

February

AWARE!

2025

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 2

Came to believe that a power greater than ourselves could restore us to sanity.

Spiritual Principle

Hope



Tradition 2

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle

Trust

Surviving and Thriving on Valentine's Day

It's hard to believe, but Valentine's Day is only a few weeks away. I was asking my husband what we should do on Valentine's Day, since February 14th will land on a Friday. Most restaurants will require reservations and be packed. Truth be told, I rather be in cozy clothes in the comfort of my own house.

We decided that since this will be my first Valentine's Day staying abstinent, we will stay home and make an abstinent meal together. Some other actions I'm planning include:

- Reading my literature,
- Texting other OA members to wish them a happy Valentine's Day, because a simple text message or phone call goes a long way,
- Connecting with others instead of isolating myself this holiday,
- Staying away from the fridge and pantry,
- Watching a movie (preferably a stand-up comedian) because I love to laugh. Laughter is much-needed in this day and age when so much is going on in our country!
- Journaling how the day goes,
- Reaching out to my sponsor, and last but not least,
- I may make a sexy mocktail for myself and call it the "Sexy Surrender!"



All I know is that I thank God for OA and this community for helping me to share my story, learn how to love myself, and work this program one day at a time.

-Marissa K.

Happy Febru – hang on. *Phil, nooo!*



MEETING SPOTLIGHT!

Thursdays, 10 A.M.
“Serenity & Hope”
Emmaus Road Church
2185 Bristol Oxford Valley Road
Levittown, PA

This is a face-to-face *and* phone meeting.

To Dial in: (425) 436-6301.

Passcode: 288935#.

Questions? Contact Jeanne at
(267) 278-7043.



Join them for Thursday morning recovery!

While Phil Ponders His Options, Check Out OA’s Big News!

The Results of OA’s 2024 Member Survey are in.

OA received 3,428 responses to its question: *What works for you in your recovery?*

Members shared about how often they read OA literature, worked the steps, made outreach calls, participated in Step Studies, and more.

To read the results of the survey, click [here](#).

OA would also like to know how we are managing to live abstinently, and they want specifics, people!

Why ever not? In 1,000 words or less, let’s talk about what’s worked for us in all different sorts of scenarios. Big things, little things - whatever will help a fellow sufferer. OA will publish its findings, and our responses remain confidential.

Click [here](#) to read about this new push, and how to send in your online forms by **March 3, 2025**.



“Helping other compulsive eaters through sponsoring and other forms of service to our groups, service bodies, and OA as a whole has been a surprisingly powerful factor in our recovery.”

Without service, there is no OA. Without OA, my life would be...what? It’s unimaginable. How can I give back to the program that has saved my life? *Service*.

Service doesn’t have to be a chore. Service can be transformative. It connects us, heals us, spreads joy. Read about it in OA’s *The Joy of Service!* e-zine by clicking [here](#).

When Hope is Carried on the Wings of “What if...?”

A story about Hope, the Spiritual Principal of Step 2.

Being abstinent all of three whole days, I looked in my mirror to see if my body looked smaller. It didn't. I was mad.

This doesn't work.

What a bunch of B.S.

I'll never get thin.

I can't do this.

It's taking too long.

I'm doomed to be fat.

I'm doomed to live like an accordion, in and out, up and down.

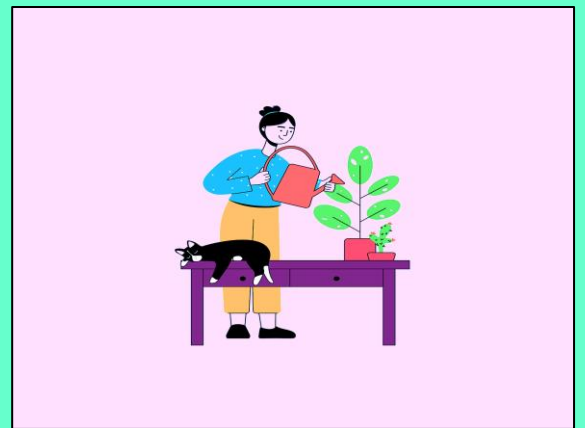
I stomped around a bit, then realized it had only been three days! This might take some time. Maybe give it a month?

And then I had this thought: What if I approached every day as if it were the first day? All I really have is today. Outside of time and space, it is the “great now.” Today is the only day. I supposed I had to start somewhere. What if I released the relentless demands of body image obsession? What if I released the lie that thinness promises worth, purpose, status, love, adventure, wealth, happiness, peace, and contentment? Being thin does not address the emptiness that has no shape or weight or name. Even reaching goal weight can be a failure, if inside that new body is the same sinking heart. Spiritual hunger has never been solved on the physical level.

