

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Seeking Step 11 and Beyond



Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will and the power to carry that out.

Spiritual Principle

Spiritual Awareness



Tradition 11

Our public relations policy is based on attraction rather than promotions; we need always maintain person anonymity at the level of press, radio, films, television, and other public media of communication.

Spiritual Principle

Anonymity

Because of my upbringing and my resultant cynicism about religion, Step 11 often prompts me to wonder about God, my ambivalence about a Higher Power, and the role that prayer plays in my life.

Three of my siblings are former Catholics. Though Catholicism may have imbued them with strong ethics, it didn't leave them with any spiritual belief. If asked, they would probably identify as atheists. My father was a devout atheist who believed that religion was a fairy tale. While I am neither an atheist nor a believer, I do pray. And when I do, I feel a presence that is both profound and beyond my understanding.

So, I'm trying to learn how to get past my father's cynical voice that's still inside my head. In the meantime, I actually find it helpful to live in the uncertainty of not knowing who or what God is. I don't need to know.

I've asked myself why this step urges me to improve my conscious contact with God? Why should I pray only for knowledge and power? And why should I care about doing God's will? The more I delve into these kinds of questions, the more I wish I understood how other people experience spirituality.

In my case, I acknowledge that my motivations are mostly self-centered: I pray to make myself feel better. As to why I should care about doing God's will? Because I don't live in a vacuum; we are all connected. Prayer and meditation help me to feel that connection on more than an intellectual level.

Reading step 11 in AA's 12 & 12 and OA's 12 & 12 addresses a lot of the kinds of obstacles that could prevent me from having an experience with a power greater than myself.

The set aside prayer also helps. I realize that I need to set aside my preconceptions of a Higher Power, i.e. Creative Intelligence; recovery; and myself in order to have a new experience.



Continued on page 3

Welcome to blustery November! Stay cozy!

MEETING SPOTLIGHT!

ON THANKSGIVING DAY, the Quakertown Fellowship of Hope meeting will host its annual Gratitude workshop from 9:15 a.m. to 11:30 a.m. via Zoom. It will feature 3 speakers sharing about what they're grateful for as we kick off this year's holiday season! Join them!

(Details on page 10.)

For information about PAIG's other Thursday meetings, please reach out to each meeting's contact person by checking [here](#).

For information about other OA meetings on Thanksgiving Day, please visit <https://oa.org/find-a-meeting>.

One Dollar Shipping From the OA Bookstore!



Read below for details!!!

From the World Service Office: "The OA Executive Committee has approved \$1 shipping on all bookstore orders totaling \$5 or less that are shipped to US addresses and select island territories. The new price goes into effect on November 1.

By lowering the shipping price, OA trustees are making it more affordable for members and newcomers to order a couple of pamphlets or other items while at the same time ensuring that OA's shipping operations remain self-supporting. By making small orders more affordable, we can also strengthen literature sales, an important source of OA's revenue.

Find the new shipping price when you place your \$5 order at bookstore.oa.org..."



Greeting and eating. Eating and greeting. Rinse, repeat.



Have you ever noticed that when we come across photos representing the month of November, they are mostly of unsuspecting turkeys (see front page, though Tom Turkey looks like he might be on to us) and food? Lotsa food. Yes, the season of excess food is upon us. Let's not go into it unprepared. We want to be free to focus on the reason for November's biggest holiday, yes? We *don't* want to fall prey to the lure of tables groaning with food and "helpful" relatives urging us to have "just one bite! One bite couldn't hurt!"

So, how to prepare? *Make a plan ahead of time for every gathering.* Let's talk to our sponsors and our fellows to offer help and enlist their help in return. Consider "bookending" each gathering; that is, tell a buddy what your plan is. While you're at the event, work your plan! Make a phone call during the event if necessary. Then afterward, call your "event buddy" and tell them how you did. Just that extra bit of accountability and loving support can help us to 1) retain our equanimity, 2) remain abstinent, and 3) relax, give thanks, and enjoy the festivities. You've got this!

And recently, as I was starting to learn about centering prayer, I came across a brilliant clergy woman who spoke about a collective awakening. It included compassion for the Earth and all its sentient beings. She chanted, "Be still and know that I am God." I've been doing that lately and it has been really powerful.

The uncertainty that I feel about OA echoes the uncertainty that I sometimes feel about my Higher Power. When I'm in my addiction, I cannot fathom how I will be able to make the effort it takes to recover. Only when I am back on again do I understand that its power reveals itself *when I make the effort*.

