



## Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

### Choosing Abstinence



#### Step 7

Humbly asked Him to remove our shortcomings.

#### Spiritual Principle

Humility



#### Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

#### Spiritual Principle

Responsibility



When I choose to eat non-abstinent food, what am I *actually* choosing?

1. I'm choosing to feel dulled out and checked out instead of feeling alive, alert, aware, and spiritually sturdy.
2. I'm choosing lies:
  - a. That a dopamine rush is better than serenity.
  - b. That the momentary bliss of immediate gratification will sustain me rather than mutating almost immediately into shame, self-loathing and ever-more powerful cravings, and
  - c. That using food as a drug will not ruin my capacity for joy, my willingness to be honest, my equanimity, my physical health, and my relationships.
3. I'm choosing to forget that good food tastes fabulous. Fabulous! And it gives my body the nutrition it needs!



4. I'm choosing to obey the sly, wheedling voice of my lower power, which speaks the language of addiction: *Just this once. Just a little bit. It doesn't matter. Who's going to know? You deserve this. They'll be hurt if you don't try just a bite. You're not powerless anymore; you can handle this now! You can get back on the wagon tomorrow.*

This is an incomplete list. And I need daily help remembering how vulnerable I am to my own skewed thinking. Deep breath:

May I relinquish self-delusion in favor of self-awareness.

*Continued on page 3*

# July is Heating Up! Take a peek!



## MEETING SPOTLIGHT!

### "OA BIG BOOK STUDY"

ST. ANDREWS UNITED METHODIST  
999 YORK ROAD  
WARMINSTER, PA

FRIDAYS 10:00 A.M.

Attend this meeting in person, or  
via Zoom! WooHoo!

Zoom info:

<https://zoom.us/j/778911928>

Meeting ID: 778 911 928

Password: 688966

Dial in at either (253) 215-8782 or  
(301) 715-8592

Passcode: 688966



## Curious about this year's OA World Service Business Conference (WSBC)?

You can share the WSBC's official Wrap-up Report with your meetings by visiting:

<https://oa.org/documents/2025-wrap-up-report/>.

Interesting stuff! And it affects us all.

If you have questions, contact PAIG's WSBC Delegate, Trish M., at 215-370-7640!

## What does PI/PO stand for, anyway?

The acronym stands for **Public Information and Professional Outreach**. PI/PO is OA's committee that handles the business of letting pros and prospective members know that OA is there for them.

OA's podcast, *Inside OA*, teaches us about all the *ins* and *outs* of PI/PO. Watch the podcast by clicking [here](#).

If you're interested in doing service for PAIG's PI/PO committee or you have questions, please contact PAIG's PI/PO Chair, Alice P., at 215-407-1612.

## PAIG REPS AND MEETING SECRETARIES! OA'S FIND A MEETING FEATURE NEEDS HELP!

OA's *Find a Meeting* feature at OA.org needs updating! But tech upgrades are pricey, so OA is petitioning its members for contributions to the cause. Can you help? Finding the right meeting can sometimes feel daunting. The upgrades can help current and prospective members find the one that's right for them.

Click [here](#) to download OA's new flyer to share at your meetings! You can get a sneak peek at the flyer by visiting page 4 of this newsletter.

**Let's do all that we can to help OA get the word out and promote our meetings!**

*Continued from page 1*

May I recognize and embrace what I need in favor of what I crave.

May I be willing to feel; to sit with my feelings; and to remember that even the worst anguish is temporary and endurable.

May I remember that excess food doesn't quell pain -- it magnifies it.

May I be honest, clear-headed and humble.

May I freely embrace truth.

May I continue to choose the abiding joy of abstinence.

*-Keeping it Real in Roxborough*



## **Porous**

My eyes no longer cast downward,  
except occasionally, to admire the beauty  
of the next Step and the path ahead.



Back straighter.  
Wind swirling around and through me.  
No longer dense, but porous.

Everything showing through openings  
I didn't know I had.

The Sunlight of the Spirit has found a spot to shine,  
illuminating and growing inside me.

No longer a solid, dense mass closed in on itself.  
I am porous. Open. Illuminated. Free.

*-p.m.*



# FIND A MEETING NEEDS AN UPDATE!

Our OA Find a Meeting web page powers nearly 3 million meeting searches a year, but the system needs to be modernized.

## Will you help with an extra contribution?

### Planned Improvements

#### More meeting details:

- Accessibility information
- Location specifics
- Group name
- Duration - how long
- Frequency - how often

#### Improved speed and reliability

#### Easier meeting updates

#### Enhanced search capabilities

#### Better smartphone display

### How to Contribute:

- Go to [oa.org/contribute](https://oa.org/contribute) OR scan the QR code to the right.
- Specify your gift is for Find a Meeting Improvements located under General Fund.
- Contributions by mail are welcome.



