



See page 6 for early-bird retreat info!

JULY
2024

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 7

Humbly asked Him to remove our shortcomings.

Spiritual Principle

Humility



Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle

Responsibility



An Expert's Prayer: Help Me Be Teachable

In my earlier working life, I was often asked to make presentations at conferences or give workshops in my areas of expertise, until a health crisis forced me to take leave, pulling me out of my former habits and off the circuit. During my convalescence, Higher Power led me to the rooms of OA.

Recently, though, I got an out-of-the-blue e-mail to speak to a professional group I'd never heard of. Someone I'd briefly met and hardly knew had recommended me. I felt a great deal of excitement. I was back!

The organizer asked about my background. I told her a few things about my training and experience but asked her to keep them strictly confidential because I didn't want to be seen as anybody special. I just wanted to explore the topic with those present. At the time, it didn't occur to me that not wanting to reveal my credentials had marked a change in me, but this morning, the letters B-T-O popped into my mind. I knew I had to include them – not in my talk, but in the Step Four work I am currently doing [and] will be sharing with my sponsor.

When I was a know-it-all teen, my dad would often say in reply to my arrogance, "Oh, yes, you are just one BTO, a big-time operator." Above, you will see I used the word "expertise." Well, when you have absolutely no self-esteem, when you are withered and afraid inside, sometimes you hide behind a wall of being "the expert," flaunting your superiority, giving advice to others, and being the know-it-all. Back then, I thought I only had value when I was better than others. I was often presumptuous and disrespectful.



This time, though, a voice was lurking in my head, asking, "What do I have to say to this group that they don't already know? I probably have

What's Happening?



Meeting Spotlight!

Fridays, 10 a.m.
Big Book Study
Now Zoom only!
(Formerly held at St. Anthony's
United Methodist)



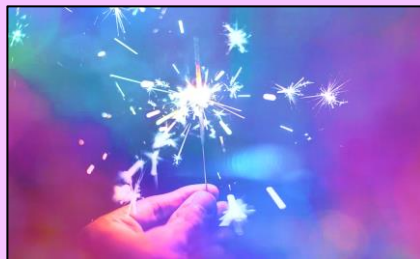
Zoom Link:

<https://zoom.us/j/778911928>

Meeting ID: 778 911 928

Password: 688966

Dial In: (253) 215-8782 or (301) 715-8592



For questions, or to obtain the meeting passcode, contact either Irene 610-828-6770 (calls only) or Suzanne 267-767-9117.

Hey, kids! Have you tried the Monday night meeting at Moss Rehab in Elkins Park? The setting is comfy, the time is right, and the participants are welcoming. Join them Monday nights at 7:30 in room G-1 via the main entrance. Call Tim for info at 267-225-7256.

Also, if you weren't aware, there's a convenient 11:00 a.m. Saturday meeting in Huntingdon Valley at the Gloria Dei Church. Check PAIG's meeting list [here](#), or call Donna at (215) 514-4739 for more info!

WANTED PAIG TREASURER!!

PAIG's current treasurer has performed excellent service for two years, and he is preparing to relinquish the post.

The treasurer collects and distributes funds and presents a financial update at monthly PAIG meetings.

At the time of nomination, a nominee will need 6 months of current abstinence and 6 months service to PAIG within the last 2 years.

Questions? Contact Phil S. at 267-397-0977.

Service is its own

REWARD!

Click [here](#) for information about upcoming Zoom workshops sponsored by other intergroups. Oh boy!

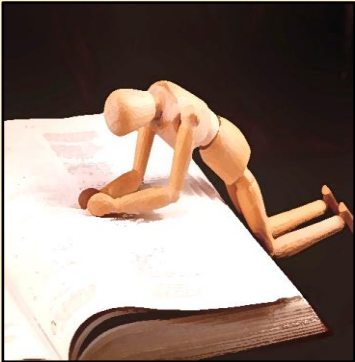


PAIG reps, remember: you can share information about *temporary* meeting changes or closures via the PAIG Google group (re: weather, say, or other unforeseen circumstances) by sending an email to chair@oa-philadelphia.org.

continued from page 1

more to learn from the participant's knowledge and experience than anything I might offer." I was so *not* back. (We make judgments and God laughs.) I would sit to jot down ideas about the topic, but they were few and far between. I was experiencing writer's block, which was unusual for me, and the deadline was looming.

Then, after leaving an OA meeting yesterday, ideas suddenly started to flow and flow and flow. A structure and theme showed up, and I filled pages. There were multiple choices for activities and anecdotes, both touching and humorous. I knew this creativity was arising because I had admitted my powerlessness over my assignment. I had prayed many times for God to give me the words I would need, God's words, and miracle of miracles . . .



