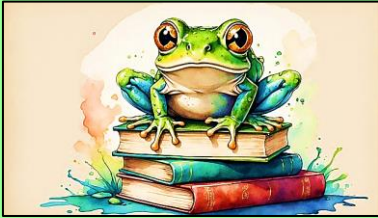


JULY

2026

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 7

Humbly asked Him to remove our shortcomings

Spiritual Principle

Humility



Tradition 7

Every OA group ought to be fully self-supporting, declining outside contributions.

Spiritual Principle

Responsibility



THE GIFT THAT KEEPS GIVING

In July of 2025, I turned 40. That milestone birthday seemed to set into motion events that made this one of the toughest years of my life. Along with multiple health challenges -- including one life threatening issue -- I've faced aging parents and in-laws, relationship struggles, and my own resistance to planning for the future.

Yet this year has also been the most real. When I think about the theme of this year's PAIG retreat, *Radical Acceptance*, I chuckle, because I've learned acceptance in a big way these last 365 days.

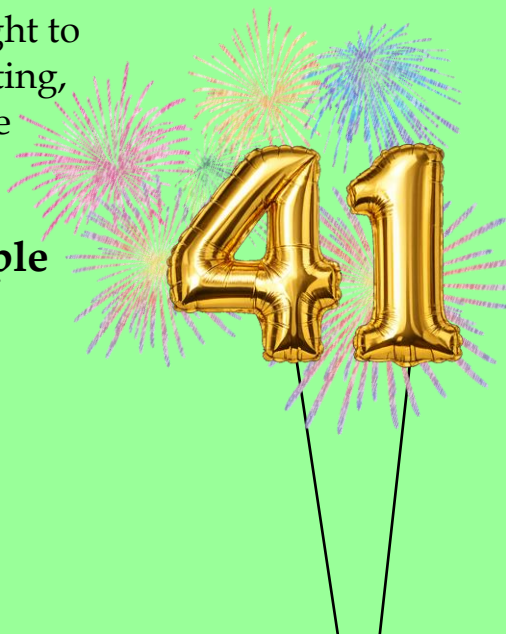
I accept I have this disease of compulsive eating. I accept my body as it is today. I accept that people are who they are. I accept that I am mortal.



And I am grateful. Grateful I get to work this life-changing program. Grateful for a body that continues to carry me through life. Grateful for the variety of people in my life. Grateful that I get to live!

Happy 41st to me. Together we get better!

-Katie M.



It's hotter than out there! Let's stay cool!

QR codes are all over the place. OA has a series of QR codes, too, that can take you quickly to where you need to be. To see what OA has to offer, visit <https://oa.org/documents/qr-codes/>.

If you so choose, please right-click, CTRL+click, or OPTION+click to save the QR codes to your device.



PAIG Members,

Due to vacation schedules and other summertime obligations, there is no PAIG meeting scheduled for August!

After July's meeting, the next regularly-scheduled PAIG meeting will be held on September 2, 2026.

See you then!



Don't forget that if you need literature, the best place to buy it is **OA's Bookstore!** The sale of literature is one of OA's most important sources of income. It keeps the organization healthy and helps to pay staff at the World Service Office in Rio Rancho, New Mexico, too. Bookstore.oa.org.

Note: for orders with a subtotal of \$30 or more placed from July 1st through August 31st, OA will add a small gift to your order to indicate its appreciation. Oh boy!



Looking to expand your recovery? Take a peek at OA's Event Calendar, featuring workshops, meetings, learning opportunities, and other great happenings! Visit <https://oa.org/event-calendar/> to learn more.

We're not kidding, y'all. Recent temperatures require us to be vigilant about staying hydrated, cool, and protected from the sun's rays.

On the summer's hottest days, stay in a cool location and Zoom your meetings! If your environment is too hot to withstand, reach out to a fellow whose home might have cooler temperatures. If need be, remember public facilities like libraries, malls, senior centers, and health clubs where you can relax during the hottest part of the day. Share your ideas! And remember that your county or township may have a list of resources for keeping cool, too.



Hellooo, all! A note about the retreat:

In a bid to keep prices as low as possible, please consider paying via check, Zelle® or Venmo. Those who opt to pay with a credit card will incur a 3% processing fee.

