

March

# AWARE!

2024

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

## Surrender, Dorothy



### Step 3

Made a decision to turn our lives and our will over to the care of God *as we understood Him*.

### Spiritual Principle

Faith



### Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

### Spiritual Principle

Identity



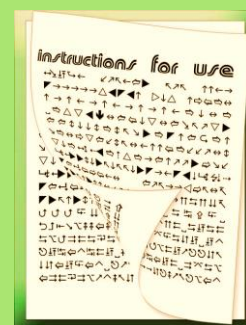
In OA, my aim is recovery, a process by which wobbly addicts like me achieve a spiritual awakening. In my case, a spiritual awakening means acknowledging that I'm not the center of the universe; owning up to my lousy behavior over the years; and addressing my maladaptive responses to pain that warped my healthiest relationships, sent me careening toward unhealthy ones, and made me long for something, anything, that offered solace. Recovery requires focus, tenacity, and courage, none of which are my specialties. Still, I see progress. A tiny shoot pushing up through a crack in the sidewalk. Eureka! Maybe.

Prayer is a big part of recovery for most of us, and a source of angst for some of us. My prayers are sometimes contemplative and heartfelt, but many are the perfunctory, foxhole variety that I say when I'm in a tight spot. I haven't progressed much since I was a kid, petitioning our parish priest for absolution by rattling off the *same old, same old* every week without a hint of embarrassment about my failure to sin entertainingly. Of course, I was a kid. I made up for it later.

Along the way, I recognized something just a smidge vital: the tremendous lack of connection I felt as a kid in my religious community. In parochial school, we faced looming threats of divine retribution just for coloring outside the lines -- which seemed to be mostly invisible and apt to shift without notice. (If our hearts were pure, it seemed, we'd simply intuit where the lines were.) Right, then. I was doomed.

That's a hefty burden for a young'un. I fretted endlessly about *getting it wrong* when everyone around me seemed to be so effortlessly getting it right. My set of instructions couldn't possibly be complete. Was I missing an Allen wrench?

I can sympathize now with my miniature bad self in her plus-size uniform and sparkly cat-eye glasses. I admire thechutzpah she affected even when she was quaking inside. But I haven't forgotten how furiously she was paddling beneath the surface: *somebody save me*.



Continued on page 3

# March. In like a lion...

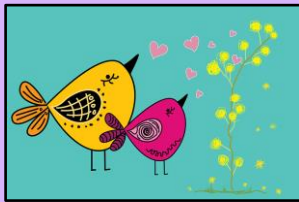
## Meeting Spotlight

Calling all early birds!

Sundays 7:15 AM  
"Sunday Sunrise"

This is a phone meeting only!  
Former meeting place:  
Abington Lansdale Hospital

Dial In: (605) 313-5086  
Passcode: 315669#



Contact Janet K. for more  
information at (215) 353-3883.



Would you like to find out what's happening in OA  
from sea to shining sea? We're a big fellowship!

Look no more! OA's **A Step Ahead News** is available  
online. It covers topics including Literature, Meetings,  
Service, 7<sup>th</sup> Tradition, Translation services, Unity with  
Diversity, and more.

To read about our larger fellowship, go to  
<https://oa.org/news/> and enjoy!

Our neighbor just to the south, Delaware's  
**Diamond State Intergroup**, is hosting a  
beach retreat!



It's being held April 26 - 28, 2024 at the  
beach-front Carousel Hotel in Ocean City,  
MD.

The organizers tell us it's a great location  
and that there are lots of services available  
nearby for abstinent meals and such.

For information, or to sign up, go to  
[http://www.oadelaware.org/events--  
announcements.html](http://www.oadelaware.org/events--announcements.html)

## Ready? Set? Workshop! Save the Date!



The Saturday, One Step at a Time Meeting is hosting an  
*in-person* workshop called

### Mayday! Mayday! Calling Higher Power!

This *in-person* workshop will be held  
**May 11, 2024 from 8:30am-12:00pm**  
BuxMont Unitarian Universalist Church  
2040 W. Street Road, Warrington, PA

See youse there!



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

Enter food. Lovely, soothing food. Sweet, savory, salty, starchy, it mattered little. Food expected nothing, judged nothing, found no fault. On my fifth birthday, I enjoyed a slab of something fabulous the size of a plank. I was stupefied most of the day. More, please.

That clinched it. From then on, when food said, "Schwing!" I said, "*Schwing!*" It was a match made in the bakery aisle of the A&P. And it was enough, or so I insisted, even as life happened, and food failed me. Repeatedly.

