

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

Welcome to OA – Welcome Home!



Step 1

We admitted that we were powerless over food -- that our lives had become unmanageable.

Spiritual Principle

Honesty



Tradition 1

Our common welfare should come first; personal recovery depends upon OA unity.

Spiritual Principle

Unity



Have you ever wished you could lose ten pounds, twenty, forty, or a hundred or more? Have you ever wished that once you got it off you could keep it off? Welcome to OA; welcome home!

Have you sometimes felt out of step with the world, like a homeless orphan without a place where you really belong? Welcome to OA; welcome home!

Have you ever wished your family would get to work or school so that you could get busy eating? Welcome to OA; welcome home!

Have you ever awakened first thing in the morning and felt happy because you remembered that your favorite goodie was waiting for you in the fridge or in the cupboard? Welcome to OA; welcome home!

Have you ever looked up at the stars and wondered what an insignificant person like you was doing in the world anyway? Welcome to OA; welcome home!

Have you ever cooked, bought or baked for your family and then eaten everything yourself so that you wouldn't have to share? We know you in OA because we *are* you. Welcome to OA; welcome home!



Have you ever wanted to hide in the house, without going to work, without getting cleaned up or even getting dressed, without seeing anyone or letting anyone see you? Welcome to OA; welcome home!

Have you ever hidden food under the bed, under the pillow, in the drawer, in the bathroom, in the wastebasket, the cupboard, the clothes hamper, the closet or the car so that you could eat without anyone seeing you? Welcome to OA; welcome home!

News to stay cozy by...



Oh? Do tell. It's colder than a...never you mind. Peep!

Meeting



Roundup!

Rounding up all members!

Let's lasso folks who've recently joined our meetings to ask them:

1. How did you hear about OA?
2. Have you seen flyers or ads in your area?
3. If so, where?
4. Did you call or go online?
5. Had you heard of OA before?
6. What made you decide to act?

Share the news with your meeting's PAIG rep so that they can bring it to the February PAIG meeting. Knowledge is power! Let's harness that power to reach those who are still suffering.

Thanks, all!



In May of 2025, World Service Business Conference delegates approved a revision of OA's pamphlet now entitled *To the Man Who Wants to Stop Eating Compulsively, Welcome*.

The new pamphlet has just been issued, and it has added 10 new stories, the 12 Traditions and Principles, and more. It costs \$3.25 at the OA bookstore [here](#), or you can obtain an e-book version for [Amazon Kindle](#), [Barnes and Noble Nook](#) or [Apple Books](#).

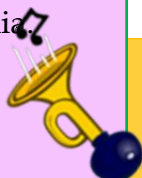


Yo! Have you tried PAIG's newest meeting yet? It happens on Wednesday evenings, from 6:30 – 7:30 p.m. at the Weavers Way Co-op in Germantown.

Street parking is free, and the meeting is held inside the co-op's community meeting space at the corners of Cheltenham Avenue and Morris Street, 326 Cheltenham Avenue, Philadelphia.

Let's show our support for our newest Philly meeting!

See page 7 for the meeting flyer! The members there can't wait to welcome you! Tell 'em AWARE sent you, er, youse. <wink>



In the most recent *Inside OA* podcast, host Meg M. chats with BJ, a current Region 2 trustee who is also an abstinent compulsive overeater and bulimic, about Steps 7 and 12. Topics include getting the word out about OA, charitable giving, and a commitment to service. Sounds intriguing!

Give a listen by clicking [here](#).



Itchin' for more OA news? Go right to the source! At <https://oa.org/news/>, you can read OA's *A Step Ahead News* about events, publications, fundraising efforts – the list goes on.

Have you ever been angry, resentful, defiant – against God, your mate, your doctor, your mother, your father, your friends, your children, the salesperson in the store whose look spoke a thousand words as you tried on clothes – because they were thin, because they wanted you to be thin, and because you were forced to diet to please them or shut them up or make them eat their words and their looks? We welcome you to OA; welcome home!

Have you ever sobbed out your misery in the dark night because no one loved or understood you? Welcome to OA; welcome home!

Have you ever felt that God (if God existed at all) made the biggest mistake when God created you? Can you see that this is where such feelings get turned around? Welcome to OA; welcome home!

Have you ever wanted to get on a bus and just keep going, without ever once looking back? Did you do it? Welcome to OA; welcome home!

Have you ever thought the whole world was a mess and if they would just think and act like you, the world would be a lot better or. Welcome to OA; welcome home!