This morning, I set my timer for 20 minutes and repeatedly chanted, "Be still and know that I am God." Part of my mind whirled with thoughts about chores and daily aggravations. I let go of each thought and returned to the chant. I felt more centered, less afraid, more grateful, more aware of the beauty of the sun and trees and grass still green. It occurs to me that I need consistency and willingness -- to put down the phone, the TV, my busyness and thoughts about eating for just that brief segment of time in order to enrich my soul.

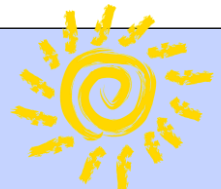
Turns out I don't need to define God to pray. It is enough that I can be still and, in that stillness, experience a profound sense of peace. I am less annoyed by my neuroatypical son's behavior and the demands of caring for all my pets. I can even be grateful for the sounds of life all around me. I am not lonely. I feel loved and loving. I am more patient. About my son, I say, "How can I help him?" instead of feeling impatient and frustrated.

I don't feel like I must accomplish something to justify my existence. I have permission to BE.

- Celeste from Roxborough



Joy and Recovery at the 2025 PAIG Retreat



Every retreat strikes its own tone, and this year's was, as we'd hoped, warm, loving, happily connected, and beaming. *Sunlight of the Spirit* held us in its warm embrace.

To gather together, sharing and strengthening our recovery, is magic. The weekend's camaraderie was so joyful, and so *contagious*, that the building fairly hummed with it. It seemed that as a whole, we attendees were fully present, and so were our HP's. They didn't want to miss out! Lucky for us.

Oh, there may have been the occasional moment of discord, as when one member <ahem> crankily insisted that only *she* knew The Proper Way to Assemble an Auction Basket. Beautifully restrained and exhibiting spiritual recovery at its finest, her friends simply ignored her until she went away. Good move. We hear she made amends.

And it may be that yet again a beloved breakfast staple, humble oatmeal, was unaccountably runny. Now, it's a challenge to create gastronomical wizardry for 70 people all with unique food plans, and Chef and his staff work really hard to meet us where we are. Still, sometimes tweaking is required. The evaluations brought some other meal issues to light as well. Consider them tweaked.

There's more!

There were some changes this year, most notably that several long-time Retreat Committee members weren't able to make it, and we missed them sorely. We did our best to follow in their dedicated, hard-working footsteps.

Next, the B'OAtique moved to a different spot where it welcomed the Nametag/Craft tables into its new, roomier location. Would it work? Did it ever! The new space became a bustling social hub. Members browsed, played with glitter and gabbed in their free time to a backdrop of fashionistas sashaying around the room in their new togs, the better to elicit oohs and ahhs. There were plenty to choose from; the volume of clothing was staggering. Hundreds and hundreds of pieces came in, and the B'OAtique's volunteers worked feverishly, folding, hanging, organizing by size and type. The operation was largely up and running by Friday night. We're still not sure how they managed it. Elves? We suspect as much.

Annnnd it gets better: At the end of the retreat, after a plea from the podium, people converged on the B'OAtique to help pack it up. It was a daunting task. But the room was restored in -- I'm not kidding -- what felt like 5 minutes. Though attendees had laid claim to a lot of the clothing, enough remained that most helpers left with a bag destined for donation. It was *brilliant!* I think we're on to something.

The workshops were largely a hit. Imagination galore! And many this year were interactive. *Pin the Principle on the Tradition*, anybody? Though it began with attendees politely taking turns, within minutes they were on their feet, laughingly hunched over a game grid and working together to strategically figure out the solution, which wasn't quite as straightforward as they'd imagined. When they'd figured it out, they burst into spontaneous applause. Well done!

Ow, My Aching Recovery, which tackled the issue of how aging can affect our recovery, drew a lively crowd of members at varying levels of what I like to refer to as my *reluctant maturity*. Reluctant indeed. It turns out there were others, too, who were only there to gather information. For a friend. <wink>

The initial writing prompt for *Spiritual Alchemy*, a workshop on revealing our assets through Steps Six and Seven, caught attendees by surprise: *Who is your favorite Disney character?* Other questions followed, cleverly revealing to attendees their most admired traits; which ones they already possessed; which ones they wanted to develop, and finally, how working Steps 6 & 7 could help them do so. The key: persistence and patience. Fascinating.

And so on. So many good ones! Retreat evaluation forms help us to figure which ones are worth someday revisiting, and which ones less so. They also carried suggestions galore: how to improve; what went right; what sorts of workshops members would love to see on next year's agenda. We're super grateful for everybody's participation.

