

AUGUST

2026

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 8

Made a list of all persons
we had harmed and
became willing to make
amends to them all

Spiritual Principle

Self-discipline



Tradition 8

Overeaters Anonymous
should remain forever
nonprofessional, but our
service centers may
employ special workers.

Spiritual Principle

Fellowship

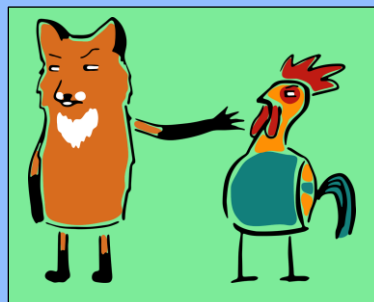


Relinquishing Skepticism

As I awaited a visit from an old friend several years ago, I felt uneasy. Over the years, we'd gradually become more "frenemies" than friends, with lots of unresolved baggage between us. We couldn't seem to unload that baggage, and when we tried to ignore it, it shouted at us (well, *me*) from behind the scenes. Trigger alert.

I described the situation to my sponsor, and told her about my trepidation. In response, she asked if I'd ever said the resentment prayer for my old pal. "The what?" I said.

She had me turn to Step Eight in OA's 12 and 12. She pointed to a passage on page 61: "If we pray daily for the people who have wronged us, asking that they be given all that we want for ourselves, we can be freed of our resentments and forgive them for the harm they have done to us. The action of praying for those we resent will work, even if we don't mean a word of what we're saying."



I laughed out loud. "Seriously?" I said. "If we don't mean a word of what we're saying, then how could it possibly work?"

She pointed to the next sentence: "If we keep praying for them faithfully, sooner or later our feelings will change."*

My sponsor patiently advised me to say the prayer every day for a month until Gloria arrived. I was skeptical (I was born skeptical), but she'd never steered me wrong. So, I put aside my misgivings and did as she'd suggested.

I prayed daily that my old friend be given love, joy, trusted friends, a strong spiritual connection, humor, affection, good books, and a sense of security. A creative outlet, I added. And another creative outlet! Plus, emotional elasticity, humility, smarts, laughter, empathy, curiosity, freedom from economic insecurity, and a healthy body and mind. The list was long.

Continued on page 3

A is for August, and Acceptance!

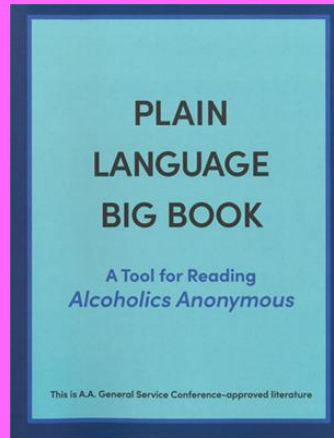


PAIG Members!



Remember: there's no PAIG meeting in August! To accommodate members' vacations and summer plans, PAIG will reconvene on Wednesday, September 2nd at 7:15 p.m.

Look what's now available in the OA Bookstore!



The Plain Language Big Book strives to help readers better understand the first 164 pages* of *Alcoholics Anonymous*, first published in 1939. To buy a softback copy for \$17.00, visit the OA Bookstore by clicking [here](#).

*i.e. the main body of the text without personal stories appended.

Our 2026 Annual Appeal Is Off to a Strong Start – Let's Keep the Momentum Going!

As of July 28, members, groups, and service bodies have contributed US \$13,788 to our 2026 Annual Appeal. These contributions help support our shared services and OA's work of carrying the message worldwide. Thank you to everyone who has contributed or helped get the word out.

Please help keep the momentum going by continuing to read the [Annual Appeal letter](#) aloud in meetings, sharing the [video message](#) from Managing Director Rich Valdez, and reminding members how they can contribute.

To support the Annual Appeal, visit oa.org/contribute and select "Annual Appeal" from the dropdown menu. You may also use the QR code or mailing address in the Annual Appeal letter. Thank you for supporting OA's shared services and helping strengthen our Fellowship.

