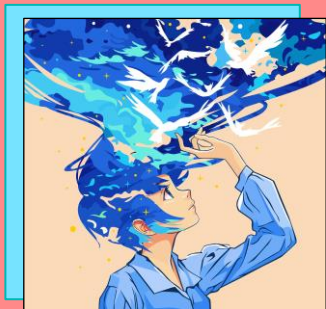


JUNE

2025

AWARE!

Philadelphia Area InterGroup's Monthly Newsletter | Overeaters Anonymous®



Step 6

Were entirely ready to have God remove these defects of character.

Spiritual Principle

Willingness



Tradition 6

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle

Solidarity

How Relinquishing Perfectionism Helped Her to Redefine Success

When I began to study the Big Book of Alcoholics Anonymous as part of my step work, I was confronted with the suggestion to write on the concept of “why I must succeed,” and how that need had long manifested in my life. There were no further instructions, just to write about “why I must succeed.”

That’s it? Being the compulsive perfectionist that I am, I wanted more defined guidelines. But as the program instructs us, all I really needed was to just do the work, be honest, and open my mind. If I did these things, the rest would follow.



Turns out that for me, “success” is a complex concept whose meaning is fluid and can change often. As a young adult, I defined it as attaining the typical things — career, love, money, etc. But when my best-laid plans failed to materialize, I began a slow progression into self-hate and defeated thinking that brought me (thankfully) to the 12 Steps.

Although the concept of success had been redefined many times in my life, none of those definitions ever truly worked -- until I redefined it in Overeaters Anonymous. In OA, achieving success became a process of embracing self-acceptance and love. Its definition shifted to include an abstinent day well lived, a service performed, a human connection made. It includes the relief of relinquishing a nagging defect, and appreciation of the gifts I already have.

(continued on page 3)

Summertime! And the

livin' is easy... (fore!)



MEETING SPOTLIGHT!

Did everybody see the flyer for PAIG's newest Zoom meeting on page 4? It looks marvelous! Let's join them!

Wednesdays, 1:00 – 2 pm EST
Seeking Emotional Sobriety through the Twelve Steps
Zoom ID: 821 5143 8621
PW: emotional

Questions? Contact Veronica C.
at 518-879-5647
(text 1st, please)

This month! News from the WSO about OA's Translation Services, Copyright and Trademark information, results from the World Service Business Conference, and more!

For more news about OA's World Service Office, visit A Step Ahead News, at <https://oa.org/news/>.

BBQ PREP 101

Summer holidays are upon us! Yay! Summer gatherings are notorious for featuring all kinds of foods that might not be on our food plans. Boo! What to do? A few suggestions:

1. Be prepared. Ask the host what the menu is, then offer to bring something that *is* on your food plan. If need be, bring a cooler with healthy fare. *No one will care.*
2. Bookend! Tell a friend or sponsor what and how much you're going to eat at the party. Afterward, call them and let them know how you did. An extra level of accountability can help.
3. Hydrate before, during, after.
4. Visit the food table once. Fix a plate. Then avoid it like it's molten lava.
5. Have fun! Chat with friends. Play ball! Swim! Hang out! Loll on the grass!
6. Feel overwhelmed? Step away and call an OA pal. That's why we're here.

Hey, everybody! Big news about the **Saturday, 11:00 am**
I Put My Hand in Yours meeting at Gloria Dei Church
in Huntingdon Valley.

The church is hosting a flea market **on Saturday, June 7th, so that day's meeting will have phone access only.**

To attend by phone, call: 605-313-4812.

The passcode is 354496.

Questions? Donna: (215) 514-4739.



(continued from page 1)

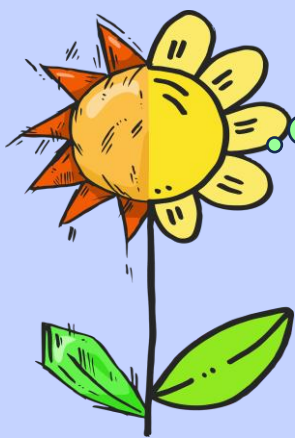
For today, success is no longer the far-off ideal of a physical lifestyle or some crowning achievement. It is now the simple day-to-day victories over the chains that have held me hostage emotionally and spiritually my whole life.

