

November

AWARE!

2024

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Spiritual Principle

Spiritual Awareness



Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication.

Spiritual Principle

Anonymity

Thank you, HP. Thank you, OA.

A little over 4 years ago, when I was doing a daily 10th Step, I began to feel so good that I told my sponsor that I wanted to increase my spiritual life. She is such a phenomenal sponsor that she immediately suggested a meditation workshop being held the next day! My sponsee and I attended together, and we loved the spiritual experience we received there, even as newbies!! That marked the beginning of my daily meditation practice with a partner. We'd pray together, then have quiet meditation time over the phone, and eventually we added 2-way writing to our morning time together. Four years later, I still do these spiritual practices, and I rarely miss a day. That's how important this way of life has become for me.

If you'd have asked me five years ago if I'd be willing to get up daily at 5:30 am to meditate with another OAer, I would have thought it impossible! But eventually I realized that something was missing from my recovery, even though I was abstinent and living in Steps 10,11 & 12: a lasting and deep relationship with my Higher Power.

The Big Book helped clarify it for me: "Lack of power; that was our dilemma." p. 45 The only solution to my eating disorder, then, was to discover and build upon my HP, who lives deep within me.



I know this to be true because Bill Wilson wrote further that

*Alcoholics Anonymous, 4th Edition, p. 45, ©1939, '55, '76, and 2001 by AA World Service, Inc.

The Annual PAIG Retreat was a miracle in the making! Attendees were encouraged to share miracles of the program that have impacted their recovery. Here are a few of those miracles:



"I was at work and a woman that I have not spoken to in a long time called me on my home phone. I called her that same day from my cell, having no idea she'd called my home! I was in a terrible relapse. I know it was God - there are no coincidences. She is now my sponsor!"

"It is a miracle that I actually care for myself. Before OA, my house was a mess, I was in a toxic relationship, and I wasn't even showering or brushing my teeth consistently. Now I take care of my body by feeding myself healthy, home-cooked meals and going to the gym; I take care of my mind by reaching out and telling the truth; and I take care of myself spiritually by having a connection with my HP."

"First - I showed up. I wanted to stay home. I wanted to skip sessions. I wanted to isolate - but I showed up. That is a true miracle!!!"

"Came to the retreat and what I heard was 'take a leap.' So I got up and did Karaoke and learned that I don't have to be perfect."

"Developing an awareness of who I am - I'm willing to reach out for help on this fearful journey."

"Being abstinent over three years and giving away 100 lbs. I feel better at age 49 than I did in my 20s, emotionally, physically, spiritually. Thank you, HP & OA!"

"Friendship! I came to OA as a relationship anorexic, as well as a compulsive overeater. In these rooms, I found recovery AND friendship. To have a room full of fellows sing 'Happy Birthday' to me is a humbling miracle of love, an affirmation of my value to others, and a memory I will hold onto for a lifetime."

"I had a lump in my neck that wasn't going away. I had a CT scan and and MRI, and I found out I had a growth on my pituitary gland. If not for the lump, I would never have known. By the grace of God, it was benign and the surgery was a success. Additionally, when my husband needed knee replacement, he went to the cardiologist first, and found out he needed a triple bypass. Again, all was well. The day he came home from the triple bypass, my mother died. The miracle - I never ate over any of it and I didn't want to eat over it."

"I was addicted to a sugary, fat-laden drink from [a coffee shop]. With God and the OA program, I am now neutral. Plus, I just discovered a new sugar-free cappuccino [elsewhere] to replace the addictive one, and it's better on my modest income for a treat occasionally."

"OA has brought about numerous miracles in my life, from living one day at a time abstinely for over 20 years, to living now in the promises; and to bridges, once damaged, that Step 9 repaired, allowing love and friendship inside once-difficult relationships. I can live with another person, be married, and be tolerant and loving. Before OA, it was all me, me, me, and finding fault with others. Most importantly, today I am in conscious contact with HP. My relationship has been healed. Today I can be open to HP's love and directions. These are just a few of the miracles in my life, thanks to OA!" ❤️

It's time for sweater weather!



MEETING SPOTLIGHT!

Sundays, 7:30 a.m.