Beverly M.
Board of Trustees Treasurer

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OA's Board of Trustees has just published a new, downloadable flyer entitled [Remembering OA in Your Will or Estate Plan: Leaving a Legacy of Recovery](#).

The flyer asks members to consider directing a lasting gift to OA via their will or estate plan.

Unlike other Seventh Tradition contributions, there is no limit on the amount of bequests made in wills and estate plans. World Service Business Conference Policy 2013 states:

Statement on Individual Member Donations to the OA World Service Office

A member may contribute up to US \$7,500 per year to the general fund, up to US \$7,500 per year to any special fund, and up to US \$7,500 per year to honor the memory of a deceased member. OA, Inc. may accept a bequest from the will of a deceased member in cash or cash equivalent. There is no limit on the amount of such a bequest.

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As the days passed, and without my hardly noticing, I gradually began to think about Gloria with more tolerance than suspicion. I remembered circumstances from years before that had harmed her. I considered the sorts of indefensible choices people sometimes make when they're deep into survival mode.

As my anger and wariness ebbed, tolerance slowly transformed into empathy. We'd been so young! We'd both made some lousy decisions. It dawned on me that Gloria's journey wasn't all that different than my own. I revisited events in our shared past – even the ones that had been really messed up – with a sort of detached regret instead of righteous indignation. It was amazing that our friendship had even survived, I realized, as it turns out she wasn't the only one who needed forgiving. Yet it was she who'd continued to make the effort, not I. Imagine that.

By the time she arrived, my trepidation had all but vanished, and so had the tension that had simmered between us for as long as I could remember. I greeted her warmly. We treated each other gently. During the weekend, we touched on some subjects that had long remained buried, without rancor.

Best. Visit. Ever.

Afterward, I confessed to my sponsor that even as I'd dutifully said the resentment prayer every day for Gloria, I'd suspected it might be a futile exercise. But I'd been proven wrong. Astonishingly, entirely wrong. The resentment prayer had worked exactly as promised.

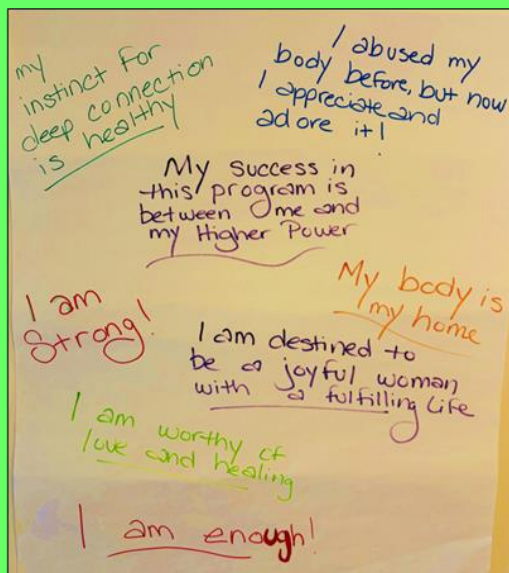


Now, Gloria didn't know that I'd been praying for her; she'd arrived no doubt expecting the same old, same old -- but instead she'd found grace. That's what I'd been praying for all along, I realized. And that's what I'd received from my Higher Power. I hadn't imagined the effect it would have on me, and on her, too.

Wow.

When we talk about the miracles of the program, this is one of mine. The experience showed me what can happen when I relinquish control; when I relinquish skepticism; when I trust in the guidance of my sponsor and my Higher Power -- when I *surrender*. I'll never forget it.

God, grant me the willingness to trust; the humility to remain teachable, and the quietude I need to hear and heed the lessons of recovery. - *Thankful in WG*



Take a gander at comments from attendees at the 2nd Anniversary party of the *Women's Body Image* meeting in Blue Bell, as recorded by the evening's designated scribe. Thanks, Ms. Scribe! Great party, all! Great meeting!

The *Women's Body Image* meeting is held Tuesdays at 6:30 p.m. in the Wissahickon Library at 650 Skippack Pike in Blue Bell. Join them!



