

AUGUST
2024

AWARE!



Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Practicing Rigorous Honesty



Step 8

Made a list of all persons we had harmed and became willing to make amends to them all.

Spiritual Principle

Self-discipline



Tradition 8

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Spiritual Principle

Fellowship



In Twelve Step recovery programs, the message isn't to be occasionally honest, or to try to be honest, but to practice "rigorous honesty." But what does this actually mean?

In the rooms of OA recovery, I learned that "honesty" is defined as "devoid of all motives to deceive." Step 9 in A.A.'s *Twelve Steps and Twelve Traditions*, reminds us, "While we may be quite willing to reveal the very worst, we must be sure to remember that we cannot buy our own peace of mind at the expense of others." So, this "rigorous" part of being honest must be examined a bit further.



Per our Twelve Steps of OA, we must be honest not only with ourselves (Step 1), but with our Higher Power as well as with others (Steps 4 and 5).

Steps 8 and 9 require that we take active steps to make amends for harms done, and then Steps 10, 11 and 12

remind us to live and act honestly on a daily basis, practicing the principles of our Twelve Step recovery in all our affairs.

[Hence, we need also] practice rigorous honesty about our relationship with food:

- Am I allowing "yellow" or "red-light" foods back into my plan of eating (PoE) simply because, at some time, my mind has convinced me that it will be fine, or that I can handle it this time around?
- Am I practicing conscious eating each time I consume food?
- Am I using food to distract myself from the moment?
- Am I endangering my abstinence by choosing the initial pleasure?
- Am I willing to act on my HP's will (rather than my own self-will) and seek the help of my HP to weather every pleasant or unpleasant moment that life may bring my way?

What's Hot?



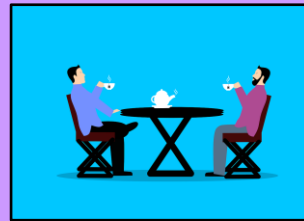
MEETING SPOTLIGHT

Tuesdays, 10 A.M.
"Hope and Serenity"

Emmaus Road Lutheran Church
2185 Bristol Oxford Valley Road
Levittown, PA 19057

To dial in: (425) 436-6301
Passcode: 288935#

This is a Step meeting conducted via phone *and in person*. Young people welcome! Contact Elizabeth for more info at (267) 229-6624.



SPONSORSHIP DAY IS HERE!

If you've contemplated sponsoring but you're afraid to go there, try a sponsorship day event! Learn how others overcame their trepidation. Pick up some useful tools. Ask the pesky questions that everybody wants to ask but they're worried they'll sound silly.

Let's remind ourselves that 12th-stepping keeps us abstinent *and saves lives*. None of us does it perfectly. We just do our best.

For homebodies: On August 18th, the North Jersey Intergroup is hosting a Zoom workshop.

For road-trippers: Also on August 18th, the Baltimore, Northern Virginia and Annapolis Intergroups have combined forces to host a workshop in person!

See attached flyers for details! Woot!

From Region 7: Beware of Zoom Bombers!

[Per other regions], there have been multiple reports of an abusive caller who obtains phone numbers from oa.org. They text or call members showing interest in OA and then request to talk on Zoom. ***Please do not zoom with them.*** You can ask how they got your phone number, but do not give them any other personal information.

At first this may seem like a legitimate inquiry.

Do NOT give them any personal information.

They don't want to talk on the phone - they only want to meet on Zoom. They will mention that they will send you a link; do NOT click on any links they send you.

Do NOT get on a Zoom call with them.

There have been instances of pornography and other obscenities, so do not click on any link (Zoom or otherwise) We request that you pass this information on to your intergroup and meeting representatives.

In service,

The Region 7 Board

Next,

- What are my principles?
- What is my value to myself, to my HP, and to the recovery community of OA as a whole?
- Do I believe that food addiction can kill my spirit, my mind, and my body if I don't practice rigorous honesty each and every time I eat?

If I'm unwilling to look at these questions, or to examine the answers I might come up with to avoid the hard truth of my deadly disease, then there is no doubt for me that nothing BUT rigorous honesty is required from me to remain and sustain my abstinence! Today, I know that abstinence from compulsive eating and compulsive eating behaviors is as precious to me as the very air that I breathe. Without being rigorously honest about my food, I cannot hope to face the many challenges, and all the various ups and downs that this life may bring.

Armed with my Twelve Steps program and its sacred principles, especially the principle of rigorous honesty, I can rest assured that I will awaken to another abstinent day, and that together with my Higher Power, I can handle anything that may come my way.

