

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 10

Continued to take personal inventory and when we were wrong, promptly admitted it.

Spiritual Principle

Perseverance

Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

Spiritual Principle

Neutrality

No comment.



A Member Shares How She Works the 10th Step

My 4th step identified two basic character defects that I think of as troublesome patterns of thinking and behavior. I swing between two poles on these character traits. First, I'm either intensely focused on a project or goal, or I've given up and am in despair. Second, either I know and do better than anyone else, or I'm useless and stupid.

Tracking those character traits is the basic work of my daily 10th step. I monitor six more behaviors or patterns, because they tend to show up before I recognize that the first two are out of balance.

If my daily review takes too long, I won't do it. So, I've boiled it down to this simple format. It fits on a sticky note, which I move from page to page in my journal.

10 th step format			
1	Ego, my way, intensity	← Goal direction →	F' it, despair, collapse
2	One-up	← Good enough →	One-down
3	Was I present?		
4	Cravings? Ok means no.		
5	Structure? Plan and complete three do's of the day.		
6	Tidy? Self and house care.		
7	Balance of people time and me time.		
8	Did I think of my spouse's happiness?		

Here's what I wrote in my 10th step for 9/24:

1. Have been, intensity-wise, better after getting information. 2. A bit one-down about tech. 3. Mostly. 4. Ok. 5. Unbalanced, focused on project. 6. Laundry, kitchen. 7. Ok. 8. Ok, asked for tech help, which he offers. I think he feels valued when I ask.

The character trait of intensity is causing me the most trouble now. I become self-centered in the name of doing good in the world. I can recenter myself spiritually, remembering that I'm one among my fellows. My ability to love and accept myself and others is just as important as the outcome of my projects.

-Staying on track in Philadelphia

What's happening, October?



When Did You Last Try a New Meeting?

A member shared that she'd undertaken a 90-in-90, i.e. attendance at 90 meetings in 90 days. Hmm. Sounds like a lot. Turns out, it's a great way to jump-start a sluggish recovery, or to strengthen our "recovery scaffolding" when things feel a bit wobbly. And in the age of online and telephone meetings, and a world-wide meeting list that's available at oa.org, she's found it surprisingly easy.

What she's discovered is recovery from a new perspective, often conveyed in fascinating accents! Some meetings feel familiar; some unique, but each one has revealed, in the course of its 60-minute span, a pearl of recovery that she's grateful not to have missed.

Imagine that! So far, she's visited PAIG meetings in the Philadelphia area, others in the middle of the country or the west coast, some up and down the eastern seaboard, and some across the pond in England or Ireland.

She's delighted to have met some terrific folks and to have heard some powerful shares. She's done service, too. Who knew her own "wobbliness" (and her sponsor) would send her in such a fascinating direction?

Shall we follow her lead? Couldn't hurt! If a 90-in-90 sounds daunting, try just one new meeting and see how it feels. Enjoy!



OA's World Service Office registered several new service bodies last month from the Virtual Region, one of which has a specific focus on Anorexia and Bulimia. OA has also registered new Service Boards from cities in Iran, Slovetska and Poland! Welcome to all new members and Service Boards! For more information, click [here](#).



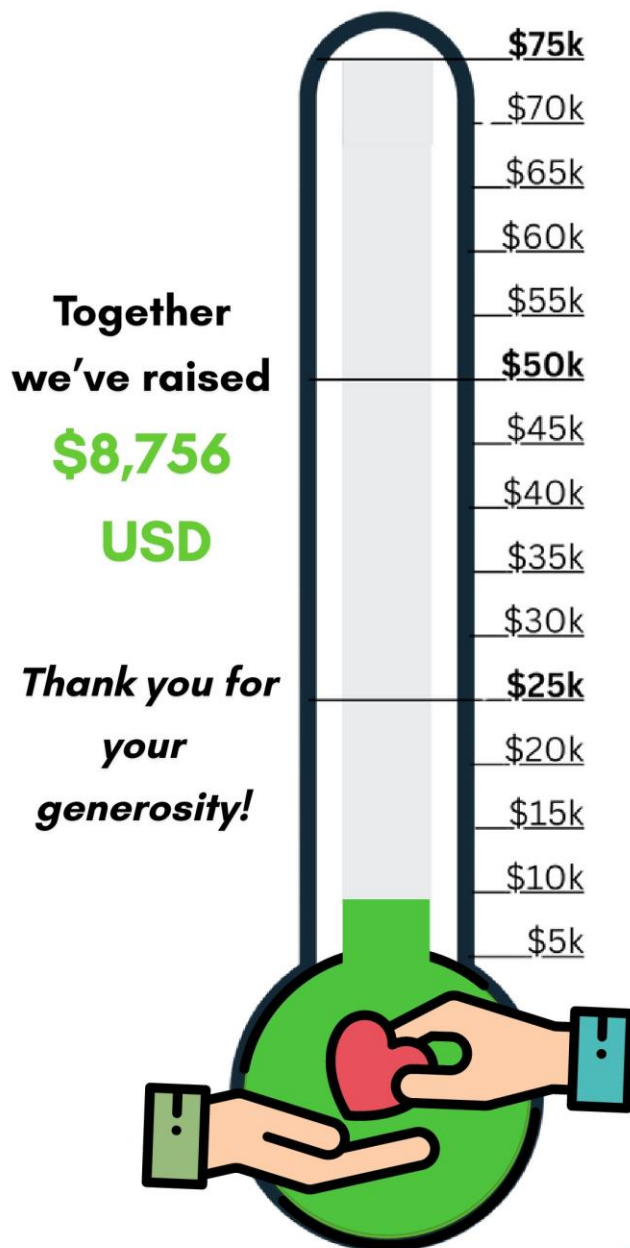
...and speaking of finding meetings all over the world at oa.org, OA's World Service Office has undertaken an effort to improve their *Find a Meeting* feature on OA's home page. It's a terrific feature that helps connect OA members all over the globe, but it's a smidge limited. With contributions from meetings and funds garnered from literature sales, the WSO is underwriting a system-wide redesign. But that costs money. They've reached out to their membership for help.

