



AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle

Hope



Tradition 2

For our group purpose, there is but one ultimate authority – a loving God as He may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle

Trust

That Pesky God Thing

Every Wednesday night for weeks I thought *there's an OA meeting happening right now in Chestnut Hill*. I didn't go, because of the God thing.

My partner had started attending NA meetings about a year earlier, and frankly, I wasn't happy about it. I liked our minor drug habits. Why should I have to give them up? I went to a couple of Al-Anon meetings to complain, and sort it all out. All they did was encourage me to practice the Twelve Steps, which was ridiculous advice because *I wasn't the addict*.

At about the same time, a friend said to me, "If you sit back and take a deep breath, you can almost always eat more." I spent a year proving her right, deliberately and consciously eating more than I needed at every meal. Toward the end of that year, morbidly obese, I wondered if maybe I should think about OA – but I didn't believe in God, so how could I?

Finally, defeated by my overeating, I told my partner I thought I needed to try OA – but not that night! We had an important meeting to attend. "Nonsense," she said. "If you need to go to OA, go to OA." Now that I'd said it out loud, I had to go.

It turned out to be a Step meeting, and I'm sure you can guess what Step we were reading and discussing: Step Two. If you think that's a coincidence, you might be new to OA.

In those days, we had only AA literature, so when we read Step Two, we substituted *food* for *alcohol*, *she* for *he*, and *Higher Power* for *God*. Afterward, members shared their understanding of "a Power greater than ourselves," and a thin glimmer of willingness rose within me.

There's one share that I remember verbatim: "I wake up in the morning and I say, 'thank you.' I go to bed at night and I say, 'thank you.'"



It's Febrrruary in Pennsylvania! C'mon, Phil!

Meeting Spotlight

"Writing for Recovery"

St. Mark's School
2nd Floor Conference Room
1024 Radcliffe St.
Bristol, PA 19007

Looking to embrace the tool of writing? The Writing for Recovery meeting is just the ticket!

This is a face-to-face meeting at St. Mark's School, which is across the street from the church of the same name in Bristol. Call Tony with questions at (215)788-9046.

Enter here, and proceed to the 2nd floor.



See you there!

Per Phil's publicist: "He may see his shadow. He may not. Show us the alfalfa."



Punxsutawney Phil

I mean, really.

A hog's got standards.

Looking for meeting list updates?



If you're looking for PAIG's most current, hot-off-the-presses meeting list, look no further than <https://oa-phil.org>.

Click on the **Meeting List** tab to see Wendy K.'s most recent changes, highlighted in yellow. Wendy does not possess any information that's not already on the list.

Thanks for your service, Wendy!

...and while we're on the subject,

Please check your meeting's entry on OA's website at <https://oa.org>. Click on **Find a Meeting**, then enter the date, time and location of your meeting to bring up its details.

If the listing is incorrect, it should be edited by your PAIG rep or another designated party **only**.

For directions, contact PAIG's Vice Chair, Wendy K., at wkayeo@gmail.com; or Lorie at the OA World Service Business Office, at <https://update.oa.org>.



In case of inclement weather, PAIG reps can share information about meeting closures and the like in PAIG's Google Group.

Hellooo, Newcomers!

How did you hear about Overeaters Anonymous? The Philadelphia Area Intergroup is contemplating how best to reach compulsive overeaters who don't yet know about OA.

Your feedback can help us to figure it out. Was it a billboard? A print ad? Something you saw online? Word of mouth? Or some other way? Please tell your PAIG rep at your next meeting (ask somebody if you're not sure who that is), or send a note to AWARE at northword99@gmail.com.

Thankee. Keep coming back! We're really glad you're here.



Have you Read *A Step Ahead*?



As a reminder, *A Step Ahead* used to be OA's quarterly newsletter. Now it's a blog, and the news drops in real time. Nice! To learn more about OA, you can read *A Step Ahead* at <https://oa.org/news/>. While you're there, sign up to receive automatic updates in your email.

