

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.

Spiritual Principle

Hope



Tradition 2

For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Spiritual Principle



Trust

HOPE IN ACTION: HOW TO GROW A MEETING

What does it take to launch an in-person meeting? Start by identifying a need. Add imagination and a dash of curiosity. Continue with a pinch of tenacity, a desire to do service, and a generous helping of Step Two's spiritual principle: *Hope*.

When Germantown resident Nicole C. thought about it, she realized that she was drawn more to in-person OA meetings and the service opportunities they afforded than to those held virtually. With her tight schedule and family obligations, she found herself wishing there were an evening meeting held in her neighborhood that she could easily visit on foot. That's when the lightbulb went off: Maybe she could start one.

So, she did. She scoped out a location in her neighborhood that was easily accessible either on foot or by public transportation. Next, a name was chosen, and the meeting was registered with World Service and with the Philadelphia Area Intergroup. Literature was gathered to have on hand, and then a format was drafted. In November of 2025, the doors opened to the *A Design for Living* meeting in Germantown's Weaver's Way Co-op on Cheltenham Avenue in Philadelphia.

As for the location of ADFL, Nicole chuckles at a particular irony: nearby is an AA meeting housed next to a pub, and here was an OA meeting housed in a grocery store! You can't make this stuff up. Indeed, on at least one occasion members have left the community room after the meeting ended and wandered into the store to do some shopping; Nicole noticed that shopping for abstinent food in the company of her fellows felt very safe.



What a wonderful beginning! But that's not the end of the story. Fledgling meetings can take a while to get going, and this one's no exception. Nicole concedes that attendance has been sparse thus far, but

Phil? Look away from the shadow, Phil!



Have you heard OA's most recent
Inside Out podcast?



The most recent [Inside Out podcast](#) addresses online and face-to-face meetings: What are the differences? What can we gain from one kind that we'll miss at another? How can we be present – fully present – at both kinds? Does distance help us or hinder us? Which is better? Hint: it depends.

Some of us really like the ability to attend a meeting from the comfort of our own homes. Maybe we're too pressed for time to attend in person, or we're not feeling well, or the weather is not cooperating. Sometimes life just feels a little too people-y, and attending virtually allows us to remain at a comfortable remove.

Others need the energy they feel being physically present in a room with their fellows. Some appreciate a high five. Some of us need a hug.

We're fortunate to have a choice in the matter, aren't we?

Take a listen to host Meg M. and Susan, a longtime OA member from Australia, as they discuss their impressions.

The World Service Office has devised a workshop entitled the *Tough Questions in OA Recovery Workshop* intended to spur discussions about inclusion; the definition of Outside Issues; and how we can more effectively welcome newcomers in today's OA.

The workshop format can be viewed and downloaded by clicking [here](#), or by visiting: <https://oa.org/documents/tough-questions-in-oa-recovery-workshop/>.

There, we'll find helpful information and resources to assist us in setting up workshops for our meetings.

Sounds fascinating, doesn't it? And timely.

If you host a workshop, please contact AWARE to let us know how it went by emailing Chris N. at northword99@gmail.com. We'd love to share your impressions with other members of PAIG.

Thanks, all!



WINTER WONDERLAND?

It's winter on the east coast! You hadn't noticed? You thought that was six inches of *partly cloudy* you shoveled off the driveway? If only!

When the weather is inclement, please check in with your meeting's contact person ahead of time to ensure that the meeting is open. Uncertain about who your contact person is? Click [here](#).

Some meetings operate as Zoom-only in bad weather; others operate via telephone. If your meeting doesn't have an alternate plan for bad weather, click [here](#) to find an online meeting at your preferred time slot instead. **There is always a meeting available somewhere!**

Continued from page 1.

she has no expectations. On some nights, when she's the only person in the room, she's hopeful that others will show, but she trusts that events will unfold as they're meant to. She takes the opportunity to do her step work, patient in her belief that she's not the one in charge.

That sure sounds like hope in action to us.



