

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Today, I Took Step One Perfectly!



Step 1

We admitted we were powerless over food -- that our lives had become unmanageable.

Spiritual Principle

Honesty

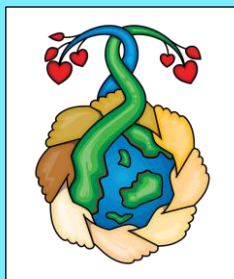


Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle

Unity



One of the meanings of "perfect" is "complete." Today my understanding of Step One is complete. I admit that I am alone, on my own, and that I'm powerless to keep myself either from turning to a little excess food for comfort or relief when I feel disturbed, or eating something extra just for pleasure when I feel fine. From experience, I now know that understanding this tendency won't prevent it. Mindfulness, being constantly on guard against it, won't work either.

The bad thing about taking a *little* excess food is that it has always led me to take a *lot*. In other words, that first bite over my daily food plan really does lead back to full-blown compulsive overeating. For many years I didn't want to believe that that was true, but now that I am being completely honest with myself, I see that I can't keep from starting, and I can't stop once I've started. I've always wanted to be a competent, effective person -- but where controlling my eating is concerned, I am powerless.



I feel bad when I see anyone or anything suffer. I keep trying to help, to make things better. I believe I am basically a good person because I feel for others, but I have a blind spot. I have not treated myself with loving kindness, but with dislike and neglect. Routinely harming

myself with excess food has been my insane way of trying to make myself feel better. I am actually too unwell to take good care of myself.

Today I understand that Step One describes the predicament I am in: *Nothing is the way I thought it was.* Behaviors I thought made sense turned out to be delusional. I need to let go of old ideas. I was mistaken about going it alone. I have been insane around food. My life has not been under control. At all.

Baby, it's cold outside! What's hot for January?

Meeting Spotlight!

Saturday, 11:00 A.M.

I Put My Hand in Yours

Gloria Dei Church

570 Welsh Rd., Huntingdon Valley, PA
19006

Hybrid: Face-to-Face and Conference call

Conference phone line: 605-313-4812

Passcode #: 354496

Questions? Please check PAIG's meeting list
for contact numbers.

Starting Saturday, January 6th, we'll assume
a hybrid format, meeting in person and via
telephone. We still read a new Step or
Tradition each week.

To come in person: park in the lot, then walk
past the statue of Jesus to the door, where
someone will greet you. If no one is there,
call 605-313-4812 and we'll collect you right
away! (We've taken these precautions at the
church's behest. Thanks for understanding.)



We can't wait to see (and hear) you!



Whoo-hoo!

Three speakers!



New Years Resolutions!
Not.

Fellowship!

Suggested Guidelines for a Newcomer Meeting are Here!

Take a peek at <https://oa.org/guidelines-meetings/newcomers-informational-meeting/>.

OA has released a new Public Information video and web page! Click below to read the news and view **OA's new PSA**, which we're urged to send to *everybody*, in and out of the program.

<https://oa.org/news/oa-releases-new-public-information-video-and-web-page/?news-category=0&page=0>

What's the 911?

OA's new PIPO webpage offers resources and information galore. As a reminder (because just about everybody forgets) PIPO stands for Public Information / Professional Outreach. Check out the link:

<https://oa.org/service-bodies/public-information-and-professional-outreach/>.

I am powerless, but I am not hopeless. I have hope now because I have already been helped to get to this point. It seems likely I will be helped as I go on. In addition, I have befriended myself to the point of honestly facing my predicament without self-judgment. Now that I am a friend, I can be a friend. You might say that I'm "friend-worthy" now. By deciding to have compassion, I deserve compassion. Today I can honestly say, "I'm not in control." Nothing to self-criticize here. It's the simple truth.

-Anonymous

RETREAT

I went on my second retreat, because sweets called to me, to eat.

It paralyzed me, hypnotized me, seduced me, lured me, disillusioned me, lied to me.

It gave me an added one hundred pounds that I didn't see.

It made me mean, thoughtless, uncaring, sick, agitated, guilty, obsessed, hopeless and fat.

I didn't like any of that.

The speakers and retreat helped me remain abstinent most of the week. To persevere, so I could be abstinent year after year.

They spoke from their heart and soul, about their pain, shame, struggles, lives, fears, tears, desperation, And sometimes thoughts of suicidal ideation.

They used the 12th step "Service" and combined some of the steps, like honesty, willingness, courage, humility, hope and faith.

Some of them had difficulty believing in a God, but something miraculous happened, that could not be explained.

