

# AWARE!



Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



### Step 4

Made a searching and fearless moral inventory of ourselves.

### Spiritual Principle

Courage



### Tradition 4

Each group should be autonomous except in matters affecting other groups or OA as a whole.

### Spiritual Principle

Autonomy



### Winning!

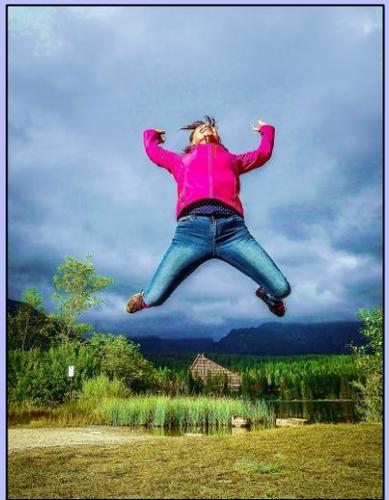
I have been in Overeaters Anonymous since the late 1970s. I haven't been abstinent the whole time; I experienced several relapses, most notably when I had a boyfriend. I found that suddenly I had other things to do besides go to meetings, and I wanted to indulge in foods that were not on my food plan. Still, even with my relapses, I always came back.

Over the years, I did several Fourth Steps: with a sponsor, with sponsees, in a group setting using the Big Book of AA (*Alcoholics Anonymous, Fourth Edition, AA World Services, Inc.*), and yet again in other 12-Step programs. My working repeated Fourth Steps and choosing to return after relapse makes me feel like a double - even triple! - winner.

In anticipation of a weekend Step Study a dozen years ago, I wondered what I would include in my Fourth, Eighth and Ninth Steps that time around. I had already done a lot of step work, and I felt that not only was I in good spiritual condition; I had good relations with my family, friends, and fellows, too. I decided to leave it up to my Higher Power.

During the weekend, we worked either as a group, or in pairs, or sometimes in small groups for support and assistance. When I began working the Fourth Step I managed to think of three resentments, one of which I wasn't sure really was a resentment. It was more like a difficulty I was having with my daughter.

She and I had always been close. She'd recently had my first grandchild, and I was so looking forward to seeing the baby, but we hadn't been communicating much and I wondered if I'd offended her somehow. The group was helpful. One person said "Do you have her phone number? You could ask her."



# April! About bloomin' time!



March's *Inside OA* podcast is all about how OA's website came about, how it evolved, and how it's maintained. In the beginning, it seemed like a good idea. Now, it's a vital way to connect potential and current members from all over the globe.

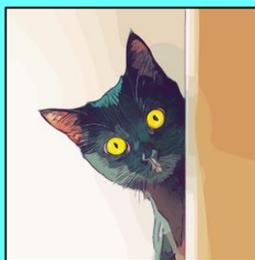
Join host Meg M. and Cyndy, an OA trustee, as they chat about OA's multi-faceted website by clicking [here](#) and scrolling to the bottom of the webpage.

You can also listen to OA's Inside OA podcast series on YouTube [here](#), and at Apple Podcasts [here](#).

So much to learn! The better informed we are as members, the stronger the organization. Take a look! Let's share what we've learned in our meetings.

## It's That Time Again!

Time for what, you may ask?



It's time to start planning this year's retreat! From choosing a theme, to firming up plans with the venue, to formulating strategies and assessing last year's darned good suggestions from members, it all starts in

April. Even then, we're often still scrambling in September, which is just how we like it!

Join us! We welcome your input, your fresh ideas, your willingness and your energy.

PAIG's annual retreat is a weekend of recovery, renewal and a rekindling of friendships. Together we share our joys, our sorrows, our epiphanies and sometimes even the morning's supply of joe if you're really desperate and the pot is empty. Hooray for wandering into the kitchen at the crack of whenever in our jammies!

But that comes later. As for now, we're just entering the planning stages. If you'd like to give some input, and you're interested in doing service, come to the **first 2026 Retreat Planning Meeting held via Zoom on April 29<sup>th</sup> at 7:00 p.m.**

Thanks all! See you then! - Chris N., 2026 Retreat 

Zoom meeting ID: 347 721 2196 / Password: 724462

Questions? Call Chris at 720-934-0985.



