

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle

Perseverance



Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle

Neutrality



IT WAS EVEN BETTER THAN I REMEMBERED!

The 2023 PAIG Retreat was faabulous. It was my second visit to the retreat, and boy, am I glad I went. So many familiar faces! It was like going to summer camp, only better. Here's the bird's-eye view:

The retreat is held at the Malvern Retreat House, a venerable institution that's been in operation for more than a century. The buildings are stately, the rooms simple, and the grounds breathtaking. Inside, the vibe is one of good faith, in all the breadth that phrase suggests.

The retreat opens each year on Friday evening. Participants unload at the front portico and enter through tall, imposing French doors. Inside, the lobby opens to a whirlwind of laughter, light, hugs, and greetings from friends, some of whom haven't seen one another since the prior year's retreat. Members are greeted by a long table boasting cardboard, sequins, glue, tape, scissors, ribbons and stickers that they'll use to create their name tags for the weekend. By and large, the tags are rather staid and lifeless. *Not.* Take a peek on page 4.

Then it's on to the registration table, where folders are handed out, questions answered and room assignments conveyed. Newbies rub elbows with retreat veterans to get the 411, and everybody unpacks and settles in.

At 8:00 on Friday night, everyone gathers to hear the first of that year's Keynote Speakers, followed by sharing. It marks the beginning of a weekend of moving testimonials, meetings and workshops -- for newcomers; for folks in or vulnerable to relapse; for folks seeking a deeper spiritual path; for those who are plagued by body issues; and more. Each of the weekend's workshops is categorized in one of four ways: Physical, Emotional, Spiritual, or Writing. A given category may speak to one person but not another; hence a wide range of seventeen different workshops to choose from.



Illustration from a member who attended the Body Image Workshop

Let's see what Autumn has in store...

MEETING SPOTLIGHT

Saturday, 11:00 am
St. Albert's Church
Huntingdon Valley, PA
Dial in: 605-313-4812 / Passcode: 354496#

The folks at St. Albert's have decided that instead of conducting their Saturday, 11:00 a.m. meeting via Zoom, they will use a dial-in format from now on.

There is beauty in that arrangement, especially on the weekends, some of us would like to have our weekly baths, say, or do calisthenics off-camera without missing a meeting.

St. Albert's is a step and tradition meeting, and they use OA's 12 and 12.

So, grab your kettle bells and join the St. Albert's crew! We wish them great success with their new, convenient format.

Contact Donna with questions at:
(215) 514-4739.



Remember the *A Step Ahead Newsletter* from the World Service Office? It has been refashioned as the *A Step Ahead News Blog*, and it's available via email!

Go to <https://oa.org/news/> and click on the "email newsletter" link to add your email address to its mailing list.

The array of topics covered in the blog is astonishing, compelling and informative.



WE ALL HAVE A SEAT AT THE TABLE

Take a look on page 5 at a recent letter from OA's Board of Trustees to members, groups, and service bodies. It's a wake-up call: some members feel disconnected from or even rejected by their meetings when they discuss their personal circumstances which naturally impact their journeys of recovery. How can we become more sensitive to and accepting of *all* members' statuses so that our connections with one another are strengthened? The WSO encourages us to discuss this issue with our fellows and our groups. Open hearts and awareness can ensure that we all feel heard, valued, and included without reservation. ❤️

Retreat participants were asked a question: what do you need to surrender? Here's what they said.

- If I don't acknowledge, accept and work through my emotions and feelings, they will build up and compromise my spiritual program and ignite my disease.

- I surrender.



- Let go of everything and let God lead my life!

- My fear about being alone & sick. My need to control. Food calling to me occasionally. My anxiety about the future. And my need to care-take.

- That's God's will is the only way. I had to stop taking my will back.

- I want to surrender fear. It keeps me from doing things and being free.



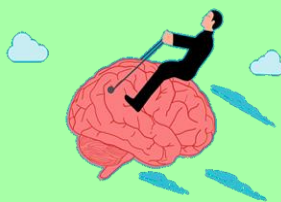
- Arrogance.

- My defiance, and my @#%&! hubris.



- My will. My control.

- My will.



- Junk food. Unhealthy foods.

- Willingness for J.

- My overthinking, and being so hard on myself. My relationship with my sister. My obsession with my appearance.



- My relationship with my husband and my mother. I can't change either of them. Their behavior is not a reflection of me. I am my own person, and I can only change me.

- The emotionally-driven, unhealthy desire to buy a house that is too big and too expensive for me. Your will be done. TY. TY. TY.

- My addiction and powerlessness over food.



- The need to be perfect.

- That I need to be in OA, and that I need to be in my program. Even with the recovery I have, I can't start to disengage. I need to be here, need to remember where I from, and stay connected with HP.

- Self-will and denial. I am hoping to begin a new chapter in my life. TYHP!

- I am not in control. That is a delusion. People, places and things are outside of my control, and trying to control is not my place. HP is in control.

