

**August  
2025**

# AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



## Step 8

Made a list of all the people we had harmed and became willing to make amends to them all.

## Spiritual Principle

Self-discipline

## Tradition 8

Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

## Spiritual Principle

Fellowship

## The Springboard

I never destroy my Fourth Step work because I can quickly make an Eighth Step amends list using the folks I mentioned in Step Four. But my Eighth Step list often includes more names than I'd written before. There are always more people I have harmed, even people toward whom I hold no negative feelings whatsoever, not even resentment.

I have been snappy with folks just because they were in the vicinity while I was focused elsewhere ("sideways anger," we might call it). I have also added amends to folks who were interacting with me when I was out of focus, overwhelmed by life. When that happens, I cannot tune in to those around me very well at all. Talk about self-centered – I much prefer being spiritually centered: fewer amends!



Then there is the part about becoming willing to make direct amends to them all. Though I become willing almost immediately with some of the people on the list, with others, it takes more time. Those others become topics of lengthy and repeated talks with my sponsor, and often with my therapist. By the time I have done a thorough Fourth Step, I usually see my part pretty clearly. But if I am still harboring ill will toward anyone, I really, really need to get my metaphorical ducks in a row before I

even attempt an amends. Getting to the point where residual ill will is not interfering with my amends is the vast majority of what happens with me during the Eighth Step.

Steps Six and Seven are transformative for me. I genuinely learn a new way of thinking. I begin a new way of acting as well. By the time I am doing my Eighth Step, I really do want to clean up the wreckage of my past and mend the harms I have done wherever possible. The Eighth Step is the springboard for creating genuinely healthy relationships, based on honesty, humility, balance, appreciation, and objectivity.

*Continued on page 3*

# What's Hot?

...besides us!



## MEETING SPOTLIGHT!

**Saturdays, 11:00 AM**

Jefferson Methodist Hospital  
2301 S. Broad Street  
(Corner of Broad and Wolf St.)  
Philadelphia, PA 19148

**This meeting is face-to-face only!**

Mtg is located in the basement of the hospital, past the pharmacy, in the Morgan Conference Room.

Questions? Diana, at (215) 983-1610.



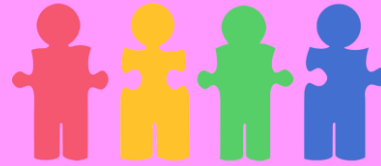
Photo: N M Giovannucci

## A Step Ahead News



...is OA's pipeline for information about news and events. Click [here](#) to read about new podcasts re: Spiritual Principles, Step Twelve, and Resources to Carry the Message.

There's also news about changes to shipping rates and coins from the OA bookstore, and links to podcasts about what's it like to be the Treasurer of your home meeting; understanding PIPO; how to access funds for professional exhibits...it's amazing how much information is available when you start looking. Have fun! Explore!



Some folks who'd like to attend this year's retreat can't afford to. In fact, there seem to be more of us in need this year than in prior years.

The full cost of attending is \$275, though the committee is subsidizing \$25.00 on an optional basis, bringing the cost for most of us to \$250.

That's still a lot of cash. But for 2 ½ days lodging and five meals, we're fortunate; a weekend at Malvern is a relative bargain, and the folks there bend over backwards to accommodate us every year.

The Retreat Committee has a scholarship fund that we can apply for when we fill out our on-line registration forms. *The process is completely anonymous.* Only the Retreat Treasurer knows who's applied and who secures a scholarship.

But scholarships are limited, and so are the committee's funds. Each year's scholarships are funded by a basket/gift auction at the previous year's retreat. As well, some area meetings fund a scholarship each year. Some members have quietly funded scholarships, too. It's incredibly generous, and the committee is grateful, because it doesn't want to turn anybody away who can't afford to attend.

If you or your meeting has considered funding all or part of a scholarship to this year's retreat, the committee welcomes your contributions. Please contact Shari B., Retreat Treasurer, at 310-880-4750, or at [paigretreattreasurer@gmail.com](mailto:paigretreattreasurer@gmail.com).

Thanks, everybody. ♥



*Continued from page 1*

My isolation begins to dissipate. I continue my journey toward healthy interactions with the human race, rather than using food and control and obsession and manipulation and denial and the many other unhealthy ways I'd tried to live. Now, new ways arrive in my mind and show up in my actions.

Slowly but surely, as I am relieved of my compulsive relationship to food, I become able to clean up my relationships and leave my desire for isolation behind!

