

APRIL, 2025

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



The Courage to Care for Myself



Step 4

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle

Courage



Tradition

Each group should be autonomous except in matters affecting other groups or OA as a whole.

Spiritual Principle

Autonomy

Since I was a teenager, I have felt most comfortable when I am treating myself -- my body, soul, and mind -- in destructive ways. I was averse to fruits, vegetables, water, exercise; cleaning myself or my surroundings; brushing my teeth; connecting to others, and even spending time in nature, because all of those activities made me feel gray when I was in my compulsive overeating. I only felt comfortable and lit up inside when I binged on highly processed foods and isolated myself. It was only then that I felt I could be myself.

Now, as I approach my fifth year of abstinence in OA, I am ever so slowly learning how to take care of this body, soul, and mind, and to be willing to do the things that God intended me to do to be kind and loving towards myself.

It started when a member invited me to take a quiet moment with God and get honest about my relationship with food. I slowly gained the courage, through speaking with them and other members, to identify the foods that trigger my allergy by activating my disease of compulsive overeating. I slowly cobbled together a daily plan of eating that involves whole foods in weighed portions that give me nutrients without causing a flare of my chronic illness of compulsive overeating.

During the pandemic, God gave me the lesson of a challenging job that demanded large swaths of my time, forcing me to learn how to use boundaries to maintain my sanity while still pursuing recovery. After a very long stretch of overworking while abstinent, I became uncomfortable enough to surrender my work situation to God. God gave me the courage to leave that position and take on a role that allowed for more nourishment and time for the pursuits that I love, such as writing, art, and reading.



(continued on page 3)

Finally! Bloomin' April! Ahh...



MEETING SPOTLIGHT!

Saturday mornings
10 AM - 11:15 AM
Step of the Month Meeting
St. Timothy's Episcopal Church
5720 Ridge Avenue
Philadelphia, PA 19128

Park for free on either Ridge Avenue or in the hospital lot. Enter at the back of the church, lower level.

This is a **hybrid** meeting. Join them in person, or on Zoom!

Zoom link:

<https://us02web.zoom.us/j/83452509983?pwd=WEExaUkhKd2s4QTh0dTlYlL0dGL2h1QT09>

Meeting ID: 834 5250 9983

Password: 117368

Dial-In: 929 205 6099

Note: There is no passcode for Dial-in #.
In inclement weather, mtg will be Zoom only.

Questions? Call Phyllis at (267) 627-4524.

Walk down driveway.
Turn right at red door. Look for signs.



St. Tim's



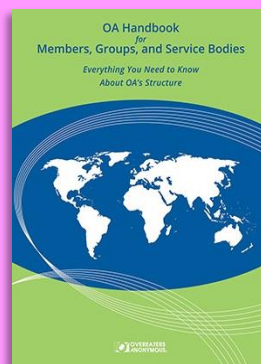
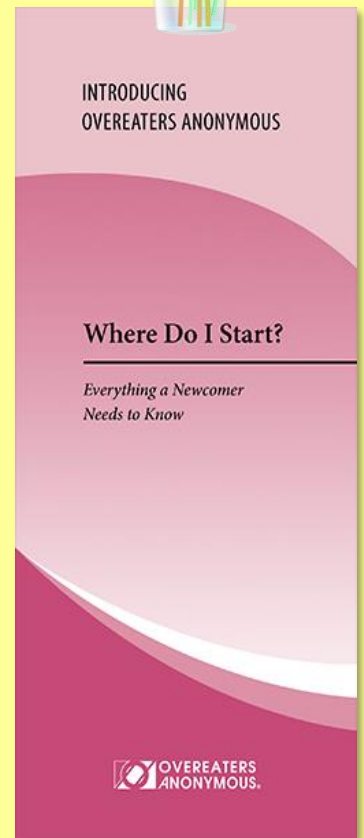
Ridge Avenue view

Remember OA's *Where Do I Start* Pamphlet? It's still available for order at OA's bookstore for \$2.25 by clicking [here](#), or it's available now for immediate download in any one of 48 languages at oa.org/start!

How fabulous is that? When a newbie enters, you can give them the URL and they'll be directed to a page chock full of information right then and there. This online version is presented in a printer-friendly format, too, in case they'd like to have a hard copy.

Whichever method works for you, OA is working to make sure that helpful information is available for newcomers without delay.

Thanks, OA!



...and while we're on the subject of OA literature, great news: not only has *The OA Handbook for Members, Groups, and Service Bodies* been revamped with OA's most up-to-date information about Service at all levels, it functions as a guide to meetings too, about how best to practice the Steps and Traditions, and more.