"Sunrise Serenity"

Cairncrest

1100 Cathedral Rd

Bryn Athyn, PA 19009

This is an in-person meeting only. Call for directions! Finding the entrance can be tricky (but it's worth it).

Email Marge at

russomarge5572@gmail.com.



A member shares that on Thanksgiving Day, she and a handful of OA pals engage in a text chain in which they take turns sharing what they're grateful for, aiming to reach 100 shares by day's end.

Whoever awakens first sends text numbered 1 of 100. Then the next person chimes in, numbering his text No. 2 for the day, then the third, numbering hers No. 3, and so on. Everybody texts randomly, in no particular order, as long as each entry is numbered so that they can keep track of their progress.



Getting to No. 100 feels great, and they stay connected all day, time permitting. It's a fun way to strengthen their abstinence.

We love this idea! Could it be your new Thanksgiving tradition? If so, share about it with the AWARE at northword99@gmail.com!

There are so many things to do on **Thanksgiving**, our beloved national holiday that falls on the fourth Thursday of every November: Parades! Jumping in leaf piles! Football on the telly!

What else? Strolls with friends and family. Volunteer opportunities. Taking time to reflect on this year's gratitude list. (Is it longer than in prior years? We're grateful. Shorter? Could be worse.)

There are also foods clamoring for our attention, yes? "This is the only time we'll be available!" They shout. "You don't want to miss out! Oh, the deprivation!"

To which we respond: *hooey*. It's a just a shared meal, not a once-in-a-lifetime eating opportunity. All the ingredients are readily available 24/7/365.

But triggers, right? So, let's plan ahead. Let's start the day with prayer and meditation. Let's gratefully envision the pleasing, nutritious food that we'll consume at each meal. Let's commit it to our sponsors ahead of time. And let's bookend any and all of the day's events with a trusted OA pal.

If we're still feeling vulnerable, how about carrying our coffee outside during the meal's final course (you know the one), to look at the stars? Ahhh. Look at that beautiful slice of the cosmos.

Finally, let's not forget that there are OA workshops and meetings galore on Thanksgiving Day. See the following pages for flyers, and check for still more info by clicking [here](#) and [here](#).

Enjoy!



Happy
Thanksgiving!

New! Atheist/Agnostic/Secular Meeting Format from the World Service Office!

“OA groups that identify with the Atheist/ Agnostic/Secular specific focus now have their own free suggested meeting format! This new format differs in subtle, thoughtful ways from our Suggested Meeting Format, showcasing OA’s commitment to unity with diversity and taking the differences between face-to-face, phone, and virtual meeting into account.”

Pro tip from AWARE: download the suggested format here:

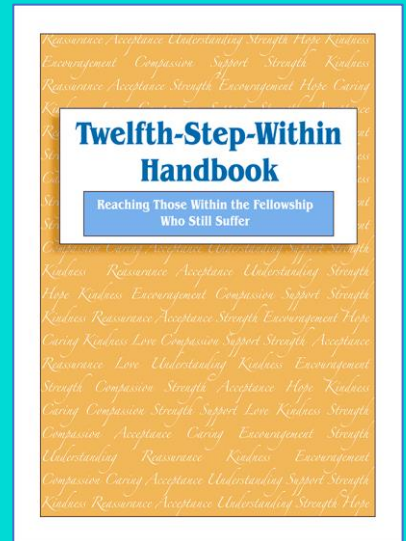
<https://media.oa.org/app/uploads/2024/10/18001746/suggested-atheist-agnostic-secular-meeting-format.pdf>

Also now available: The Twelfth-Step-Within Handbook!

Per the WSO, it “...focuses on how to help our OA members who still suffer, including those struggling with relapse and isolation.

The Handbook includes meeting, retreat, and workshop formats; a skit script and promotional flyer; reading and writing tools; and our Recovery Insurance Policy for support and accountability. Download the Twelfth-Step-Within Handbook from one of our e-book retailers today (US\$9.99) and be inspired to reach out your hand to a fellow sufferer.”

