

September

AWARE!

2025

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Spiritual Principle

Love

Tradition 9

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Spiritual Principle

Fellowship

Making Amends: Nooo! No? Well, maybe. Okay.

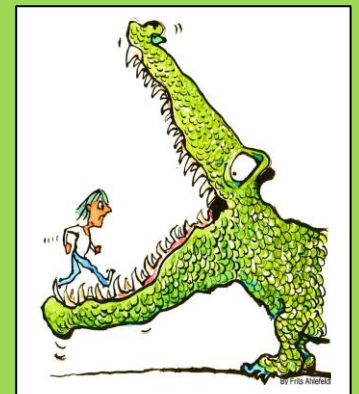
As our literature points out, we don't make amends so that someone will like us more, or to curry favor. We make amends to make things right. To bolster our spiritual fitness. To remove those pesky thoughts that can crowd our minds with unwelcome reminders of things we've said or done that we regret, or even worse, that we ought to regret. Those are the kinds of thoughts that drive us to the fridge.

How do we proceed when we're at our most vulnerable? We've spent much of our lives pretending to be smarter, cooler, neater, better than we really are, or to be unassailably confident when really our knees were knocking under the table. We've feigned blithe unconcern about hurt we'd endured or harm we'd done to others. Our actions felt justified at the time, maybe. But now we know better.

Making amends generally means having the willingness to strip away our public facades. "I'm sorry," we might say. "I was cruel," or "I lied," or "Yes, I did that thing you suspected me of all those years ago even though I swore at the time that I hadn't." Yikes.

Like working Step 5, in which we admit to another person some things about our past behavior that we've sworn we'd take to our graves, making amends might require more courage than we can scrape together. What then?

We bolster our courage by reaching out for power and strength greater than ours. Sound familiar? Our program of recovery urges us to invoke the strength of our HPs; to lean on the experience of our fellows; to trust in our burgeoning belief that *doing the next right thing* is the right thing to do. With that extra power behind us, we manage to do what once seemed undoable.



Let's talk to our sponsors. Let's share about our apprehension at our meetings. We're not alone. Deep breaths! We've got this.

-A bit braver than before in PA

Q. What's Happening?

A. Fall Fever! And more! Read on!



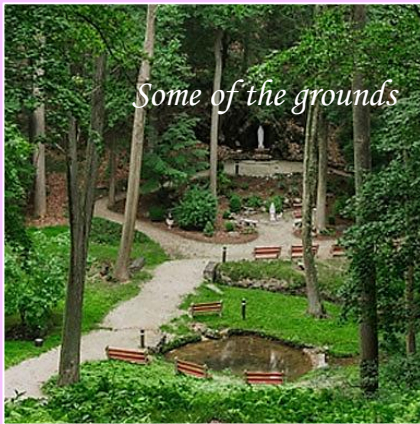
MEETING MALVERN SPOTLIGHT!

As in past years, this year's retreat will be held at the Malvern Retreat House. The rooms are no-frills but comfy, the staff is very kind, and the grounds are lovely.

Take a peek:



*The town of
Malvern at sunset.*



Some of the grounds

The Malvern Retreat House was built on a 57-acre parcel of land purchased from an estate in 1921 by a group of men from a particular religious tradition seeking a spot for contemplation and renewal. Malvern's mission has been expanded since then, and so have its buildings and grounds. Though OA has no religious affiliation, retreat-goers will see signs of Malvern's origins in its artwork, statuary and architecture. We and the folks at Malvern respect each other's traditions while joyfully embracing *all* OA members - with our myriad belief systems - to the PAIG retreat.

The PAIG Retreat is in three weeks!
Ish.

**The last day to register for the retreat is
September 18th.**

If you're planning to attend, please register ASAP. That helps us to strategize and bring in supplies. It may look seamless, but putting the retreat together takes a crew that operates like a well-oiled machine. And you are one of the vital cogs that makes it all work!

Also, don't forget to indicate on the registration form a service you might like to perform at the retreat. Helping to set up chairs, arranging stuff on the "name tag" table, helping out with baskets, manning the B'OAtique are just some of the slots you might explore. Doing service helps us feel *a part of*. ❤️

We can't wait! See you in Malvern! Woot!

Call or text Chris N. with any questions at 720-934-0985. Thanks, all!

A New Podcast Just Dropped from World Service!

In the latest episode of OA's *Inside Out* podcast, members Maggie and Preston discuss OA's Unity with Diversity policy and its effects on their recovery.

To listen, click the link that opens the webpage [here](#), and scroll down until you see the window to their discussion, where you can press *play*.



A TISKET, A TASKET...WE'RE TALKIN' BASKETS!

