

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Spiritual Principle

Faith



Tradition 3

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle

Identity



Dear Higher Power...

Thank you for today.

Thank you for my abstinence.

Thank you for my willingness.

Thank you for all the things you are leading me to ... and for all the things you are keeping me from.

Thank you for being my guide.

Thank you for being my best friend.

Thank you for being my mother, my father, my child, my comfort.

Thank you for being that patch of land that never trembles.

Thank you for loving me through my defects.

Thank you for building a "me" that I can love as well.

Thank you for the gift of myself.

-Anonymous

Let's March forth into recovery! (ouch.)

MEETING SPOTLIGHT!

Are the Monday blues getting you down?
How about trying a new meeting?

Mondays at 7:30 p.m., you're invited to
An Evening with OA*



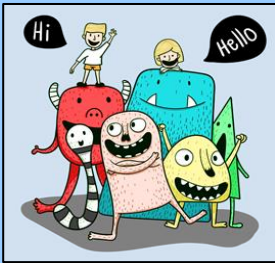
To Zoom, go to:

<https://us02web.zoom.us/j/84450618718?pwd=WWV4TEpQSkR1UzIcCgPpGVHRrcmpkQT09>

Meeting ID: 844 5061 8718

Passcode: serenity
Or call (929) 205-6099
Passcode: 46050752

Questions? Contact Diane M.
Phone: (215) 499-3654



* Creatures optional.



Servi-i-i-ce! 🎵 🎵

Last month we told you that OA's World Service Office wants to know how each of us is managing to stay abstinent, i.e. what works, including our regular program efforts plus the other stuff -- the stuff that fills in the gaps.

Do you meet with friends in recovery to chat or meditate? Do you commune with nature to aid your recovery journey? Does music help you connect to your HP? How do you handle weddings? Funerals? Dinner parties? Running into your ex? D'oh!

Everybody's different, and everybody finds a way. Let's share ours! We never know who we'll reach.

In 1,000 words *or fewer*, share what works for you. **The deadline is March 3rd!!!** (As a point of reference, the story on page 4 is about 540 words. Yours can be 100. Or 300! Or 1,000!)

Click [here](#) to read about 1) this new effort to share about what works, and 2) how to send in your online forms by March 3, 2025.

You can do it! And remember: OA will protect your anonymity.

Just a reminder: have you explored OA's **Document Library** yet? There is a wealth of stuff in there! It's sort of astonishing. Take 15 minutes one day soon and browse!



Click [here](#) to enter!

...and tell Sabrina on p. 12 that we send our meows!

As winter winds to a close (Yay!), let's check to see if our F-2-F meetings have a contingency plan for bad weather. Does your meeting have a Google group that allows you to share information with its members?

Also, your PAIG rep can contact Chair Shari B. or Co-chair Wendy K. to put a message on PAIG's Google group in case of weather-related closures. See page 10 for their numbers.





Of her beautiful, swirly artwork, artist Mary C. says, *"I call it The Blustery Day, a la Winnie the Pooh! It makes me think of March, and I see a Spring bulb in it waiting to come forth."*

I'm Still an Agnostic and I Still Keep Coming Back

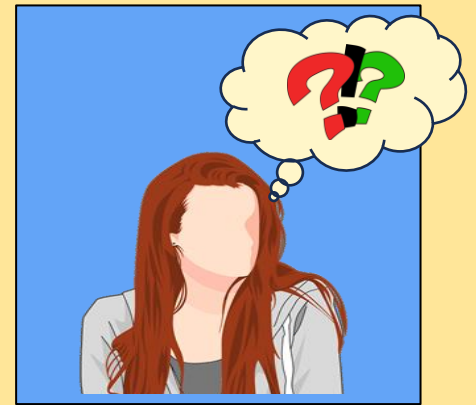
As a longtime agnostic, I had a lot of hesitation as I walked into a church basement to attend my first OA meeting. My doubts quickly multiplied when I heard them read the Twelve Steps. I was distressed by the references to God, especially to a male God to whom I was supposed to “turn over my will.” As a feminist, Step Three was not at all acceptable to me! Certainly, I did not feel welcomed.

So, why did I come back?

First, I was in absolute despair. I weighed over 300 pounds (136 kg), and felt trapped by physical pain, mental torture, and emotional exhaustion. I could not stop eating. My cardiologist told me I would be dead within five years if I did not stop gaining weight. I'd always been a strong woman, with lots of determination and will power, but when it came to food, I was totally beaten.

Second, I got a sponsor. My sponsor had me read the Big Book, and we discussed it line by line. Wow – there are a lot of sentences (even whole chapters) that are archaic and horribly sexist! Of course it was written in 1939, so the Big Book is from my grandparents' generation. If I view it as a historical document, it makes more sense. In fact, I imagine myself talking with my grandfather when I read it now.

