

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Defining "Meaningful"



Step 6

Were entirely ready to have God remove all these defects of character.

Spiritual Principle

Willingness



Tradition 6

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle

Solidarity

I just celebrated my fourteenth year in OA. That's amazing to me and I'm so grateful that my obsessions with food, overeating, and dieting have almost always been lifted – or I can use Tools or white-knuckle it until the obsession passes, which it quickly does.

I have gone through the Steps three times while in OA. Each time I've done Step Six differently.

My first OA sponsor had a lot of years of recovery in another Twelve Step program, so he took me through the Steps in that style. My Fourth Step was daunting: I tried to be so thorough, plus I had to cover the wreckage of more than thirty-five years of life. The process was long and intense and scary – did I really want to write that down, knowing I would have to share it with my sponsor? Then I did my Fifth Step. It too was very intimidating, to be fully honest with another human being. Almost everything I shared with him was known by someone in the world, but until then, no one person knew it all.

After taking a few months to write my Fourth Step and then several hours to give away my Fifth Step, I was taken by my sponsor very quickly through Steps Six and Seven. Basically, we were standing near my car and he asked if I was ready to have HP remove these character defects. I said yes, and then we said the Seventh Step prayer and moved on.

Three years later, I went through the Steps again with a new sponsor. This time, I didn't have as many years to cover, so my Fourth Step inventory was shorter. Also, I was less scared because I'd done Four and Five before and survived. But in going through Step Six this time, I realized that being entirely ready and willing is not that easy. Maybe I'd given away my easy, obnoxious, unpleasant character defects the first time, but now I had ones I was a little more attached to!



What's Happening?

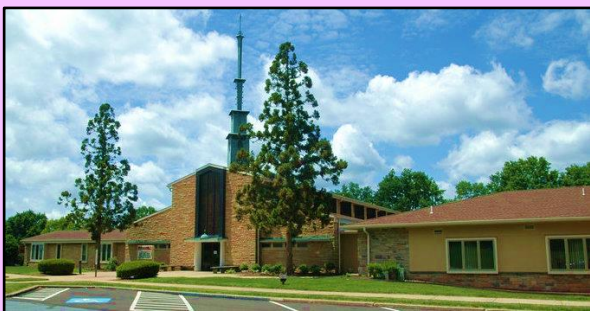
Meeting Spotlight

A mid-week, face-to-face meeting in Bucks County, you say? Yes, please.

Wednesdays, 7:00 p.m.
St. Andrew's Evangelical
Lutheran Church
Li'l Peeps Preschool
20 Dill Ave, Perkasie, PA

The format of the Wednesday meeting at St. Andrew's varies from week to week, which keeps things lively. Questions? Call (215) 327-3888.

See you there! ☺



•The Wednesday 9:30 a.m. "Big Book, Brown Book" Church of the Messiah meeting is now a telephone meeting only.

•The Monday 7:30-8:30 p.m. Newtown Friends meeting has a new Zoom link:
<https://us06web.zoom.us/j/83750089218?pwd=Ggbx3KqUq9wSKVpjbBwXJOlebhQe0O.1>

See the PAIG meeting list for more information.

For special events and workshops about topics including emotional sobriety, relapse prevention, making amends, two-way prayer, and the power of the pause, visit <https://oa-phila.org/#events>.

There, you'll find select flyers for all sorts of Zoom workshops happening all over the country - and in Canada!



...and that's not all! For a larger, condensed list of OA events from *all over the world*, visit <https://oa.org/event-calendar/>.

Way!

What's The Rainbow?

The Rainbow is a specific-focus service board that provides a supportive environment and information to everyone and anyone who needs it within Overeaters Anonymous. [The Rainbow is] proud to be a reliable source of information for LGBTQ+ members of Overeaters Anonymous.

Check out The Rainbow at <https://oarainbow.org>, and read OA's statement of support for The Rainbow [here](#).



PAIG reps, remember: you can share information about *temporary* meeting changes or closures via the PAIG Google group (re: weather, say, or other unforeseen circumstances) by sending an email to chair@oa-phila.org.

[So] I did a Sixth Step Prayer: "God, please help me to be willing to let go those things I still cling to." I was journaling and meditating on how to really be ready and willing to let HP remove all my character defects. I then had a very strange, moving, intense experience. I was sitting there at the dining-room table and distinctly felt that I truly was entirely ready to have God remove all my defects. That sensation lasted less than a minute. I was entirely willing to turn over everything that made me "me" to HP.

