



Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 1

We admitted we were powerless over food – that our lives had become unmanageable.

Spiritual Principle

Honesty



Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle

Unity



Honesty: The Spiritual Principle of Step 1

Most of us learn, early on, that honesty means truthfulness, an attribute we're advised to emulate from day one. George Washington and the cherry tree; Abraham "Honest Abe" Lincoln, whose sobriquet arose from his reputation for unflinching integrity: These were our role models. And then life happened. Turns out that being honest is straightforward, yes? But not easy. Especially when we're in survival mode, and pretending can seem so vital.

Before I joined OA, would my friends, family and coworkers have described me as honest? Would they have said that I freely acknowledged my mistakes? Owned up to my shortcomings? Used humility and good humor to chuckle at my own foolishness?

Some may have. But others might have paused, considering. Because by the time I entered the rooms, I'd spent years feeling defensive and misunderstood, afraid to acknowledge my imperfections and pretending to be something I wasn't. I'd insisted, loudly, that I was fine. That my life was fine. That everything was fine.

Nonsense. I was frantically trying to hold it together, struggling to control a disease I didn't know I had, fearing that every unkind attribute cruelly assigned to compulsive overeaters was accurate and that I was their standard-bearer. That fear colored my every decision. The healthy part of me tried to run the show, even as fear propelled me through my life on a self-destructive course that, if unchecked, would have invariably led to my demise.

Happy New Year, one day at a time.

MEETING SPOTLIGHT!

Wednesdays, 9:30 am
"Big Book, Brown Book"
Formerly at Church of the Messiah
in Gwynedd

Note: This is strictly a phone meeting!

Dial In: (712) 770-5148
Passcode: 736943#

Questions? Please call Janet at
(215) 353-3883



When it's cold and blustery,
sometimes a phone meeting is just
the ticket! Join them!!



Calling all
PAIG Reps!



The folks at the AWARE desk have asked for ideas to improve the AWARE. One terrific idea is to feature a story each month about the corresponding Step's Spiritual Principle, which doesn't get nearly enough attention.

How about it?

Chris N. kicked off the new approach with this month's story about *Honesty*. AWARE is hoping that PAIG reps will voluntell* their members to send in a story about the following months' Spiritual Principles.

This is going to be epic! Email Chris with questions at northword99@gmail.com. Woot!

*Voluntelling is a lot like volunteering, except that we're encouraged to acquiesce with a nudge (and when necessary, the hairy eyeball) from somebody in the room. 😊

Help Wanted!!!

Folks, our intergroup needs help. As you know, service is one of the keys to our success, and service at the Intergroup level is imperative if the Philadelphia Area Intergroup is to continue to function properly.

Please see your PAIG rep about how you can help. Presently, the intergroup needs a Secretary and Representatives to Region 7 and the World Service Business Conference.

Together we get better!

Something -- call it desperation, providence or most likely both -- led me into the rooms instead. Thus began a life-saving journey of self-reflection and a burgeoning spiritual awareness that has saved my life. Is it a perfect life? Nope. But it's a happier, healthier, saner life, and it continues to improve, when I work at it, every day.

All that, because I found the willingness to be honest about my powerlessness over food and the wider unmanageability of my life.

With time, it became easier to be honest about other things, too. I needed help, of course. Lots of help, from my Higher Power, my sponsors, and others who reflected my own experience back to me with humility and grace. That help, so freely given, gave rise to a startling insight: my brave, admirable fellows weren't disgraceful; they were dignified and determined. They weren't shiftless and lazy; they were struggling, striving, and learning. They weren't contemptible; they were compassionate and courageous. And maybe that meant that...oh my God...so was I.

What a shift in perspective that first honest admission has wrought! I expected it would doom me, but it freed me instead. And there's more to come; the journey continues. I wake up every morning at Step 1, grateful to be there, and blessed to be in such excellent, generous company.



