

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 6

Were entirely ready to have God remove all these defects of character.

Spiritual Principle

Willingness



Tradition 6

An OA Group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Spiritual Principle

Solidarity

Ready? Set? Go!

Am I entirely ready to have God remove my defects of character? Have I actually *readied* myself? What does that even look like?

I picture it like this: I am a small, striving part of a much greater power at work in the universe. The grace I derive from that power inspires me to become the best version of me that I can manage, and that involves relinquishing my character defects. But I have to be willing to loosen my grip on them first. It's sort of like hiring a contractor to haul away carpet from a house undergoing renovations. Sure, he'll get rid of it for me, but I first I have to yank out the staples, roll it up, tie it with twine and put it out at the curb. Am I willing to do my part?

When I looked over Step 5 in my AA 12 & 12* the other day, I found some questions I'd written at the end of the chapter several years ago in preparation for Step 6. This particular subsection of my character defects (there are many) relate to the puncturing of my pesky ego, which happens with such frequency that I might as well get used to it and learn how to deal. This is what I'd written:

- Is experiencing ego deflation the same as being attacked? Must I react with defensiveness, counter-attack, or deflection?
- Is a gentle course correction an attack? Should I reject input from even my trusted peers? Why would I?
- Is someone pointing out that I'm mistaken about something an attack?
- Is disagreement an attack?
- Is it possible to relinquish a habitually combative stance?



The reason I needed to grapple with these questions is that I had long sought to protect myself from criticism (real or imagined) by adopting

You wanted to see me? - Summer



The 2025 Contributions Report is Available

Last year, OA's fellowship gave more than \$1,000,000 to the World Service Office.



Nicely done!!!

If you'd like to see details, the report is available by clicking [here](#).

"The OA Solution Is for Life" was the theme of this year's World Service Business Conference, which convened in April in Albuquerque, New Mexico.

Proposed changes in literature, by-laws and policies were discussed and voted on by 162 delegates.

WSBC is where the business of OA is conducted.

To read OA's recap of events, click [here](#).



Thanks to all the OA delegates who worked so hard to help affect changes that will keep OA healthy for years to come.

We are a fascinating bunch.

The stories of recovery that have been collected from members across the globe for years are available at, you guessed it, *Lifeline*. First it was a magazine. Then it was a blog. Now it goes by just the zippier *Lifeline* -- no subtitle needed. We respect that.

Best yet, stories are still being added as we write! This month alone, *Lifeline* stories featured on OA's website begin, "I'm Grateful for the Fat Because it Gave Me..." and "What Helped Me Find Abstinence Was..." and "I was Transformed from a Lifetime of..."

To read what comes next, go to OA's revamped *Lifeline* section at lifeline.oa.org. There are lots of stories to browse through and read at your leisure.

Share these stories at your meetings! And consider submitting *your* story for publication. You never know who you'll help along the way.



Have you checked out the OA's Events Calendar? Take a look at oa.org/event-calendar and explore events that are posted from around the globe. When AWARE checked it out recently, there were four pages of events to choose from!

Isn't it great that recovery is everywhere we look?

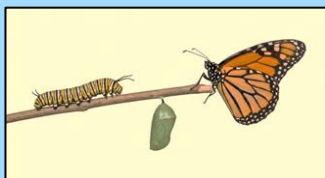


Continued from page 1.

the sort of defensive stance that was modeled for me by an adult in my life who never admitted in my presence to either 1) being wrong about anything or 2) having made a mistake. Not once! So, I grew up believing that conceding a point, admitting to being wrong, or even just allowing for others' preferences was to be avoided at all costs. Better to deny, deflect, or distract, right? *Wrong*. That attitude signals perfectionism, inflexibility and a lack of humility. And that meant that I sometimes acted like a jerk.

When I worked the steps, I realized that this was just one of many lessons I'd absorbed in childhood, never doubting their legitimacy, that needed to be identified, excavated and unlearned. Yikes.

In this case, I found that when faced with conflict or confrontation, I could simply 1) pause 2) breathe, and 3) think before speaking. Even though that takes only a few seconds, it gives me time to reject my learned, knee-jerk reaction in favor of a more generous, thoughtful, response.