This experience was special because it wasn't done at a time of desperation but instead at a time of complete acceptance and trust. I just was willing. One of the things that most surprised me in Steps Four and Five this time was how unwilling I really was to have HP remove my addictions. I was still holding on, only willing to turn them over partially to have them be more manageable. I just don't think I was truly willing to have and let HP remove my fear, addictions, and tendencies to be controlling and judgmental.

The third time I went through Step Six, my sponsor had me look up definitions of words. That's a really good process for me to see a Step differently and more deeply. Step Six says, "entirely ready to have God remove these defects of character." "Entirely" can mean "to the full extent, to the exclusion of others, wholly, to a complete degree." "Ready" can mean "poised for action, completely prepared mentally and physically for some experience or action, willing to do or having a desire for, prepared and suitable for an action or use." "Character" can mean "the inherent complex of attributes that determine a person's moral and ethical actions and reactions." "Defects" can mean "imperfections that impair worth or utility."



Also, in becoming ready to be willing to let go of these character defects, it helped to figure out the contrary action to each. I needed to know what was going to fill my Swiss cheese holes, the me I thought would exist if these core characteristics were removed. My sponsor suggested I use a thesaurus to look up antonyms. Opposite words for "anger" are "affection, calm, glee, goodwill;" opposites of "control" are "risk, relinquish, let go, give up;" some antonyms associated with "fear" are "bold, brave, courage, calm, composed, nonchalant, peaceful, optimistic." This latest version of my Step Six was much slower than my first and less "spiritual" than my second, but it was also meaningful. It helped me appreciate Step Six on a new level.

I am so grateful for the gift of sponsors to help me work through all the wisdom contained in the written Twelve Step literature!

— Paul

Fill in the blank: This fine fellow dropped by to say hello. He goes by "Primary P_____!" ☺
(Read the last word in Tradition Six's description on page 1 for a clue.)



Our meetings are part of the Philadelphia Area Intergroup, which is part of OA'S geographical Region 7, which needs service! It all works *when we work it*. Will you step forward? See below to read about a fabulous service opportunity.



Dear Members of Region 7,

I had the privilege of attending the World Service Business Conference in Albuquerque at the beginning of May. There were 188 OA members giving service from twenty-one countries! I was proud to represent Region 7 and came home feeling grounded in recovery and ready to be of service to our region.

During the business conference, I was saddened to learn that Region 4 is being disbanded. Region 4 is composed of Illinois (except the Greater Chicago area and Central Illinois Intergroup), Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, Manitoba, Northwestern Ontario, and the territory of Nunavut. I had no idea that this was something that could happen. The thirteen intergroups in Region 4 will become part of surrounding regions. The following is an excerpt from the announcement on OA.org:

"The decision to disband was based on a persistent and critical drop in service to intergroups and the region board. Since 2012, the region's intergroup count has dropped from sixteen to thirteen, and many service positions, including chair positions for boards and committees throughout the region, have gone unfilled. In May 2023, the region board found itself without both a chair and vice chair as well as anyone qualified who was willing to volunteer."

Region 7 will have FOUR open positions on the Board in September- Chair, Vice Chair, Treasurer and Apprentice Treasurer. We are also in need of a Convention Chair for 2025. I ask each of you to share this information with your intergroups and meetings. Please take a moment to ask your Higher Power how you may be of service to Region 7. It is only by individuals like you saying "yes" to the call for service, can we ensure that our region will continue to serve our intergroups and meetings. This was a wake up call to me personally. I no longer take for granted that Region 7 will always be here.

If you are currently giving service to Region 7, on behalf of the Board, I'd like to thank you for your service.

Please reach out to our Region 7 Trustee Liaison, Bob L or any Board Member-Tiffany G, Lee Ann S, Leslie F, or Annmarie T if you are willing to give service in any way. We are happy to talk with you about board positions and other opportunities to serve Region 7.

In service,
Tiffany G
Acting Chair, Region 7

OA is developing literature about balancing recovery efforts and mental health issues simultaneously. Would you like to share *your* unique story? Niiice! Read the flyer below for details, and if you're interested, click [here](#) for a copy of the release form you'll need to send along with it.