This new, improved version is available for \$13.00 by clicking [here](#), and an online version is available at Amazon, Apple Books or Barnes and Noble. Click for more!



Would you or your meetings like to streamline your 7th tradition contributions to the WSO?

There are now four methods available:

A QR code (to a 3rd-party app), a Contribution Portal, a mail-in Contribution Form, or an online Contribution Form.

Click [here](#) to be directed to the page at oa.org that explains it all.

Continued from page 1

Before OA, I found that whenever I tried to change my destructive habits, the thought of a future in which I'd need to care for myself for the rest of my life led to a tidal wave of overwhelm and fear, then to despair, and then to a relapse into food. When I came to OA, the program's slogan of *One Day at a Time* provided respite from my future-tripping. I now know that learning to take care of myself, and to act as if I want to take care of my body, soul and mind, only needs to happen one day at a time.

The gravitation towards self-harm is still present five years into recovery, but it has become more nuanced, and sneakier. It often manifests now as negative self-talk and perfectionism, or as a personal schedule that's so busy I do not sleep or rest in a way that is best for me. Caring for myself is now slowly starting to look like doing far less and spending far more time just *being*. Yet it terrifies me to consider slowing down on a day-to-day basis because I derive so much of my worth from what I do.

I only received the gift of abstinence because so much of my early time in program was defined by doing things that were good for me but that felt totally foreign, including step work, prayer, meditation, speaking to a sponsor, following a plan of eating, going to daily meetings, and speaking to my fellows regularly. As my relationship with my Higher Power continues to grow, I receive more and more opportunities for growth and connection in the world. However, I will lose everything if I do not prioritize recovery first, so I have to continue the many actions that I performed early in recovery. I cannot stay abstinent today on yesterday's abstinence.

When I reflect on the changes that have occurred over the past five years, I now believe that God will give me what I need, and I even have a small inkling of proof that God will grant me the courage and strength to live differently.

May God continue to teach me how to care for myself through prayer, meditation, sharing with other members, and the many other myriad ways God speaks to me. I am finally listening, and now it does not feel so strange to believe that I deserve care. I am grateful for the courage to care for myself.

-Nicole C.



Ah, Atlantic City, home of sun and sea. On the last weekend in March, one of the city's famed hotels welcomed New Jersey's chapter of the National Association of Social Workers for its annual convention, and OA was there! Volunteers from the Philadelphia, North Jersey, Central Jersey and South Jersey Intergroups helmed a booth to get the word about OA! They shared their stories, handed out literature, and chatted up hundreds of social workers. "Could your clients benefit from hearing about our program?" was one question posed to attendees. Some immediately answered "yes," some peppered volunteers with questions, and others, believe it or not, had never heard of OA.

Can we imagine for a moment what our lives would look like if *we'd* never heard of OA? Let's do our best to get the word out! Click [here](#) for OA's online documents library, then choose "Public Information Posters" in the "Filter" field to print posters that we can display, with permission, at local coffee shops, libraries, community centers, and more! See Alice P. (page 12) or your PAIG rep for more information!

**INTERGROUP OUTREACH COMMITTEE
OF OA REGION 2 PRESENTS**

BYLAWS AND MOTIONS GOT YOU CONFUSED???

***Come and learn how they are
made and how you, too, can
have input!***

Saturday, April 5, 2025

10-11AM PST

ZOOM ID: 86540686634

PW: outreach

[Zoom link here](#)

Need info? 805.940.3655

or intergroup-outreach-

chair@oar2.org

Spanish interpretation provided

7th tradition observed - no one turned away

[Contribute here!](#)