I began to soften. I might have even smiled a bit. What if it can only get better from here?

I only have today, and that's a fact. What if I stayed present in this moment, stayed abstinent, worked the Steps to heal my spiritual hunger, and let the right body show up in its own time, one day at a time? What if?

— Courtney B.



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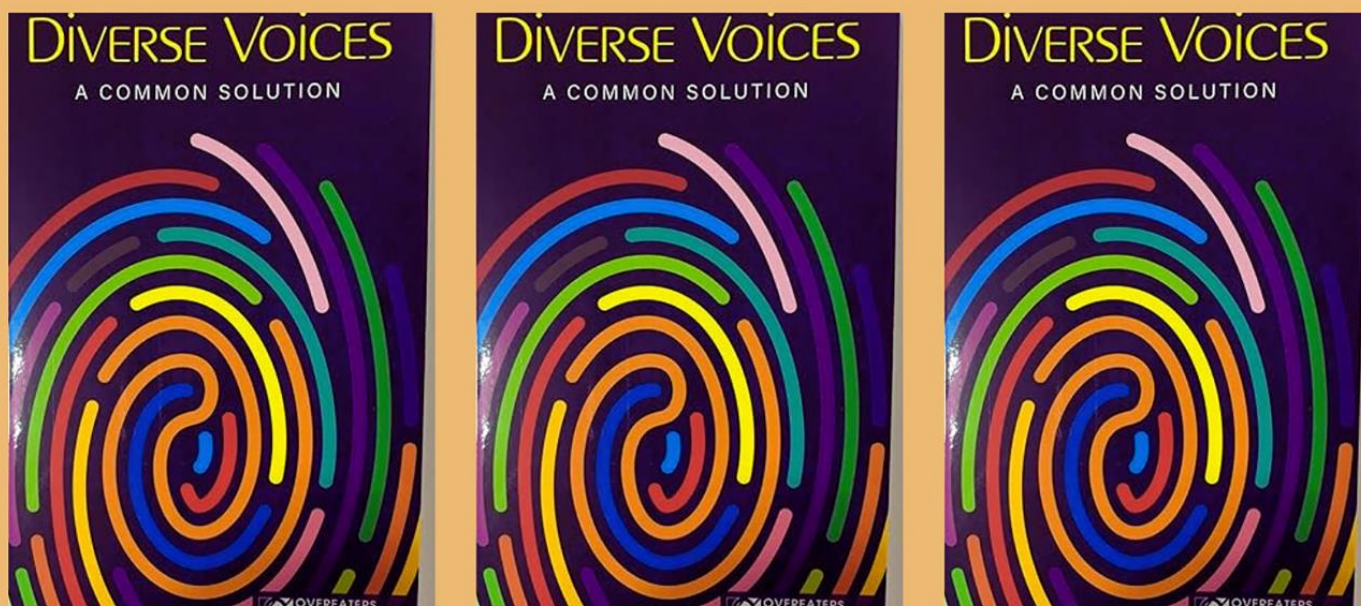
For more about OA's ongoing efforts to help connect our fellowship around the globe; new literature that's available; and stories from members, check out OA's main website by clicking [here](#). For news and updates from OA's geographical Region 7, which comprises meetings and intergroups (including PAIG) in Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, DC and West Virginia, click [here](#).

**IN-PERSON
TUESDAY AT 6:30 PM
WOMEN'S BODY IMAGE LITERATURE MEETING
WISSAHICKON VALLEY PUBLIC
LIBRARY, BLUE BELL BRANCH
650 SKIPPACK PIKE**

**ENTER THE LIBRARY; GO STRAIGHT BACK TO THE RIGHT.
THERE'S A SIGN THAT SAYS "STAFF AREA."
GO DOWN THE HALL, AND THE ROOM IS ON THE LEFT.**

DIVERSE VOICES

NEW OA LITERATURE



**WE ARE CURRENTLY READING BODY IMAGE,
RELATIONSHIPS, AND SEXUALITY (JAN 2025)
IN FEBRUARY 2025, WE WILL START READING
DIVERSE VOICES**

QUESTIONS: BETH P -- 856-816-7898



MIGOA SUPERBOWL MEETING

FEB 9, 2025
2 pm ET

Join OA Men from around
the world in fellowship
before the big game

Zoom 876 0679 6138
Passcode: Superbowl



www.oamen.org



Share The Love

Sunday, 2/16/2025 1-3pm ET (UTC -5)

Speakers Spill the Love in their Hearts,

followed by Q&A and Shares

Zoom ID: 840 8195 8572

Passcode: 803054



specialeventsoa@gmail.com

The Power Within:

SPIRITUAL STRENGTH FOR LASTING RECOVERY

Join us for a transformative workshop to deepen your recovery through spirituality. Explore your Higher Power, strengthen connections, and cultivate meaningful spiritual practices.