Speaking of wobbling (see page 3), some of us <ahem> are attending ninety meetings in ninety days to shore up our recoveries. Remember the 90-in-90? It's easier than ever with the advent of Zoom. Others are considering 30/30 or even 7/7. How about you? There are Zoom meetings all over the globe. Here's to immersing ourselves in recovery!

To look for meetings from sea to shining sea, click [here](#).

If you find that you crave the solace and comfort of a meeting but either you don't have time or you're otherwise constrained, remember that you can always listen to one of PAIG's excellent speaker recordings. They're brilliant, and only 20 minutes long. Mostly. Visit by clicking [here](#).

What a concept! When the retreat ended at Step Nine, I packed up and left, stopping on the driveway that led out of the venue to call my daughter. We discussed my concerns, and I found that we'd had a misunderstanding about something I had said several months before. She had still been pregnant then, and emotionally vulnerable, and my words had upset her. It had never occurred to me that I could have precipitated any ill will between us. I realized then that the last column of the Fourth Step, i.e. *my part in it*, was something I really have to pay attention to. We resolved the issue in love.



Generally, I find that if I have expectations – reasonable or not – they set me up for a resentment. If my expectations aren't met, that kind of resentment can derail me. Now, every time I have a resentment I look at my part in it, and indeed, it's usually about my expectations.

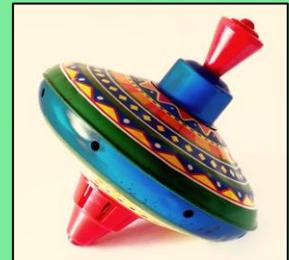
This has made Step Four my favorite of the Twelve Steps. I'm not afraid of it; I always know I'll learn a valuable lesson about myself.

- Sarah V.

## We might wobble, but we stay upright.

Has anybody been feeling wobbly lately? Vulnerable? Program a little sloppy? We've heard this more than once from folks here in the Philadelphia area lately. Of course, the winter of '26 clocked in at what felt like 47 months long, and conditions were a smidge challenging. As of the beginning of March, the local weatherman declared, we'd had a grand total that month of seven – count 'em, seven – sunny days. Yikes.

How can we keep from responding to conditions outside of us – or outside, period! – that make us want to hunker down, find a warm spot, and indulge in some old, maladaptive behaviors?



For many of the members we've heard from, the gift of continued abstinence in the face of persistent agita can be found in the predictability of their recovery practices. When we replace old habits with healthy ones, they coalesce first into routines, then habits, and eventually into behaviors that we exhibit almost without thinking. *Unthinkingly* is how many of us once harmed ourselves with food, yes? That kind of automatic behavior can really undermine our efforts. Our new routines represent the flip side of automatic behavior: We make it work *for us*.

Our new, healthy behaviors act as scaffolding, keeping our programs upright and sturdy. Our morning routines might include prayer, meditation, stretching, writing. Others might commit their food, check in with their sponsors, read literature, and make phone calls. Our nighttime rituals look similar, with the addition of visiting Steps 10 and 11. Then what? We attend meetings regularly. Do service. And make it a point to help another each day, in ways small and large. It all adds up.

April's showers – or any number of other factors – might just tempt us to check out. Let's share at our meetings about how we resist the wobble! If you'd like to pen a story about *your* experience, share it with AWARE by clicking [here!](#)





# CALL FOR SHORT STORIES FOR OA'S NEW DAILY READER!

**Hey there!** We're excited to create a new daily reader that reflects the wide range of beliefs in our OA community. If you come from a secular or non-traditional background—whatever that means to you—we'd love to hear your voice.

We want to create something that can inspire anyone, regardless of belief or non-belief. Share a meaningful quote from OA literature and let us know how it supports your recovery journey in your own words. Just keep it under **two type-written pages** and **leave out any religious references**, and you're all set.

**We can't wait to see what you contribute!**

**SUBMIT VIA JOTFORM BY  
JUNE 1, 2026:**



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

*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. All languages welcome!*

Metrowest Intergroup (MWI) presents:

# Navigating Social Events

## When Food is Everywhere

APRIL 5 • 1:30 PM EST

ZOOM LINK



# BEACH RETREAT 2026

Come join us for  
a weekend of  
fun, fellowship,  
speakers, activities  
& meetings.  
Leave inspired and  
encouraged.

