

AWARE!

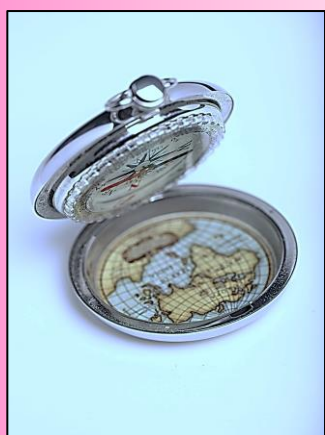
Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Step 5

Admitted to God, to ourselves
and to another human being
the exact nature of our
wrongs.

Spiritual Principle

Integrity



Tradition 5

Each group has but one
primary purpose — to carry
its message to the compulsive
overeater who still suffers.

Spiritual Principle

Purpose

Bracing Herself to Revisit Step 5

I recently finished Step Five with my sponsor. I've done a Step Five before, but it's been over a year since my last one. This time it was hard. Really hard.

Those of us who have done a Step Five recall the absolute dread of having to admit to another person all the things we've done and everything that's been done to us. It's scary, and yes, the first time I did Step Five, talking about it was the hardest part. But this time around, the hard part was digging into my resentments, old beliefs, fears, and other problem areas to reveal the reasons behind my defects of character — in other words, doing the emotional work.

Every day of my life, I've done work in some form or another, but it's usually either physical or mental (or some combination of the two). When I work my program, something more is demanded of me: I'm required to engage spiritually and emotionally. While the spiritual work is complex and still fairly new to me, I find the emotional work much harder, probably because I've been actively avoiding it for years by numbing out with food, television, and a host of other distractions.

Doing the emotional work is incredibly uncomfortable. In this space I find that my self-esteem is in shreds, fear runs my life, and my persistently high expectations of myself and others leave me feeling worthless and lonely.

If I could somehow avoid this work, I would, but that's not how program works. Without doing the emotional work, I can't heal; if I can't heal, I'll continue eating compulsively. There's no way around it. The work must be done if I am to recover.



Well, hello, Petal! What's growing on?



MEETING SPOTLIGHT!

Saturday Mornings at 8 a.m.
Men's Virtual Meeting

Zoom Link:

<https://us02web.zoom.us/j/88359094054?pwd=R3FxVFFYS1NzZzB6b250QXh1TUeYQT09>

Meeting ID: 883 5909 4054

Password: 121212

Dial In: 646 558 8656

Meeting ID: 883 5909 4054

Passcode: 121212

Questions: Rob L., (267) 264-9544



News About OA's Documents Library!

OA's Documents Library continues to grow and evolve. Many documents have been converted to an online format, and many are ready for translation if need be. Per OA's World Service Office:

"To identify which documents have been converted, go to the Document Library and select 'ONLINE' in the 'Format' drop-down menu or look for 'ONLINE' documents as you scroll down the page.

With our new format, every OA sponsor around the world can now send *Where Do I Start?* to their sponsee and take them through *Temporary Sponsors: Newcomers' First Twelve Days* in any of 48 languages! And every OA member can open a mobile-friendly copy of the *Suggested Meeting Format* on their smartphone.

Prefer a print or PDF copy? No problem! Select the 'Print friendly format' link to generate a printable or downloadable version with all the text in the document in any of 48 languages!"

This is just one of the resources now available from OA because of members' and groups' contributions.

Take a peek! Visit OA's Documents Library [here](#).

Save the Date!

September 26, 27 and 28, 2025

The theme for this year's PAIG retreat is **Sunlight of the Spirit**. We hope you'll join us for a fabulous weekend of connection, recovery, support, friendship, and joy. Mark it on your calendars! Three days, two nights, five meals, workshops galore – and have we mentioned karaoke? – at the Malvern Retreat Center cost \$270 last year, but this year PAIG is chipping in to reduce the price to \$250. (Scholarships are available while supplies last, too.) So, keep your eyes peeled! We'll provide details and a link to the online registration form in this newsletter starting in a couple of months. Woot!



While I feel emotionally exhausted from this process, I acknowledge that I've now taken a huge step forward in my recovery. By unearthing the reasons for my defects and connecting back to a time in my childhood when they weren't an issue for me, I am able to imagine myself living happily without them once again. It is at this point where I can become entirely ready for my Higher Power to remove all these defects of character.

The emotional work is some of the hardest work we'll do in our lives, and I applaud each and every one of you for your effort in this area.

These are simple Steps, but they are not easy.

— April P., Vancouver, British Columbia, Canada

Jean M.'s Letter to her Higher Power ... and her Higher Power's response

In a two-way prayer meeting, Jean wrote down a question that had been plaguing her, and she was gratified (and frankly gobsmacked) to see what happened next:

Question: "I want a particular kind of sweet dessert! Is that alright? If it is, I'm going for it today.
If not, *help me not want it.*"

Response: "Oh, sweetheart, no, I can't help you not want anything. That *wanting* is you, using your free will to avoid me. I can help you want something else, like an abstinent food, or like a stronger and closer relationship with me. That's not the same as a [sweet dessert], but if you keep practicing, eventually your cravings will just be a signal to pray, and the [sweet dessert] will be an idea that you weigh against your abstinence. And speaking of abstinence, that's what I want you to focus on right now, nothing bigger, not even your relationship with me. Abstinence is the base of all else."



Have you considered two-way prayer? As Jean learned, it's a great way to connect with our Higher Power, no matter how we identify our HPs. In this sort of exercise, "prayer" can include not just the traditional meaning of the word, but also contemplation, intention, or a simple plea for help. Writing our questions and intuitive responses helps us to tap into the vital power we need to manage the sometimes-overwhelming symptoms of our disease.



Hello, all!