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.



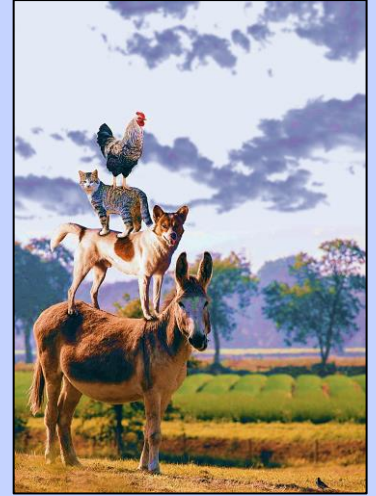
Their Peaceable Kingdom

In their four decades together, Susan P. and her wife, Ann have adopted upwards of twenty cats and dogs. Most needed special care because of advanced age or disability; others required only TLC. Whatever their needs, Susan and Ann were happy to provide.

Some notable members of their brood included Dalmatians Freckles and Gates, who were both deaf; Huskies Sandy and Heidi, a healthy pair of young'uns who needed forever homes; Little Kelly, an adorable Bichon mix who suffered from Cushing's Disease; and their beloved Gracie.

Gracie came to Susan and Ann in her latter years. She arrived with significant injuries, as she'd been roughly treated. She was also legally blind, and she had only three working legs. Susan and Ann didn't hesitate. Gracie joined their family and never looked back. When she recovered, her favorite activity was visiting a local park with lush lawns and very few trees to get in her way – she'd run and run to her heart's content before throwing herself down on the springy grass for a good wriggle. Ahh. Gracie's years with her loving moms were deservedly blissful.

Susan and Ann's current charges are kitties Benji, Bella, and Oliver. All are so camera-shy (*talk to the paw*) that Susan has yet to capture a photo!



No matter; they are in good hands. We couldn't be happier for them, and all of Susan and Ann's adoptees. We're delighted to include the wee beasts mentioned above as August's Pets of the Month, and you can see their photos on page 9! Purr...woof!

(By the way, Susan and Ann have not adopted a rooster or a donkey. Yet. These two pictured above insisted on being in the photo. What could we do? Roosters and donkeys don't take *no* for an answer.)

Basketpalooza!

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; even 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!



Register now!

The Philadelphia Area Intergroup of Overeaters
Anonymous presents:

Radical ACCEPTANCE

OA Weekend Retreat September 25–27, 2026

OPEN

WILLING

AT PEACE

AS I AM

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-philadelphia.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 CLOSING
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.



**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

I hurt. I deserve food.

You deserve better than food.



A Writing Prompt



Do I actively participate in the OA fellowship at the local level? If not, how come? If so, how can I encourage others to do the same?

August's Pets of the Month!



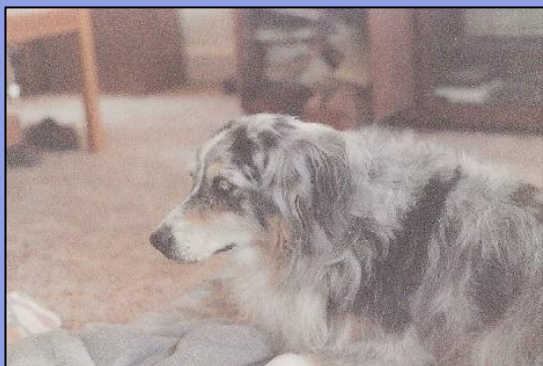
Freckles and Gates



Sandy and Heidi



Little Kelly



Gracie

Tradition Eight: Fellowship

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

Can you find these words?

Service
Compassion
Needs
Decision
Special
Experts
Members
Support
Respect
Listening
Trust
Expectations
Ownership
Nonprofessional

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



Toto, there's no place like homegroup.

AI-generated image

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! Editor & 2026 Retreat Chair 720-934-0985
Jean M.	Program Chair 215-528-7610
Anthony H.	PI/PO 917-930-1086
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. There will be no PAIG meeting in August. The next PAIG 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."