Have you ever thought that OA people must be a bit nuts? That they might be compulsive overeaters, but you just have a weight problem which you can take care of beginning tomorrow; they might be one bite from insane eating, but you are just a little or a lot overweight? Welcome to OA; welcome home!

Have you ever told anyone who would listen how great you are, how talented, how intelligent, how powerful – all the time knowing they would never believe it, because you didn't believe it? Welcome to OA; welcome home!

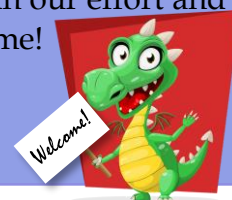
Have you ever lost all your weight and found that you were thin-unhappy instead of fat-unhappy? Welcome to OA; welcome home!

Have you ever worn a mask or hundreds of masks because you were sure that if you shared the person you really were no one could ever love or accept you? We accept you in OA. May we offer you a home?

Overeaters Anonymous extends to all of you the gift of acceptance. No matter who you are, where you come from or where you are heading, you are welcome here! No matter what you have done or failed to do, what you have felt or haven't felt, where you have slept, or with whom, who you have loved or hated – you may be sure of our acceptance. We accept you as you are, not as you would be if you could melt yourself and mold yourself and shape yourself into what other people think you should be. Only you can decide what you want to be.

But we will help you work for the goals you set, and when you are successful we will rejoice with you; and when you slip, we will tell you that we are not failures just because we sometimes fail, and we'll hold out our arms, in love, and stand beside you as you pull yourself back up and walk on again to where you are heading! You'll never have to cry alone again, unless you choose to.

Sometimes we fail to be all that we should be, and sometimes we aren't, there to give you all you need from us. Accept our imperfection too. Love us in return and help us in our sometimes- falling failing. That's what we are in OA – imperfect, but trying. Let's rejoice together in our effort and in the assurance that we can have a home, if we want one. Welcome to OA; welcome home!





Welcome to 2026! Lettuce pray.

As the produce manager at a local co-op for 15 years, I became accustomed to planning ahead for the inevitable rush on salad makings every January. Pretty much every produce department in the U.S. (and probably elsewhere) has to start on January 2 stocking as much as 50% more salad greens than in any other month of the year. We compulsive eaters in OA know that January 1st signals a return to Step One, but that date seems to signal Step One for multitudes of others as well. Or maybe it's Step 0 - "We admitted we had to do *something* about our eating."

While I can sympathize, I and my OA fellows have learned the hard way that, for us, planning to lose weight via dieting is sadly misguided and reliably unsuccessful.

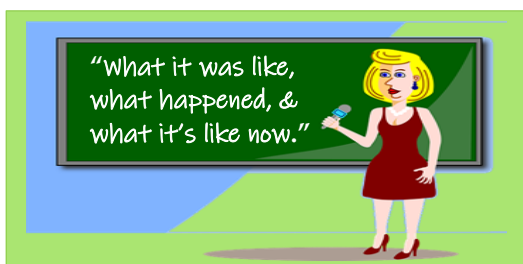
What happens to the many people who start a diet on January 1st, resolving to "eat healthy" and lose weight in the coming year? I don't know for sure, but February 1st always marked the return to standard quantities of salad sales.

In OA, we've learned that admitting we are powerless over food is the key -- and that weakness itself the superpower -- that enables us to join others on a path to sanity.

Did you experience abstinence throughout the fall and winter holidays with all their attendant food and drink? You aren't alone if you had some shaky and questionable moments. So, to all the old-timers and our courageous newcomers, Welcome to January! Welcome (back) to Step One!

You can count on OA being here for you on February 1st.

- Jean MacK., Mount Airy



Did you know that PAIG maintains a list of available speakers? Region 7 has a list as well. Neither are available online to protect members' privacy, but if you're interested in finding a speaker for your meeting or event, you can reach out to Laura, L., the keeper of the lists. You can reach Laura by sending an email to:

lauraglibove@gmail.com.

OA's Board of Trustees has reached out to let us know how we can make a difference! Take a peek.



"Dear OA Member,

At this time of year, many of us are reflecting on how we can make a positive difference – whether through kindness, service, or supporting causes we care about. In OA, giving can take many forms, and each one helps strengthen our Fellowship and welcomes those who are seeking recovery. Throughout December, we invite you to reflect on the ways you might offer support and connection within the OA Fellowship. Here are just a few meaningful ways members can “give” within OA:

- ♥ Welcome a newcomer at a meeting or reach out to someone you don't know yet.
- ♥ Share a message of hope with someone who is struggling.
- ♥ Offer service, such as reading, helping with technology, or staying after to clean up.
- ♥ Share OA literature by sending a book or pamphlet to someone who might find it helpful.
- ♥ Make a contribution to help OA carry the message worldwide.