— Anonymous

*Lifeline: Stories of Recovery, August 1, 2019, © Overeaters Anonymous, Inc. All rights reserved.*



The Blustery Day,  
by artist Mary C.

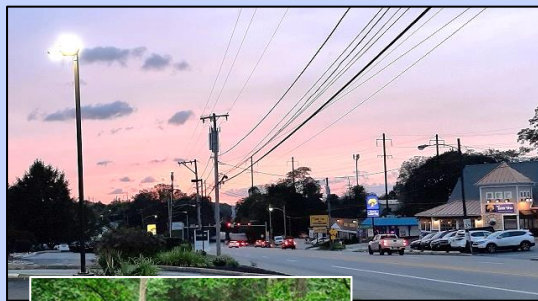
## Wondering what to expect at the retreat? Here's last year's recap:

The retreat was such fun this year! Outside, the weekend's weather alternated between muggy and rainy, but inside was bright, cozy, and full of good energy. OAers scurried about, first to a workshop, then maybe a service/volunteer opportunity (Craft table! Baskets! Clothing swap!) then to a meal, and so on, from Friday evening through Sunday afternoon.

At mealtimes in the dining room, a ship's bell clanged every now and again to signal announcements (reminders, news, birthdays, a standing **O** for the kitchen staff), and the rest of time we chowed down and swapped stories.

The retreat is a lot like going to camp. Camp Recovery? Camp Serenity? Camp Sanity? We even had a Den Mother, which is what many of us called Joanne, our Malvern concierge. Or maybe that was just me. (I was tempted to short-sheet my roommate's bed, but I want her to keep liking me, so I decided against it.)

First-timers who creep in on Friday night, uncertain, feeling their way, don't have much time before someone greets them and gives them the skinny: how the building is laid out, how to find their rooms, where the break room is. A rousing game of Retreat Bingo gets attendees interacting with one another in a bid to complete their squares and win a prize. Who has been to five or more PAIG retreats? Who can recite the 7th Step prayer by heart? Only a few of us filled in all their squares, and Lynn (she who narrowly escaped short-sheeting) won an OA Journal for her efforts. Niiice.



*Malvern at dusk.  
Photo snapped on  
Friday night.*



*Some folks bring dinner Friday night. Some go out. Some explore the space and chat. Some wander the lush grounds of The Malvern Retreat House. We reconvene at 8:00 to kick off the retreat. Woot!*

To help retreat-goers narrow down their choices, each of the weekend's workshops focuses on either the Physical, Spiritual, or Emotional parts of our recoveries, and there's a Writing track included as well.

I led one workshop, attended others, and each one left me humbled. There's something about spending a weekend in the company of OA pals (new and old) that makes me feel like I'm safe to share about things that I might not delve into so deeply at home. I wonder if that was true for everybody else? It sure seemed like it. We had some really powerful moments. Connections galore.

We laughed a lot, too. The talent and fashions shows were a hoot. When D.J. Christina queued up the Karaoke machine on Saturday night, it started out a bit tentatively -- but brilliantly -- and by the time Annie busted a move while belting out a 1970 disco anthem, we were itching to move our chairs out of the way. No problem; we danced anyway, in our chairs, at our chairs, in the aisles and finally in a conga line around the room, singing lustily. We are not a glum lot.

That's the sort of joy that permeated the weekend. But there was plenty of room for other emotions, too. Some of us had recently lost dear ones. Some were coming to terms with painful relationships. Some were staving off relapse, or returning from one. Some shared about harm they'd undergone as kids -- harm that they should have been protected from, but weren't. As children, reaching for the comfort of food was better than no comfort at all.

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So, we commiserated. We ached for them and with them. Some of us grieved our own losses and pain, and some of us wept. "I had kind of meltdown this morning," a friend confided at lunchtime on Saturday. I could tell they were embarrassed.

"You did? Way to go!" I said, meaning it. Sometimes, a meltdown is just the thing, and what better place to have one than at the retreat? Nobody looks away, judge-y. They lean in, feeling it with you, saying, in effect, "How about if I hang on to your pain for a few minutes?" Even a few minutes can bring a whoosh of blessed relief when we're hurting.

So, some of us were buoyant; others contemplative, some grieving, some hopeful, and some were focused on finishing one task before dashing off to complete the next, which brings me to a well-earned shout-out to the Retreat Committee. They pulled off this year's event beautifully. With Angela as Chair, Mary, Trish, Shari, Sarah, Christina, Celeste and Natasha made it look easy. Nice work, all.