That was *my* part of the process. The willingness to make that change derived from a power greater than I possess. That's what allowed me to stick with a new behavior even though I got it wrong over and over again – until, with practice, I began to sometimes get it right.

When that challenge sometimes overwhelms me, I think *progress, not...*you know. The P word. If I or any one of us aims for perfection, we're in trouble. So, let's not. Let's give one another the grace to aim for better, and then better still. Deep breaths.

I'm ready. – *Anonymous*



SAVE THE DATE!!!!



PAIG's annual retreat will be held at the Malvern Retreat House this year from **Friday, September 25th through Sunday, September 27th**

The theme of this year's retreat is **Radical Acceptance**. During the weekend, we'll examine that concept: what it is, what it *isn't*, and all manner of related topics affecting our programs of recovery. You'll also enjoy great, interactive workshops, loving support, friendship, discovery, opportunities for spiritual growth and more.



Please save your finest gently-used clothing and bring it to the retreat, where it'll be made available in our B'OAtique! Members unearth treasures galore every year.



Groups, please consider now whether you might want to fund a retreat scholarship for one of your members. As well, many PAIG meetings and some individuals offer baskets and other items to be raffled off each year to raise money for scholarships.



Thanks, all! See you there!



PAIG NEEDS YOUSE!



...and *all* our meetings need PAIG in order to continue functioning. Will you help?

Elections for new PAIG board members will be held at PAIG's June meeting, and new service position terms begin in July. At the very least, our intergroup needs a new Chair, Treasurer, Region 7 Representative and World Service Business Conference Delegate in order to remain operational.

If you're interested, please log into the PAIG meeting Wednesday, June 3rd at 7:15 p.m. to be nominated (nominees are required to attend), or just to listen.

Meeting ID: 347 721 2196 / Passcode: 724462.

You're not sure what those positions require and how they operate? Neither were we. We stepped up to do service anyway, figuring that our fellows would show us the ropes. And they did.

On the last page of this newsletter there's a current list of PAIG board and committee members. Feel free to reach out to the member who is currently serving in the position that may interest you. You can talk about it to your PAIG rep, too.

For more info, text or call Shari at 310-880-4750 or Chris at 720-934-0985.

Thanks, all! See you June 3rd!!! ☺

TAKING STOCK AT SEVENTY

I turned seventy this month, and I have been in OA for forty-six years! Wow-- more than half of my long life.

I went to my first OA meeting in the spring of 1980. I'd lost weight on my own by then, but I was hanging on to that weight loss by a single, precarious thread. I gained forty pounds over the next four months, and then I finally became abstinent in January of 1981. I found a sponsor, followed a strict food plan, and made a total commitment to the Twelve Steps. I have been at my goal weight ever since. OA changed my life.

My abstinence has been far from perfect: I've binged; I went for years without a sponsor, and I was actively bulimic from 1984-1996. Still, I never left OA -- I always knew it was my only answer. And I am on good footing today. I have been binge-free for several years. I have a sponsor whom I text daily; I sponsor three people; I go to meetings; and I pretty much practice the steps in all my affairs.

What are the most important things I've learned in OA? Generosity, humility, faith, patience, forgiveness, balance...of course the list goes on and on. Also, I live by my sponsor's observation, "Almost all of life's problems can be solved by the Serenity Prayer."

Though maintaining my goal weight has been a means to an end rather than an end in itself, doing so has had tremendous benefits: I was able to date without feeling either ashamed of my body or like I was damaged goods, for instance. And I could apply for jobs without being overtly or secretly judged as fat. Now, at seventy, I can hike or climb without having my knees give out or becoming short of breath, and I can also still feel attractive and confident in a swimsuit.



Finally, I have been an avid horseback rider since I was eleven. As the result of joining OA and being physically fit, I can still participate in long trail rides, parades and horse shows. And I can jump my horse* over anything and everything - without ever feeling hampered by my overweight body!

Not bad for a 70-year-old! - Nancy P.

*See more about Nancy's horse, Letty, on page 10!





Body Image Workshop

An Active Approach
to Claiming a Healthy
Body Image with the
Twelve Steps

**27
JUNE**

**11:00 AM -
1:00PM PDT**

Listen to Experience,
Strength and Hope.
All are Welcome!