If you feel moved to offer support through a financial contribution this month, know that your generosity will help OA provide essential resources around the globe. Contributions sustain tools like the Find a Meeting search, support the development and translation of OA literature, maintain worldwide service efforts, and ensure that newcomers everywhere can access the hope and recovery OA offers. Every gift strengthens OA's ability to carry the message to those still suffering, no matter where they live.

Thank you for all the ways you give – through your presence, your service, your kindness, and your support. Together, we help keep OA strong, welcoming, and available to everyone who seeks recovery.

With gratitude,

Overeaters Anonymous Board of Trustees” *

UPDATE

FIND A MEETING - PROGRESS REPORT

December 18, 2025 Update: We're making great progress on improving the Find a Meeting search, with major enhancements expected in the next 2-3 months. In the meantime, please make sure your meeting information is up to date to help ensure a smooth transition. We've raised \$19,226 toward our \$75,000 goal to complete these improvements. Your generous support is making a difference. Please continue to help get the word out.

**Together
we've raised
\$19,226
USD**

***Thank you for
your
generosity!***



With Your Help, We Can Provide:



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

Overeaters Anonymous

Together we recover

A Design for Living

Join us for an Open Meeting to support one another on the journey of recovery from compulsive eating.

Weekly on Wednesdays

Starting Wed Nov 12th, 2025
at 6:30 pm

Free street parking



Weavers Way Germantown
Community Space,
326 Cheltenham Ave,
Philadelphia PA 19144



Nicole C - 401-651-2202



www.oa.org

OVEREATERS ANONYMOUS®



FELLOWSHIP OF HOPE

Virtual Workshop on

“ONE DAY AT A TIME”

Thursday, JANUARY 1, 2026 9:15 – 11:30 AM EST

9:15 – 9:30 AM EST– Fellowship

9:30 – 11:30 AM EST – Meeting

3 Speakers - Sharing - 7th Tradition

Sponsored by: Fellowship of Hope, from Philadelphia Area Intergroup (PAIG)

Join Zoom Meeting:

<https://us02web.zoom.us/j/85939659369?pwd=BPxsWYXa8eJ5CJ7NmxzrV5ZMxgACL.1>

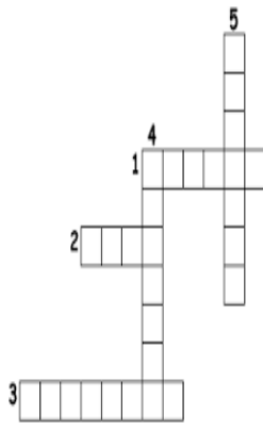
Meeting ID: 859 3965 9369

Dial In: 1 929 205 6099 Int'l Dial In #s: <https://zoom.us/zoomconference>

Request Password/Passcode call or text: Judy M. 215-870-6013



A LONGTERM SOLUTION TO THE
PUZZLE
OF COMPULSIVE OVEREATING!



- ***WHY COMMERCIAL DIET PROGRAMS MAY NOT WORK FOR COMPULSIVE OVEREATERS?***
- ***WHAT QUICK FIXES DON'T OFFER***
- ***WHY PEOPLE KEEP COMING BACK?***

THREE SPEAKERS SHARE THEIR STRENGTH, HOPE AND EXPERIENCE.

TIME FOR SHARING AND QUESTIONS.

IN KEEPING WITH OUR 7TH TRADITION A DONATION OF \$5.00 IS SUGGESTED .

JOIN US ON SATURDAY, JANUARY 10, 2026

10:00 AM – 12:00 PM EST

ZOOM MEETING ID: 228 467 1262

PASSCODE: recovery

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.

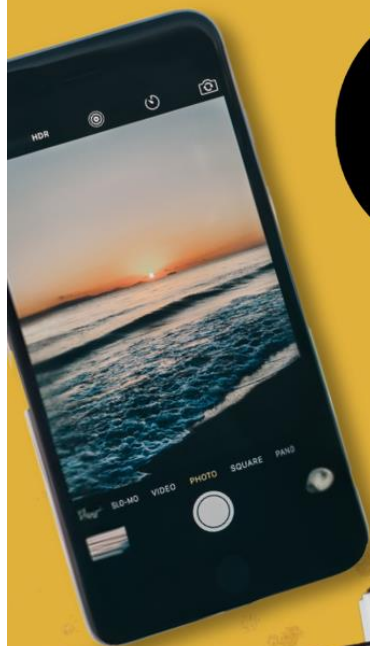
The 66th

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.