Besides raffling off baskets and other items to raise scholarship funds for next year, which has long been our practice, you'll see some small fundraising efforts to help offset operating costs at this year's retreat, too.

Contributions, donations, and service at every level: it's a group effort, and it all makes a difference.

Thanks, all! See you in September!





Vital News!

Please read and share at your meetings!



SUPPORT OA'S 2026 ANNUAL APPEAL

Recovery happens every day – and so does the work that supports it. As OA members, we depend on a shared infrastructure that provides:

- our website
- the Find a Meeting feature
- literature
- recovery materials for members, meetings, and service bodies
- public information tools, and much more.

These resources support our recovery every day.

Support of the Annual Appeal and ongoing contributions to OA's General Fund help ensure these resources remain available to members and newcomers worldwide.

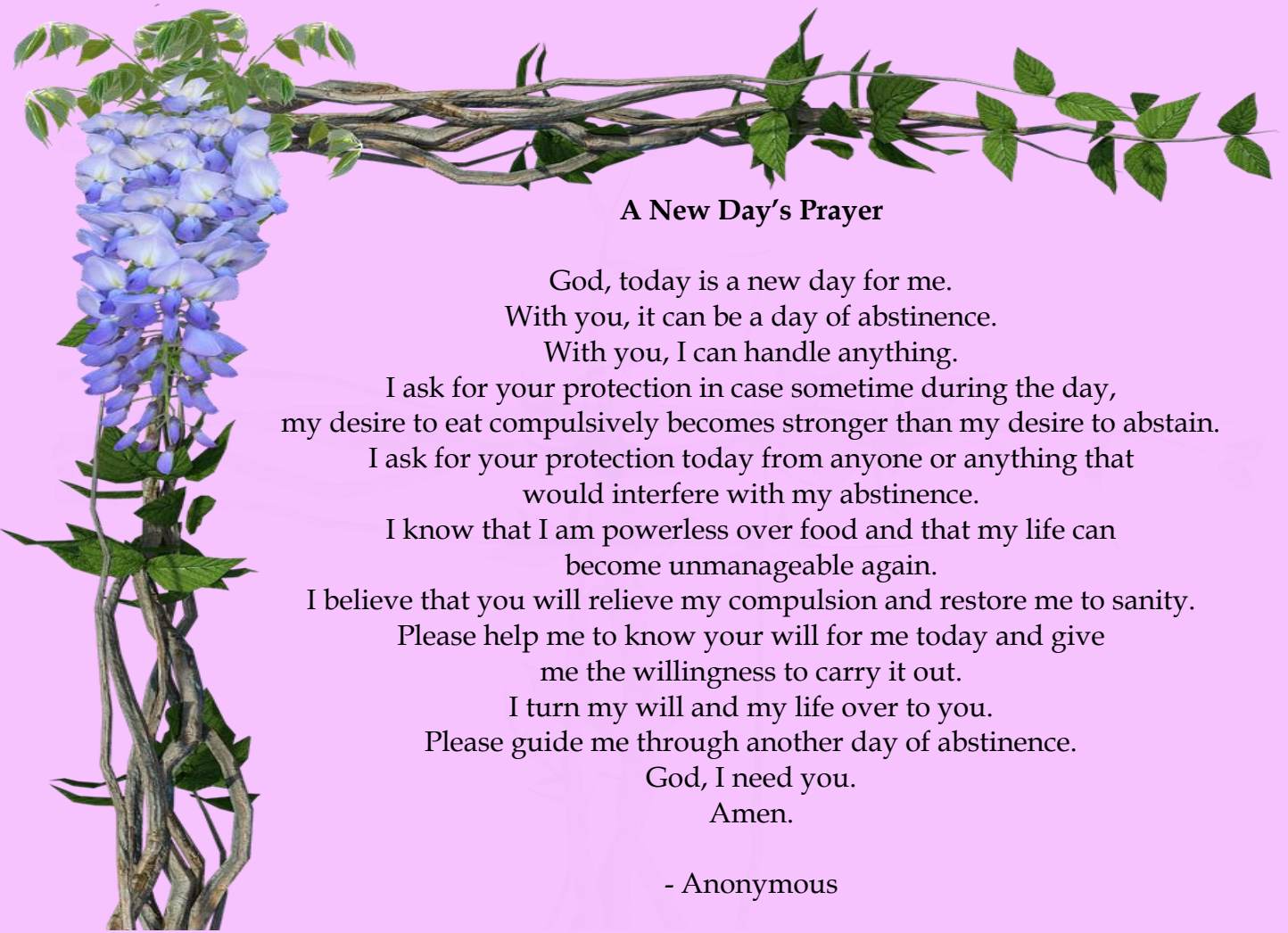
How members, meetings and service bodies can help:

- Share this appeal in your meeting for one month by reading it aloud, passing a special basket, or screen sharing this flyer
- Post this appeal on service body websites, social media pages, and email groups
- Watch and share [the video from OA's Managing Director](#)
- Contribute by mail, at oa.org/contribute.



Together, we get better.





A New Day's Prayer

God, today is a new day for me.
With you, it can be a day of abstinence.
With you, I can handle anything.
I ask for your protection in case sometime during the day,
my desire to eat compulsively becomes stronger than my desire to abstain.
I ask for your protection today from anyone or anything that
would interfere with my abstinence.
I know that I am powerless over food and that my life can
become unmanageable again.
I believe that you will relieve my compulsion and restore me to sanity.
Please help me to know your will for me today and give
me the willingness to carry it out.
I turn my will and my life over to you.
Please guide me through another day of abstinence.
God, I need you.
Amen.

- Anonymous



A TISKET, A TASKET, LOOK WHO'S GOT A BASKET!

Every year, gift baskets that are donated to the retreat by PAIG meetings and individuals are auctioned off to raise money for the next year's retreat scholarships.



Some put together baskets with all manner of things: candles, books, program literature, journals, gift cards, movie tickets, toiletry items, lottery tickets, small appliances, jewelry, insulated cups, craft items, coffee or tea, plants, you name it!



Others prefer to send larger items like coffee makers, food-prep gizmos, TVs, and techie stuff.

Please bring your basket or other donations to the retreat, or make arrangements with your PAIG rep to get it to the retreat committee before September 22nd.

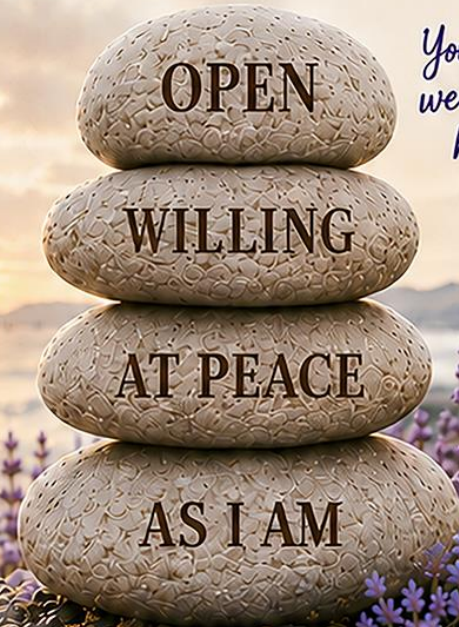
Thanks, all! We appreciate youse!



The Philadelphia Area Intergroup of Overeaters
Anonymous presents:

Radical ACCEPTANCE

OA Weekend Retreat September 25–27, 2026



You are
welcome
here.



Keynotes & Speaker Panel • Workshops
Saturday Night Entertainment • Clothing B'OAtique
Activities • Fellowship

Event Location:

Malvern Retreat House
315 S. Warren Avenue
Malvern, PA 19355

Free onsite parking
available.

Click **HERE** to Register Online!

Or visit: <https://oa-phila.org/paig-retreat-2026>
for more details including a downloadable Registration Form.

\$295/person*
(double occupancy)

Upon registering, please
indicate a roommate,
or one will be assigned.

Fee includes:



2 nights lodging and 5 meals
(3 Saturday/2 Sunday).



Private bathrooms with
one bath towel per person.



Friday night dinner and
metabolics are your responsibility.



Bed linens provided.



Refrigerator available in
shared break room.



*Scholarships are available:

Contact PAIGRetreatTreasurer@gmail.com
for information.

Deadline to apply for scholarships
is August 25, 2026.



**FINAL REGISTRATION CLOSES
SEPTEMBER 21, 2026**

**NO REFUNDS AFTER
SEPTEMBER 21, 2026**

If unable to attend, PAIG appreciates
your contribution to help carry the message.

