

OCTOBER
2024

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle

Perseverance



Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

Spiritual Principle

Neutrality



Welcome to Camp Sanity

The retreat was such fun this year! Outside, the weekend's weather alternated between muggy and rainy, but inside was bright, cozy, and full of good energy. OAers scurried about, first to a workshop, then maybe a service opportunity (Craft table! Baskets! Clothing swap!) then to a meal, and so on, from Friday evening through Sunday afternoon.

In the dining room, a ship's bell clanged every now and again to signal announcements (reminders, news, birthdays, a standing O for the kitchen staff), and the rest of time we chowed down and swapped stories.

The retreat is a lot like going to camp. Camp Recovery? Camp Serenity? Camp Sanity? We even had a Den Mother, which is what many of us called Joanne, our Malvern concierge. Or maybe that was just me. I was tempted to short-sheet my roommate's bed, but I want her to keep liking me, so I decided against it.

First-timers who creep in on Friday night, uncertain, feeling their way, don't have much time before someone greets them and gives them the skinny: how the building is laid out, how to find their rooms, where the break room is. A rousing game of Retreat Bingo gets attendees interacting with one another in a bid to complete their squares and win a prize. *Who has been to five or more PAIG retreats? Who can recite the 7th Step prayer by heart?* Only a few of us filled in all their squares, and Lynn (she who narrowly escaped short-sheeting) won an OA Journal for her efforts. Niiice!



To help retreat-goers narrow down their choices, each of the weekend's workshops focuses on either the Physical, Spiritual, or Emotional parts of our recoveries, and there's a Writing track included as well.

Continued on page 3

What's Hot for Fall?



MEETING SPOTLIGHT!

Tuesdays, 7:30 p.m.
FREEDOM IN UNITY GROUP
♦ Zoom only ♦

Zoom Link:

<https://us02web.zoom.us/j/89767811144?pwd=eXFtYjltTkdWpnUHFPbGI4Unh5a0VaUT09>

Meeting ID: 897 6781 1144

Password: Call meeting contact

Dial In: (646) 558-8656

Meeting ID: 897 6781 1144

Passcode: Call meeting contact

Aven: (215) 804-8250

PAIG Reps!

Please urge your members to sign up to PAIG's google group so they'll receive the AWARE Newsletter once a month in their email!

They can join PAIG's google group at <https://oa-phila.org> by scrolling down to the bottom of the page, entering their name and email address, and hitting *Subscribe*.

Couldn't make this year's retreat?

Check out Keynote Retreat Speakers (and others) from previous years by going to: <https://oa-phila.org/speakers/>!



This year's retreat speakers were recorded, too, and those recordings will be available for your listening pleasure soon.

Halloween is a holiday that's connected to sweet stuff. Lots of it, and it's everywhere. How do we resist feeling triggered when we're surrounded by the kinds of foods that may have historically threatened our abstinence?

Let's talk about it in our meetings! We know the drill: stay connected with our fellows and our sponsors, pray, be mindful, focus on our food plans, write, etc., but there may be other things we each do that could help others in our meetings who feel particularly vulnerable.

Sing it out! Let's support one another so that we can enjoy the trappings of the holiday without falling into the traps of the holiday!



Do you ever wonder what's new not just in PAIG, but in OA as a whole?

Take a look at *A Step Ahead News* to learn about events, literature, calls for stories from Lifeline, new policies, and more!

- Do you have a story about remaining abstinent during the holidays? Lifeline wants you!
- Did you know that OA does not endorse having minors at OA meetings? Take a look.
- Have your meetings been experiencing dwindling interest in Service Positions? Check out the new E-zine!

These are just a few of the topics covered. To read more, go to *A Step Ahead News* at <https://oa.org/news/>.

I led one workshop, attended others, and each one left me humbled. There's something about spending a weekend in the company of OA pals (new and old) that makes me feel like I'm safe to share about things that I might not delve into so deeply at home. I wonder if that was true for everybody else? It sure seemed like it. We had some really powerful moments. Connections galore.