A Design for Living
Wednesday nights at 6 p.m.
326 W Chelton Avenue
Philadelphia, PA

The meeting is held in the space just to the left of the Weaver's Way Co-op. It is a handicapped-accessible, open, literature meeting with a varied format. If you have questions, please call 401-651-2202. See the flyer for this meeting on page 6!

PERSISTENCE PAYS OFF!

I take a cycle class at the Y. When I was new to the class I noticed that many people had special shoes that clip onto their bike pedals. My classmates told me that they make cycling easier. I decided to try them.



The first time I used my new shoes, I couldn't get them to clip on correctly! I didn't want to waste class time fussing with them, so after multiple tries, I took the shoes off my feet and attached them directly to the bike pedals. I then managed to get my feet back into the shoes while sitting on the saddle.

Did I feel like a klutz? You bet I did! But I am proud to say that after months of doing it that way I finally tried it again the "normal" way, and it worked! I had mastered the use of a tool that was specifically designed to keep me safe and help me use my energy more efficiently. The effort that I put into learning how to properly use the shoes made such a difference!

There's a lesson here, I realized. Could I apply that same lesson to my using the OA tools?

Like my bike shoes, the tools of OA were designed to help me. But I use some tools more readily than others. If I persisted in also using the ones I generally avoid, would I eventually master them, too? Maybe I'd even grow to like them.



I didn't give up on my cycle class, and now I reach for my bike shoes – those important tools – automatically. Who knew that they'd become like old friends to me, when I so hated them in the beginning?

I am going to think about this more often, especially in regard to my using *all* the tools of recovery. – Terry S.

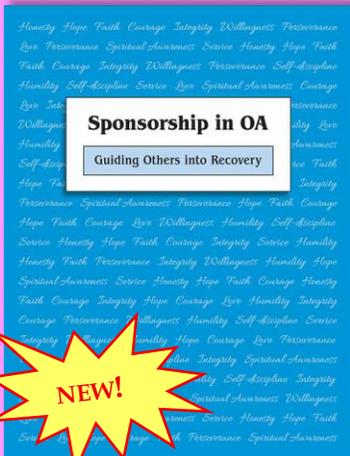
If Terry's story resonated with you, check out AWARE's handy Tools Primer on page 5! To order OA's pamphlet entitled *The Tools of Recovery: Helping Us Live and Work the Twelve Steps* from the OA bookstore, click [here](#).

...and speaking of the OA Bookstore, look what's new!

This new publication replaces both *A Guide for Sponsors* and *Sponsoring Through the Twelve Steps*. It's got updated topics and testimonials, suggested questions for newbies, and all you'll need – whether you're a seasoned sponsor or you're sponsoring for the first time – to better work with your sponsees.

To order your copy, or to learn more about ordering it as an ebook, visit the OA Bookstore by clicking [here](#). While you're at it, browse a bit to see OA's other deals on shipping, translations of literature, and more!

Image © Overeaters Anonymous, Inc., OA.org Bookstore, January 2026.



Ahhhh. Feel that? Here is your reminder that next month – *next month!* – Spring arrives. How can we keep from feeling isolated, agitated and unsated in the meantime? Try an extra meeting! Bundle up and drive on over, or log on from home, and presto! Smiling faces and a dose of recovery in a meeting full of sympathetic slush buddies also longing for warmth and sunshine. On that hopeful note, how about making a phone call? Even just one, 5-minute conversation with a fellow can bolster us and help another person who might be feeling the same way, or worse. When we feel like we can't stand one more day of the doldrums, let's remember that *together, we can do what we could never do alone.* 



The Nine Tools of Overeaters Anonymous*

Some say OA's tools are the "handrails of the steps."

Here is a synopsis:

A Plan of Eating

As a Tool, a plan of eating helps us abstain from compulsive eating, guides us in our dietary decisions, and defines what, when, how, where, and why we eat. (See the pamphlet [A New Plan of Eating](#) for more information.) This Tool helps us deal with the physical aspects of our disease and achieve physical recovery.