Enjoy inspirational meetings • recovery workshops • Friday night dance and game night • clothes swap (bring to donate clean, wearable clothing that no longer fits you & look for clothes you love) • karaoke • talent show.

## April 17 - 19, 2026

**Carousel Hotel**  
11700 Coastal Highway (beach front)  
Ocean City MD 21842

**(800) 641-0011**

Make your reservations directly with the Carousel Hotel  
Request the Overeaters Anonymous room block to receive discounted rates  
The hotel reservation rate cut off is 3-17-26

See the brochure with the registration form for prices and more information -  
email us if you need one sent to you.

**HOTEL AMENITIES:** in-room kitchenette • coffee shop • restaurant • indoor  
pickle ball • fitness center • indoor pool & hot tub • indoor ice rink •  
fire pits • beautiful beach

Sponsored by Diamond State Intergroup  
[OAdelaware.com](http://OAdelaware.com) • [DSIGbeachretreat@gmail.com](mailto:DSIGbeachretreat@gmail.com)



# Challenges & their Gifts

Members share challenges HP allows  
and the gifts of recovery on the other side.

Q&A and shares to follow

**SUNDAY 4/19/2026 1-3PM EDT**

**Meeting ID: 829 1238 5470**

**Passcode: 830252**

[specialeventsoa@gmail.com](mailto:specialeventsoa@gmail.com)

podcasts:  
[oanyc.org/oapodcasts](http://oanyc.org/oapodcasts)



# Coming Back to OA

Join us for a supportive workshop where we explore *relapse* as an opportunity to return to Overeaters Anonymous and regain hope.

**Inspiring speakers will share their journeys.**

**Tuesday April 21<sup>st</sup> 2026  
7:30pm – 9pm Eastern**

*Zoom meeting ID: 839 6623 4095  
Password: 829102*

*One click access:  
[https://us02web.zoom.us/j/83966234095?](https://us02web.zoom.us/j/83966234095?pwd=bnLcTbXtytMrxeDWsd7LjCqUHEj27G.1)  
[pwd=bnLcTbXtytMrxeDWsd7LjCqUHEj27G.1](https://us02web.zoom.us/j/83966234095?pwd=bnLcTbXtytMrxeDWsd7LjCqUHEj27G.1)*

*Joining by phone: +1-646-931-3860*



✉ [info@oambi.org](mailto:info@oambi.org)

🌐 <https://oambi.org/>

📍 OA Mass Bay Intergroup

☎ (781) 205-9606



Your OA 90 Virtual Intergroup  
Presents a Workshop on:

