the "Categories" field and choosing "Sponsorship" from the drop-down menu.

Wow. Immediately, eight "Sponsorship" files popped up. When we clicked on them, we found a universe of information about how to find one, be one, how to host workshops, how to be an effective temporary sponsor – you name it. Here are the links that offer more information about sponsorship than you ever wanted to know. Have fun! Let's go forth and sponsor!

1. **A Sponsor's Toolbox:**  
<https://media.oa.org/app/uploads/2021/08/22222212/a-sponsors-toolbox.pdf>
2. **Planning a Sponsorship Workshop:**  
<https://media.oa.org/app/uploads/2021/09/22222207/planning-a-sponsorship-workshop.pdf>
3. **Sponsorship Day Workshop:**  
<https://media.oa.org/app/uploads/2021/09/22222205/sponsorship-day-workshop.pdf>
4. **Sponsorship Success Online Workshop:**  
<https://media.oa.org/app/uploads/2021/09/22222206/sponsorship-success-online-workshop.pdf>
5. **Suggestions for Finding a Sponsor:**  
<https://media.oa.org/app/uploads/2021/08/22222210/suggestions-for-finding-a-sponsor.pdf>
6. **Temporary Sponsors: The First Twelve Days:**  
<https://media.oa.org/app/uploads/2022/09/22222120/temporary-sponsors-newcomers-first-twelve-days.pdf>
7. **The Balanced Sponsor/Sponsee Relationship:**  
<https://media.oa.org/app/uploads/2021/08/22222207/the-balanced-sponsor-sponsee-relationship.pdf>
8. **Tools of Recovery (Abridged):**  
<https://media.oa.org/app/uploads/2022/06/22222141/tools-of-recovery-abridged.pdf>

**Bonus! See page 5 for information about a September 9<sup>th</sup> Sponsorship Workshop via Zoom!**



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
- 7<sup>th</sup> 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/join>  
conference

Questions? Contact

Monica (215) 870-6552



How to GET one and  
How to BE one!!!

**SEPTEMBER 9<sup>TH</sup>**

2-4PM EST

ZOOM ID: 731 088 9762

PASSWORD: BeAbstn8

**[Click Here to Join the Zoom](#)**

- Are you afraid to be a sponsor?
- Do you need a sponsor but don't know how to find one?

Whether you **need a sponsor** or you are not sure about **becoming a sponsor**, **join us** on September 9 from 2-4pm Eastern time. You will learn how to handle difficult situations that sponsors may face. Those looking for a sponsor can find one that day! Available sponsors will share their contact info and how they sponsor people. You can go home with a new temporary or permanent sponsor!



Brought to you by: Baltimore, NOVA, Southern New Jersey and D.C. Intergroups

Do you need a sponsor? Find one here!

Are you afraid to sponsor? Learn how here!

Get tips on how to sponsor—dos and don'ts!

Changing sponsors—what if it's not a good fit?

Resources provided for sponsors and sponsees

Dial by your location

- +1 301 715 8592 US (Washington DC)
- +1 312 626 6799 US (Chicago)
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US
- +1 305 224 1968 US
- +1 309 205 3325 US
- +1 253 205 0468 US
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)
- +1 360 209 5623 US
- +1 386 347 5053 US
- +1 507 473 4847 US
- +1 564 217 2000 US
- +1 669 444 9171 US
- +1 669 900 9128 US (San Jose)
- +1 689 278 1000 US
- +1 719 359 4580 US

Pretty great, huh? But wait! There's more!

All sponsors and prospective sponsors will be asked to introduce themselves and talk for a minute or two about their sponsorship style, after which they can leave their contact information. Sponsors, if you're planning to attend, please contact [suebalco@hotmail.com](mailto:suebalco@hotmail.com) so that the event organizers can plan accordingly.

"If we can help OA members find sponsors, we will be providing a tremendous service!"



# 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](mailto:PAIGRetreatTreasurer@gmail.com)

Confirmation of payment and detailed retreat information will be sent to the email address you provide when registering.



## First Light, by Mary C.

Per the artist: "I painted *First Light* twenty years ago when I was just getting back into OA, and also coming out of a very dark time in my life. Painting helps me to become more aware of the beauty of nature."

## WHY I SPONSOR

I just came home from a discount market that sells two of my former binge foods at incredibly low prices. I didn't buy them, and that's one of the miracles of OA. Yes, I felt that familiar tug and heard the familiar lies I tell myself: *Just this once, or I don't have to tell anyone, or This is the diet version of that food, so it doesn't count.*

I had spoken with a sponsee earlier, and we'd worked through the "12-stepping a problem" process on a challenging situation in her life, so the language of recovery was fresh in my mind while I was at the market. *I'm powerless over the situation. I believe I can be restored to sanity. I turn this over to a power greater than myself alone, which for me means the power of love and truth.*

My sponsee and I had talked about her part in the situation. She'd identified fear of economic insecurity and the wish to have a permanent change in her circumstances. We'd talked about taking things one day at a time, and taking one step toward the goal. *One day at a time, I don't need to eat binge foods, I reminded myself at the market. One step toward the goal of continued abstinence is to get out of markets ASAP!*

When we'd finished the conversation, my sponsee had told me that she felt understood. I'd felt the small glow of connection and mutual kindness. We in OA have a community of recovering compulsive eaters who truly understand.

As I waited in line to check out at the market, I noticed that the man behind me had only a couple of items, so I invited him to go in front of me. He thanked me, and I felt a similar small glow of connection. I don't need extra food to feel good. OA, and particularly the act of sponsoring, fill me with the joy of recovery and keep the wisdom of the program fresh in my mind.

-Mindy L.