On the last day, we all gathered for a panel on Embracing the Miracle, the theme of this year's retreat. As was true of our keynote speakers earlier in the weekend, each of Sunday's panelists shared stories that inspired and moved us. As I looked around the room, I noticed that I wasn't the only person scribbling notes. Pearls of recovery, indeed. We learn best from one another, don't we?

During Saturday night's public service announcement entitled *And Now, a Word from Your Sponsor*, we learned a new technique for doing our Step 10's. Can you say meno, er, neom, er, mnemonic device?

From Loretta, we learned the Tale of the Dirty Sneaker on Sunday afternoon, reminding us to hold our joy close and the warmth of support closer as we face reentry into our everyday lives. Our weekend's glow begins to fade, she warned us, when someone cuts us off in traffic, the lawn hasn't been mowed and we trip over that blasted dirty sneaker that someone's left in the foyer. Let's pause. Breathe. Connect.

We all learned, or were reminded anew how much we are supported and loved by our fellows. Even when we're not in close proximity, passing each other on our way to the coffee pot each morning in our jammies, they are - we are - just a text or phone call away.



Despite their best intentions, some folks couldn't attend the retreat this year, and they were sorely missed. For those who did, boy, was I grateful for your company. See you in 2025! - A Happy Retreater

### **So, What Can We Expect at *this* Year's Retreat?**

Lots of cozily familiar stuff, with a few tweaks. We've pared down from four tracks to three, and we've added some awesome, interactive workshops focused on our diverse fellowship and the WSO's recent efforts to more fully embrace folks with non-traditional belief systems; we'll address the challenges many of us face who juggle multiple recovery programs; Saturday night's entertainment should be epic; and a young member is leading one of Friday night's after-burner meetings (woot!). Most of all, we're laser-focused on this year's retreat theme: *Sunlight of the Spirit*.

Life is challenging enough, no? Together, let's embrace joy! The connections we'll forge this weekend help to restore us; heal us; strengthen us. For one weekend, the outside world will wait while we conjure our special brand of OA magic, er, fellowship. ☺ We can't wait! Text me if you'd like to volunteer to do service! No experience necessary! Yay! - Chris N., 2025 Retreat Chair

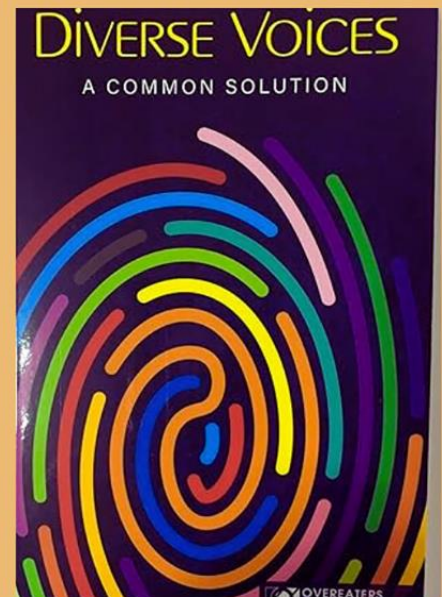
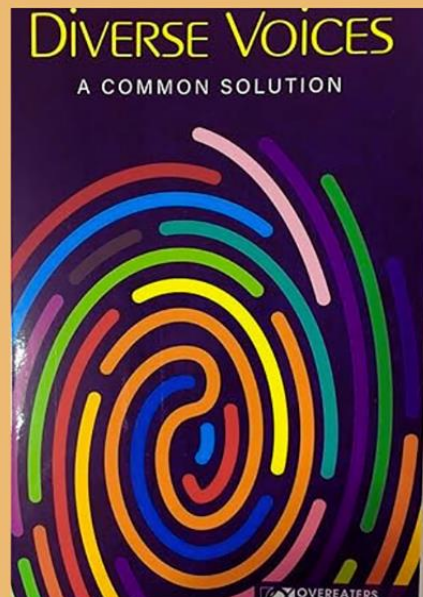
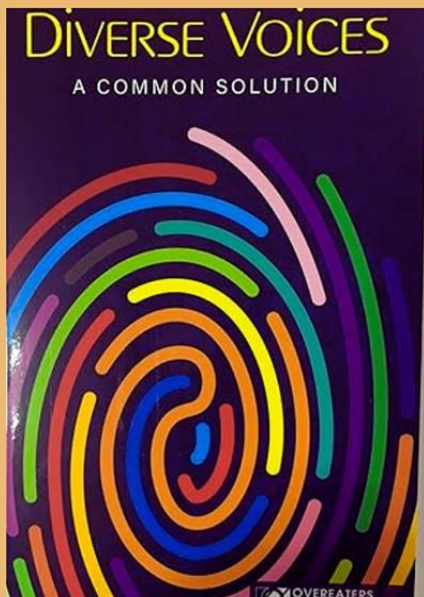
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**IN-PERSON  
TUESDAY AT 6:30 PM  
WOMEN'S BODY IMAGE LITERATURE MEETING  
WISSAHICKON VALLEY PUBLIC  
LIBRARY, BLUE BELL BRANCH  
650 SKIPPACK PIKE**