Continued on page 4

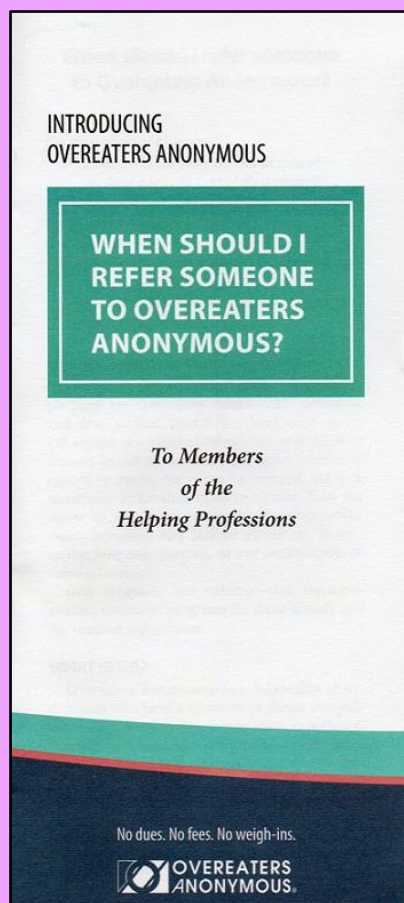
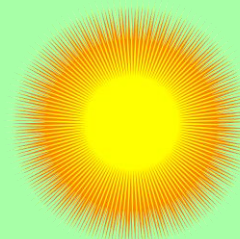
- The bondage of self.
- I need to surrender my muffin top to my Higher Power!
- I need to accept that my Higher Power is there for me no matter what and I'm a good person with qualities that others like.



- My will.
- I surrendered my food to be cleaner. No picking my food or changing my food. I definitely got what I needed.



- Being the director. Being prepared. Being "on script." Being "in control." Being "too nice." Obsessing about people that I don't feel comfortable/safe with.
- I have held on to resentment and low expectations from those closest to me due to past mistakes. I have to let go of expecting them to do things the way I want or think they should be done. Without my constant judging and overbearingness, they could do fine on their own.
- Control over my family members.
- Isolation and fear. Hiding my gifts and being afraid of others sharing their light.



A member shared recently that a large news organization reported on a study suggesting that 3% of the people in the United States binge on food at some time in their lives.

That figure is no surprise to members -- we've heard worse. Still, others continue to suffer. How can we help? Besides posting flyers at our local businesses and non-profits to let people know about OA, (see page 7), we can enlist the help of our doctors and health-care professionals.

The pamphlet entitled *When Should I Refer Someone to Overeaters Anonymous? (To Members of the Helping Professions)* is published by the World Service Organization, and it's available to members to share with doctors, nurses, nutritionists, counselors, and more. The pamphlets can be ordered from the OA bookstore at <https://bookstore.oa.org>, or you can contact Alice P. (PIPO) at <mailto:jalceparker@comcast.net>.

Per Alice, "Let's get the word out!"

continued from page 1

The retreat unfolds with deceptive tranquility, given that there are many, many moving parts required to pull it off. Sure, there's the occasional hiccup. But all weekend, in the background, the members of the Retreat Committee and a host of volunteers scramble to keep things organized and to address inevitable challenges as or before they arise.

On Saturday and Sunday, the attendees meet up for meals and swap stories over abstinent fare. After dinner on Saturday night, a fashion show (anything goes), talent show (OMG), and dance party with Rob the DJ offer members an opportunity to laugh, cry, hoot their approval and shake their tail-feathers. Whew! Some of us (ahem) were positively *glowing* after only a few minutes of the Cha-Cha Slide. There were lots of sound sleepers in Malvern on Saturday night.

The final day of the retreat offers another choice of workshops, more speakers, and a raffle that raises money for the next year's scholarship fund. Folks bid on gift cards, small appliances, art supplies, jewelry, recovery-related artwork, literature, and more. This year's winners (some of whom won more than once!) were delighted. The empty-handed kvetched good-naturedly. Better luck next year.

A whirlwind of packing and loading signaled the end of the weekend on Sunday afternoon. A hug fest ensued under the portico (gingerly, because umbrellas), and the Great Departure got underway. Each one of us carried something different to our cars: spiritual growth, hope, yearning, healing, laughter, introspection, clarity, gratitude, prayer, connection, inspiration, perspiration, and, if we're fortunate, a healthy sampling of the whole caboodle.

Recovery is good.

See you in 2024! - cn

We asked some retreat-goers to share photos of their name tags. Mary T. and Phil S. did us one better. We've dubbed this *Still Life with Name Tags: A History of Joy and Recovery.*





WORLD SERVICE OFFICE

July 11, 2023

What Is an Outside Issue: Are We Being Open-Minded in Our Meetings?

Beloved Members, Groups, and Service Bodies of Overeaters Anonymous,

We all come from different backgrounds and experiences. The OA program is for everyone with a desire to stop eating compulsively. We are meant to be inclusive and welcoming to all.