# 2023 REGION 7 CONVENTION

November 3, 4, 5

Ocean City, MD



# Sail into Recovery

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](http://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](mailto:conventionchair@oaregion7.org)

**Interested in Speaking?**  
[speaker@oaregion7.org](mailto: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.

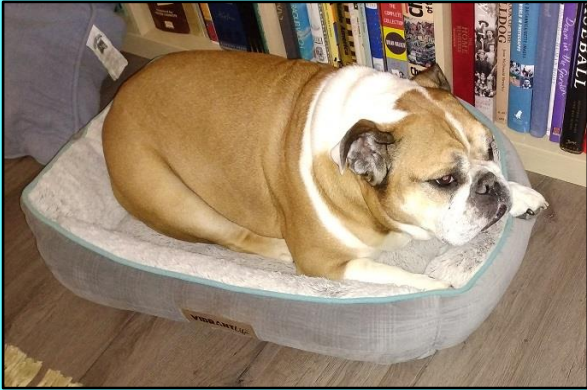
**Registration is OPEN**  
**[www.oaregion7.org](http://www.oaregion7.org)**



## Overheard Recovery

“Pick up a tool to put down the fork.”

## September's Featured Pet ❤️



Meet Violet, an English Bulldog, dedicated canine librarian (see photo) and faithful companion of Mark & Maureen L.

At just 8 ½ years old, Violet loves to attend OA Zoom meetings. She signals her approval by snoring vigorously, for which Maureen apologizes profusely though nobody minds.

Violet supports Mark by urging him to make his nightly salads (she fully expects to share), and by gazing hopefully at fruit and vegetables on the counter (she expects to share those, too).

Good girl, Violet! You're September's pupper of the month.



*When I've cleaned up the wreckage of my past, what shall I do with the space it once inhabited?*



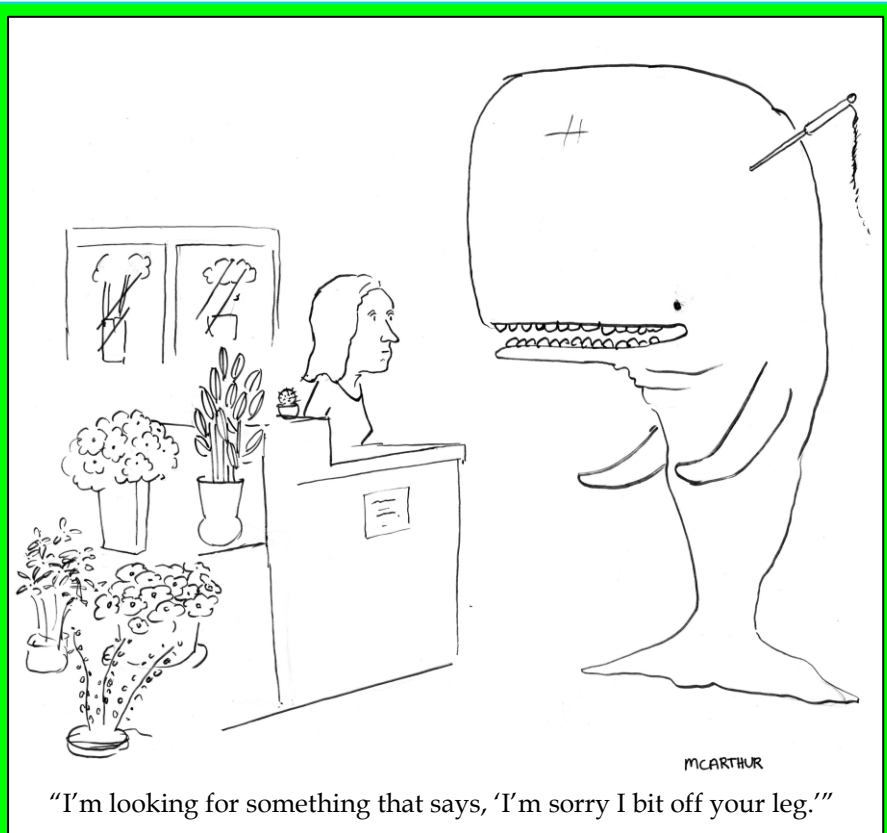
## A Writing Prompt

At a nearby meeting, a member shared that her life's intention is to create “no new wreckage.” Excellent!

Let's consider the space that we free up by working Step 9. Where guilt and resentment once resided, there's room for something new. If we do nothing different, life will fill it for us. What would happen if we set an intention for that space instead?

...and speaking of *Lifeline*, OA's recovery blog, did you know that the stories inside are sent in by members? Yes, indeedly. And *Lifeline* would like to share *your* story, too!

To read about how to send your story to *Lifeline*, go to: <https://oa.org/guidelines-meetings/contributor-guidelines-for-lifeline-stories-of-recovery-blog/>. (If you're not quite ready, send it to **AWARE!** instead at [northword99@gmail.com](mailto:northword99@gmail.com)! *nudge, nudge.*)



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:

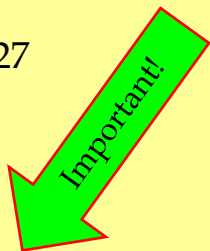


1. 60% to Philadelphia Area Intergroup via PayPal to [treasurer@oa-phila.org](mailto:treasurer@oa-phila.org), or send a check payable to PAIG-OA at PAIG, P O Box 23, Southampton, PA 18966.

2. 30% to OA World Service Office: <https://oa.org/contribute>, or send a check to: Overeaters Anonymous, PO Box 44727 Rio Rancho, NM 87174-4727

3. 10% to Region 7: <https://oaregion7.org/>

**Please be sure to include either the group # or the meeting name, location, day, and time on *all* checks and correspondence.**



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, October 4, 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."