- [OA Bookstore](#)
- [Amazon Kindle](#)
- [Apple Books](#)
- [Barnes & Noble Nook](#)



And still more new stuff! This, from the World Service Business Conference Twelfth Step Within Committee:

“Looking to familiarize your OA fellows with digital resources on oa.org? Check out the four new “*Focus On...*” presentations, each focused on a different area of OA service, that serve as both quick introductions to lesser-known free OA resources and inspirational conversation starters for a group or service body meeting.”

Click on the links below to download.

Remember, the OA Library is chock-full of amazing stuff like this. These are just a few examples of helpful resources that our 7th tradition contributions help to fund. Browse! Have Fun! And share with your fellows!

- [Focus On Giving Service](#)
- [Focus On Preventing Relapse](#)
- [Focus On Reaching Out](#)
- [Focus On Sponsoring](#)

Any OA member may translate these guides into another language and distribute them within OA, per the WSBC’s TSWC.



Call for Abstinence Stories

Overeaters Anonymous is seeking new stories/creative works of personal experiences with abstinence. Submit your story to our *Lifeline: Stories of Recovery* blog. Submissions published on *Lifeline* may be chosen for publication in a new book. Your experience, strength, and hope can help others as they walk the path to recovery!

OA Abstinence and Recovery Statement

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight. Spiritual, emotional, and physical recovery is the result of living and working the Overeaters Anonymous Twelve Step program on a daily basis.

Share your experience...

1. What were your early days of abstinence like? What else changed besides the food?
2. When you let go of the food, what did that make room for in your life?
3. How do you get through difficult times without turning to food?
4. How do you encourage and support others who are new or struggling with abstinence?
5. How has OA service supported your abstinence?
6. Has your abstinence changed over time?
7. If so, how is your abstinence different now compared to when you first started in OA?
8. How have you maintained your abstinence around those who don't understand your commitment?
9. Has your cultural/racial/religious background had an impact on your abstinence?
10. If you have experienced relapse, what helped you regain your abstinence?
10. I'm grateful for my abstinence because...

To submit your story/creative work, go to lifeline.oa.org and click on "Lifeline Submission Form" by January 1, 2025.

IMPORTANT RULES:

- Submissions are assumed intended for publication, are subject to editing, and become the property of OA, Inc.
- Submissions are not 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 remain anonymous if you so indicate.
- Submissions of approximately 1,500 words or less are preferred.
- **All languages welcome!**

"...deep down in every man, woman and child is the fundamental idea of G-d....Sometimes we had to search fearlessly, but He (Power) was there. He (Power) was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He (Power) may be found. It was so with us."^{p. 55}

I just needed to take time out each day to discover this for myself. The good news is that I did begin to establish a relationship with Power that still exists today. I wouldn't give it up for anything!!!

Step 11 brought me self-love, inner peace, neutrality with my food, joy and contentment. That said, I don't always feel this way: life is life. Hardships come and go. But I've seen that when I'm willing to surrender any situation over to my HP, having faith and trust that G-d is the director of my life, all is well.



Still, sometimes I struggle with trust, and I invite self-will and fear back in. However, when I meditate, pray, write, and work the 11th Step, I again recognize that I *must* surrender to, accept, have faith in, and trust my Higher Power. Thus, I reaffirm that life will always be well, and that sometimes even miracles happen.

Thank you, HP, for being my unconditionally loving best friend. Thank you, OA, for granting me this gift of freedom I've gained by working The Steps in my daily life.

-Anita L.

Alcoholics Anonymous, 4th Edition, p. 55, ©1939, '55, '76, and 2001 by AA World Service, Inc.

OA REGIONS



OA Regions comprise groups, intergroups and service boards within a particular geographical area or virtual realm, as in the case of the Virtual Region.

OA's Regions were retooled after Region 4 dissolved in July of 2024. As you can see, there are now nine Regions around the globe. For a larger map, and to learn specifics of which countries are included, click [here](#).

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

Staying Abstinent Through the Holidays & A Deep Dive Into Step 4

Get ready for Thanksgiving with this powerful
2-topic workshop.

Saturday, November 23
3:00 - 5:00 pm EST

Two recovered speakers
from out of town.

Plenty of time for
questions and discussion.

Open Sharing & Fellowship.