Indeed, it's participation that makes the retreat so magical. Everybody's in on the act. While the retreat committee plots a course, puts the canoe in the water and points it in the right direction, the combined efforts of 70-something attendees serve to keep it happily afloat and moving with the current.

At right: Two members pose obligingly for a photographer at the retreat entrance.



Keep reading!



And on that note, have we talked about the entertainment portion of the weekend? We were treated to beautiful gowns and outrageously fabulous outfits twirling up the aisle, spontaneous singalongs, banana six-shooters, Karaoke, and original music that brought down the house. We had laughs and stirring stories of transcendence and Motown and boy, the folks visiting from far-flung places sure know how to cut a rug! I think we might need to return the favor. Let's strategize, shall we? Road trip!!

In the meantime, thanks to everybody! Special thanks to those who helped behind the scenes: the 2025 Retreat Committee, our hardworking workshop leaders, Malvern's fabulous staff, all the area meetings and individual members who chipped in to help fund scholarships and more. Best of all, thanks to the Philadelphia Area Intergroup, aka the Mother Ship.

Sunbeam us up! (Ouch. My apologies. I couldn't help myself.)

Let's continue to spread the joy, all. Don't forget The Legend of the Dirty Sneaker!

May love and recovery be yours until we meet again --

Chris N., 2025 Retreat Chair ❤️



Karen's froggies hopped on over again this year!

So many fabulous gifts to raise \$ for scholarships.



Shari B's artistry!

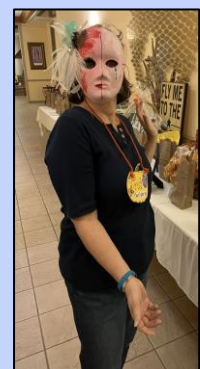


The crowd danced while Christina spun tunes.



Group photos at 12-step events are weird. We're all smiling! Promise!

A comely duchess models her fascinator. And a pot of tea!



An artist models her mask depicting the sad before and joyful after of her recovery.

Call for Stories for OA's New Secular Daily Reader

BIG NEWS!

LOOK!!

Are you part of the secular, atheist, agnostic, freethinker, and/or nontraditional belief community of Overeaters Anonymous? We are working on a daily reader for you, similar to *For Today*, and we need your help: Specifically, we request submissions from you.

To contribute, select a few lines from a piece of OA-approved literature that have special meaning to you. (*Remember to cite the source of the quote, including page number.*) Then write your thoughts on the quoted passage. How does it strengthen your recovery? Please also offer a related thought and/or action for the day. Your submission should not include any references to God, Higher Power, Supreme Being, or a deity of any type. In total, writing should not exceed 800 words.

The purpose of this secular daily reader is to help readers establish and maintain recovery, regardless of their beliefs or nonbeliefs. The content will be carefully selected from contributions by OA members like you, and selections will be free from specific religious references. This daily reader is designed to motivate and inspire OA recovery using a wide range of OA-approved literature and the experience, strength, and hope of OA members.

If any of this speaks to you, or is part of your lived experience, please consider sharing your story.

Please note:

- Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned.
- Please include your name and contact information with your submission. You may request anonymity with publication. Your state, province, or country may also remain anonymous upon specific request.
- Submissions should be submitted via **Jotform**.
- Please keep stories to 800 words or less.
- All languages welcome!

**Submit via Jotform by
January 15, 2026:**



<https://form.jotform.com/220035565825050>



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



What is IDEA Day?

International Day Experiencing Abstinence (IDEA), celebrated the third full weekend in November (or thereabouts) encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.



We couldn't agree more!

Sounds like a good day to focus on gratitude!

So please join The Monday night Moss Rehab meeting for a very special

IDEA Day Gratitude Workshop!

Monday, November 17, 2025

Fellowship: 7:15 p.m. Workshop promptly at 7:30 p.m.
Moss Rehab

60 East Township Line Road, Elkins Park, PA 19027
in the first-floor conference room.

Free parking in lot! Ask at front desk. Look for signs!

Featuring a speaker who'll share her experience, strength and hope with an emphasis on gratitude. **Note:** this is a hybrid workshop; for info about attending by phone, please call the Monday night, Moss Rehab regular meeting contact found on PAIG's meeting list by clicking [here](#).

We can't wait to welcome you!