Blessings to all my fellows and to compulsive eaters everywhere who believe that they're unworthy of joy and serenity and love. May they find their way into the rooms, and may they find peace. Happy New Year, all!

Here comes the really important part: Step 2's Spiritual Principle is Hope. Who would like to write a story about Hope? I know you've got one. We'd love to hear from you.

Email me at northword99@gmail.com.

Thankee. – Chris N.

Treasurers!

Don't forget to check out the WSO's new, suggested 7th Tradition disbursement guidelines, effective as of January 1, 2025. The details are on page 10, and you can read more about the WSO's reasoning by clicking [here](#).



News on the Horizon for Group Literature Chairs!

As of December, 2024, the WSO writes: “Big news! Nine new [pamphlets] are now available for purchase and download from our third-party e-book retailers.”

You can find the links to each pamphlet and its retailers [here](#).

According to the website, The Executive Committee of the OA Board of Trustees made the decision to make the nine pamphlets available as e-books for ease of access and to save members from having to pay shipping costs.

Niiice! Thanks, OA!



What have we here? Five smiling generations of sponsorship (one who sponsors the next, who sponsors the next and so on) who all showed up to the same meeting on a recent weekday morning! Wowzer. Talk about timing. Hello, HP!

How have they done it? The answer is on the sign, which reads: *One Day at a Time*.

Indeed!

(Note: we've blurred the image to honor OA's Tradition of Anonymity.)



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!

Friday Night Live

Presents

CLEAN SLATE, CLEAN PLATE

January 10, 2025

7:30-9PM EST



Zoom ID 840 3526 4820

Password: recovery

[https://us02web.zoom.us/j/84035264820?
pwd=VGVoeGp1eEFlU083VjZrM1NXT0E4UT09](https://us02web.zoom.us/j/84035264820?pwd=VGVoeGp1eEFlU083VjZrM1NXT0E4UT09)

(929)205-6099

Dial in passcode: 52065956

Two speakers, sharing, and an interactive activity about starting the New Year with a new outlook and abstinent lifestyle

**Any questions?
Contact Sarah V
at 609-658-2542**

**\$5 suggested donation
but if you can't pay
don't stay away**

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

Save The Date

Feeling Groovy

The NJIOA
Winter Retreat

Saturday March 1st

9:00am - 5:00pm ET

On Zoom

Fellowship

12 Steps

Big Book

Laughter

Abstinence

Miracles

Freedom

Joy

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

Serenity

— Big Book, The Family Afterwards, p155

We Hear You!

"I have been able to stabilize my life without using food."



A Writing Exercise

What forces have worked upon me to shape the person I've become?

How has that changed since I joined OA?

January's Pet of the Month!



Meet Mugsy.

As you can see, Mugsy is what Mindy, his mom, calls "a funny combination of pit bull and dachshund." Mindy and her husband Jim adopted Mugsy just three months ago, and last we heard, they're already mulling over the idea of finding Mugsy a playmate! Oh boy!

Mindy explains that everyone assumes Mugsy is a puppy because he has a big head and big feet. Though he weighs only 25 lbs., he's fearless, and will wrestle with dogs twice his size! He's also extremely food-motivated, so he has to be kept on a food plan. (Not to worry, Mugsy. We can relate.)

Goo' boy, Mugsy! We sure are glad you're January's Pet of the Month!



Step 1's Spiritual Principle: Honesty

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

Can you find these words?

1. Truth
2. Integrity
3. Willing
4. Admit
5. Powerless
6. Manage
7. Fear
8. Illness
9. Crave
10. Signals
12. Crave
13. Limit
14. Own
15. Teachable

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



"Ever since devouring all my siblings in the womb I've used food as a coping mechanism."

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

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 & 2025 Retreat Co-chair 720-934-0985
Wally M.	2025 Retreat Co-chair 215-287-0046
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>

PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., January 8th. Next month's will be on Wed., February 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."