Fast forward several decades. I'd heard about OA. I figured it couldn't possibly be legit, so one day I showed up. Here, I learned I could continue to live in my addiction to sugar and processed foods, which was killing me, or tap into something bigger: the God of my childhood, a mysterious figure who lived elsewhere and knew everything. He was wrathful. He was remote. He had a security detail. Seriously?

Well, no. There was another option: I could reject my childish concept of God and allow another to take its place. One fashioned wholly of love, unfurling at its own pace, beaming. One whose generous embrace widens to include not only my gold-medal successes but every hurdle I can't clear, every screwup, every defiant repudiation of my puny, human fallibility. We're talking about a really good God.

So I choose love. Because while I may not be able to define God exactly, it seems to me that God and love are pretty much the same thing. I fall short a lot. We have a lot to catch up on, God and I. But at least we're on a first-name basis. Not to brag.

But even God doesn't call me out on the quality of my prayer. That's up to me. Am I willing to climb out of my foxhole? When I pray as an act of gratitude, surrendering to my status as a prickly little cog in an infinite, benevolent wheel, all is well.

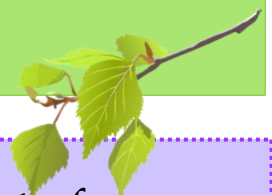
*Ish.* It's not a magic wand.

Indeed, well*ish* has unfurled just as slowly as its maker. The process can't be rushed or cajoled, though it can be faked temporarily <ahem> or so I've heard. It helps that a process I once regarded with rank skepticism has turned out to be deeply humbling, profoundly illuminating and absolutely necessary. It helps to have friends who are on the same journey. I'm grateful that we laugh a lot, even as we grapple with sometimes gut-wrenching stuff. God is a humorist.

Listen, I still succumb to furious begging when I or someone I love is in a tight spot. Old habits and all that. But that's okay. I'm trying not to worry so much about *getting it right*. Because it seems my instructions were complete after all. I'm just a bit of a slow learner who needs help deciphering them gradually, one day at a time. I'm in the right place.

Schwing!

Happy Step 3, everybody. -Dorothy



The power behind me is greater than the problem in front of me.

## In Memoriam

Anne W. was a super active member of OA for as long as I can remember. I have her name and telephone number written down in my copy of the old edition of the OA Twelve and Twelve under the date July 11, 2015.

Whenever service was needed in OA or her life outside the rooms, Anne immediately raised her hand to volunteer. She did service for the Roxborough Saturday Morning group, PAIG, and the Brandywine Intergroup. She attended several OA meetings each week and made several phone calls to members daily.

She sponsored one or more members for as long as I can remember. She worked her program by communicating with her own sponsor every day. She attended OA retreats. In short, she was a model OA member.

Anne's spiritual life was equally impressive. She was a Sister of Mercy, and she had a professional career as a nurse practitioner. She spent most of her life serving others, including the homeless and dispossessed. Right up until her accidental fall in November 2023, Anne regularly donated plasma, stayed overnight with homeless women and children, and was eager to help anyone in need.

It was heartwarming to see so many OA friends at her funeral and to honor her extraordinary life and legacy.

I feel truly blessed to have known her.

-R.H.



Photo:  
Stephen L., 2024

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

## 🕒 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/>

# **PAIG Retreat Planning Kick-Off Meeting**

**H**elp us plan our Fall 2024 retreat!  
Share your creativity and enthusiasm

When | March 20, 2023 at 7:00pm (EST)

Where | Virtual Zoom details below

[https://us06web.zoom.us/j/3477212196?  
pwd=aVZVd2hKVIRWQnhDVGQ1Z3NXZHhXdz09](https://us06web.zoom.us/j/3477212196?pwd=aVZVd2hKVIRWQnhDVGQ1Z3NXZHhXdz09)

Meeting ID: 347 721 2196

Passcode: 724462

Dial in: 929 436 2866

For additional information please contact

Suzanne M (267) 767-9117

Christina B (908) 578-5103

**OVEREATERS  
ANONYMOUS**

**PHILADELPHIA  
AREA INTERGROUP**

# 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.



South Central  
Pennsylvania OA  
Intergroup  
presents....!

## SCPOAI April 2024 Retreat Energize-Empower-Inspire-Repeat

April 12 – 14, 2024  
Camp Hebron  
Halifax, PA 17032



When: Registration begins January 15 (ends March 15) at SCPOAI.org  
Where: Camp Hebron, Halifax PA (camphebron.org)  
Who: Any member of Overeaters Anonymous  
Cost: Each room has 1 Queen and 2 Twin beds  
4 people/room = \$ 185/person  
3 people/room = \$ 210/person  
2 people/room = \$ 260/person  
1 person/room = \$ 410/person  
Why: Fellowship and growth

### Details:

We will be sleeping and eating in Sylvan. There is an elevator. Rooms include heat, a/c, bedding, towels and a private bath. Group meetings will be held at Creekside. This is a short walk from Sylvan or you can drive. Five meals will be included...breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. All food needs and allergies are expected to be accommodated. Meal times are 8am, 12noon and 5pm. You are welcome to bring cups/scale as needed.