My first sponsor was a deeply religious woman, but she never pushed her own personal views on me. She was calm, patient, inclusive and tolerant, and truly embraced the spirit of OA's Unity with Diversity Policy.



As I slowly worked through the Steps, I came to regard Step Three not as a surrender or submission of will but a simple commitment to myself: I recognized that my solitary, human power could not repair me. However, I could rely on the group for support and consider OA as “a Power greater than myself.” With my sponsor's help, and the help of many other accepting OA members, I have found recovery.

The third reason I came back? OA is a program of action. When I got too muddled in my own obsessive overthinking, my sponsor would often smile and say, “Remember, we are here to utilize, not analyze.” Through action – small daily actions, working the Steps, attending meetings, using the OA Tools – all of this action works! I am recovering. I eat three meals a day and have not binged in over twelve years.

I am still an agnostic. This means that I believe humans know nothing with certainty about our creation, existence, or our purpose. I am always interested to hear about the beliefs and spiritual experiences of other OA members, but I have stopped debating spiritual issues and have started acting my way to daily recovery. Through respect and tolerance, I believe there is ample space in OA for many different beliefs and non-beliefs.



The program works, and that's why I keep coming back. If you are like me or have questions, I encourage you to attend one of the many atheist / agnostics / secular OA meetings. You can find them at oa.org/find-a-meeting by opening the “Additional search options” and then looking in the “Special focus” menu. Hope to see you there!

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

News from Diamond State Intergroup: it's almost time for their annual retreat!

REGISTRATION

Registration for retreat

Register up to 3-25-25 is \$55

From 3-26-25 to 4-25-25 is \$65

Checks or Money Orders to: DSIG

Send to:

DSIG

Leslie Friedman

1100 Lore Ave, #403

Wilmington, DE 19809

PayPal to:

dsigbeachretreat@gmail.com

Reservations directly to Hotel

Call: (800)641-0011

Request Overeaters Anonymous room block to receive discounted rates.

West View

\$125.00 per room/night

\$ 75.00 additional nights (Thurs/Sun)

Partial View

\$135.00 per room/night

\$ 85.00 additional nights (Thurs/Sun)

Ocean Front

\$175.00 per room/night

\$ 95.00 additional nights (Thurs/Sun)

Accessible Standard rooms - limited #

\$115.00 per room/night

\$ 75.00 additional nights (Thurs/Sun)

Plus applicable taxes.

Hotel reservation cut off is 3-25-25

2025 The Road to Recovery - It's all About the Journey

Highlights

Bring a raffle basket donation to contribute toward future retreats

Friday Night

Dance and Game Night (Bring your favorite game)

Saturday Night

Entertainment, Fashion Show, Talent Show

If you have questions please call:

Kris- cell:443-553-7965

home 410-658-2791

Leslie - cell 302-723-9167

Email - dsigbeachretreat@gmail.com

46th Annual Retreat

The Road to Recovery

—
It's all About the Journey



Carousel Hotel

11700 Coastal Highway (beach front)

Ocean City MD 21842

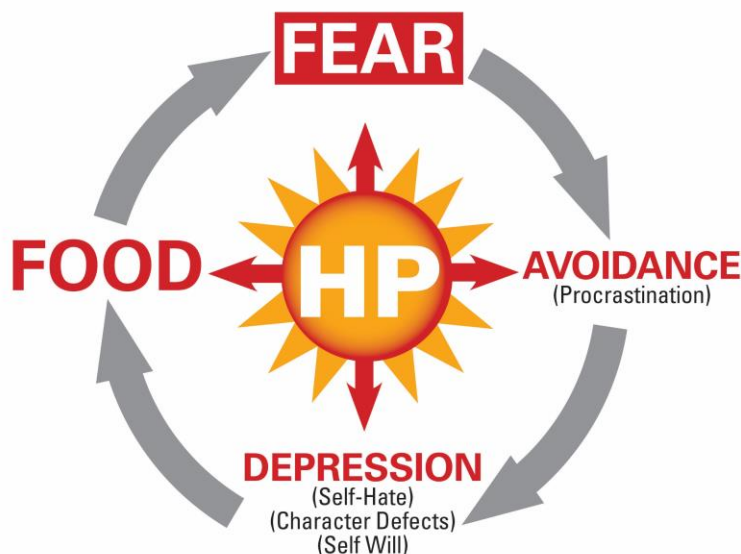
(800)641-0011

www.carouselhotel.com



April 25-27, 2025

Feeling fearful? Try Trish M.'s helpful guide to shaking ourselves loose from a fear cycle:



Overeaters Anonymous®

CONVENTION WISDOM

OA is hosting a recovery Convention for the first time since 2016. Come, join hundreds of fellow members in celebrating OA recovery at a live, face-to-face event.