\$5.00

suggest donation

No one will be turned away
No registration necessary
Questions:
workshops@oasandiego.org

Presented by
Overeaters
Anonymous
San Diego

Zoom link:

<https://tinyurl.com/oabodyimage>
Meeting ID: 859 4819 8466
Passcode: 854885



Your OA90 Virtual Intergroup
Presents a Workshop on

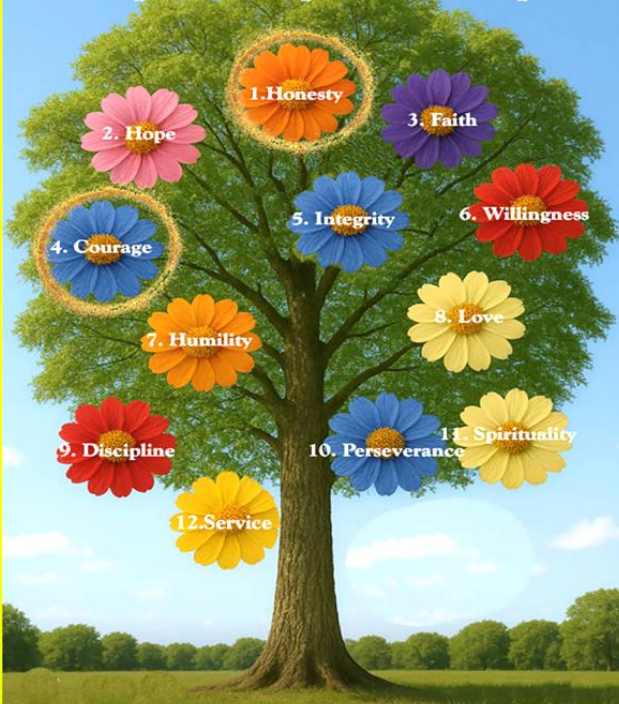


Staying True to My Program Through Life's Transitions

WHEN? Sunday June 28th
10 am to Noon Pacific / 1 pm to 3 pm Eastern

WHERE? ZOOM No registration required
Zoom ID 837 1100 7258 Passcode 202690

12 Step Tree of Spiritual Principles



How do transitions like these and more affect my program?





Recovery Talks

Hosted by
Central Ontario Intergroup
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

SAVE-THE-DATE REGION 7 CONVENTION

October 23-25, 2026



**I put my hand in yours...
Welcome Home.**

Registration Starts May 4th



**Bethesdan Hotel
8120 Wisconsin Ave
Bethesda, Maryland**

Overheard Recovery

"It's Overeaters Anonymous, not Overeaters *Analysis*."



A Writing Prompt



Which behaviors do I engage in so frequently that they've become habits, even though they don't work for me anymore?

June's Pet of the Month!



Meet Letty, Nancy P's equine companion.

At 15, Letty is what's known as a *pinto draft cross*. She's very strong, broad across the beam, and she has wide, feathery hooves like a Clydesdale. She's very curious and more than a little bit mischievous. (In her sillier moments, she likes to knock things over to see what sort of sound they'll make when they fall, Nancy chuckles.) Nancy's friends have pointed out that horse and rider share similar personalities.

In fact, their meeting was serendipitous: Nancy was heartsore in 2021 when she lost her horse, Cheyenne, to cancer. At Cheyenne's passing, Nancy's friends gathered to comfort her, and one of them stopped crying long enough to say, "Cheyenne is going to send you another horse to love."

To Nancy's wonder, she glanced at her phone later that night and saw that someone had texted her a photo of a pretty pinto horse with these words: "Letty needs a forever home." When one barn door closes, Nancy muses now, another one opens.

Welcome, Letty! We're glad you've found your forever home, and that you're June's Pet of the Month! 🐾

Tradition Six: Purpose

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

Can you find these words?

- Purpose
- Outside
- Enterprise
- Resources
- Literature
- Focus
- Emphasis
- Freedom
- Avoid
- Reminder
- Money
- Property
- Prestige
- Respect
- Exclude
- Contact

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

Earl's Pearls



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 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 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!](mailto:northword99@gmail.com)**

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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! & 2026 Retreat 
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:

(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., June 3rd. Next month's will be on Wed., July 1st. 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."