It could be a small or big thing, but they started to believe, used the steps and tools, and became abstinent again.

They talked about how their Higher Power changed their lives, and how grateful they were to survive.

The retreat also brought closeness. Friendship, laughter and smiles.

Also hugs, entertainment, good food, hot showers, and comfortable beds to rest and revive.

Today, I have Hope.

I'm starting anew, to practice what I learned, even though I'm not new.

OA brings all sizes and shapes to retreat.

All are welcome, no matter your weight.

I'll keep coming back to the OA retreat.

Maybe one day, we will meet.



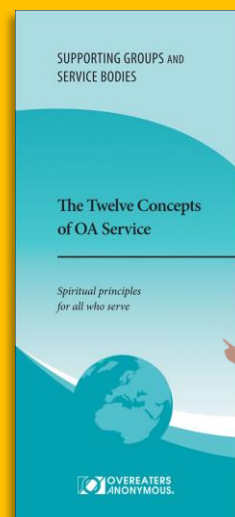
-With Love, Elizabeth

Are you familiar with the 12 Concepts of OA Service? Take a peek:

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to World Service Business Conference the active maintenance of our world services; thus, World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - a. No OA committee or service body shall ever become the seat of perilous wealth or power;
 - b. Sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - c. No OA member shall ever be placed in a position of unqualified authority;
 - d. All important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;
 - e. No service action shall ever be personally punitive or an incitement to public controversy; and
 - f. No OA service committee or service board shall ever perform any acts of government, and each shall always remain democratic in thought and action.

The Principles in the Twelve Concepts

- Concept One: Unity
- Concept Two: Conscience
- Concept Three: Trust
- Concept Four: Equality
- Concept Five: Consideration
- Concept Six: Responsibility
- Concept Seven: Balance
- Concept Eight: Delegation
- Concept Nine: Ability
- Concept Ten: Clarity
- Concept Eleven: Humility
- Concept Twelve: Guidelines:
 - (a) Selflessness, (b) Realism, (c) Representation, (d) Dialogue, (e) Compassion, and (f) Respect



To read up on the 12 Concepts, check out *The Twelve Concepts of OA Service* pamphlet at <https://bookstore.aa.org/pamphlets/twelve-concepts-of-oa-service-330.asp>



OVEREATERS ANONYMOUS®

FELLOWSHIP OF HOPE

Virtual Workshop on

“ONE DAY AT A TIME”

MONDAY, JANUARY 1, 2024 9:15 – 11:30 AM EST



9:15 – 9:30 AM – Fellowship

9:30 – 11:30 AM – Meeting

- 3 Speakers
- Sharing
- 7th Tradition

Sponsored by: Fellowship of Hope, Philadelphia Area Intergroup (PAIG)

Zoom Link: <https://us02web.zoom.us/j/88420627878?pwd=VlpHZkxDeKU4ZXRVaTVxVE1MQVFSdz09>

Zoom Meeting ID: 884 2062 7878

Dial In: 1 929 205 6099 Int'l Dial In #s: <https://zoom.us/zoomconference>

Request Password/inclusion on our email list from: OAFQHquakertown@gmail.com

Questions? Contact: Anne Marie G. 215-538-3195 landline, leave msg

THE LOS ANGELES INTERGROUP PROUDLY PRESENTS

THE 64TH ANNUAL OA BIRTHDAY PARTY

Together We Get Better

JANUARY 12TH – 14TH, 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

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

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
- Check mailed to 107 Oakway Rd, Timonium MD 21093

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



100-Pounder + + Men's Meeting of Overeaters Anonymous

*Where long timers come to keep it green and share their
experience ^{*}in recovery & Where newcomers and
returnees come to learn from them.*