Sponsorship

We ask a sponsor to help us through all three levels of our program of recovery: physical, emotional, and spiritual. Find a sponsor who has what you want and ask that person how they are achieving it.

Meetings

Meetings give us an opportunity to identify our common problem, confirm our common solution, and share the gifts we receive through this Twelve Step program. In addition to face-to-face meetings, OA offers telephone and other types of virtual meetings that are useful in breaking through the deadly isolation caused by distance, illness, or physical challenges.

Telephone

Many members call, text, or email their sponsors and other OA members daily. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience.

Writing

Putting our thoughts and feelings down on paper, or describing a troubling or joyous incident, helps us better understand our actions and reactions in a way that is often not revealed by simply thinking or talking about them.

Literature

We read OA-approved literature, which includes numerous books, study guides, pamphlets, wallet cards, and selected Alcoholics Anonymous texts. All this material provides insight into our disease and the experience, strength, and hope that there is a solution for us.

Action Plan

Creating an action plan is the process of identifying and implementing attainable actions to support our individual abstinence and emotional, spiritual, and physical recovery. This Tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

Anonymity

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities (Tradition Twelve). Anonymity assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven). Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there.

Service

Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery. Members who are new to OA can give service by attending meetings, sharing, and putting away chairs. All members can also give service by putting out literature, welcoming newcomers, hosting a virtual meeting, or doing whatever is needed to help the group. Members who meet specified requirements can give service beyond the group level by serving at the intergroup, service board, region, or world service level.

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

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

CREATIVITY (Joyful Pursuit)
The Unofficial

OA's Friday Night Live presents...

Freedom from Bondage

a workshop to release us from the
chains of compulsive eating

Saturday February 14th, 2026

1-3pm EST



Zoom id: 840 3526 4820

PWD: recovery

Suggested 7th tradition donation: \$5

Remember we need you more than your money

Venmo @sarahmvogel , PayPal sarahmvogel

Contact Sarah V at 609-658-2542 for information or
for more options on how to give your 7th tradition

Virtual Region Convention Save The Date!



February 20-22, 2026

☰ Details

Save the Date!

Join us for our annual worldwide, action-packed three days of recovery revitalization!

Experience more than seventy sessions, including keynote speakers, interactive workshops, step studies, newcomer meetings, and entertainment.

Interpretation will be provided in more than ten languages, and Zoom translated captions will also be available.

Newcomers with less than 90 days in OA will be admitted free.

Registration starts December 12, 2025.

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

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

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

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

2 powerful
Keynote
Speakers
Workshops
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: _____

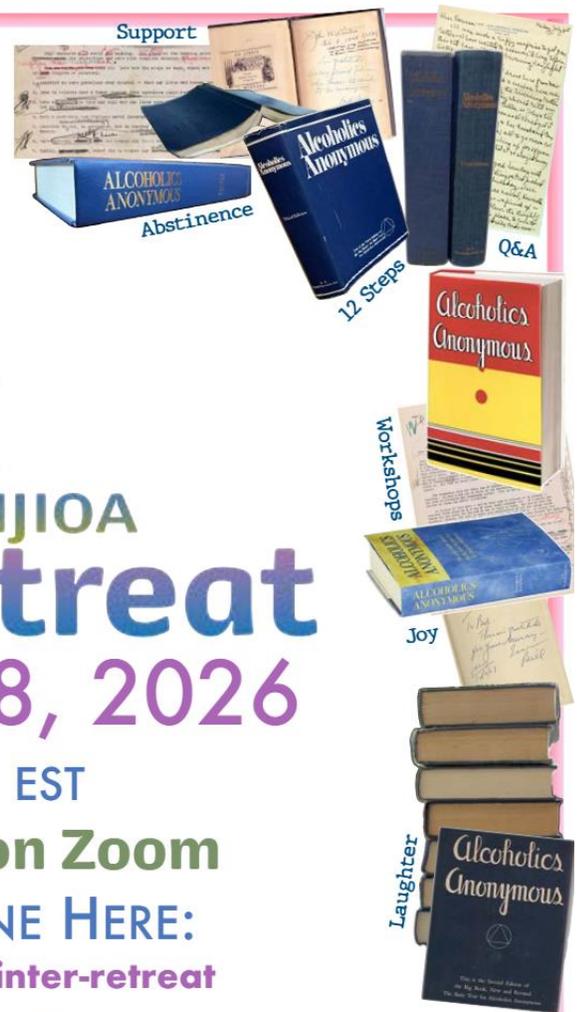
EMAIL: _____

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

I WOULD LIKE TO DO
SERVICE AT THIS EVENT:

- | | | |
|--|---|---|
| <input type="checkbox"/> WORKSHOP LEADER | <input type="checkbox"/> WORKSHOP TIMER | <input type="checkbox"/> EVENT COMMITTEE |
| <input type="checkbox"/> ZOOM SUPPORT | <input type="checkbox"/> WORKSHOP HOST | <input type="checkbox"/> I CAN HELP AS NEEDED |

NJIOA 2026



A Design For Living

Saturday, March 21 from 4 pm - 10 pm EST
Sunday, March 22 from 10 am - 4 pm EST



≡ Details

Join us for a 2-day virtual retreat!

Day 1:

Saturday, March 21st from 4 pm EST – 10 pm EST

Day 2:

Sunday, March 22nd from 10 am EST – 4 pm EST



Acceptance is the Answer

Date:

Sunday, March 29, 2026 2 – 3 p.m. EST

Location

Zoom:

Meeting ID: 901 265 2959

Passcode: hello

Numerical passcode: 575553

No pre-registration and no maximum number of participants.

www.oaontario.org

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

Recovery Talks

Hosted by
Central Ontario Intergroup
oaontario.org



OA Taught Me to Handle Abstinence

Date:

Saturday, May 16, 2026 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 901 265 2959

Passcode: hello

Numerical passcode: 575553

No pre-registration and no maximum number of participants.

www.oaontario.org



Cultivate an Attitude of Gratitude

Date:

Sunday, July 26, 2026 2 – 3 p.m. EDT

Location

Zoom:

Meeting ID: 901 265 2959

Passcode: hello

Numerical passcode: 575553

No pre-registration and no maximum number of participants.

www.oaontario.org

We Hear You!

“Overeating is suicide on the installment plan.”



A Writing Exercise

When was the last time I felt a *schwing* of hope about taking on a new challenge?

Can I summon that feeling? Can I write about it? Pray about it? Meditate on it? Ask an OA buddy?

February’s Pets of the Month!



Meet Artie and Bella, beloved critters of Lynn B. and her husband, Ron.

Artie and Bella are in loove. Or, rather, Artie is in love, Lynn clarifies. Bella is in *tolerate*.

Bella came first, see? Rescued dockside from a Louisiana seaside town and shipped Northward for adoption in 2020, Bella still enjoys gnawing on a seashell if there’s one handy. She also likes to keep Lynn company during her Zoom meetings, carefully, because she’s a smidge claustrophobic. Otherwise, she’s a very chill doggie -- unless you crowd her when she’s eating. (We get it, Bella.)

Artie is very sweet kitty who joined the family just a year ago from a local rescue.

He loves to be carried like a baby, purring like a motor. Artie often stands braced with his feet apart like he’s on the deck of a ship, says Lynn, because he has Cerebellar Hypoplasia, aka Wobbly Cat Syndrome. He doesn’t seem to be aware of it, says Lynn, except that he’s not a great jumper, so she and Hal put up a cat ladder so he can reach their bed. Awww, Artie. We’re delighted that you and Bella are February’s Pets of the Month!

Tradition 2: Trust

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

Can you find these words?

1. power
2. equality
3. conscience
4. requirement
5. vote
6. will
7. control
8. growth
9. service
10. literature
11. WSBC
12. solution
13. discussion
14. humility
15. they

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



Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops at all* - *Emily Dickinson*

*This is a verse from a famous Emily Dickinson poem, but it is also featured in For Today on page 106.

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-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 & 2026 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 |
| 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., February 4th. Next month's will be on Wed., March 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."