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

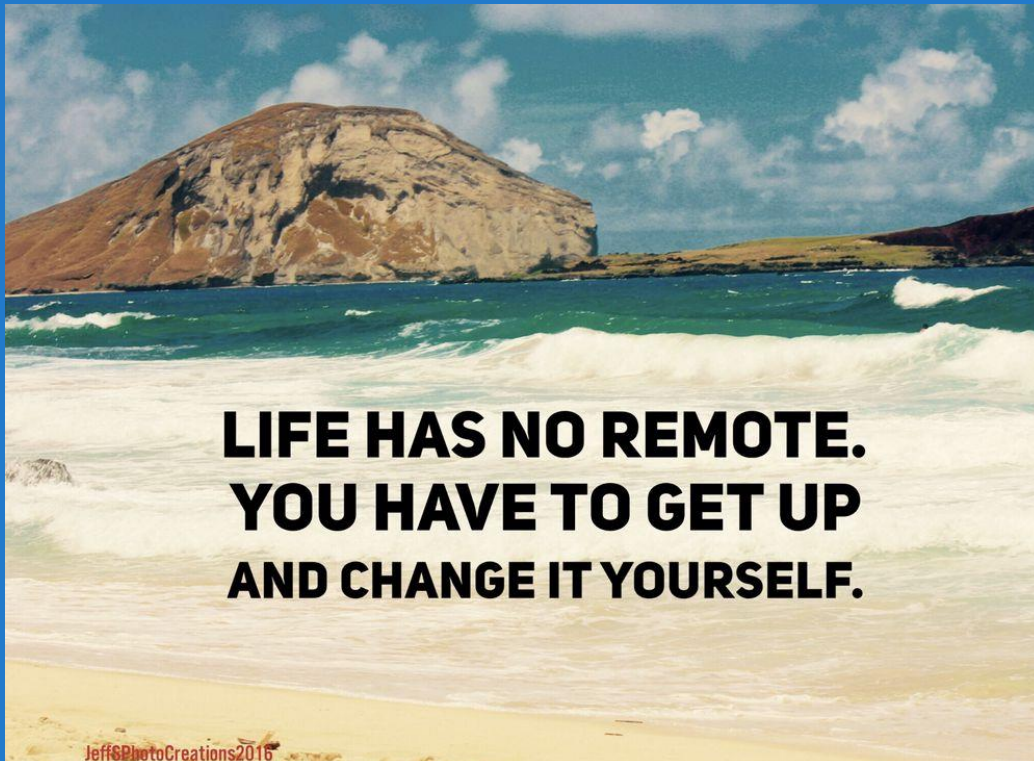
11700 Coastal Highway (beach front)

Ocean City MD 21842

(800)641-0011

www.carouselhotel.com

April 25-27, 2025



**LIFE HAS NO REMOTE.
YOU HAVE TO GET UP
AND CHANGE IT YOURSELF.**

JeffSPhotoCreations2016

Artist:
Jeff S., 2016



OA Longtimers The Interview


episode
#5

Join us in hearing long timers in OA
share their gems of recovery.


Sunday 4/27/2025 1-3pm ET

Zoom ID: 840 8195 8572

Passcode: 803054



twelfthstepwithin@oanyc.org





Journeys to Abstinence

Super Sunday

SUNDAY, APRIL 27, 2025 · 2PM – 5PM

The suggested donation is \$6, but give what you can when you can. Don't let lack of funds stop you from coming.

Join Us In-Person or on Zoom

1121 Olivette Executive Parkway, Olivette, Missouri 63132
(*wheelchair accessible*) Check-in begins at 1:45pm.

Zoom Meeting ID: 879 1705 1336 **Passcode:** 924115

Questions? Contact Tami H. at 314-341-6520.



*Hosted by the Abstinence First/Newcomer Sunday Afternoon Meeting and
the Webster Groves Step and Tradition Saturday Morning Meeting*

OVEREATERS ANONYMOUS SAN DIEGO
**EMOTIONAL SOBRIETY:
LASTING FREEDOM**

Do you "eat" your feelings?

Three speakers will share their experience,
strength, and hope.

- Hear practical tools to respond to life's challenges
- Transform emotions with the 12-steps
- Nurture balance, resilience, and emotional honesty

Sunday, May 18, 1:00p–3:00p PT

Zoom: <https://tinyurl.com/SDEmotional>

Zoom ID: 865 5076 8629 PW: 886534

\$5 suggested donation, no one turned away

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

Questions: workshops@oasandiego.org

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 lies I tell fuel my willfulness.



A Writing Exercise

If I keep procrastinating about doing a 4th Step Inventory, can I examine the fear that underlies my reluctance? Can I surrender that fear? How can my Higher Power help me to find the willingness to begin?

April's Pet of the Month!



Meet Gwen.


Gwen is a lovebug flufferbelly with her own food plan (weight-management kibble) as provided by her doting mom, Maureen C, who says she would love her no matter what she weighs.

Says Maureen: "She is mine (I am hers)."
Aww!

That deserves a second look. How about a shot of that fluffy belly, Gwen?



Says Gwen, "Don't mind if I do. Purr..."

Thanks for being April's Pet of the Month, Gwen! 

Step 4: Personal Inventory

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

Can you find these words?

1. Courage
2. Beliefs
3. Attitudes
4. Values
5. Behaviors
6. Honesty
7. Shame
8. Guilt
9. Feelings
10. Self
11. Fear
12. Assets
13. Loving
14. Fearless
15. Searching

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



Courage

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.



Please 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., April 2nd. Next month's will be on Wed., May 7th. 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."