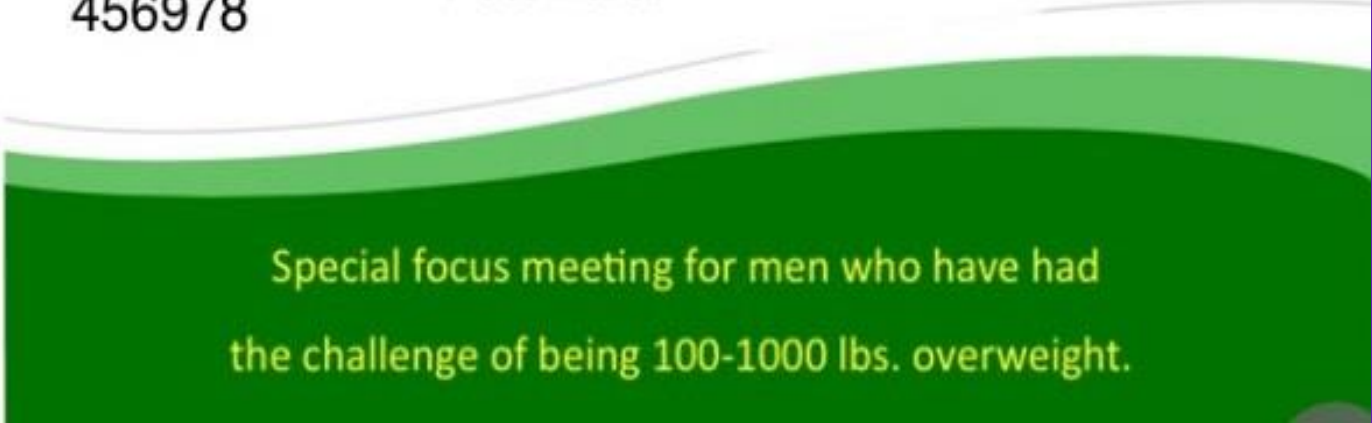
Wednesdays 7 p.m. EST / 4 p.m. Pacific

Speaker meeting followed by sharing/pitches.

415-301-5406

Meeting ID:
Password:

456978



Special focus meeting for men who have had
the challenge of being 100-1000 lbs. overweight.

Overheard Recovery

"I don't know what the future holds,
but I know Who holds it."

December's Pet of the Month



"My name is Vienne, pronounced 'V-N,'" says Vienne, by way of introduction. "I am an 8-year-old *Olde English Bulldog* (that's the name of my breed)."

"I was so happy to be adopted by Angela C. and her family last year. I have taken over the house! You may hear me barking while Mom is on her virtual meetings in my office."

"I take my job as the protector very seriously. I play for five minutes at a time with my stuffed animals. I will take belly rubs all day long and will give you the biggest Pittie smile!"

Aww, Vienne. We're delighted that your mom translated your story for us! And we sure are glad that you're January's Pupper of the Month.

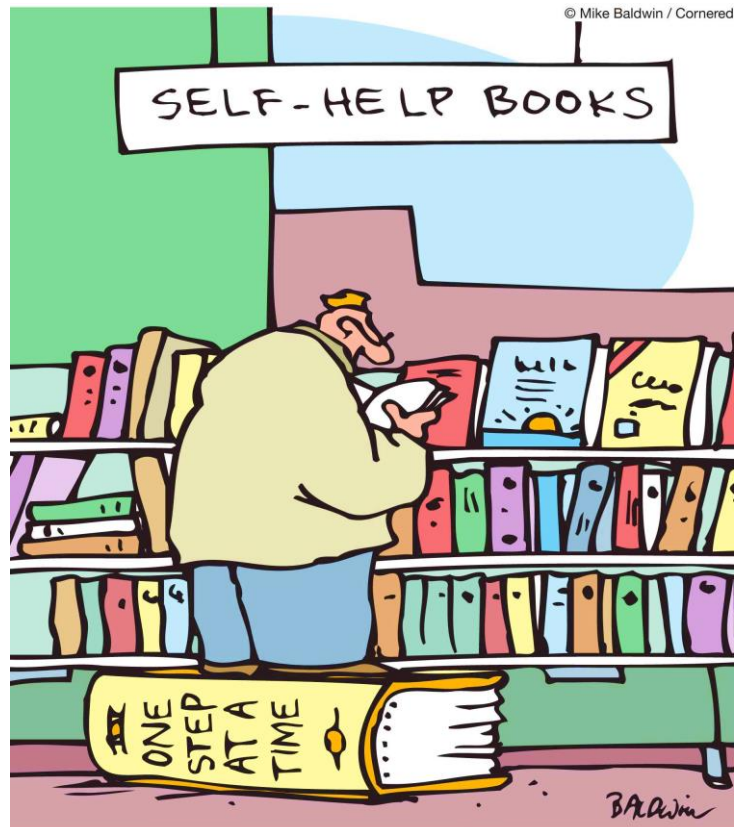


A Writing Prompt

I've embraced the fact that I'm powerless over food. Am I equally powerless over my actions?

Which of my actions have helped to keep me sane and abstinent? Which ones have kept me tethered to my disease?

I'll name one action that I can take – just one – to strengthen the former, and surrender the latter.



CartoonStock.com

As we embark on a new year, let's stay in touch with those who suffered loss or illness in 2023.



How's it going? = Here I am. How about letting me take a turn at the oars for a few minutes?

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>

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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, February 7, 2024 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."