*It's time to officially introduce
OA's newest meeting. Ready? *ahem*
Everybody, meet:*

Saturday Morning Live!

Enthusiastically meeting

Face-to-face only on

Saturdays at

11:00 AM

at

Jefferson Methodist Hospital

2301 S. Broad St. (corner of S. Broad & Wolf)

Morgan conference room (basement level)

Philadelphia

*In person means you, we hope, here with us, sharing
your experience, strength, hope, humor, humility,
wisdom, questions, answers, confusion, enlightenment,
prayers, wishes, compassion, aha moments and more.*

Join us!

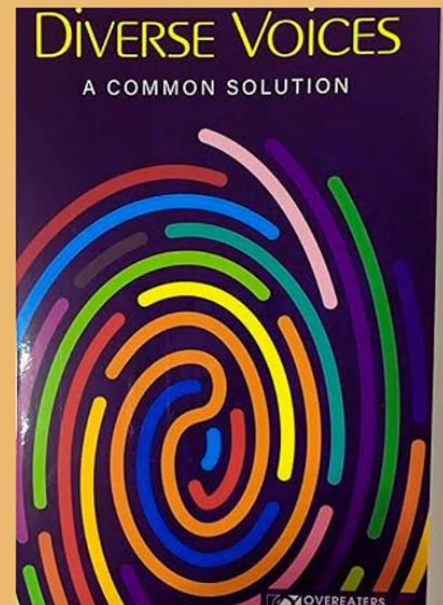
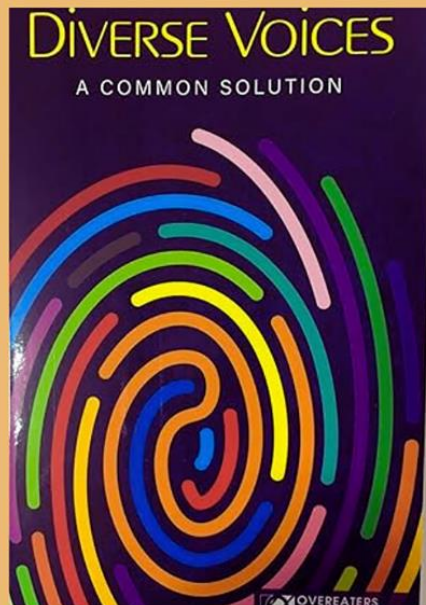
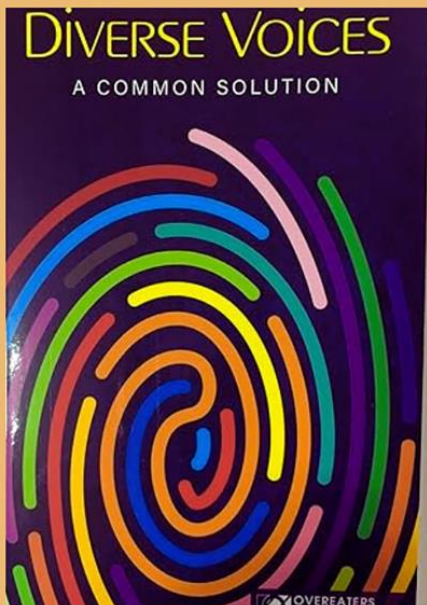
Contact Diana Y. at 215-983-1610

Together we get better.

**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

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

Have we mentioned that this year's retreat theme is *Sunlight of the Spirit*? Imagine that! What a concept!

Imagine putting your ideas, your creativity and your energies toward helping to organize such a fab gathering!

A gathering of your OA fellows, designed by and for members of Philadelphia's intergroup (and welcoming friends from far and wide)!

He-e-ey! You have some thoughts. You'd like to learn more. And you want to do service...

Maybe you should join the Retreat committee!

Oh, do! We meet on the 3rd Wednesday of each month. Our next meeting is May 21st at 7 p.m. We'll go for about an hour. Come see our process and learn how you can participate!

Send a note to Chris N., this year's retreat chair, @ northword99@gmail.com to be added to our email list. Questions? Call or text Chris at 720-934-0985.

See you then!



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!*

More Information:

<https://oa.org/world-service-convention/>

Register:

<https://form.jotform.com/250844265603153>



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



Overheard Recovery

If I start to “compare and despair,” it’s time for a spot-check inventory.



A Writing Exercise

Dear HP:



How can I find the courage to speak out loud the things I’ve done and said that make me cringe?

May’s Pet of the Month:

Aurora! ❤️



Sweet Aurora was rescued twice: once, from city streets by the Philadelphia Animal Welfare Society, and a second time by Peter T., who gave Aurora her forever home in September of 2024.

Aurora was named by Peter’s niece after the sleeping princess of legend. Unlike her famous namesake, Peter’s Aurora wakes up early, but she waits patiently until Peter is awake before burrowing in for snuggles.

Aurora plays “fetch” with her toy mouse, loves to tangle with her wand toys, and settles cozily within purring distance of Peter when he Zooms or works from home. Together, they like to go out and about; Peter on foot, Aurora in her kitty back pack.

The discipline required to care for a tiny being has strengthened Peter’s recovery and offers him a reason to better care for himself. In turn, Aurora lifts his spirits and comforts him when he’s down. She reminds him of the Northern Lights, he says, because she is a light in his life. ❤️

Integrity & Purpose

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

Can you find these words?

1. Courage
2. Convictions
3. Humility
4. Trust
5. Safety
6. Service
7. Listen
8. Share
9. Message
10. Focus
11. Willingness
12. Newcomers
13. Welcome
14. Acceptance

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!](mailto:northword99@gmail.com)



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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., May 7th. Next month's will be on Wed., June 4th. 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 PAIG's 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."