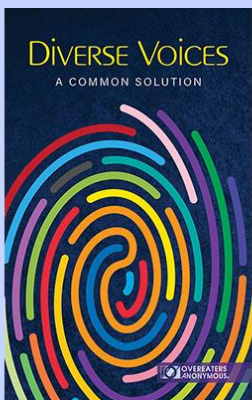
I've known in my heart that God's delays are not God's denials. I haven't become impatient or stressed. I will attend as I am. I will let Higher Power take over the words, sharing how things were for me, how they've changed, and why I have hope about the presentation topic. I am part of a minority of people who enjoy speaking in public. I will bring forth this gift, which Higher Power has blessed me with, to connect with others. It will help me make progress, moving from a life of no self-esteem to a deep belief that God doesn't make junk and has a plan for me in my life.

I'm feeling so close to our Traditions right now because they help us go out into the world and live by the Principles of our program. It is wonderful to know that each of this group's participants has a Higher Power of their own understanding working within them. I will make space for others to share because they all have their own stories and wisdom to be passed along. We will all be in service to each other, companions on the journey.

I've made so many changes in my life, but there's one that excites me the most. Each morning in my prayers, I ask Higher Power to help me be teachable, and it looks like this former BTO is making progress to become an LLL, a lifelong learner. I am not who I was, I don't know who I am becoming, and I can rest in the presence of God's will for my life.

Thank you, fellows on the road to recovery, because it is only together that we get better. Blessings to all.

© Overeaters Anonymous, Inc., *Lifeline: Stories of Recovery*, April 19, 2022




Diverse Voices: A Common Solution, is available now!

From the OA Bookstore, "A collection of member stories that honors the incredible variety of people and experiences within the membership of OA, *Diverse Voices* illuminates how that variety shapes individual journeys to healing through our Twelve Steps of recovery. Softcover; 209 pages."

Order your hard copy from OA [here](#), or click to access an eBook at:

- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes and Noble Nook](#)



Hello, all!

*It's time to officially introduce
OA's newest meeting. Ready? *ahem*
Everybody, meet:*

Saturday Morning Live!

Enthusiastically meeting

Face-to-face only on

Saturdays at

11:00 AM

at

Jefferson Methodist Hospital

2301 S. Broad St. (corner of S. Broad & Wolf)

Morgan conference room (basement level)

Philadelphia

*In person means you, we hope, here with us, sharing
your experience, strength, hope, humor, humility,
wisdom, questions, answers, confusion, enlightenment,
prayers, wishes, compassion, aha moments and more.*

Join us!

Contact Diana Y. at 215-983-1610

Together we get better.

Overeaters Anonymous Virtual Workshop

FOURTH OF JULY

“FREEDOM FROM BONDAGE”

THURSDAY, JULY 4, 2024 9:30–11:30 AM EST



9:15 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- 3 Speakers
- Sharing
- 7th Tradition (instructions to be provided)

Sponsored by OA Fellowship of Hope Meeting from the Philadelphia Area Intergroup (PAIG), USA

Join Zoom Link:

<https://us02web.zoom.us/j/88420627878?pwd=VlpHZkxDeKU4ZXRVaTVxVE1MQVFSDz09>

Meeting ID Number: 884 2062 7878

Request Password from:

OAFQHquakertown@gmail.com

For Int'l Dial-In #s:

<https://zoom.us/zoomconference>

Questions?

Contact Judy (215) 870-6013

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.

A gentle reminder:
If you haven't
already, please read
this in your
meetings.



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

"The work I put into my program is one of the ways I care for myself."

July's Pet of the month:
Astro!



Mary C., Astro's Mom, says:

"Astronaut (Astro for short) likes to turn over when he looks at things, which helps me remember to do my 10th Step Turn Around!

"He was found riding on his mother's back, one of 9 kittens. He has done a wonderful job teaching me how to take excellent care of him, and he brings me so much joy every day. One more thing: he is incredibly soft! And - for real - his favorite song seems to be *The Girl from Ipanema*.

"Astro often comes to sit with me when my OA friends call - he seems to enjoy the good energy!" 🌻



Have you shared a photo of *your* pet yet? Sharing about our wee beasties is a great way to connect with our fellows. Tell us how your pets aid your recovery (and sanity) at

[northword99@gmail.com!](mailto:northword99@gmail.com)



A Writing Prompt

Toxicity is contagious.

How can I use my program to 1) recognize it, and 2) keep it from affecting my life?

Step 7

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

Can you find these words?

1. humility
2. defect
3. willing
4. honest
5. fellows
6. share
7. ready
7. accept
8. rehearse
9. repeat
10. belief
11. joy
12. strength

To play this puzzle online, go to:

<https://wordsearchlabs.com/view/588120>.



"I have a strong sense of right and wrong, but I'm working to overcome it."

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

New as of 7/1/24!

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.	<i>Send me your stuff!</i> 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: 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., July 3rd. Next month's will be on Wed., August 7th. 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."