



# AWARE!

December  
2023

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

## What's so special about December 12th, anyway?



### Step 12

Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

### Spiritual Principle

Service



### Tradition 12

Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

### Spiritual Principle

Spirituality

In the "Kingdom of OA," December 12 is officially Twelfth Step Within Day. We members of Region Eight's Twelfth Step Within Committee address the twelfth day of every month as a day to reach out to still-suffering OA members, and on "twelve-twelve" (December 12), we double down. Everyone in OA acknowledges this official designation.

According to my TSW Committee's website, we "seek to provide tools to encourage existing OA members to become or remain abstinent, work the Twelve Steps, and amplify the quantity and quality of recovery in our Fellowship. Our Twelfth Step Within Committee does not focus on attracting new members; it explicitly supports the ones we already have. Anyone who is abstinent and working on recovery can do this service. No special qualifications are necessary; only willingness is needed. We can all help carry the message of recovery through abstinence and working the Steps by:

- Being well ourselves
- Giving service, sponsorship, and friendship
- Encouraging membership retention
- Attending meetings and OA events



So, how can you help someone find their way out of relapse and back into recovery? What can you do to help a member who still suffers?

Most of us know someone who died of this devastating disease. Let's not waste any more precious time; let's reach out to the next name on our disease's victim list. Please consider your fellow OA friends who may be struggling.



Continued on page 3.

# What's Happening in Decembrrr?

## MEETING SPOTLIGHT

Tuesday, 6:00 p.m.

The Church of the Incarnation  
1505 Makefield Road  
Morrisville, PA

(Note: the address is sometimes listed  
as Yardley, PA online.)

This is a *face-to-face* meeting only.

Contact: Jeanne at (267) 278-7043



Join them!

The Thursday 5:30 pm Recovery on Rittenhouse meeting has closed. If this was your home meeting, and you'd like to find an alternative, go to PAIG's meeting list at <https://oa-philadelphia.org> and click on the tab labeled "Meeting List."



If you prefer *audio* to *audio-visual*, you might want to access one of the regularly scheduled phone meetings offered by **OA's Virtual Region**. 3:30 AM on a Tuesday? They've got you covered. 11 PM on a Sunday night? Welcome aboard. Whew!

Recovery is portable, widely available, and only an arm's length away.  
Good to know.

OAVR's meeting list is available at  
[https://oavirtualintergroup.org/?page\\_id=222](https://oavirtualintergroup.org/?page_id=222).





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- Take a moment to think of them.
- Take a minute to pray for them.
- Take a few minutes to text or email them.
- Take some time to make a phone call.
- Take more time to visit or meet with them.
- Take the time and make the effort to give them a ride to your meeting.



This is a “we” Fellowship! Whenever we reach out to help someone else, from the smallest aid to the grandest of gestures, it strengthens our own recovery as well. One of my favorite phrases is “together we get better.” And when we reach out, the person we may be helping the most is ourselves!

— Chris J., Huntsville, Alabama USA

*Lifeline Magazine, ©Overeaters Anonymous, Inc., November 1, 2018*

## **Twelve Steps to a Better Holiday Season\***

1. We acknowledged that the holiday season has way more to offer than just food.
2. Came to believe that a power greater than ourselves could help us adjust our expectations of the role of food in our seasonal celebrations.
3. Made a decision to trust our Higher Power to help us broaden our appreciation of the season beyond excess food.
4. Made a searching and fearless examination of our attachment to certain foods during holidays past.
5. Admitted to our Higher Power, ourselves and another the exact nature of our conduct with food at past holiday gatherings.
6. Were entirely ready to ask for our Higher Power’s help to relinquish those past behaviors.
7. We humbly asked our Higher Power to remove our feelings of entitlement for “special” foods during the season.
8. Made a list of all the people who bring joy into our lives during the holidays, with whom we hope to gather in celebration and reflection.
9. Made plans to spend time with those people whenever possible, except when to do so would jeopardize our primary purpose of maintaining abstinence.
10. Continued to enjoy the company of friends, family and strangers (!), and resolved to be a loving presence in their lives during the holidays.
11. Sought through prayer and meditation to improve our appreciation of the season, praying to joyfully participate in helping to create its special magic, and
12. Having acknowledged that the joys of the season far outweigh the fleeting pleasure we once sought from compulsive eating, we gave others the gift of our full attention and appreciation without the distraction of excess food.