Registration will be 4:30pm – 6:30pm on Friday, April 12. You are responsible for your own dinner on Friday. Programming will begin at 7pm Friday. The event concludes after lunch on Sunday. There will be workshops Friday, Saturday and Sunday, a speaker on Sunday and various craft and sporting activities available (hiking, bonfire, hayride, fellowship). Horseback riding is available at an additional cost of \$25 to be paid in cash the day of the ride. There will be a Ways and Means opportunity. Please consider having your group create an entry to donate; consider groupings of gardening supplies, crafting, journals, adult coloring, literature, zen, beach, bath, coffee or tea, etc. Please be generous.

Saturday day-trippers are welcome. The cost is \$60/person and this includes breakfast, lunch and dinner on Saturday (8am, 12noon and 5pm). All activities included except horseback riding is extra as noted above.

If you have questions about the retreat, please contact Diane S. at 610.914.1648



VIRTUAL  
**2024  
SPRING  
ASSEMBLY**

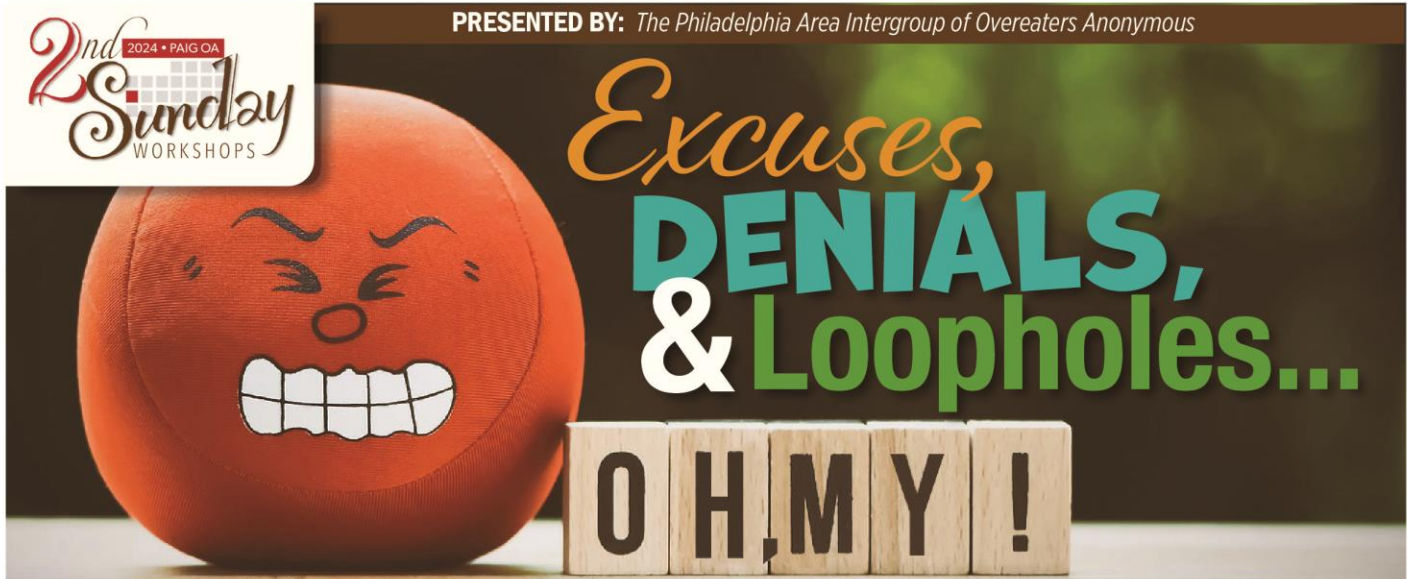
**APRIL 12 @ 7PM**

**APRIL 13 @ 9AM**

**REGISTRATION  
OPENING  
SOON!**

**MOTIONS DUE  
FEB 12, 2024**

**CONTACT INFO:  
CHAIR@OAREGION7.ORG**



On the OA road to happy destiny, we may experience the desire for excuses, denials, and loopholes which we think will justify our not going to any length for recovery. These are the "lions, tigers, and bears" that lurk in the shadows of compulsive eating. They seek to divert us from our HP's plan. They whisper convincing "sweet" nothings in our ears, catch us unaware, and convince us it's okay, "just this once." After all, we have but a daily reprieve contingent upon our spiritual condition.