Some of the topics covered in *A Step Ahead* include Meetings, Literature, Service, Seventh Tradition, OA's Translation services, and Unity with Diversity. Browse to your heart's content, and share your findings!

Local Meeting Reminder!

The 9am "One Step at a Time" meeting in Willow Grove is IN-PERSON/HYBRID on the **1st Saturday of every month**. We would love to see you next **Saturday, February 3rd**.

In-Person: Willow Grove Baptist Church, 3600 Welsh Rd, Willow Grove, PA 19090
Zoom: 825 8910 6215 / Contact lorribond@verizon.net for the passcode.

You've Got Resources!

At each month's Philadelphia Area Intergroup meeting, representatives from area groups share strategies, pass on information from the World Service Office and Region 7 reps, and consider issues that affect members.

Much of this information is online, at <https://oa-phila.org>. Take a peek! And remember to check out PAIG's **Resources page**, which is chock-full of helpful stuff: information about contributions, downloadable expense reports, minutes from the previous month's intergroup meetings, contact info, and more. The **Resources page** can be found at <https://oa-phila.org/paig-resources/>. Scroll down after opening the page to find what you need.



I could do *that* much, I told myself. Those words were the key that opened me to OA's message and to spiritual growth. Years later they still resonate, especially when I'm struggling to believe in and trust my Higher Power.

I now have a Higher Power Committee. It sometimes includes the God I grew up knowing and sometimes doesn't, because I have a very uneasy and volatile relationship with Him. But I am always able to say, "Thank you."

-Jean M.



A Gift from My Mom



My mom passed away last year. Now, as a new year unfolds, I find myself thinking about one of the greatest gifts that Mom ever gave to me. When I was a teenager, she took me to my first Overeaters Anonymous meeting.

Mom thought of OA as just another diet group, so eventually she stopped going to meetings. Not I. For me, OA was a lifesaver. I'd started it as a diet group too, but as with all diets, that approach didn't last, and that's when I started working the steps. I kept going to meetings, and I began sharing my fears, my shame, and my feelings.

I found a sponsor who believed that our obsession could be removed and that abstinence would result. I had to work to let go of my concept of God, and to

believe that God could and would remove my compulsion to overeat. It took me several years to gain release from my obsession with food.

At first, I had to trust in my sponsor's God because she was living free of that obsession, and my concept of God didn't offer that. Finally, I developed enough faith to believe that I, too could be free of the compulsion to overeat. I would sit on my bed and turn over my fears, asking my HP to manage my eating for that day; then I'd let go, vowing that however I ate would be okay with me.

I did it every day. I don't remember the date, exactly, that I was finally able to let go -- only that I have been free of the obsession with overeating for 40 years, give or take, one day at a time.

Mom, I am very grateful for your gift to me of OA. -Lynn B.



At the AWARE, we're all about stories. Goodness knows, we don't want to pester you about sending yours to the AWARE. But we will. Because those who read your stories feel connected, encouraged, and hopeful. Psst: *Those who share their stories do, too.*

Send your story to northword99@gmail.com, and let's spread some recovery around. Woot!

Need inspiration? Check out Stories of Recovery in OA's Lifeline Magazine at <https://lifeline.oa.org/>.



NJIOA's 29th Annual Winter Retreat

Time To Recover

Saturday, February 10, 2024
9:00 a.m. to 5:00 p.m. EST.

Register Online here:
<https://www.njioa.org/retreat>

Suggested Donation:
\$25, \$30, or \$35.