## The Challenges of Abstinent Travel (and How I Overcame Them)

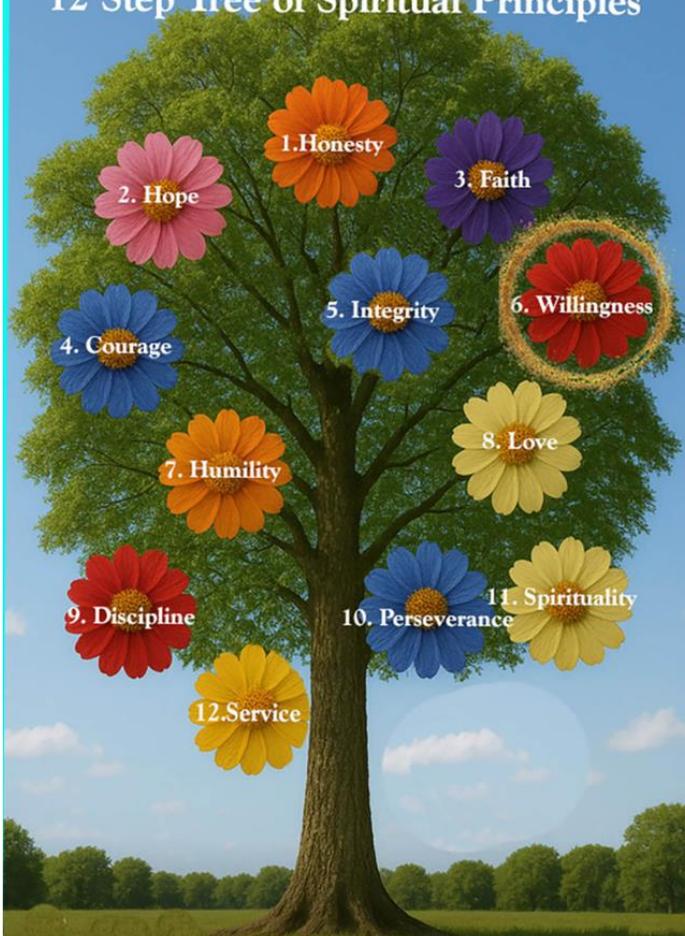


**WHEN?** Sunday April 26th  
10 am to Noon Pacific / 1 pm to 3pm Eastern

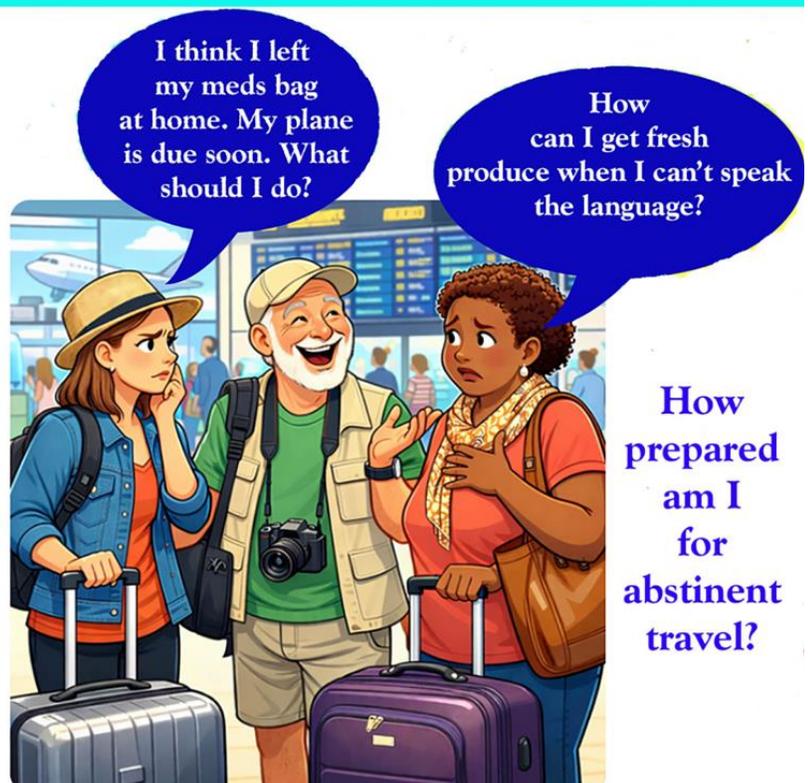
**WHERE?** ZOOM ID 837 1100 7258 Passcode 202690

**CLUE:** It's not just about travel. How about eating out?  
What about that wedding dinner? Luncheon invite?  
My turn to take the prospective client to dinner?  
What might be my abstinent challenge?  
Bring it to Q & A and/or sharing!

### 12 Step Tree of Spiritual Principles



*Everyone*   
IS WELCOME HERE

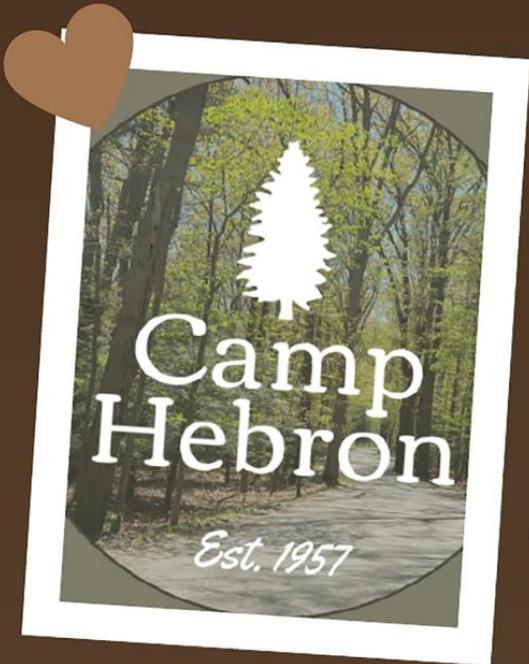


# A Vision For Me



COA RETREAT MAY 8-10

Room, meals, speaker, workshops, crafts, fellowship, hiking trails, paddle boats, hayride & horseriding



957 Camp  
Hebron Rd,  
Halifax, PA  
17032

Register  
here:

\$285 for a  
double



More info

WWW.SCPOAI.ORG

## Overheard Recovery

Put away the “to-do” list, and pick up the “to be” list.