OVEREATERS ANONYMOUS®

FELLOWSHIP OF HOPE GROUP
Virtual Workshop On

“GRATITUDE”

THURSDAY, NOVEMBER 27, 2025 9:15 – 11:30 AM EST



9:15 – 9:30 AM – Fellowship 9:30 –
11:30 AM – Meeting

- 3 Speakers
- Sharing
- 7th Tradition (instructions provided)

Sponsored by: **Fellowship of Hope Group** from Philadelphia Area Intergroup
(PAIG) Join Zoom Meeting:

<https://us02web.zoom.us/j/85939659369?pwd=BPxsWYXa8eJ5CJ7NmzrV5ZMxgACLR1>

Meeting ID: **859 3965 9369**

Request Passcode, info or inclusion on our email list from:

OAFOHquakertown@gmail.com Or Contact: **Judy M., 215-870-6013**

From the minds that brought you

"Self-Will Run Riot" & "Why Am I Crying in a Parking Lot Again?"
conference
... a ~~comedy~~ about physical, emotional, & spiritual recovery.

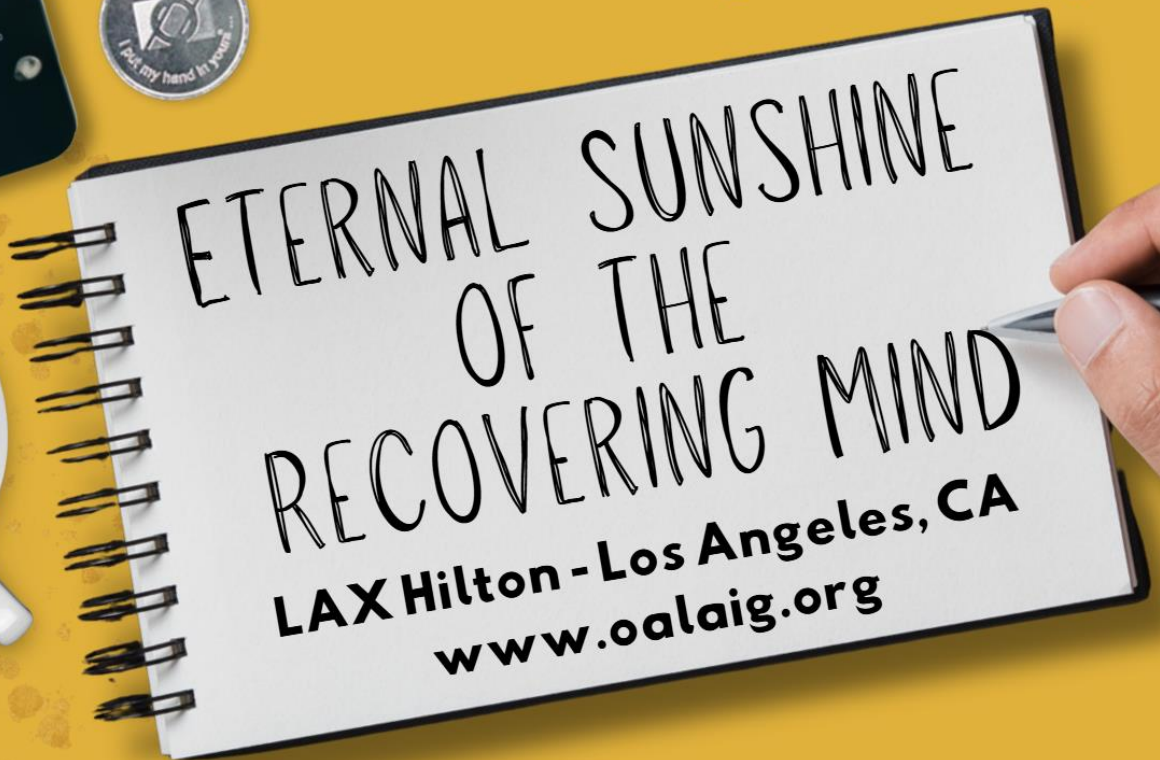
The 66th

OA

Birthday Party

SAVE
THE
DATE!