Call for Stories about Mental Health and Recovery

Overeaters Anonymous is developing a new piece of literature featuring personal stories from OA members in recovery who live with chronic mental health conditions. We are looking for stories that focus on your mental health challenges in relation to your physical, emotional, and spiritual recovery from unhealthy relationships with food and body image.

If any of this is part of your lived experience, please consider sharing your story as a vital service to our OA community!

Questions to get you started:

- What is your experience with balancing your mental health issues and your OA recovery?
- How have the Steps, Traditions, and Tools helped you maintain your recovery while living with a mental health diagnosis?
- What accommodations have you needed to make in order to manage medication side effects, such as weight gain, extreme fatigue, loss of appetite, or memory loss?
- How has the program helped you respond to OA members who don't understand mental illnesses or the need for medication?
- How have you dealt with mental health issues in your role as a sponsor or sponsee?
- How have other OA members supported your recovery in the face of mental health challenges?

Send submissions to info@oa.org by July 30, 2024 with the subject line: "Mental Health & Recovery."

Please note:

- Submissions are assumed intended for publication, are subject to editing, become the property of OA, Inc., and will not be returned.
- All submissions must contain the author's full name and address, but you may request anonymity with publication. Your state, province, or country may also remain anonymous upon request.
- Submissions should be typed and submitted with a signed release form.
- Please keep stories to 800 words or less.
- **All languages welcome!**



Announcing a Workshop on Two-way Prayer

Sunday, June 2nd

**10am to noon Pacific / 1pm to 3pm Eastern
Zoom ID 837 1100 7258 Passcode 060224**

Speakers will share their experience, join for Q&A
and show how this practice enhanced their 10th
and 11th steps.

When you Pray,
God Listens.
When you Listen,
God Talks.
When you Believe,
God Works.

-Unknown



**Brought to you by your OA90
Virtual Intergroup**

2024 OA Retreat

The Philadelphia Area Intergroup of Overeaters Anonymous presents:

“Embracing the Miracle”

September 27-29, 2024

Early Bird

Registration is
now open!



**Register and
Pay before
July 31st, 2024***
to be entered into a raffle to
receive a **\$50 discount!**

**Registration and payment must be received by 7/31/24
in order to be eligible for the drawing. One name will be anonymously
drawn on August 3, 2024.*

Event Location (in-person only)

Malvern Retreat House
315 S. Warren Avenue, Malvern, PA 19355
Free onsite parking available.

Click [HERE](https://oa-phila.org/paig-retreat-2024) to Register Online!

Or visit: <https://oa-phila.org/paig-retreat-2024> for more details including a downloadable Registration Form.

\$270/person
(double occupancy)

NOTE: Upon registering, please indicate
a roommate, or one will be assigned.

Fee includes:

- 2 nights lodging and 5 meals (3 Saturday/2 Sunday).
- Friday night dinner and metabolics are your responsibility.
- Refrigerator available in shared break room.
- Private bathrooms with one bath towel per person.
- Bed linens provided.

EARLY BIRD REGISTRATION CLOSES: July 31, 2024

*****FINAL REGISTRATION CLOSES: SEPTEMBER 8, 2024 • NO REFUNDS AFTER SEPTEMBER 8, 2024*****

If unable to attend, PAIG appreciates your contribution to help carry the message.

Scholarships are available. Information can be found on the registration website, or contact: PAIGRetreatTreasurer@gmail.com

Confirmation of payment and detailed retreat information will be sent to the email address you provide when registering.



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:

456978

Password:

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



WORLD SERVICE OFFICE

2024 Annual Appeal Letter from Your World Service Office

To: Groups, Service Bodies, and Members of Overeaters Anonymous:

If you are a group, please read this appeal letter at three consecutive meetings. If an intergroup, service board, or region, please consider an annual contribution for this appeal.

Your contributions continue to make a difference for Overeaters Anonymous. Thank you! Here are some of the wonderful new ways we've been able to put them to work. In 2023, we created a public service video to extend a hand to others with compulsive food challenges. Your funding also enabled us to post OA bylaws and policies as web pages and create a video that explains bylaws and service in a simplified way. And, of course, OA continues to update and maintain the Find-a-Meeting tool on the website.