Read about the changes in the works for OA's *Find a Meeting* feature on the next page. Can you pitch in? There are several ways to do so, as outlined on the flyer on page 3. Take a look.

Thanks, all! Together, we get better. ♥

FIND A MEETING - PHASE 2 UPDATE

September 17, 2025: Phase 1 is complete, and our Find a Meeting search function now has a relational database. This will make work “behind the scenes” much easier for World Service Office staff, and sets the stage for Phase 2—**improvements members have been asking for**. These improvements will make it easier for newcomers and existing members to find meetings and get the help they need. Phase 2 will cost about \$75,000 USD. So far (in just two months) members have contributed \$8,756. Thank you for your generous support and please continue to get the word out!



Phase 2 Improvements



More meeting details:

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



Improved speed & reliability



Easier meeting updates



Enhanced search capabilities



Better smartphone display

Together we can reach \$75K- Every Contribution Matters!

- Go to oa.org/contribute
- Specify “Find a Meeting Improvements”
- Contributions by mail are welcome

CONTRIBUTE ❤️



OVEREATERS ANONYMOUS® 6075 Zenith Ct NE
Rio Rancho, NM 87144 USA

NJIOA invites you to a Zoom Event

Dr. Bob and Bill W. : What Can We Learn from their Stories?



**Sunday October 5th, 2025
1:00-3:30 PM ET**

Come immerse yourself in the stories of the founders of AA. Discover how their journeys to Recovery still inspire 12 steppers around the world today.

- **2 wonderful speakers**
- **Time for Q & A**

Join Zoom Meeting

<https://us02web.zoom.us/j/88693179580?pwd=Py1TctcY7StboXQryYkfNIyouwqmuL.1>

Meeting ID: 886 9317 9580

Passcode: 90120

Dial in:

+1 929 205 6099 US (New York)

Find your local number:

<https://us02web.zoom.us/j/kbKAhDT94Z>

**Contact person: Judy
201-615-4955 or Events@njioa.org**



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**

OA REGION 7 VIRTUAL CONVENTION

Balanced In Recovery

SATURDAY NOV. 1, 2025

9:00 AM - 4:30 PM ET



Physically Balanced



Emotionally Connected



Spiritually Grounded

Website:

[https://oaregion7.org/
events/2025-region-7-
convention-virtual/](https://oaregion7.org/events/2025-region-7-convention-virtual/)

Two Keynote Speakers
Three Workshops



Registration:

3 Contribution Options Available!

Starting at \$10, \$20, and \$40 USD

Contact Info:

 **Leslie F.**
Friedmal4@comcast.net

 **Sonya P.**
OASonyaP@gmail.com

 **Sue B**
suebalco@hotmail.com

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



FOOD FREEDOM



The Women's Sober Recovery Workshop - Learn What Food Sobriety is

*Are you struggling with abstinence? Do you
hear yourself saying...*

"I ate too much, but here's the recovery."

"My food is getting wonky."

"I'm abstinent, but I'm in the food."

"I'm technically abstinent."

**Join our hybrid workshop and learn
how to gain food peace and freedom
around food.**

November 16, 2025 | 1:00-2:45PM PST

**Zoom: 832 1591 7624
PW: 166704**

**Radford Hall- 4849 Van Nuys Blvd, Suite 103
Sherman Oaks, CA 91403**

Contact Reva S.
323-646-0644
Reva.stark1@gmail.com



Overheard Recovery

You can't be hateful and grateful at the same time.



October's Pet of the Month!

Leo. ❤️



Meet Leo. Here he is on a recent visit to Cape May, where he runs gleefully on the beach inspecting errant waves, shifty sand and cheeky shore birds.

Now five years old, Leo was adopted by Phyllis H. and her family in the early years of the Covid epidemic from within the Amish community near Lancaster. Leo was born with golden orange fur that has now mellowed to a silky swirl of blonde curls. Mom Phyllis likes to say that God picked the perfect dog for her family. Her two girls care for Leo and shower him with TLC until they return to their respective campuses, and then Phyllis takes over.

Phyllis says that Leo teaches her and her family to enjoy the simple things in life, like finding a really excellent stick in the yard. His delight in small things helps Phyllis to stay present for all that life has to offer. ❤️

A Quick Step 10 Writing Exercise

- A. Was I abstinent?
- E. Did I exercise?
- I. What did I do for me & my recovery?
- O. What did I do for others?
- U. What did I uncover or leave unfinished?
- Y. What made me say, "yippee?"



Tradition 10: Neutrality

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

Can you find these words?

controversy
opinions
diversity
wisdom
silence
literature
focus
message
effective
conflicts
outside
strife
recover
free

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

Anything is possible

PERSEVERANCE!



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.

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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., October 1st. Next month's will be on Wed., November 5th. 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."