\*Inspired by a piece in a 2007 edition of Lifeline Magazine, © Overeaters Anonymous, 2007.

# CARRYING THE MESSAGE

Use this guide with suggestions of what to say and what not to say when speaking to someone about OA for the first time.



## DOs

- I am open to talking about my recovery.
- I mention how much my weight has changed, and I may show my pre-OA photo.
- I am positive and happy when talking about OA.
- I am always willing to give out the *New Prospect Card*\* and my phone number.
- I emphasize the peace of mind I have found in life around food.
- I suggest that people come to a meeting and just listen. Nothing is required of them.
- I mention OA to my doctor and other health care professionals.
- I carry the message as part of my action plan.
- I am concise when talking about the OA program, leaving room for curiosity.
- I explain the concept of “just for today.”
- I mention that OA is a non-profit organization and there are no membership dues or fees.
- I share how OA has helped in all facets of my life.
- I explain some of the program’s Tools.
- I give examples of my unhealthy eating behaviors from before OA, such as eternal dieting, starving, bingeing, and/or constantly weighing myself.
- I say that our program is modeled on Alcoholics Anonymous and that my problem is similar to alcoholism. OA is for people who use food just like alcoholics use alcohol.
- I offer to meet them at their first meeting if at all possible.

## DON'Ts

- I don't tell people that OA is the only way.
- I try not to sound like a preacher or give a speech.
- I don't judge other people, and I don't label them as compulsive eaters.
- I don't talk about another's shape or weight, only my own.
- I do not mention specific spiritual or religious beliefs.
- I don't speak about OA to someone new unless they show an interest.
- I don't try to “sell” the Twelve Step program or exaggerate about it.
- I don't promise anything.
- I don't put down diets or methods of weight loss; I don't compare OA to other programs.
- I don't give too much information about meetings and how it all works; the best way to understand is to come to a meeting.
- I don't give unsolicited advice or suggestions.
- I don't rush people into making a decision.
- I don't argue.
- I don't shut the door. Even if someone is not interested now, they may be interested in the future.
- I don't try to give away what I don't have.



This and more about **carrying the message of OA** (and scads of other topics besides) can be found at OA's Documents Library. Take a look at <https://oa.org/document-library/> .

\*To order New Prospect Cards, go to <https://bookstore.oa.org/pamphlets/new-prospect-card-pack-of-thirty-450.asp> .



## **Tuesday Morning Lakehurst Meeting**

**Hosts**

### **Twelve Step Within Day**

**Tuesday, December 12, 2023**

**10am -12:00pm**



#### **Location:**

**United Methodist Church**

**204 Elm Street**

**Lakehurst, NJ**



**Featuring....**

**Three speakers sharing how they  
gained hope and then strength in  
recovery**

**For further information,**

**call Elaine (908-209-3022) or Lusk (908-487-0382)**

**7<sup>th</sup> Tradition Observed**



# *You Are Not Alone*

*Quarterly Region 3 Relapse Prevention  
Workshop*

*Saturday, December 16, 2023*

*Time: 1:00 pm – 2:30 pm CT*

Hear speakers share their experiences with  
relapse/relapse prevention

**ZOOM ID: 963 218 9907**

**Password: Recovery**

Questions? Email

[r3tswregister@oaregion3.org](mailto:r3tswregister@oaregion3.org)

Sponsored by Region 3



**Overeaters Anonymous**  
**Region 7 Round Table**  
**December Edition**

**Using the Nine Tools of OA  
to help us during the Holidays**



**Join us on December 19th  
@ 7 pm ET**

**Meeting Info**  
**Join Zoom Meeting**

**Meeting ID: 831 3686 6285**

**Passcode: 363867**

**☎: (646) 558 8656**



THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

# THE 64<sup>TH</sup> ANNUAL OA BIRTHDAY PARTY

## Together We Get Better

JANUARY 12<sup>TH</sup> – 14<sup>TH</sup>, 2024

AT THE LAX HILTON  
5711 W. CENTURY BLVD.  
LOS ANGELES, CA

COME MEET YOUR FELLOWS FROM ALL OVER THE WORLD.