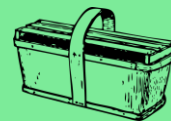


Every year, gift baskets that are donated to the retreat by PAIG meetings and individuals are auctioned off to raise money for the next year's retreat scholarships.

Some put together baskets with all manner of things: candles, books, program literature, journals, gift cards, movie tickets, toiletry items, lottery tickets, small appliances, jewelry, insulated cups, craft items, coffee or tea, you name it!



Others prefer to send larger items like coffee makers, food-prep gizmos, TV's, techie stuff. Wowzer.



It's all welcome!

Please either bring your basket and/or items to the retreat or make arrangements with your PAIG rep to get them to the retreat committee before September 22nd.

It's a group effort! Thanks, all! We appreciate youse.



Are you interested in learning about service opportunities above the group level?



Visit a PAIG meeting! Talk to your PAIG rep if you have any questions, and remember that there's always a seat at the table for members who are curious about how the intergroup works, what it does and more. You might find that your skills would be uniquely suited to a committee or a particular project. If you're afraid that you don't know enough, rest assured: we all were. Most of us didn't know a blasted thing before we adopted our service positions. As one former member of PAIG was fond of saying, "God doesn't call the equipped; He equips the called."

Calling All Abstinent Members!



OA would like to hear from members about their food plans for a new publication that's in the works: how and what sorts of food plans do members use to prepare for parties, weddings, travel, aging, menopause, workplace temptations, bar/bat mitzvahs, quinceañeras, boredom...the list is long. *Sharing our experiences helps us help our fellows.* To download the form that OA provides, click [here](#).

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 deadline to register for the retreat is September 18, 2025!

*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 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?

Score!

Call Sarah or
Christina to ask about
service opportunities!

Love the thrill
of the thrift?



**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

SAVE THE DATE

OA Region 7 Convention

Balanced In Recovery
A Virtual Experience

Physical
Emotional
Spiritual

SATURDAY NOV. 1, 2025

9:00 AM - 4:30 PM ET



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

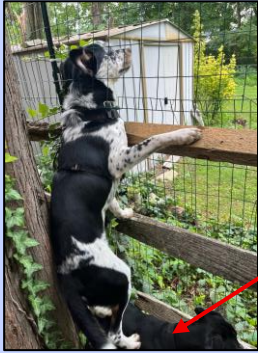
What do I need to let go of today to better do God's will?



A Writing Exercise

How does Step 9's spiritual principle of *love* give rise to my willingness to make amends to people I've harmed?

September's Pet of the Month! ❤️



Josie tests her boundaries. Mugsy provides an assist.

This column featured Mindy L.'s dog Mugsy last year. His high energy and love for playing prompted Mindy and her husband to add a puppy to the family. Josie is now nine months old, and even more energetic than Mugsy! ("What were we thinking??")

Luckily, the two dogs love to play together, and they've worn a track around the back yard. Josie's long legs and sense of adventure have even required Mindy and her husband to add two extra feet of wire to the backyard fence! Despite frequent loud wrestling and toy-stealing, Mugsy and Josie seem to be best buddies!

Aww! Yay, Josie! We're delighted that you're September's Pet of the Month.



Mugsy and Josie peacefully share a cushion. For now.

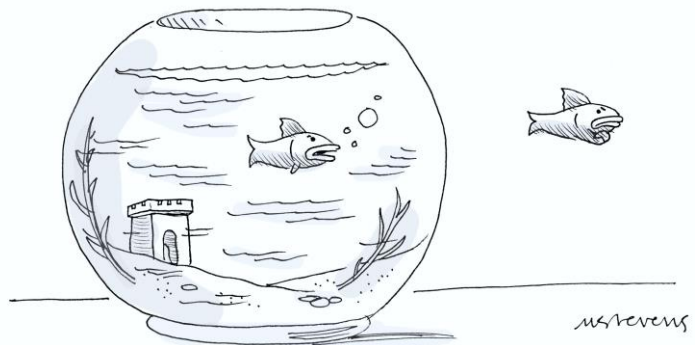
Step 9: Love

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

Can you find these words?

Love
Surprise
Examine
Willing
Amends
Specific
Recover
Wreckage
Wronged
Restitution
Change
Relationships
Past
Simple
Harm

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



"I said I'm sorry."

CartoonStock.com

CALLING ALL TREASURERS!

Does your meeting have 7th-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, 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.

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 held on the first Wednesday of each month. This month's PAIG meeting is on Wed., September 3rd. Next month's will be on Wed., October 1st. The meeting starts promptly at 7:15 pm via Zoom. Contact chair@oa-phila.org or your PAIG rep for login info. 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."