CONTACT PEOPLE:

Mary Ann C., Registration • (973) 568-2761
ToniAnn A. • 973-945-0233
register@njioa.org

Register by mail: snip & complete this form and mail it out with a check, payable to njioa.
mail this registration to: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: _____ CELL: _____

EMAIL: _____ ☐ PLEASE ADD MY NAME & CELL TO THE 'WE CARE LIST'

I WOULD LIKE TO DO SERVICE AT THIS EVENT: ☐ MODERATOR OR TIMER ☐ ZOOM COMMITTEE ☐ I CAN HELP AS NEEDED



**REGION 7 MONTHLY ROUNDTABLE
PRESENTS:**



**A DISCUSSION ABOUT
“PREPARING FOR PARTICIPATION
IN A HEALTH FAIR”**

**ORGANIZED BY THE
R7 OUTREACH COMMITTEE**

MEETING ID: 827 6593 7764
PASSCODE: 543001
PHONE: 1 301 715 8592

FEB 20, 2024
@ 7PM ET

CONTACT
CHAIR@OAREGION7.ORG

A day to celebrate the connection of all members and groups of OA to one another.

"I put my
Hand
In Yours
and together

we can do
what we
could never
do alone."

Jointly
Hosted
by

NJIOA
SJIG
CJIOA

• **February 24, 2024**

The last Saturday in February

10:00am - 12:15pm ET

An All Virtual, All New Jersey Event

Join us for connection, open sharing,
Speakers, prayers and community,
as we celebrate and cherish the
unity of our dear Fellowship.

This day recognizes the strength
of the OA Fellowship worldwide

Contact
People:

Nick C. (908) 337-6582
Michael O. (856) 275-9070
Ilene W. (908) 803-4846

Zoom Meeting ID:

870 2056 7548

Password: 728164

Dial in:

(929) 205 6099

Our
personal
recovery
depends
upon OA
unity.

OA Unity Day



01-03
MAR

VIRTUAL REGION 2024 CONVENTION

THERE IS A SOLUTION "THE JOY OF OUR DIVERSE MEMBERSHIP UNITED IN RECOVERY"

Sponsored By OA VIRTUAL REGION

Event Type Virtual

Note from
AWARE: times
listed are
Eastern Standard
Time.

🕒 TIME

Friday 10:00 am – Sunday 8:00 pm

[View in my time](#)



There is a Solution
*"The Joy of our Diverse Membership
United in Recovery."*



☰ DETAILS

Whatever your problem with food, you are welcomed and accepted here!

Register at <https://oavirtualregion.org/registration2024/>

IT'S OUR 35th BIRTHDAY!



Celebrate with the
Roxborough Saturday 10 A.M.
Step of the Month Meeting

on

Saturday, March 30, 2024
10:00 am to Noon



Featuring

SPEAKERS! Surprises! SHARING!



Saint Timothy's Episcopal Church
5720 Ridge Avenue, Philadelphia

Park your pony free on Ridge Avenue or in the Roxborough Hospital lot.
Enter at the back door of the church on the lower level.

Look for signs!

Zoom and face-to-face meeting.

Zoom: 834 5250 9983 / See meeting list for passcode.