**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**

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Join us for the

# **Seeking Emotional Sobriety (SES) Through The 12 Steps**

Overeaters Anonymous Weekly Meeting

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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

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7th Tradition donations  
via Venmo, Zelle or check

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Questions?

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







Special Events Committee

# Step One

**The Only Step We Need  
To Get Down Perfectly!**

**"We admitted we were powerless over food and  
our lives had become unmanageable."**

**Seminar-style, speaker  
followed by Q & A and shares**

**Sunday 8/10/2025 1-3pm ET**

**Zoom ID: 840 8195 8572**

**Passcode: 803054**

**[specialevents@oanyc.org](mailto:specialevents@oanyc.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](mailto:CONVENTIONINFO@OA.ORG)

# Sponsorship Day in OA



**Sat – Aug 30**

**11:00am – 12:30pm PT**

Two speakers, Q&A and open sharing  
Zoom Only Event

## **HANDOUTS**

<https://tinyurl.com/sponsorhandouts>

**MEETING ID: 857 7649 3323**

**PASSCODE: 629166**

Suggested donation of \$5  
No one will be turned away

## **DONATE ONLINE**

<https://www.sacvalleyoa.org/donations-for-events.html>

Hosted by the Sacramento Tuesday noon OA Speaker Meeting



# FREEDOM IS NOT FREE



## **WORKING AND LIVING THE STEPS\***

1. Working the Steps for the first time to gain our freedom from the obsession.
2. Living the Steps (Principles) in order to hold on to the freedom.

**Sat Sept 20**  
**1:00 - 3:30pm PT**

(A Hybrid Event)

**Join us on Zoom**

**Meeting ID: 870 9945 4806**

**Passcode: 231318**

**Join us in Person**

**Creekside Church, 290 Technology Way #300,  
Main Entrance, Room 107, Rocklin, CA**

**Hosted by Rocklin/Roseville Fellowship of OA**

**Suggested Donation \$5**

**Nobody turned away because of lack of funds.**

**Donate online at: <https://www.sacvalleyoa.org/donations-for-events.html>**

**\* The East Coast Speaker You Know From His Story in Overeaters Anonymous 3rd Ed. pp 113-117**

Are you ready to ~~rumble~~ recover? Bring it on! We can't wait to welcome you!

The Philadelphia Area Intergroup of Overeaters  
Anonymous presents:

# Sunlight of the Spirit

**2025 OA Retreat | September 26-28, 2025**

**Keynote Speakers • Speaker Panel  
Workshops • Talent & Fashion Show  
Clothing bOAtique • Open Sharing • Fellowship**

**Event Location:**

Malvern Retreat House  
315 S. Warren Avenue, Malvern, PA 19355  
*Free onsite parking available.*

## Click **HERE** to Register Online!

Or visit: <https://oa-phila.org/paig-retreat-2025> for more details including a downloadable Registration Form.

**\$250/person\***  
(double occupancy)

*Upon registering, please indicate  
a roommate, or one will be assigned.*

**Fee includes:**

- 2 nights lodging and 5 meals (3 Saturday/2 Sunday).
- Friday night dinner and metabolics are your responsibility.
- Refrigerator available in shared break room.
- Private bathrooms with one bath towel per person.
- Bed linens provided.