Meeting ID 828 6007 9975

Password 202411

Dial In +1 929 205 6099

Contact person: Ilene W. (908) 803 4846



SAN DIEGO OVEREATERS ANONYMOUS PRESENTS
ABSTINENCE IN...

**Join us to learn how to protect and preserve your abstinence
whatever the season, holiday or any occasion. Learn to
live being neutral with the past and using
forgiveness as a tool. Share your
successful strategies for
self-care and success.**

**THE
REAL
WORLD
WORKSHOP**

**DECEMBER 1ST
1:00-3:00 PM PST
ZOOM ID #:
860 9953 4759
PASSCODE: 823618**

**All are welcome. No registration necessary. The Seventh Tradition
will be observed. You may donate at oasandiego.org/seventhtrad**

Questions? Contact Workshops@oasandiego.org

SAVE THE DATE!

The Los Angeles Intergroup Proudly Presents
The 65th Annual OA Birthday Party



2025 OA BIRTHDAY PARTY

COME ALL THE WAY IN AND SIT ALL THE WAY DOWN

FRIDAY JANUARY 17TH - SUNDAY JANUARY 19TH 2025

LAX Hilton - 5711 W Century Blvd, Los Angeles, CA 90045



SCAN FOR
MORE INFO

Registration opens October 1st 2024

Hotel room booking opens September 15th 2024

oalaig.org/oa-birthday-party

Email BDP@OALAIG.org for more info or to offer service

We Hear You!

"With gratitude, optimism is sustainable."



A Writing Exercise

Identify a time in your life when you felt deeply connected to a Higher Power. What gave rise to the experience? Where were you? Was anyone else there? How did it make you feel? Share at a meeting!

November's Pets of the Month!



In March 2013, my husband and I inherited a trio of 4-year-olds: **Toby** and **Simba**, a pair of sibling kitties, and **Brown**, a 100 lb. chocolate lab-mix.

Boy, oh boy, did our lives change quickly, especially when within a week,

Brown gave birth to a litter of six puppies!! It took us three days just to establish a routine to change the papers in the doggie birthing pen! But we loved getting to watch six puppies romp around.

We bonded with Ray in particular. He had such beautiful markings, and he needed my help to "latch on" to Brown for nourishment. We adopted Ray and found good homes for the remaining three female and two male puppies.

Our lives are filled with so much love from our four-legged babies. They're just **THE BEST!!!!**

If anyone's hesitating to get a pet, take it from us -- they'll fill your life with so much love you'll wonder why you ever hesitated. Thanks Brown, Ray, Toby and Simba for filling our lives with so many fun-loving moments. -Anita L. ❤️

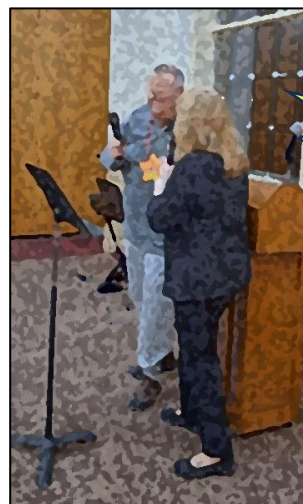
Step 11 Wordsearch

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

Can you find these words?

1. Accept
2. Pray
3. Meditate
4. Growth
5. Action
6. Practice
7. Prayer
8. Connect
9. Healing
10. Strength
11. Relax
12. Heart

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



RETREAT

Photo essay: "Divergent Styles; Same Room" aka "The Odd Couple on Retreat."

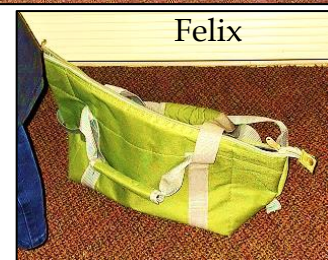


PHOTOS!

An impressionist's rendering of "Bill and Cary," local Sonny and Cher impersonators, performing "I Got You, Babe."



Showtime!



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.



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 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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Send submissions to
[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 Wed., November 6th. Next month's will be on Wed., December 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 (and the AWARE!), please go to oa-phila.org and enter your email address in the box labeled "Join PAIG's Google Group."