[oa.org/contribute](https://oa.org/contribute)

**OVEREATERS  
ANONYMOUS®**

**Every  
contribution  
makes a  
difference.**



Overeaters Anonymous 6075 Zenith Ct NE, Rio Rancho, NM 87144 USA

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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)





Overeaters Anonymous Virtual Workshop

# “FREEDOM FROM BONDAGE”

FRIDAY, JULY 4, 2025

9:30–11:30 AM ET



9:15 - 9:30 am – Fellowship

9:30 - 11:30 am – Meeting

- 3 Speakers
- Sharing
- 7<sup>th</sup> Tradition

Sponsored by OA Fellowship of Hope Meeting  
from the Philadelphia Area Intergroup (PAIG), USA

For Int'l Dial-In #s:

<https://zoom.us/join>

Join Zoom Link:

[https://us02web.zoom.us/j/85939659369?  
pwd=BPxsWYXa8eJ5CJ7NmXzrV5ZMxgACL.1](https://us02web.zoom.us/j/85939659369?pwd=BPxsWYXa8eJ5CJ7NmXzrV5ZMxgACL.1)

Meeting ID Number: 859 3965 9369

Password: F3llowship

Questions? Contact

Judy (215) 870-6013

# First Anniversary



Tuesday night  
Women's Body Image Meeting  
Overeaters Anonymous



July 15<sup>th</sup> 2025 | **TUESDAY** | 6:00 - 7:30 PM

**SPEAKERS, AFFIRMATIONS, FELLOWSHIP**

Wissahickon Valley Public Library  
650 Skippack Pike  
Blue Bell, PA

Enter the library, go straight back, to the right, go down the hall marked "staff area" and the room is on the left.

Questions? Beth P - 856-816-7898







Members share on working multiple fellowships  
with a focus on OA.

Q & A and sharing to follow.

**20TH JULY 1-3PM ET**

**ZOOM ID: 840 8195 8572**  
**PASSCODE: 803054**

[twelfthstepwithin@oanyc.org](mailto:twelfthstepwithin@oanyc.org)



**North Jersey Intergroup of  
Overeaters Anonymous  
invites you to a Zoom event**

## **Program is Portable: We Can Travel Abstinently**

**Sunday July 20, 2025  
7-8:45 PM ET**



**3 fellows in Recovery will share their  
experience of staying abstinent while  
traveling around the world**

### **Q&A and Open Sharing**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/85422086370?pwd=aBOMLE95VqucMfOad6Ob9EINf8rzpO.1>**

**Meeting ID: 854 2208 6370**

**Passcode: 202356**

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

**Find your local number:**

**<https://us02web.zoom.us/j/kdAwyQQHV>**

**Contact person:**

**Judy L. 201-615-4955**

**Email: [Events@njioa.org](mailto:Events@njioa.org)**



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

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'O A-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!**



**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**





## We Hear You!

"In order to accept my HP's help, I need to allow myself to be vulnerable even though it's scary. "



## A Writing Exercise



What does "freedom from bondage" mean? Am I willing to allow a power great than I to remove my defects of character in order to achieve it?

## July's Pets of the Month: Henry & Teddy!



One day last Spring, a soft-hearted member welcomed a stray cat into her home. She was pregnant! Some months later, kittens Henry and Teddy found their way into Trish M.'s heart.

Henry, aka "love bug," aka "Hank the Tank," is curious and verbose, conversing happily with Trish, who happens to speak fluent *cat*. Teddy was the shyer of the two at first, but now he shadows his mom around the house, angling for pets and purring up a storm.

The kitties keep each other company, and they especially like hanging out on their enclosed "catio," where they can explore the great outdoors and ogle the bird feeder in safety.

At their most recent checkup, the vet suggested Henry and Teddy slim down a bit. Uh-oh. OA for felines? It could work!

Welcome aboard, Henry and Teddy!



## Humbly Asked Him...

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

Can you find these words?

Humility  
Willingness  
Flaws  
Accept  
Grow  
Change  
Relinquish  
Practice  
Learn  
Trust  
Strength  
Freedom  
Recovery  
Joy  
Spirit

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

I've had a

The first  
58 years of  
my childhood  
were a  
little rough.

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loooooong childhood.



## CALLING ALL TREASURERS!

Does your meeting have 7<sup>th</sup>-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](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 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).

## 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.	<b>AWARE!</b> 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 held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., July 2nd. Next month's will be on Wed., August 6th. 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."