For that gift, I am eternally grateful.

— Trish M., Southampton, PA



Questions? Contact Chris
N., Retreat Chair, at
northword99@gmail.com



Grow, baby, grow!
(save the date!)

WHAT: **SUNLIGHT OF THE SPIRIT**, 2025'S ANNUAL
PAIG RETREAT

WHEN: SEPTEMBER 26TH, 27TH, AND 28TH, 2025

HOW: DETAILS WILL BE AVAILABLE IN JULY'S AWARE
NEWSLETTER!

WHY: **RECOVERY, REFLECTION, CAMARADERIE, KARAOKE,
CONNECTION, JOY, DISCOVERY, AND MORE!**

WHERE: THE MALVERN RETREAT HOUSE, MALVERN PA

Join us for the

Seeking Emotional Sobriety (SES)

Through The 12 Steps

Overeaters Anonymous Weekly Meeting

Wednesday

1:00 p.m. – 2:00 p.m. EST
(10:00 a.m. – 11:00 a.m. PST)

Zoom ID: 821 5143 8621
PW: emotional

7th Tradition donations
via Venmo, Zelle or check

Questions?

Contact
Veronica C. (EST)
518-879-5647
(text first please)



**North Jersey Intergroup of
Overeaters Anonymous**
invites you to a Zoom event
Male Perspectives in Recovery
NOT FOR MEN ONLY!
Sponsored by the Wednesday night
Saddle Brook Men's meeting
Sunday June 22nd
2-4 PM EST



- **3 men will share their experience, strength and hope**
- **Open to all**

Join Zoom Meeting

<https://us02web.zoom.us/j/86375722678?pwd=tXkqjlNvVz6i7lbfu6yxFaBFGutAoX.1>

Meeting ID: 863 7572 2678

Passcode: 164164

Dial in: +1 929 205 6099 US (New York)

Find your local number:

<https://us02web.zoom.us/j/kdUOTF7W4E>

Contact person:
Judy 201-615-4955
email: Events@njioa.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!*

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

"I can do hard things."



A Writing Exercise

Which one of my character defects have I become the most aware of?

How is it serving me? How is it harming me? What would my life look like if I relinquished it to my HP?

June's Pet of the Month: Sophie!



At an adoption event sponsored by a Princeton animal rescue three years ago, Christina B. met Sophie, a tiny Chug (chihuahua/pug mix) who was available to be fostered. Christina signed on the dotted line and left with Sophie in tow. Lucky for both of them, Christina ended up being what we like to call a "foster fail." When Sophie bonded to her instantly, Christina was beguiled. Sophie had found her forever home.

Sophie the Wonder Chug is a devoted companion who snuggles so closely to Christina at night that she risks pushing her off of the bed. Christina doesn't mind. And she loves that her long walks with Sophie means that she gets a lot more exercise than she used to. When she's not feeling well, Sophie senses her distress and offers healing cuddles.

Under Christina's patient tutelage, Sophie can now give paw, roll over and lay down. Christina hopes that with "touch" training, Sophie might someday learn to pick up items from the floor and even turn on lights!

Good girl, Sophie! We're awfully glad you're June's Pet of the Month! ❤️

Wordsearch Title

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

Can you find these words?

God
Defects
Resentments
Breathe
Release
Relinquish
Write
Pray
Readiness
Unclench
Pain
Powerless
Freedom
Joy

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



"For some reason, I'm getting nicer. Where will it end?"

CALLING ALL TREASURERS!

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



1. 50% to Philadelphia Area Intergroup via PayPal to treasurer@oa-phil.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.

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Maureen L.	Speaker List 267-401-9256
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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-phil.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., June 4th. Next month's will be on Wed., July 2nd. The meeting starts promptly at 7:15 pm via Zoom.

Contact chair@oa-phil.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-phil.org and enter your email address in the box labeled "Join PAIG's Google Group."