- Judith, grateful OA member

Excerpted and edited from [OA Silicon Valley Intergroup](#) April 30, 2024



We OAers just looove our slogans, don't we? They're pithy. They're easy to remember. And they're pocket-sized for quick retrieval. Here are some perennial favorites as provided, pithily, by Jean M.

Which are your favorites? Or maybe you've heard some that we've missed. Click [here](#) to share them with AWARE!, and we'll pass 'em on!

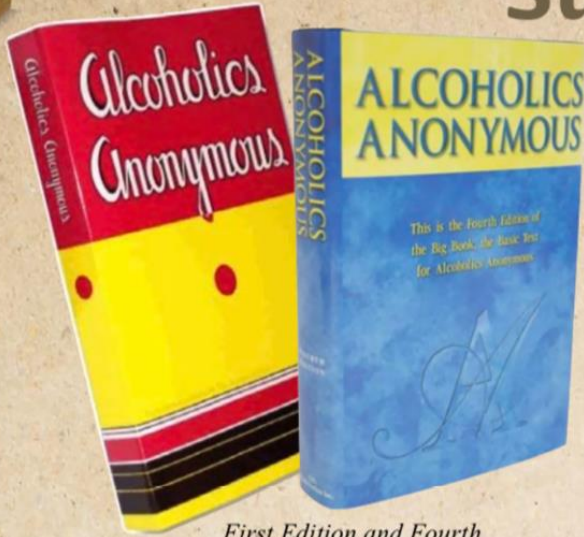
- KISS - Keep It Simple
- First things first
- One day at a time
- Easy does It - but do it!
- Let go and let God
- GOD - Good Orderly Direction
- EGO - Edging God Out
- One bite is too many, a thousand aren't enough
- It's simple, but it's not easy
- Miracles *do* Happen
- Progress, not perfection
- Don't think, don't eat, go to meetings
- This too shall pass
- Meeting makers make it
- HALT - when you're Hungry, Angry, Lonely, Tired
- Cultivate an attitude of gratitude
- Live and let live
- Keep coming back
- Nothing tastes as good as abstinence feels
- I can't. God can. I think I'll let God!
- It works if you work it
- But for the grace of God...
- Don't just talk the talk - walk the walk
- If you want what we have, do what we do
- If you pray, why worry? If you worry, why pray?
- Experimenting with food is like dancing with a gorilla - you'll stop when the *gorilla* wants to stop
- It's better to live in the solution than to understand the problem.
- Came for the vanity, stayed for the sanity.
- Binge: Because I'm Not Good Enough
- Binge: Because I Need God's Energy
- It's either greed or it's gratitude

An
all-New
Jersey Event!

Sponsorship Day

Sunday August 18

9:30-11:30am ET



First Edition and Fourth
Edition Big Books of
Alcoholics Anonymous

Dr Bob's Four Reasons

“I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for four reasons:

1. Sense of duty.
2. It is a pleasure
3. Because in so doing I am paying my debt to the man who took time to pass it on to me.
4. Because every time I do it I take out a little more insurance for myself against a possible slip.”

— Dr Bob

Big Book pg 180-181,
“Doctor Bob's Nightmare”

ZOOM info:

Meeting ID: 896 9924 0927

Password : 202408

Dial In: (305) 224-1968

Passcode : 202408

Join Us for an
exciting workshop!

As we celebrate OA
Sponsorship Day!

Four recovered
OA Speakers
will share their own
“Reasons”

for Sponsoring and
Carrying the Message of
Hope and Recovery

Open Sharing, Q&A
Big Book topics



The two co-founders of Alcoholics Anonymous,
Dr Bob, and Bill W. circa 1935

Contact Person:
Michael O.
(856) 275-9070

Sunday, August 18th - 3-5pm

SPONSORSHIP DAY WORKSHOP

How do I become a sponsor?

How do I become a sponsee?

How do we cultivate an effective
sponsor-sponsee relationship?

Come hear answers to these
questions and participate in a Q&A.

Join a small breakout session
for discussions between
sponsors and sponsees.

The Serenity Center
9650 Basket Ring Rd
Columbia, MD 21045

Offered by
Baltimore, Northern VA,
and Annapolis Intergroups of
OVEREATERS ANONYMOUS
Contact: Sue B (410) 960-4059



Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org

Steps 6 & 7 : Seeking Spiritual Guidance - The Power of the Pause

Date:

Sunday September 8, 2024 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 823 7817 6351

Passcode: 066712

No pre-registration and no maximum number of participants.

www.oaontario.org

2024 OA Retreat

The Philadelphia Area Intergroup of Overeaters Anonymous presents:



“Embracing the Miracle”

September 27-29, 2024

**Keynote Speakers • Speaker Panel
Workshops • Talent & Fashion Show
Open Sharing • Fellowship**

Event Location:

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

Click **HERE** 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.