January
16th-18th,
2026



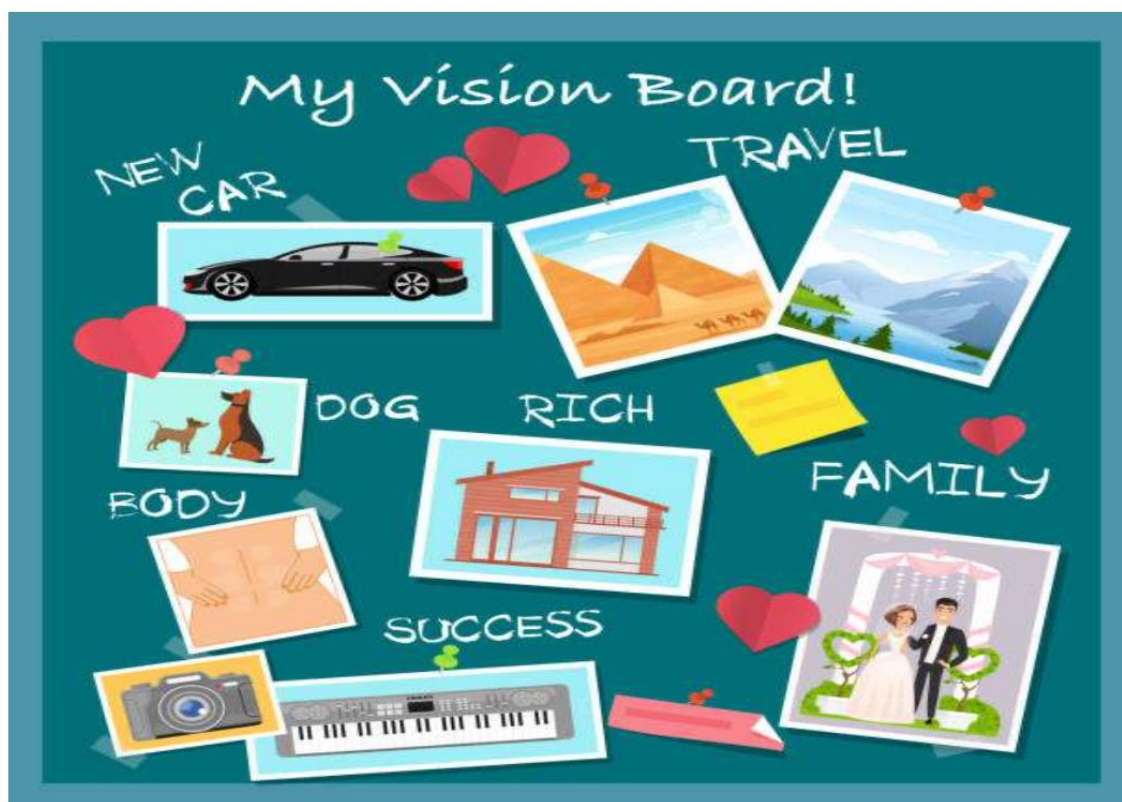
LOS ANGELES INTERGROUP PRESENTS A HIGHER POWERED Production in association with ANONYMITY
Directed by PRAYER & MEDITATION Written by THE TOOL OF WRITING Starring MEETINGS, TELEPHONE &
SERVICE Produced by ACTION PLAN Script Supervision by YOUR SPONSOR Casting by YOUR HIGHER POWER
Costume Design by HONESTY & WILLINGNESS Props by THE BIG BOOK Sound by THE VOICE IN YOUR HEAD
THAT SAYS "CALL SOMEONE" Lighting by THE SUNLIGHT OF THE SPIRIT Music by THE LANGUAGE OF THE HEART
special Thanks to THE FELLOWSHIP CARRYING THE MESSAGE © OA BIRTHDAY 2026. ALL FEELINGS RESERVED.

SAVE THE DATE!

The 2026 SCPOAI retreat will be held May 8, 9, 10 2026.

Theme:

A Vision for Me



Camp Hebron
Halifax, PA

This makes a great gift! No price increase for 2026. \$285/double

Overheard Recovery

"I need to feel to heal."



A Writing Exercise

Am I willing to meditate for just five minutes per day, even if it feels uncomfortable?

If not, how come?



November's Pet of the Month!

Abby. ❤️



Meet Abby, aka *my precious Abby girl*, whose devoted Mom is Suzanne M. Earlier this year, Suzanne found herself mourning the loss of both her sister and her 17-year-old Yorkie, Katie, who'd died just two weeks apart.

Suzanne was mourning deeply when in February her children came to visit, bringing with them a sweet little ball of fluff. That fluff was Abby, and she literally saved Suzanne's life, she now marvels.

"She's the best dog *ever*. She never barks, she's playful and loving with everyone, and she's safe with children. She brought me back to life! Dogs really are a woman's best friend."

Goo' girl, Abby! We're awfully glad you're our Pet of the Month. 🐾

Step 11: Spiritual Awareness

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

Can you find these words?

Accept
Pray
Meditate
Growth
Action
Practice
Prayer
Connect
Healing
Strength
Relax
Heart

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



"Yeah, I'm here at the retreat.
I think I'm finally getting it."

CALLING ALL TREASURERS!

Does your meeting have 7th-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-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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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., November 5th. Next month's will be on Wed., December 3rd. 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."