## A Writing Prompt

When I feel worthless, and I’m mired in the fear of judgement, can I ask my HP to hold onto my anxiety for fifteen minutes?

Just fifteen minutes, so that I can unclench and breathe, and remember that I and my puny, flawed humanity are right where we need to be?

## April’s Pet of the Month!



Meet Sebastian. Now eight years old, Sebby was adopted by Gina R. in 2019 when he was still in his kittenhood. When Covid hit several months later, Gina’s daughter Cara came home from college and the three of them bonded. When Cara later returned to campus, Gina was grateful for Sebby’s company, she says now. It’s clear that Sebby feels likewise. They’re a pair.

Like many of us, Sebastian is uniquely food-motivated. Gina laughs about the first Easter meal she prepared for her family after Sebby’s arrival; when no was looking, he leapt up, snagged some raw giblets from the kitchen counter and ran upstairs to devour them on the sly. He strolled downstairs a few minutes later affecting to look blameless, but Gina was on to him.

Since then, Sebby has continued his life of crime, or he tries. Baked goods? You betcha. Dough awaiting the oven? Bring it. Afterward he enjoys a digestif of freshly-grown catnip directly from the planter, which is strongly discouraged. But Sebby turns his nose up at the sort of dried catnip that’s commercially available. Sebby is a feline of discerning taste.

When he isn’t pilfering food or playing on his patio, Sebby wants only one thing: Gina’s lap. His purr is audible from the end of the driveway. *Aww*. Good boy, Sebby! We’re very glad you’re April’s Pet of the Month.



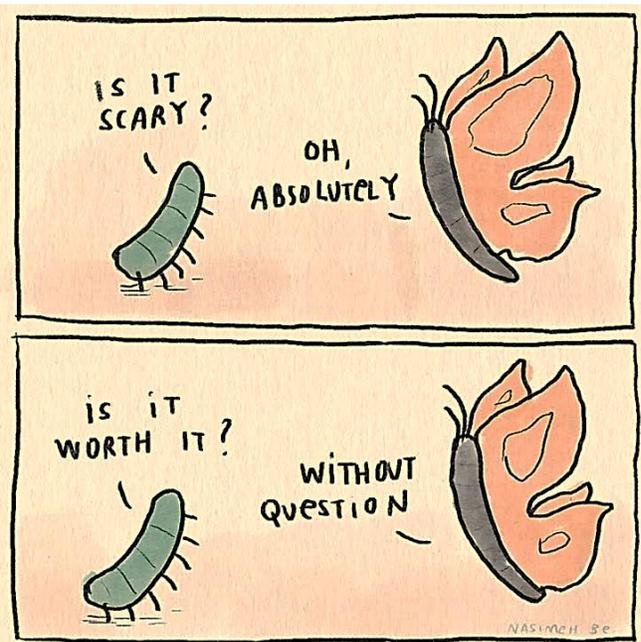
## Tradition Four: Autonomy

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

Can you find these words?

- Freedom
- Choice
- Right
- Responsibility
- Familiarity
- Home
- Spirit
- Individuality
- Honor
- Anonymity
- Unity
- Influence
- Respect
- Balance
- Attitudes

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



# 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 the suggested disbursement guidelines from OA's Board of Trustees.

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:

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**Send submissions to:  
[northword99@gmail.com!](mailto:northword99@gmail.com)**

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Chris N.	AWARE! & 2026 Retreat 
Jean M.	Program Chair 215-528-7610
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Trish M.	WSBC Delegate A 215-370-7640
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**PAIG:**  
(215) 385-3076 or <https://oa-phila.org>

- OA's Region 7:  
<https://oaregion7.org>
- 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>
- OA Rainbow for members' LGBTQ+ support:  
<https://www.oarainbow.org>
- OA Bridge for members with other addictions:  
<https://oabridge.org/>

PAIG meetings are held on the 1st Wednesday of each month. This month's PAIG meeting will be held on Wed., April 1st. Next month's will be on Wed., May 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."