### TENTATIVE SCHEDULE

**Friday: 6pm-9pm**

- Check-in and Fellowship
- Welcome & Opening Remarks
- Speaker
- General Sharing

**Saturday: 8am-9pm**

- Multiple Workshops throughout the day
- Keynote Speaker
- Breakfast/Lunch/Dinner Breaks
- Talent/Fashion Show

**Sunday: 8am-12:30pm**

- Morning Workshop
- Speaker Panel & Open Sharing
- Breakfast/Lunch
- Closing Ceremony

**\*Scholarships are available: Contact [PAIGRetreatTreasurer@gmail.com](mailto:PAIGRetreatTreasurer@gmail.com) for information.**

**Deadline to apply for scholarships is August 26, 2025.**

**NOTE:** This year, the PAIG Retreat Treasury Fund is subsidizing a portion of the cost of each registration. The website will include an option to pay the full cost of registration (\$275pp), if you choose to donate to support future Retreats.

**FINAL REGISTRATION CLOSSES SEPTEMBER 18, 2025 • NO REFUNDS AFTER SEPTEMBER 18, 2025**

*If unable to attend, PAIG appreciates your contribution to help carry the message.*

*Confirmation of payment and detailed retreat information will be sent to the email address you provide when registering.*



# COME VISIT OUR B'OA-TIQUE

**Bring your gently used clean clothes to give away and find your new look.**

**Even if you don't donate you're free to participate!**

Always wanted  
to try your hand  
at helping a  
boutique?

Love the thrill  
of the thrift?

Score!

Call Sarah or  
Christina to ask about  
service opportunities!



**Questions? Call Sarah at 609-658-2542  
or Christina at 908-578-5103**

**September 26, 27, 28**  
at the OA PAIG Malvern retreat



# BODY IMAGE STEP STUDY

**9 TUESDAYS:  
10/21-12/16/2025  
7-8:30PM ET ZOOM ONLY**

**REGISTRATION LIMITED:**

**MICHELLE JB: (917) 250-8943**

**JOHN B: (914) 720-7785**



# 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](http://www.avision4you.info) for updates**

**A VISION FOR YOU**  
A Fellowship of Overeaters Anonymous





## Overheard Recovery

"Setting a boundary does not mean erecting a wall."

## August's Pets of the Month!

All seven of them.



Last December, an animal rescue contacted Celeste S.: could she foster a feral mama and daughter who'd been living outside in the cold? Celeste didn't hesitate. Pearl and Pickle got their own room to give resident dog Daisy time to adjust. Imagine Celeste's surprise when a few days later she entered the kitties' lair to find that Pearl had given birth to four new kittens!

She didn't blink. Well, maybe she blinked. But she immediately set about caring for the whole family; feeding them, tending to them and over time, having each kitty fixed and inoculated.

By then, she had fallen in love with them all, and couldn't bear to separate them from their siblings. Or her family. Or Daisy. Celeste happily admits to being a foster fail.

Pearl and Pickle are still feral, but they're adjusting. Kittens Murphy, Button, Olive, and Honey sleep, eat, purr and play when they're not shredding everything in sight.

Daisy is mystified but doting, sort of.

It's a tiny peaceable kingdom there in Roxborough, and Celeste and her family wouldn't have it any other way.



## A Writing Exercise

What does my OA fellowship mean to me? Does it enrich my life? What would my life look like without it?

## Step 8: Made a List...

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

Can you find these words?

Amends  
Pain  
Pray  
Willingness  
Mercy  
Forgive  
Heal  
Practice  
Resentment  
List  
Past  
Breathe  
Feel  
Courage  
Trust

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





# CALLING ALL TREASURERS!

Does your meeting have 7<sup>th</sup>-tradition funds over and above your prudent reserve and immediate-future costs? **These are the suggested disbursement guidelines from OA's Board of Trustees:**



1. 50% to Philadelphia Area Intergroup via PayPal to [treasurer@oa-phila.org](mailto: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 your meeting's 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).

## PAIG Service Positions

Shari B.	Chair & Web 310-880-4750
Pat S.	Vice Chair 217-821-1170
Phil S.	Treasurer 267-397-0977
Laura L.	Speaker List 215-803-1805
Chris N.	AWARE! Editor & 2025 Retreat Chair 720-934-0985
Jean M.	Program Chair 215-528-7610
Natasha M.	Region 7 Rep C & Secretary 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 generally held on the 1st Wednesday of each month, though **PAIG is not meeting this month.** Next month's PAIG meeting will be Wed., September 3rd. The meeting starts promptly at 7:15 pm via Zoom. Contact [chair@oa-phila.org](mailto: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](https://oa-phila.org) and enter your email address in the box labeled "Join PAIG's Google Group."