Within the publications sphere, your contributions allowed us to translate *Where Do I Start?* into Icelandic, thereby increasing access to 21 languages, including Arabic, Chinese, Finnish, Italian, Mongolian, Norwegian, Persian, Romanian, Slovenian, and Zulu. New publications enabled through your funding included combined *Public Information and Professional Outreach Service Manual*, *Twelve Traditions Workbook of Overeaters Anonymous*, and e-pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Finally, your funding enables us to fulfill your publication orders and answer your questions by phone and email.

As technology and costs accelerate, we will need your support in 2024 to continue our outreach to diverse populations and to offer innovative ways for you to connect with others who suffer from compulsive food behaviors. Here are ways you can show your support in addition to your regular Seventh Tradition contribution:

- Donate directly, individually or as a group, online at oa.org/contribute (remember to include your meeting or service body number)
- Cut out the form below and mail your check to the World Service Office
- Consider contributing automatically through the Automatic Recurring Contributions link at oa.org/contribute

Any amount would be appreciated and, if you cannot contribute now, we know that you continue to support OA in other ways.

In loving service and gratitude,
Board of Trustees Treasurer

Please forward the collective contribution, including your group number, to:

--- cut here ----- cut here -----

Overeaters Anonymous World Service Office/Appeal to Groups

PO Box 44727

Rio Rancho NM, 87174-4727 USA Group/Service Body # _____ Enclosing US\$ _____

Overheard Recovery

"I can feel my feelings now or I can eat later."

June's Pets of the month: Maya and Maggie



Meet Maya and Maggie, formerly-feral sisters who were adopted by Chris N. and her hubster nine years ago.

For Chris and Ed, it was love at first sight. The kitties? Not so much. "Talk to the paw," they hissed. Chris' persistent character defect of inadequate patience was sorely tested. Still, the kitties eventually learned to trust, and now they're full-on love machines. Hooray!

Maggie likes to chime in on Zoom meetings from Chris's lap, while Maya prefers to daintily tiptoe across the keyboaqrjkk2k\$kw as her mom attempts to compile this newsletter.

They are feisty, loving, wee beasties, and Chris is grateful to be their mama.



Have you shared a photo yet of *your* wee beastie, be it Fang, Fido, Slither or Nemo? Sharing about our beloved pets is a great way to connect with our fellows. Tell us how your pets help your recovery (and sanity) at [northword99@gmail.com!](mailto:northword99@gmail.com)



A Writing Prompt

How does doing service help me to carry the message of recovery to other compulsive overeaters?

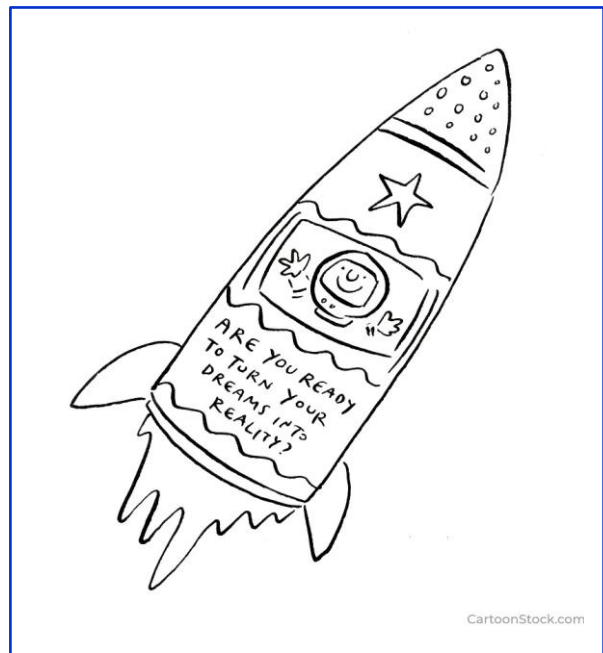
Step 6

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

Can you find these words?

1. ready
2. willing
3. defect
4. powerlessness
5. pain
6. change
7. relinquish
8. transform
9. reward
10. solidarity
11. focus
12. purpose

To play this puzzle online, go to <https://wordsearchlabs.com/view/555444>.



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's World Service Office online or by check. Go to <https://oa.org/contribute/> for details.

3. 10% to Region 7:
<https://oaregion7.org/>



Please be sure to include either the group # or the meeting name, location, day & 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> 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!

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. This month's PAIG meeting will be held on Wed., June 5th. Next month's will be on Wed., July 3rd. 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."