A subcommittee of the Unity with Diversity Conference Committee has been in contact with some members of specific-focus groups, including BIPOC, LGBTQIA+, and Health Issues, and has found that, despite all previous statements on inclusivity, there are still members who don't feel safe or included. The subcommittee was distressed to hear that some OA members, when sharing their life realities, were told that their life experiences were considered outside issues and were shut down.

How will we ensure that everyone is included?

The Unity with Diversity Committee's primary concern is that *all* OA members, in *all* meetings, feel safe while sharing their experience, strength, and hope and are not told that their share is an outside issue. Everyone needs to be able to share at meetings about factors in their lives that could cause them to act out with food.

The Unity with Diversity Committee is discouraged that efforts to date have not brought about sufficient change.

It is an urgent matter that people are not silenced at OA meetings. Action is required from the Board of Trustees and the whole Fellowship to create a safe space for all to share.

Respectfully,

OA Board of Trustees and Unity with Diversity Conference Committee

6075 Zenith Court NE • Rio Rancho, New Mexico 87144-6424 USA

Mail address: P.O. Box 44727 • Rio Rancho, NM 87174-4727 USA

Tel: (505) 891-2664 • Email: info@oa.org

Website: www.oa.org

Though it seems hard to believe, many people who suffer from our disease have never heard of Overeaters Anonymous. **LET'S GET THE WORD OUT!** The following is a flyer that's available at <https://oa.org>. It can be tailored to a specific intergroup, then posted in public places, i.e., libraries, coffee shops, grocery stores, college campuses, churches, senior centers and more. Feel free to print copies of PAIG's version, below. Let's cut the finger sheets for ease of access, and post them in our neighborhoods.

IS FOOD A PROBLEM FOR YOU?

Do you eat when you're not hungry?

Do you binge, purge, or restrict?

Is your weight affecting your life?

Contact Overeaters Anonymous

NO dues – NO fees – NO weigh-ins – NO diets

Overeaters Anonymous is a 12-Step recovery program for individuals struggling with the effects of compulsive overeating

For more information including a list of local meetings visit

oa-philadelphia.org

To receive a call back from a local OA member call or text

215-385-3076

Overeaters Anonymous: oa.org
Local Area Web: oa-philadelphia.org
Call or Text: 215-385-3076

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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

“Let go or be dragged.”

October's Pet of the Month



Meet Maisie, a 6 ½ year-old rescue kitty who loves her moms, her boxes, and running the household to purrfection. Maisie and her tufty paws think it's only appropriate that she be October's featured pet, because she likes to attend Zoom meetings with mom Jean M., who coos at her approvingly all the while. As Maisie is usually out of camera range, she thinks it's hilarious that members assume Jean is cooing at *them*. (“Boy, Jean sure is friendly.”)

Good girl, Maisie! ❤️



No box left behind!

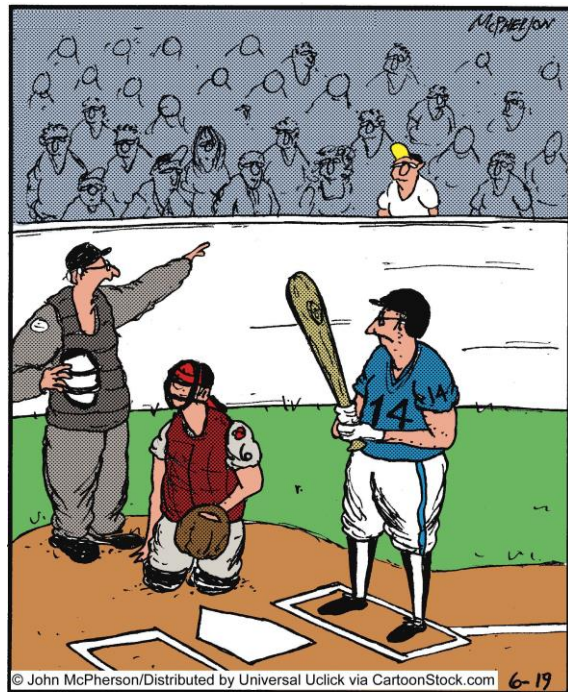


A Writing Prompt

“All the mind's activity is easy, if it is not subjected to reality.” - Marcel Proust

When I write my Step 10 inventory each day, it helps to prevent me from sliding into denial about my own behavior. How does daily acknowledgment of my character defects help me to heal?

For Today, p.298, ©1982, Overeaters Anonymous, Inc.



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“Whoa! Time out. The loud guy in the white shirt is right — that was a ball. My mistake. Sorry everyone. Thank you, sir.”

CartoonStock.com

PERSEVERANCE



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 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...

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>

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



PAIG meetings are held on the 1st Wednesday of each month. Next month's PAIG meeting will be held on Wednesday, November 1, 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."