We laughed a lot, too. The talent and fashions shows were a hoot. When D.J. Christina queued up the Karaoke machine on Saturday night, it started out a bit tentatively -- but brilliantly -- and by the time Annie busted a move while belting out a 1970 disco anthem, we were itching to move our chairs out of the way. No problem; we danced anyway, *in* our chairs, *at* our chairs, in the aisles and finally in a conga line around the room, singing lustily. We are not a glum lot.

That's the sort of joy that permeated the weekend. But there was plenty of room for other emotions, too. Some of us had recently lost dear ones. Some were coming to terms with painful relationships. Some were staving off relapse, or returning from one. Some shared about harm they'd undergone as kids -- harm that they should have been protected from, but weren't. As children, reaching for the comfort of food was better than no comfort at all.

So, we commiserated. We ached for them and with them. Some of us grieved our own losses and pain, and some of us wept. "I had kind of meltdown this morning," a friend confided at lunchtime on Saturday. I could tell they were embarrassed.

"You did? Way to *go*," I said, meaning it. Sometimes, a meltdown is just the thing, and what better place to have one than at the retreat? Nobody looks away, judge-y. They lean in, feeling it with you, saying, in effect, "How about if I hold on to that pain for you, just for a few minutes?" Even a few minutes can bring a *whoosh* of blessed relief when we're hurting.

So, some of us were buoyant; others contemplative, some grieving, some hopeful, and some were focused on finishing one task before dashing off to complete the next, which brings me to a well-earned shout-out to the Retreat Committee. They pulled off this year's event beautifully. With Angela as Chair, Mary, Trish, Shari, Sarah, Christina, Celeste and Natasha made it look easy. Nice work, all.

On the last day, we all gathered for a panel on *Embracing the Miracle*, the theme of this year's retreat. As was true of our keynote speakers earlier in the weekend, each of Sunday's panelists shared stories that inspired and moved us. As I looked around the room, I noticed that I wasn't the only person scribbling notes. Pearls of recovery, indeed. We learn best from one another, don't we?

During Saturday night's public service announcement entitled *And Now, a Word from Your Sponsor*, we learned a new technique for doing our Step 10's. Can you say meno, er, neom, er, *mnemonic device*? See page 4 for details.

From Loretta, we learned the *Tale of the Dirty Sneaker* on Sunday afternoon, reminding us to hold our joy close and the warmth of support closer as we face reentry into our everyday lives. Our weekend's glow begins to fade, she warned us, when someone cuts us off in traffic, the lawn hasn't been mowed and we trip over that blasted dirty sneaker that someone's left in the foyer. Let's pause. Breathe. *Connect*.

We all learned, or were reminded anew how much we are supported and loved by our fellows. Even when we're not in close proximity, passing each other on our way to the coffee pot each morning in our jammies, they are -- we are -- just a text or phone call away.



Despite their best intentions, some folks couldn't attend the retreat this year, and they were sorely missed. ❤️ For those who did, boy, was I grateful for your company. See you in 2025! -- Chris N.



Friday night's Keynote Speaker gifted squeaky frogs to attendees, as she attributes her abstinence to being Fully Reliant On God. Thanks, Karen!

Photo by Trish M.



The town of Malvern, Pennsylvania at dusk.

Photo by Chris N.

A Simple Step-10 Inventory

Have you heard of the simple mnemonic* device using A, E, I, O, U and Y that some of us use to do our Step 10 inventories every day? It prompts the reader to remember the events of the day, if we haven't done so already, so we can text our inventories to our sponsors if that's part of our action plan.

On some days, this isn't going to cut it. We might need a deeper dive. And for some of us, there may be other letters that need inserting! Can this be a good starting-off point? Sure. Take a stab at it, and have fun!