**OVEREATERS
ANONYMOUS®**

GREATER NEW YORK METRO INTERGROUP
Special Events Committee

Happy New Beginnings!

Speakers share their new journeys

**Sunday, January 18, 2025
1-3pm EST (UTC -5)**

**Zoom ID: 872 3387 7388
Passcode: 358639**

specialeventsoa@gmail.com

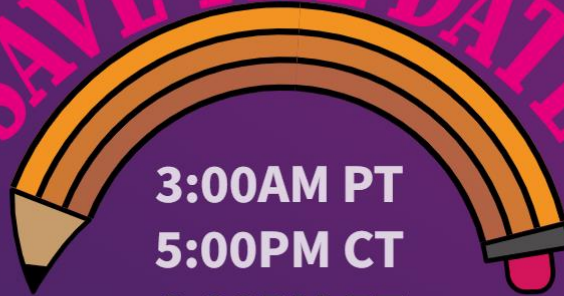
STEP STUDY WORKSHOP



OA CREATIVE REPRIEVE WAY



SAVE THE DATE



3:00AM PT
5:00PM CT
6:00PM ET
4:00PM MT
10:00PM GMT
11:00PM CET

2026

JAN 20 - APRIL 28

TUESDAYS *6PM-8PM ET

Advance Registration Required

REGISTRATION OPEN CLICK HERE
NOW THROUGH Sunday, Jan 18, 2026

ALL OA
MEMBERS
ARE WELCOME

CREATIVES
AND
NON-CREATIVES

SPECIAL FOCUS
ON THE
PRINCIPLES

SPECIAL FOCUS
ON LIVING
THE STEPS

*FEB 24, 2026
STEP 4 INVENTORY, 6-9PM ET

CREATIVITY (Joyful Pursuit)
The Unofficial
Tenth Tool
www.oacr.net
oacrstepstudy@gmail.com

NJIOA.ORG
presents

Stories of the Big Book

The 31st Annual NJIOA

Winter Retreat

Saturday Feb. 28, 2026

9:00am - 4:00pm EST

An all-day retreat on Zoom

EASILY REGISTER ONLINE HERE:

<https://www.NJIOA.org/winter-retreat>

You may choose any donation level that works for you: \$5, \$10, \$20. Scholarships are available. For scholarships, email us at Chair@NJIOA.org.

CONTACT PEOPLE:

Jeff A.
(201) 341-6287
Chair@NJIOA.org

JUDY L.
(201) 615-4955
Events@NJIOA.org

Gail S.
(201) 446-4519,
Secretary@NJIOA.org

Mary Ann C
Registration Questions
(973) 568-2761
Register@NJIOA.org

2 powerful
Keynote
Speakers
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Panels &
Discussions
Topics Q&A
Lunchtime
Entertainment

www.NJIOA.org

REGISTER BY MAIL: Snip and complete this registration form and mail it with a check payable to NJIOA.

MAIL THIS FORM TO: Mary Ann Cluney, 11 Newbridge St., Durham NC 27703

NAME: _____

CELL: _____

EMAIL: _____

☐ PLEASE ADD MY NAME & CELL TO THE
'WE CARE LIST' FOR THIS EVENT

I WOULD LIKE TO DO
SERVICE AT THIS EVENT:

☐

WORKSHOP LEADER

☐

WORKSHOP TIMER

☐

EVENT COMMITTEE

☐

ZOOM SUPPORT

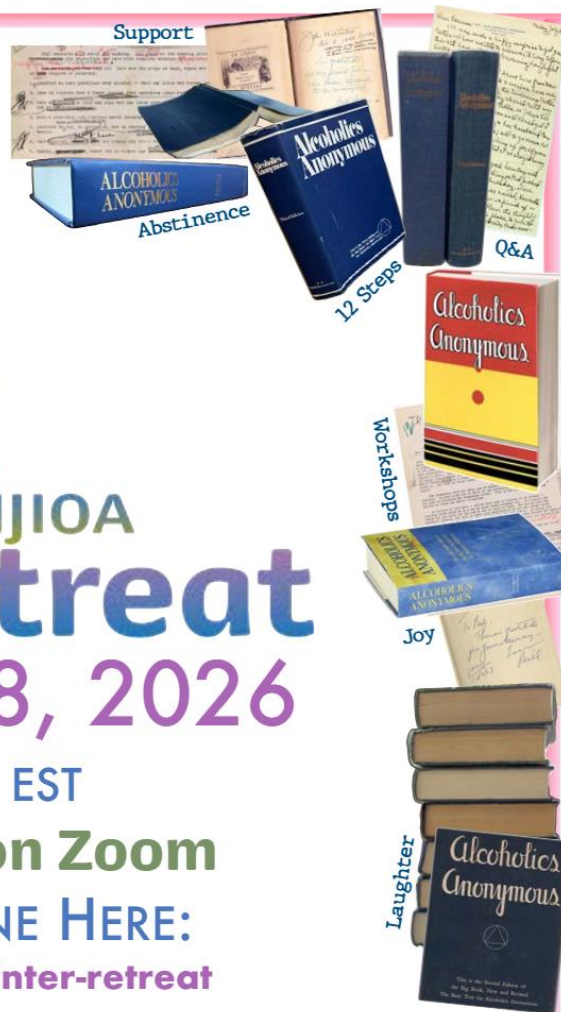
☐

WORKSHOP HOST

☐

I CAN HELP AS NEEDED

NJIOA 2026



Overheard Recovery

I came for the vanity. I stayed for the sanity. Who knew?



A Writing Prompt



What's the best way for me to reinforce my teachability each day? How does doing so strengthen my program?

January's Pets of the Month! Sky and River



Meet Sky and River, beloved pups of Anthony H. and his wife, Laura.

Sky, a silky chocolate lab, was adopted from an online classified website five years ago. Boy, did they luck out, says Anthony: Sky is a sweetie: no biting, no barking, no problem! Unless you sit in her chair. Then she'll circle you while she gives you a bad look. Most folks don't sit there twice.

Sky runs the household. Couch? No problem. Bed? She hops up and instantly becomes a rug, Anthony chuckles. They wouldn't have it any other way.

River is a blue heeler Australian Cattle Dog. She was adopted from a rescue 2 ½ years ago. She was gaunt, with worms and untreated infections. Oh no! But fear not: Mr. & Ms. H to the rescue! Many vet visits and lots of TLC later, River was on the mend.

Now River is healthy and happy. Anthony says that River has a great attitude but she's *very* protective. If someone pulls into their driveway, she immediately barks a warning.

If a coyote enters the yard, she'll pull her sister into the house by her collar, even though Sky outweighs her by nearly 40 lbs.!

Sky and River, you are *very* good girls. We sure are glad you're our Pets of the Month.



Step 1: Honesty

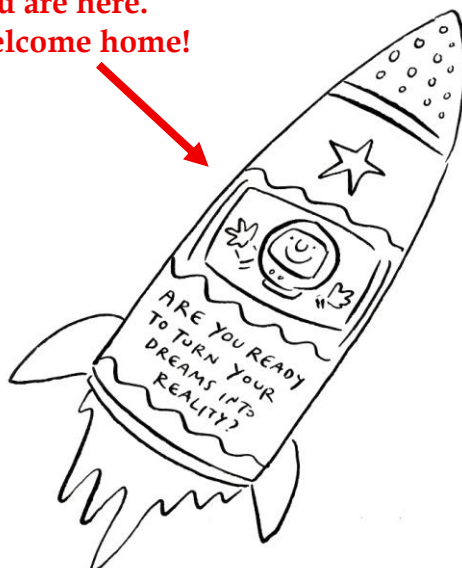
M Q H N N O R S S F R E C I X B Z J E Z
Q R J N H K U Y H K E M H M G J R J E T
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I Z F P L T U J M D A P R M A E G A J V
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P O H F B Y I E N L S R A U K G Z N K W
A F G W M N K R E Z L V D L R U K C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

Can you find these words?


Belonging
Principles
Sponsor
Discussion
Recovery
Respect
Encouragement
Differences
Personalities
Accord
Willing
Release

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

You are here.
Welcome home!



CALLING ALL TREASURERS!

Does your meeting have 7th-tradition funds over and above your prudent reserve and immediate-future costs? Here are the suggested disbursement guidelines from OA's World Service Office as of January, 2025. 

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 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.

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
Anthony H.	PI/PO 917-930-1086

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., January 7th. Next month's will be on Wed., February 4th. The meeting starts promptly at 7:15 pm via Zoom. Contact 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 and enter your email address in the box labeled "Join PAIG's Google Group."