Saturday, February 22nd 1:00-3:00pm PT

Zoom ID: 837 1918 2954 PW:909312

No registration or fee is required. All are welcome!

\$5 suggested donation, no one will be turned away:

<https://oasandiego.org/seventhtrad/>

Questions? Contact workshops@oasandiego.org

Given by the OA Twelve Step Within from San Diego Region 2



ROADMAP TO RECOVERY

THERE IS A SOLUTION

OA VIRTUAL REGION 2025 CONVENTION
February 28, March 1, and March 2

REGISTER NOW

<https://oavirtualregion.org/registration2025/>

Over 80 Sessions:

- Keynote Speakers
- Speaker Sessions
- Step Meetings
- Workshops
- Newcomer Meetings
- Traditions, Principles, and Concepts
- Interpretation in Many Languages Worldwide
- Entertainment / Fellowship

**OVEREATERS
ANONYMOUS
VIRTUAL REGION**

Feeling Groovy

The NJIOA

Winter Retreat

Saturday March 1, 2025

9:00am - 5:00pm ET

On Zoom

“We are sure God wants us to be happy, joyous, and free.”

– Big Book, The Family Afterwards, p155

REGISTER ONLINE HERE:

<https://www.njioa.org/winter-retreat>

Please choose a donation level that works for you: \$30, \$25, \$20

CONTACT PEOPLE:

Susan S
(201) 960-1995
Events@NJIOA.org

Ilene W
(908) 803-4846
Events@NJIOA.org

Alison L
(201) 218-9400
Events@NJIOA.org

Mary Ann C
Registration Questions
(973) 568-2761
Register@NJIOA.org

REGISTER BY MAIL: Snip and complete this registration form and mail it with a check payable to NJIOA.

MAIL THIS FORM TO: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: _____

CELL: _____

EMAIL: _____

PLEASE ADD MY NAME & CELL TO THE 'WE CARE LIST' FOR THIS EVENT

I WOULD LIKE TO DO SERVICE AT THIS EVENT:

WORKSHOP LEADER

WORKSHOP TIMER

EVENT COMMITTEE

ZOOM SUPPORT

WORKSHOP HOST

I CAN HELP AS NEEDED

NJIOA 2025

We Hear You!

I'm learning how to detach with love so I can support my loved ones without absorbing their misfortunes.



A Writing Exercise



Do I believe that a power greater than I can restore me to sanity?

How do I define my HP? And *sanity*?

February's Pet of the Month: *Daisy!*



Daisy is a tiny little dog who imagines herself a ferocious, slaving beast in a spiked collar, or so her bark suggests.

One day about seven years ago, Celeste S. happened to be on a walk during her lunch hour when she encountered a man holding a dog carrier on the sidewalk outside her office. He'd bought a puppy for his niece, he said, but it hadn't worked out. He was desperately trying to find the puppy a home. Celeste took one look at the tiny, hopeful face staring back at her from inside the carrier, and the rest is history. Daisy spent several hours cozily ensconced in Celeste's office cubicle until it was time to hop aboard Septa for a ride to her new home.

Daisy barks furiously at mailmen, neighbors, a stray leaf, the wind and things only she can see. When she decides a visitor is okay (after, say, their 10th visit), she is not opposed to occupying a willing lap and bestowing kisses.

Daisy is a very good girl. ❤️

Wordsearch Title

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

Can you find these words?

1. Group
2. Guide
3. Serve
4. Trust
5. Security
6. Patience
7. Humor
8. Humility
9. Share
10. Process
11. Debate
12. Resolve
13. Input
14. Accept
15. Detach

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



CALLING ALL TREASURERS!

Does your meeting have 7th-tradition funds over and above your prudent reserve and immediate-future costs? **Here are NEW suggested disbursement guidelines from OA's Board of Trustees to take effect January 1, 2025!**



1. 50% 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. 10% to Region 7:
<https://oaregion7.org/>

3. 40% to OA's World Service Office online or by check. Go to <https://oa.org/contribute/> for details.

Please be sure to include either the group # or the meeting name, location, day & time on all checks and correspondence.

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.

Send submissions to
northword99@gmail.com.

PAIG Service Positions



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Wendy K.	Vice Chair 215-572-1425
Phil S.	Treasurer 267-397-0977
Maureen L.	Speaker List 267-401-9256
Chris N.	<i>AWARE!</i> Editor & 2025 Retreat Chair 720-934-0985
Natasha M.	Region 7 Rep C 407-461-9753
Trish M.	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>

PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., February 5th. Next month's will be on Wed., March 5th. 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."