- A. Was I abstinent?
- E. Did I exercise?
- I. What did I do for me / my own recovery?
- O. What did I do for others?
- U. What did I uncover? or
What have I left undone? or
Am I holding on to unexpressed emotions today?
- Y. What made me say "yippee!?"



* The **m** is silent! See <https://en.wikipedia.org/wiki/Mnemonic> for more.



Retreat attendees were encouraged to share about the miracles that OA has wrought in their lives. We'll share members' insights in November's AWARE!

Photo (and flowers) by Trish M.



During her service at the OA Boutique, Sarah V. burned 10,000 steps in one night! No wonder. There was so much great stuff! We browsed to our hearts' content, and some of us modeled our finds at Saturday night's fashion show! *Oo la la!* Photo by Sarah.



“Rain,” an original
leaf print by Mary C.

Rain
by Mary

VJIOA PRESENTS

A Journey Through the 12 Steps: The Path to Recovery

Sunday
October 13

2pm - 5pm ET

Workshop Schedule:

Steps 1-3 Presentation
Q&A and Sharing, followed by a short break

Steps 4-9 Presentation
Q&A and Sharing, followed by a short break

Steps 10-12 Presentation
Q&A and Open Sharing

ZOOM MEETING ID
813 4728 9091

PASSWORD
202410

DIAL IN
+1-929-205-6099



Contact Person:
ILENE W. (908) 803-4846

- 01 Honesty
- 02 Hope
- 03 Faith
- 04 Courage
- 05 Integrity
- 06 Willingness
- 07 Humility
- 08 Self-Discipline and Forgiveness
- 09 Love and Tolerance
- 10 Perseverance
- 11 Spiritual Awareness
- 12 Service



HOSTED BY CHICO AREA FELLOWSHIPS

1/2 Day in
Overeaters Anonymous
“Taking Your Abstinence With You On Holidays”

SAT 19 OCT

9AM - 12PM PST

Hybrid Event

In Person @

Saint John’s Episcopal Church 2341 Floral Ave. Chico

On Zoom @

RSVP by text or call Dani for zoom link @ (775) 225-3390

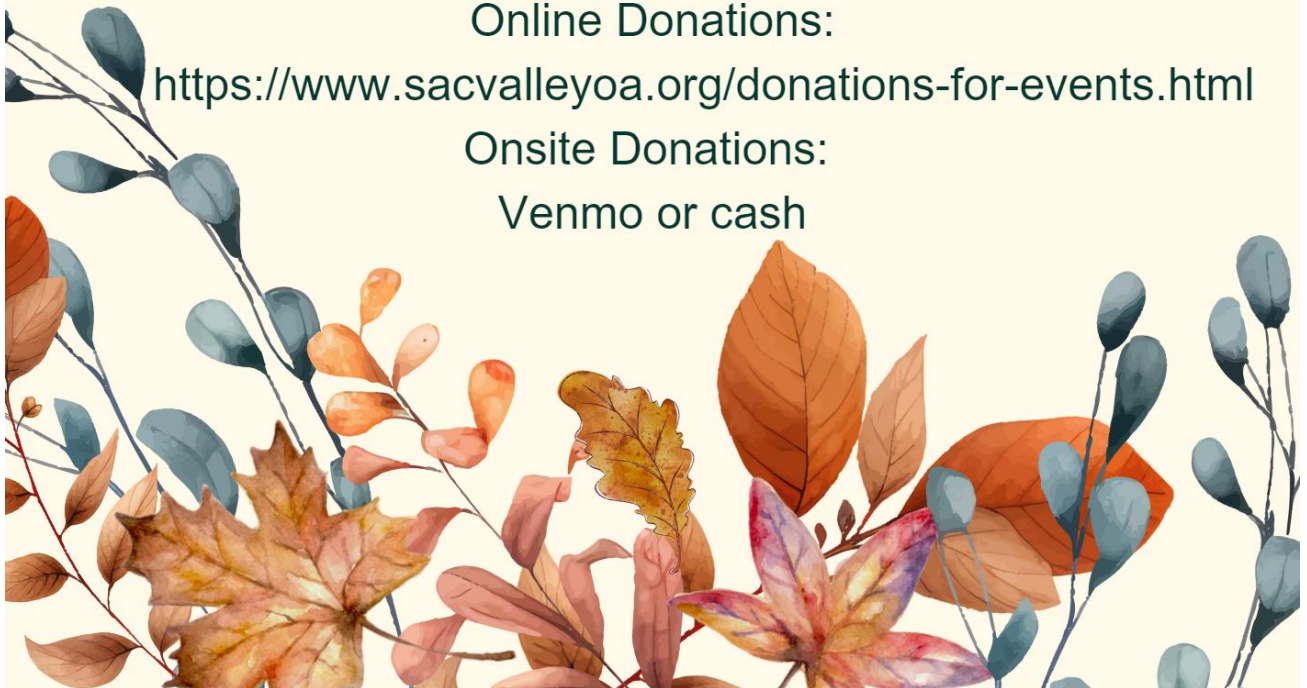
Suggested Donation \$5/No one will be turned away