Confirmation of payment and detailed retreat information
will be sent to the email address you provide when registering.

Second Anniversary

TUESDAY NIGHT

Women's Body Image Meeting – Overeaters Anonymous



Tuesday, July 7th, 2026
6:00 – 7:30 PM

Speakers • Affirmations • Fellowship



Wissahickon Valley Public Library

650 Skippack Pike
Blue Bell, PA



SUPPORT • STRENGTH • COMMUNITY

Questions? Dani R - 267-280-3248

Body Image

Body weight, body composition, and obsession over them are often symptoms of our disease of compulsive eating. Many of us struggle with body image issues in recovery. Join us to hear from fellows who have found relief from body image issues through the 12 steps.

SUNDAY JULY 12 - 1:30 PM EST

ZOOM: <https://zoom.us/j/7056582426>

Contact us for the password at:
info@metrowestoa.org



The



Interview: #8 Living the Dream

JULY 19 2026
1-3PM EDT. TALK SHOW FORMAT.
SPEAKERS SHARE THE PERFECT
DAY IN RECOVERY

Q&A AND SHARES TO FOLLOW

MEETING ID: 892 3750 0498
Passcode: bridge

vicechaireoavirtualregion.org



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



**OVEREATERS
ANONYMOUS®**

REGION 8

TWELFTH STEP WITHIN COMMITTEE

PRESENTS AN ONLINE WORKSHOP

The Joy of Abstinence



DATE:

**Sunday,
August 2, 2026**



TIME:

**3 p.m. to
5 p.m. EST**



LOCATION:

Zoom Link:

[https://us02web.zoom.us/j/87321771259?
pwd=ShhOORxLo5Ax6xar2tZQF6PHPYUlvZ.1](https://us02web.zoom.us/j/87321771259?pwd=ShhOORxLo5Ax6xar2tZQF6PHPYUlvZ.1)

Zoom ID: 873 2177 1259

Passcode: 829796



SUGGESTED DONATION: \$5.00 *via the SOAR 8 website*



Photo credit: "A lake surrounded by mountains and trees" by Dylan Taylor, Unsplash License.

https://unsplash.com/photos/a-lake-surrounded-by-mountains-and-trees-u2MwcM0b_zw

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

"If you spot it,
you've got it."



A Writing Prompt



Moving past compulsive eating is a process that tests our mettle. How does it compare with relinquishing our character defects?

July's Pet of the Month!



Meet *Toby*, Katie M.'s fluffy tuxedo kitty pictured here with his LEGO minime.

At seven years old, Toby is happy as a clam in his forever home, which he was delighted to claim four years ago when Katie and her husband found him at a nearby shelter. Right out of the chute, it seems Toby knew that Katie was his person. When a volunteer handed him to her, Toby immediately lay down on Katie's lap, purring contentedly. "There you are," we imagine him thinking.

Indeed, Toby's favorite place in the world is wherever his parents are, whether it's curled up in bed for a good night's sleep or relaxing at their feet as they enjoy an early-morning cuppa joe on the patio.

His favorite trick? When his parents say, "Lie down, Toby," he drops in his tracks (plop!) making them laugh.

Aww, Toby! That sounds purrfect. We sure are glad you're July's Pet of the Month!



Tradition Seven: Responsibility

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

Can you find
these words?

1. expenses
2. freedom
3. financial
4. support
5. tradition
6. autonomy
7. conflict
8. contribute
9. service
10. fairness
11. vital
12. paradoxical
13. dependence
14. contribution

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



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)**

PAIG Service Positions as of 7/1/26:

Lori E.	Chair 215-651-1760
Pat S.	Vice Chair 217-821-1170
Dani R.	Treasurer 267-280-3248
Natasha M	Secretary 407-461-9753
Trish M.	WSBC Delegate A 215-370-7640
Annie B.	WSBC Delegate B 609-203-0941
Ed Mc	Region 7 Rep A & Communications 215-337-1873
Chris N.	AWARE! & 2026 Retreat  720-934-0985
Jean M.	Program Chair 215-528-7610
Anthony H.	PI/PO 917-930-1086
Alice P.	PI/PO 215-407-1612
Laura L.	Speaker List 215-80301805
Shari B.	Web 310-880-4750

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., July 1st. The next meeting will be on Wed., September 2nd. 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."