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.*

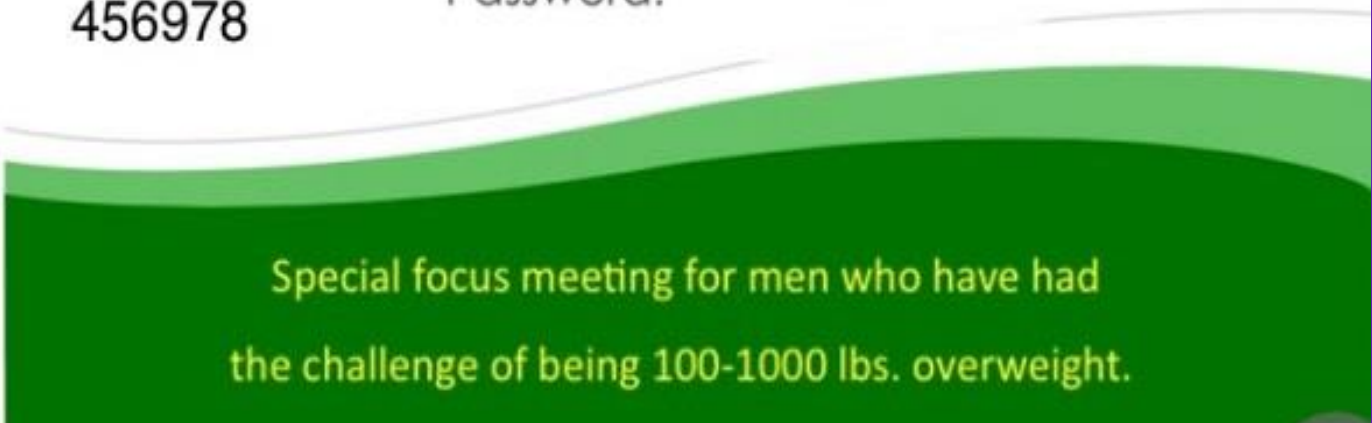
Wednesdays 7 p.m. EST / 4 p.m. Pacific

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.

February's Pet of the Month



The first evening after foot surgery, I rested in my recliner, where Lucy likes to curl up with me. Still feeling the effects of anesthesia, I dozed off. When I awoke, I was in a lot of pain, so I was grateful that Lucy's motor was running because I'd heard that a cat's purr has healing properties. It was especially nice to have her with me on that first night of recovery. Her soft, purring, buzzing sounds were so soothing.

The excruciating pain wore off, but I was still hurting, and that's when my addiction kicked in: no matter what type of pain I'm in -- physical, spiritual, or mental -- I think compulsive eating will somehow help to soothe it.

But Lucy didn't budge. She continued to lay on top of me most of the day, purring away, and that forced me to pause before I acted. Soothed by her purring, I meditated instead, which allowed my program to take over. Food was not going to help the pain, I was reminded. Thankfully, meditation, my prescribed medication from the doctor, and eating within my food plan *did*.

Lucy's steady, rumbling presence helped me to not react to the pain I felt. I was reminded of *pause* and *meditation*, both helpful tools that prevented me from eating my feelings and soothing my discomfort with food.

I'm glad for the reminder that I can consciously use both these tools when my addiction threatens to kick in. And yes, Lucy continues to remind me as well.

-Wally M.



A Writing Prompt



Who or what is my Higher Power? What qualities does my HP possess that can help restore me to sanity?

My Higher Power is...
(Fill in the blanks.)

Step & Tradition 2 Wordsearch

F D Q X K Z G G B B V W S G V
O D I T E H F D V G J U B G Z
W B V S Y K B O R T K L S C O
K F U I C P R P D O O A H F Y
I H W A F U F R I F Y Y J N I
W O N C V T S J R X F S D C L
B Q C C O P M S E E D J Q M N
B Q S E A P H W C V O N I D P
Q Z Y P B U C Y T E O F V O J
F K Z T P O L L I I G T A G P
R O Z Z O R W R O L A R Y Z W
B M M C W G V E N E U U Q N C
Y F W J E T O D R B V S D P T
T S K T R B T R Y U D T O W X
R E S O L V E O X S A N I T Y
P F H X P Q Y J G M Z Q Y J K

Find these words!

BELIEVE
ACCEPT
GROUP
POWER
SANITY
RESOLVE
DISCUSS
VOTE
GOOD
ORDERLY
DIRECTION
TRUST

To play this puzzle online, go to
<https://wordsearchlabs.com/view/492696>

Q: What do you call it when you can't sleep, and you can't stop thinking about food?

A: Insom -- nom nom nom nom -- nia.



Overheard Recovery

"I attach hunger to my emotions. All of them."

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.	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
Open	Communications (215) 385-3076
Alice P.	PIPO 215-407-1612



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!

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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. This month's PAIG meeting will be held on Wednesday, February 7th. Next month's will be on March 6th. The meeting starts promptly 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."