Online Donations:

<https://www.sacvalleyoa.org/donations-for-events.html>

Onsite Donations:

Venmo or cash



Overeater's Anonymous Los Angeles Intergroup
presents

Aging with Grace and Wisdom

Please join us:

Sunday October 20, 2024
11am to 1pm PT

Zoom Information
875 1548 1911
Passcode 311344

Three long time
members will share their
experience strength and
hope about aging. Each
speaker will be followed
by individual shares.
Hope to see you then!





tricks of the disease & treats of recovery

Hear OA speakers share how the disease has tricked them and how the treats of recovery have saved them.

Q & A to follow

sunday october 20	Zoom ID: 825 0402 2462 Passcode: october	1-3pm ET (UTC -4)
SPECIALEVENTSOA@GMAIL.COM		


BODY IMAGE WORKSHOP

Create a New Body Image through the 12 Steps.

Zoom Link: <https://us02web.zoom.us/j/86834871890>

ID: 868 3487 1890

SUNDAY,
OCTOBER 27
1:00-3:00PM PT



Changing our old beliefs and challenging our self-criticism, we can embrace our strengths and who we truly are. This nurturing workshop will encourage self-love and resilience, guiding us all toward a journey of body image acceptance and healing.

All are Welcome. No registration is necessary.
The 7th Tradition will be observed.
You may donate here: oasandiego.org/seventhtrad



Offered by the San Diego Intergroup. Questions?
Contact Elyesse at workshops@sandiego.org

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!

"If you're going through a rough patch, keep going!"



A Writing Exercise

Am I willing to try A,E,I,O,U and Y each night?

If not, what other sort of daily inventory am I willing to undertake?



October's Pets of the Month!



Meet Mocha and Bailey, Lori E.'s darling canine rescue companions. Mocha, 4, was a Covid puppy surrendered by a family in transition. Bailey, 3, was adopted from new parents who weren't keen on his well-meaning herding of their newborn.

Mocha was born to two labradors, or so she claims. Turns out that when she showed up at Lori's door, she was all Pittie! Lori happens to adore Pitbulls, so it was kismet.

Bailey is a labradoodle who's a bit, er, hirsute in all the wrong places. Nicknames: Discount Doodle, aka Clyde Bailey for her resemblance to the fluffy-hoofed horse breed.



Mocha and Bailey are high-energy besties and great companions - for each other and for their family.

Welcome aboard, Mocha and Bailey! You're our Pets of the Month! ❤️

Step 10 Wordsearch

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

Can you find these words?

- Review
- Repeat
- Brave
- Pride
- Fear
- Anger
- Greed
- Dishonesty
- Connect
- Write
- Redeem
- Recover

To play this puzzle online, go to:

<https://wordsearchlabs.com/edit/662570>.



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.



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>

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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., October 2nd. Next month's will be on Wed., November 6th. 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."