

SEPTEMBER
2024

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Step 9: Honest Effort



Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle

Love



Tradition 9

OA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle

Structure



In one of my meetings this week, we were asked to respond to a question from the Twelve Step Workbook of Overeaters Anonymous regarding Step Nine. I chose "What is the purpose of Step Nine?" (p. 65). I completed my first Step Nine amends the first year I joined OA, but I never fully answered all the questions in the workbook. So, this time I began to look carefully at what the completion of Step Nine has meant and still means to me as I practice the Principles of the Twelve Steps in all my affairs.

Step Nine meant I could take action to finally make amends, apologize, and change my behavior toward those whom I had harmed or wronged in the past.

In Steps Four and Five, I looked very carefully at the wrongs I did to others and admitted those wrongs to myself, God, and my sponsor.

In the religious tradition of my youth, I learned that God only forgives wrongs, or sins, committed against *him* and that sins committed against my fellows could only be forgiven by the people whom I had wronged. However, The Twelve Steps and Twelve Traditions of Overeaters Anonymous tells me that these people "don't owe us forgiveness, and we don't need it to complete step nine and recover from compulsive eating" (p. 77). It only matters that I make an honest effort to apologize for my wrongs and then amend, or change, my behavior toward others. Only then can my conscience be cleared of old guilt.



When I walked into the rooms weighing 313 pounds (142 kg), I had no idea why I ate like I did. Then I learned in the rooms that I ate to hide from fears, guilt, and resentments. By truly apologizing and making amends to those I had harmed, I found I no longer needed to hide from shame and guilt by using food.

So long, summer! Hello, fall!



MEETING SPOTLIGHT!

Sundays, 6:00pm
Sunday Serenity

This is a Zoom and dial-in meeting.

Zoom Link:

Meeting ID: 832 0175 5931
For passcode, please email
recoveryphila@gmail.com.

Dial In: 929-205-6099

For passcode, please email
recoveryphila@gmail.com.

Sunday Serenity looks forward to
seeing you on Sunday nights!

For information other than
passcodes, please call Stephen at
(215) 232-1216. Note: number is a
landline.



BASKETS, BASKETS, BASKETS!!!



Every year, gift baskets that are donated to the retreat by PAIG meetings are auctioned off to raise money for the next year's retreat scholarships.

Some folks put together baskets with all manner of things: candles, books, program literature, journals, gift cards, movie tickets, toiletry items, lottery tickets, small appliances, jewelry, insulated cups, craft items, coffee or tea, you name it!

Others prefer to send larger items like coffee makers, electronic devices, and the like.

All are welcome and deeply appreciated!

Contact your PAIG rep for more information and to make arrangements to send your basket to the retreat committee before September 26th.

It's a group effort! Thanks, everybody!

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I believe now that if I make honest and thorough amends, God will forgive me for my wrongs. I will be washed clean and be ready to face life without old guilt haunting me and without the need for me to eat compulsively.

Did it work for me? Well, here I am, nearly five and a half years later, maintaining a weight loss of 145–150 pounds (66–68 kg) for more than three years. My life has completely changed, not only with respect to food, but in all areas. The promises in the Big Book have come true for me (Alcoholics Anonymous, 4th ed., pp. 83–85). But I know they will continue to do so only if I continue working the Steps on a daily basis, one day at a time.

–Sander

LET'S HANG OUT!



What is this "hanging out" you speak of? Sounds precarious.



This?

Heh heh. Nope.



This?

Not exactly.



Oooh! *This?*



Now we're talkin'.

PAIG Chair Shari B. wants to get some initiatives underway to enable more in-person fellowship. A new "Fellowship Fun Days" questionnaire was sent out to the PAIG's Google Group testing the waters of our membership's interests. 34 people responded, and here are the results:

71% voted for having a Game Night with Board Games and Group Games (i.e. scavenger hunts) being the top two. Bingo came in third.

68% were interested in taking a walk or a hike. Most voted to walk in a nearby park and some liked the idea of walking along nature trails.

50% of respondents were also interested in gathering for a meal, a group volunteer event, going to a museum, and gathering for an arts & crafts session.

Based on the results, PAIG will look into hosting a Game Night after the Fall retreat, perhaps around Halloween time.

Look for a follow-up questionnaire to vote for *your* interest in location, day and time windows.



Can we "hang" too?



Thanks to all who participated!

Of course! The more, the merrier!







WooHoo!



There's a new,
special-topic OA meeting in town!



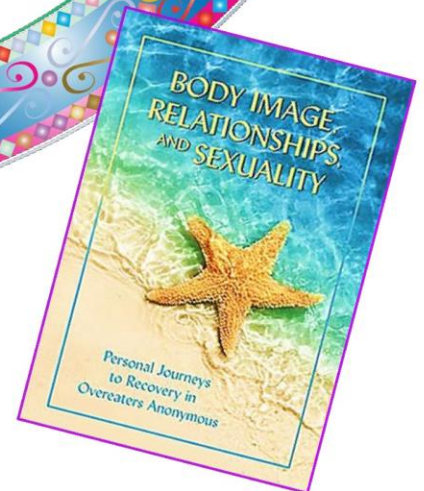
Join us!
Tuesdays, 6:30 p.m. - 7:30 p.m.
Blue Bell Women's Body Image Meeting
Wissahickon Valley Public Library
650 Skippack Pike, Blue Bell, PA 19422



We'll explore
recovery from compulsive overeating
through a lens of *Body Image,
Relationships and Sexuality* by using OA's
publication of the same name.
(No book? No problem!)

Questions? Call or text Beth P. @
856-816-7898.

See you there!



Overeaters Anonymous Virtual Workshop
LABOR DAY

“USING THE TOOLS”

MONDAY, SEPTEMBER 2, 2024 9:30–11:30 AM ET



9:15 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- 1 Speaker
- Open Discussion on Each Tool
- 7th Tradition

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

Join Zoom Link:

<https://us02web.zoom.us/j/85939659369?pwd=BPxsWYXa8eJ5CJ7NmxzrV5ZMxgACLR.1>

Meeting ID Number: 859 3965 9369

Password: [Email request to oafohquakertown@gmail.com](mailto:oafohquakertown@gmail.com)

For Int'l Dial-In #s:

<https://zoom.us/zoomconference>

Questions?

Contact Judy M. (215) 870-6013



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 CLOSURES: 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!

“Put down the bat, and pick up a feather.”



A Writing Exercise



What would it look like to proceed from anger to peace, and from peace to being willing to forgive?

September's Pets of the Month



Earlier this summer, Wendy K.'s family took in a stray cat named Tabitha who gave birth to four crazy kittens! Wendy and her husband are now grand paw-ents to these four fluffernutters, and they're loving their antics!

From L to R: Teddy, Henry, Freddie and Frankie, the only girl in the bunch.

Aw!!!!

Nice job fostering, Wendy and Co.! Teddy, Henry, Freddie and Frankie are our Pets of the Month!



Step 9 Wordsearch: No New Wreckage!

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

Can you find these words?

- love
- amends
- wreckage
- apology
- sincere
- harm
- trust
- humble
- shackle
- action
- discuss
- letter
- change

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



Spiritual Principal: Love.

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-philadelphia.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.



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-philadelphia.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>

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

PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., September 4th. Next month's will be on Wed., October 2nd. The meeting starts promptly at 7:15 pm via Zoom. Contact chair@oa-philadelphia.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-philadelphia.org and enter your email address in the box on the home page labeled "Join PAIG's Google Group."