WORKSHOPS, PANELS, SPECIAL FOCUS MEETINGS, MARATHONS, OPENING CEREMONY ON FRIDAY NIGHT, DANCE PARTY ON SATURDAY NIGHT, YOGA, MEDITATION, AND MORE.



EARLY BIRD REGISTRATION: \$45 (THROUGH NOV. 30)  
GENERAL REGISTRATION: \$55 (THROUGH JAN. 7)  
FINAL REGISTRATION: \$65 (THROUGH JAN. 14)

Register Now  
[oabirthday.com](http://oabirthday.com)



# READY FOR A JANUARY BEACH RETREAT?



**JOIN US!** For the second year, the Fridays With Fellowship meeting of the Baltimore Area Intergroup is organizing a winter beach retreat. Our themes this year will be women's experiences in OA and Steps Six and Seven. All OA members are welcome.

**When?** January 21-23, 2024

**Where?** Memorial House in Rehoboth Beach, Delaware is a great retreat spot, steps from the ocean. Single and double bedrooms are available, and linens are provided.

**What about meals?** Six meals are included, Friday dinner through Sunday lunch, and served in the house's dining room, pictured below. Sugary foods will not be served.



**Cost?** \$395 for a single room, or \$295 to share a room.

**Questions?** Email Sue at [sponsorsue@gmail.com](mailto:sponsorsue@gmail.com)

**To register,** send your payment to Sue Battle-McDonald in one of these ways:

- Zelle - in case it asks for a phone number, it's 410-206-6724
- Venmo to @sue-battle-mcdonald
- Paypal to [suebattle@yahoo.com](mailto:suebattle@yahoo.com)
- Check mailed to 107 Oakway Rd, Timonium MD 21093

**This event filled to capacity last year so if you're interested, please register soon!**

## Overheard Recovery

"I never underestimate the power of an outreach call."

### December's Pet of the Month



Meet Maisie, 2, a Mini Goldendoodle and beloved companion of Celeste W.

At first, Celeste thought she might adopt Maisie's sister, who turned out to be as shy as Maisie was persistent. At their first meeting, Maisie snuggled adorably into Celeste's daughter's lap, and that was that. Celeste chuckles that while she had planned to adopt a puppy, Maisie adopted her instead. "God gives us what we need," says Celeste.

Maisie is a good teacher, adds Celeste. When they go for walks, Maisie likes to pull ahead, but then she gets scared and runs back to her mom. Celeste likens it to walking with God: We get in a hurry, she says. We pull ahead. But things happen in their own time, and if we follow God's Good Orderly Direction, all will be well.

In the meantime, Maisie is an excellent alarm dog who protects Celeste from all sorts of dangerous things, like hugs. Oh, dear. They're working on that. (Once you befriend Maisie, she's your friend for life, Celeste points out.)

Good girl, Maisie! We're awfully glad that you're our Pet of the Month. ❤️



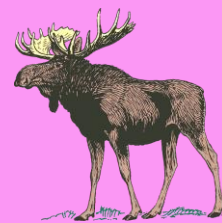
## A Writing Prompt

How have I felt each time a member called or texted me? Did I feel seen? Heard? Valued? Understood?

If I answered "yes" to any one of those queries, what am I waiting for? Can I list 5 people to call or text this month just to say hello and ask how they're faring?



CartoonStock.com



Q. What do you call OA in Canada?

A. Oh, eh?



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.

**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](mailto:aware@oa-phila.org) or [northword99@gmail.com](mailto:northword99@gmail.com)



Taking care of business...

## PAIG 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
Alice P.	PIPO 215-407-1612

Send me your stuff!

### 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, January 3, 2024 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."