TENTATIVE SCHEDULE

Friday: 6pm-9pm

- Opening Remarks, Welcome & Housekeeping
- Opening Speaker & General Sharing

Saturday: 9am-9pm

- Multiple Workshops throughout the day
- Keynote Speaker
- Lunch & Dinner Breaks
- Talent/Fashion Show

Sunday: 9am-12:30pm

- Morning Workshop
- Speaker Panel & Open Sharing
- Closing Ceremony

* Scholarships are available: Contact PAIGRetreatTreasurer@gmail.com for information. Deadline to apply is August 15, 2024.

FINAL REGISTRATION CLOSING: SEPTEMBER 18, 2024 • NO REFUNDS AFTER SEPTEMBER 18, 2024

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

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

OA REGION 7 CONVENTION 2024

November 1, 2, 3

Ocean City, MD

THE

Footwork

OF RECOVERY



**Event Registration
is OPEN**

Event Registration costs and all other event details are found on the events page on our website:

www.oaRegion7.org

**Early Bird
Registration** **\$60.00**
ends 9/30/24

**Regular
Registration** **\$70.00**
thru 10/31/24

**On-site
Registration** **\$80.00**

Meals **\$87.00**
Incl Lunch &
Dinner Saturday

General Inquiries

Email us here:
conventionChair@oaregion7.org

**Interested in being on the
Convention Planning
Committee?**

Email us here:
conventionChair@oaregion7.org

**Hotel Registration
is OPEN**

**Princess Royale
Oceanfront Resort**

9100 Coastal Highway
Ocean City MD 21842

(800) 476-9253

We Hear You!

“Program is not about dealing with cravings. It’s about being free of them.”

August’s Pets of the Month Meet Snot, Squirt & Salem!



On an otherwise uneventful day about 3 years ago, Sharon C.’s daughter was driving home from work when she was horrified to see three tiny kittens wander into the road! She stopped, gathered them up and placed them out of harm’s way. That did it. It was purr at first sight. The kittens followed her back to her car and clambered in.

Since then, Sharon answers questions about how many children she has by saying, “A son, a daughter, and three babies.” Snot (so-named because he was quite sick at first) and his siblings provide unconditional love to Sharon, whose lap is rarely empty these days, especially when she’s on Zoom! She wouldn’t have it any other way.



The babies, all grown up

Consider This...

In the 3rd paragraph on page 61 of the OA 12 and 12* is a resentment prayer, beginning with “... If we pray daily...” and ending with, “...our feelings will change.”

Have I tried it, or heard from anyone who has? If not, how come?



Step 8 Wordsearch

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

Can you find these words?

1. amends
2. discipline
3. harm
4. confront
5. resent
6. mercy
7. write
8. forgive
9. practice
10. reflect
11. forgive
12. clarity
13. willing
14. surrender
15. honesty

To play this puzzle online, click [here](#).



“Next time you apologize, try to do it with no strings attached. String can be very distracting.”

CartoonStock.com

CALLING ALL TREASURERS!

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.

Fido knows that sharing your story = service. 😊

PAIG Service Positions

Shari B.	Chair & Web 310-880-4750
Wendy K.	Vice Chair 215-572-1425
Phil S.	Treasurer 267-397-0977
Maureen L.	Speaker List 267-401-9256
Chris N.	AWARE! Editor & Secretary 720-934-0985
Angela C.	Retreat 2024 Chair & Region 7 Rep A 215-704-9718
Natasha M.	Region 7 Rep C 407-461-9753
Trish M.	Programs Chair & WSBC Delegate A 215-370-7640
Mary T.	Communications 215-805-1731
Alice P.	PI/PO 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>

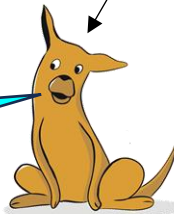
•OA Young People's Facebook Page:
<https://m.facebook.com/OAinfo>

EDITORIAL POLICY:

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Oh, *do* send submissions to:
aware@oa-phila.org or
northword99@gmail.com, won't you?

Fido



PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., Aug. 7th. Next month's will be on Wed., Sept. 4th. 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."