- The Convention is NOT a business event; it IS a recovery-focused global gathering.
- Open to all - members, newcomers, visitors, family, and friends.
- Over 50 OA meetings, great and varied topics.
- Three keynote speakers, several workshops.
- Dedicated rooms for specific focus meetings.
- Socializing and a chance to meet your virtual friends, in person.
- A real-life hug!
- Banquet and dance Saturday night!
- OA recovery will be rocking in Orlando.

*Welcome to Overeaters Anonymous.
Welcome home!*



Save the Date!
August 21-23,
2025



To be kept up to date with the latest
convention news, email
CONVENTIONINFO@OA.ORG

THE POWER OF THE BIG BOOK

Your weekend of Inspiration,
Education, Motivation and Fellowship

A Vision For You Convention is BACK! Are you ready?!

November 7-9, 2025

**Marriott Newark International Airport Hotel
Newark, New Jersey**

The Power of the Big Book Weekend is an extraordinary opportunity to learn how the 12 Steps can free you from the bondage of compulsive overeating. Come join *A Vision For You* as the Big Book is brought to life through the teaching and experience of those in whom the problem has been solved!

**Coming soon, on-line registration.
Check website at www.avision4you.info for updates**

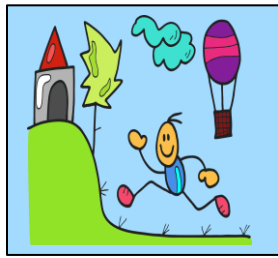
A VISION FOR YOU

A Fellowship of Overeaters Anonymous



We Hear You!

"The nature of my HP is fluid. So am I! Embracing that fluidity allows me to trust that I'm in the right place."



A Writing Exercise



What is the difference between surrender and submission? How does that play out in my recovery?

(See Appendix C of *Overeaters Anonymous*, Third Edition, pp. 201-204 for an insight about this subject from Peter Lindner, MD.)

March's Pet of the Month: Sabrina! ❤️



Lynn C. was on her evening constitutional along the water's edge in New Haven, CT many moons ago when she and her walking buddy heard a rustle in a nearby stand of reeds. They paused.

Their escort, a very large greyhound, grew alert. Suddenly, out popped a little, gray fur puff about the size of a tennis ball. It made a beeline for the massive pooch, who thankfully seemed as bemused (and amused) as his human companions: Who was this wee beastie who seemed so eager to play?

Turns out, the puff was a kitten. Lynn bent to scoop her up, easily holding her with one hand. She and the intrepid kitten exchanged a look. Kismet.

That fateful meeting happened seventeen years ago. Since then, Lynn and Sabrina, as the puff is now fondly known, have weathered life's myriad ups and downs, including a cross-country move and lots more. All the while, Sabrina has been a purring constant in Lynn's life.

Congrats, Sabrina! We're awfully glad you're March's Pet of the Month!



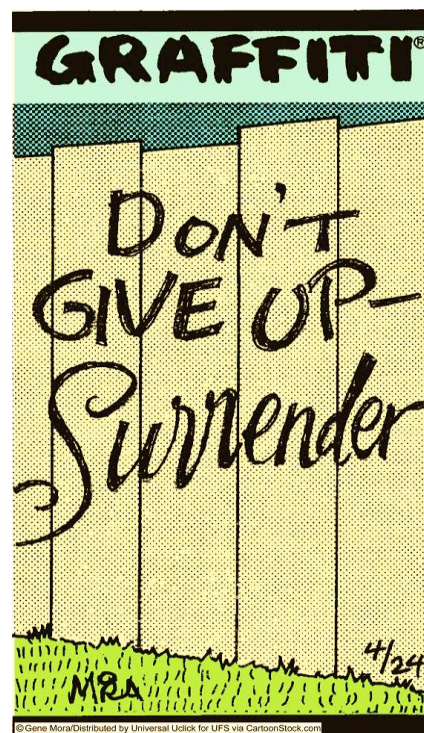
Tradition 3 Wordsearch

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

Can you find these words?

1. Access
2. Inclusion
3. Open
4. Encourage
5. Welcome
6. Loving
7. Ease
8. Warmth
9. Equality
10. Share
11. Common
12. Tolerance
13. Identity
14. Unity
15. Diversity

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. Pet photos, too! 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 Chair 720-934-0985
Natasha M.	Region 7 Rep C 407-461-9753
Trish M.	WSBC Delegate A 215-370-7640
Ed Mc	Communications 215-337-1873
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., March 5th. Next month's will be on Wed., April 2nd. 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."