**Join us as we examine these creatures of habit and learn how to dispel their power by using our OA tools.**

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**SUNDAY, APRIL 14**

**2:00-3:30pm EST**

**ZOOM:**

**Meeting ID: 858 0103 1176**

**Passcode: 786925**

or [Click Here](#) to Join Zoom Meeting

*(Please be prompt to minimize disruptions)*

***Common scenarios & disease traps***

***Fellowship***

***Open Sharing***

*A 7th Tradition donation is requested but not required.*

*Information will be posted in the Zoom chat during the workshop.*

*For information or to submit future workshop ideas, please contact Trish M at 215-355-8807.*

*NOTE: this is a landline, so please leave your phone number.*

**A special series of virtual quarterly workshops designed to support recovery from compulsive eating and compulsive food behaviors.**



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

*Where long timers come to keep it green and share their  
experience <sup>\*</sup>in recovery & Where newcomers and  
returnees come to learn from them.*

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

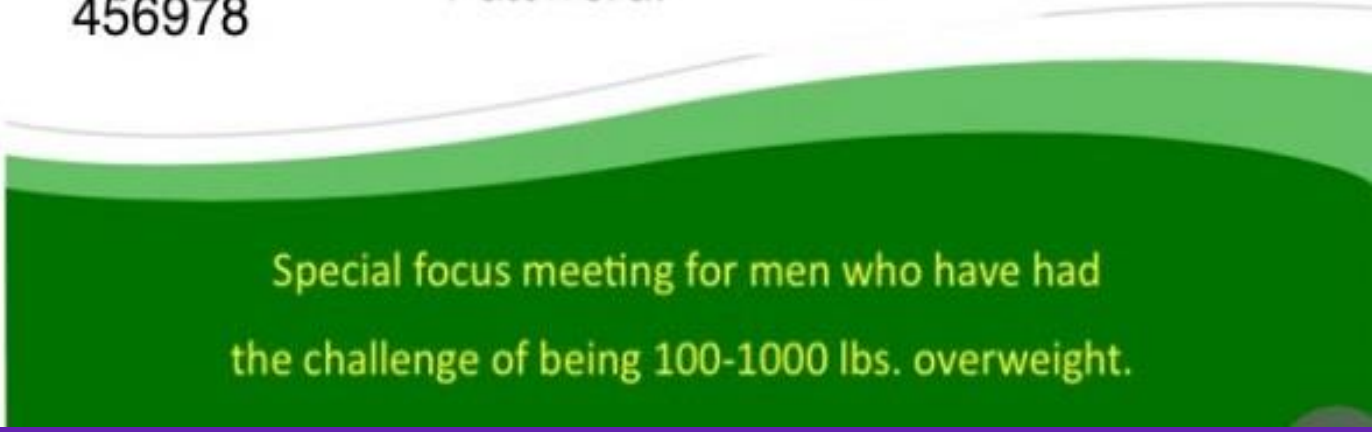
Speaker meeting followed by sharing/pitches.

415-301-5406

Meeting ID:

456978

Password:



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

## Overheard Recovery

God is still writing your story,  
so quit trying to steal the pen!  
Trust the author.

## March's Pet of the Month *Luci*



Tell us about yourself, Luci: "I'm Luci, a three-and-half year-old *Small Münsterländer*. I was a pandemic puppy, and I'm a regular attendee of OA Meetings via Zoom. Me loves snuggling during meetings as well as showing off my moves, as I am a bird dog with the zoomies!"

You go, Luci!

Besides that, we hear Lucy can hunt, point, and retrieve by land or sea. When Luci is being an uppercase DOG, groundhogs fear her.

Luci's mom, LeeAnn S., isn't a hunter, so Luci doesn't get to explore her DOG side all that much. Mostly, she is a dog (lowercase) who is a loving, cuddly companion.

Good girl, Luci! We're delighted that you're March's Pet of the Month!



## A Writing Prompt

When did you first feel a connection with your Higher Power?

Describe the feeling. How does it differ from the way you feel when you're in the food?

## Step & Tradition 3 Wordsearch

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

God  
sanity  
accept  
will  
surrender  
pause  
intuit  
guidance  
identity  
member  
relapse  
abstinent  
return  
welcome

To play this puzzle online, go to  
<https://wordsearchlabs.com/view/505136>



CartoonStock.com

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...

## 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>Send me your stuff!</i> <b>AWARE!</b> Editor (720) 934-0985
Trish M.	Program Chair (215) 370-7640
Christina B.	2024 Retreat Chair (908) 578-5103
Suzanne M.	2024 Retreat Co-chair (267) 767-9117
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!

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)



PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wednesday, March 6th. Next month's will be on April 3rd. The meeting starts promptly 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."