

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 9

Made amends to such people
wherever possible, except
when to do so would injure
them or others.

Spiritual Principle

Love



Tradition 9

OA, as such, ought never be
organized; but we may create
service boards or committees
directly responsible to those
they serve.

Spiritual Principle

Structure



MAKING SELF-AMENDS *

As a part of making amends to myself, which was suggested by my sponsor, I created the following prayer. The prayer lists positive characteristics that oppose my character defects, which I discovered when working my Fourth and Fifth Steps. By saying this prayer daily and out loud to my Higher Power, I am acting as if I believe these good characteristics are true about myself and trusting my HP to lead me to this recovered reality.

Dear Higher Power,

I am healing with your love and power, and because of you I believe:

I am selfless.

I am proud of myself.

I am honest.

I appreciate what others have.

I am secure.

I am mature and responsible.

I am nonjudgmental.

I am trusting of others and of
myself.

I am giving and charitable.

I am energetic and motivated.

I am loving, caring, and friendly.

I am fearless.

I value my life and living out your will for my lifespan.

I live in reality, without magical thinking.

I honor schedules and timeliness.

I consider other people's needs equal to my own.

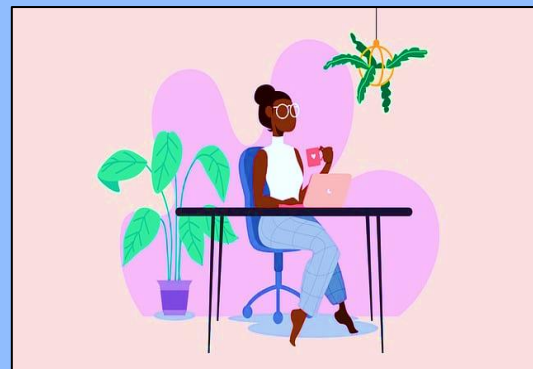
I do not compare myself to others.

I focus on my side of the road.

I desire people and things, according to your will for my life.

I love myself as I am.

— Keri



See youuu in September... 🎵



Books and Pamphlets and More, Oh My!

Have you gotten a gander at OA's full literature catalogue? Pretty danged impressive. Everything you wanted to know about OA and probably stuff you didn't know existed!

Take a peek by going to <https://oa.org/documents/oa-literature-catalog/>, and browse to your heart's content.

In the spirit of helping OA, Inc. bolster its financial health, let's be sure to buy *all* our OA literature directly from OA!



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

To watch a video update about OA's Annual Appeal from Rich Valdez, click [here](#).

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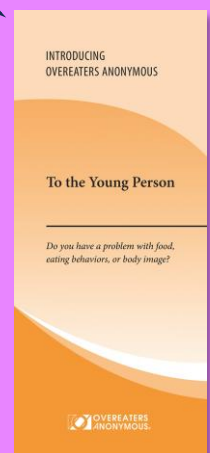
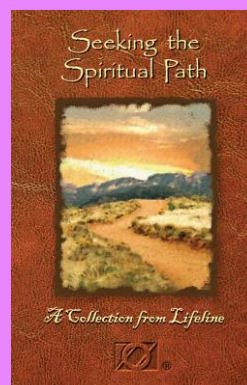
Three of OA's publications are now available as audiobooks!

Seeking the Spiritual Path is a collection of 70 Lifeline stories from members about their spiritual journeys. It's been available at the OA Bookstore as a soft cover book and as an eBook, and now it's been released as an audiobook as well! Click [here](#) to learn more.

And guess what else is now available as an audiobook? *For Today*! Yes, you can now listen to one of OA's beloved daily readers. Click [here](#) to learn more.

Finally, the pamphlet entitled *To the Young Person* is now also available as an audiobook. To learn more, click [here](#).

Now available
in three different
modes for members!





Remember to bring your finest,
gently-used clothes to the retreat!!!



Thanks to a dedicated crew of clothing wranglers, our annual clothing swap, aka the B'OAtique, will be up and running by Friday night!! If you're interested in doing service at the B'OAtique, text or call Sarah V. at 609-658-2542.

The B'OAtique is a place to browse with pals, sashay in potential outfits, and score some really great stuff. (Feel free to try it on in your room.) As always, everything at the B'OAtique is free, though we'll have donation boxes placed strategically around the room just in case you're moved to contribute to next year's scholarship fund. Reminder: *everyone* is welcome to join in the fun whether they've brought clothes from home or not.

At the end of the weekend, everybody grabs a bag of whatever's left and donates it at their leisure to their favorite spot. Easy peasy.

Tops, bottoms, dresses, jackets, coats, accessories, nearly-new shoes and boots, -- you name it -- we've seen it arrive with one member and leave with another.



In the center of the room, craft tables are available where you can take a moment to revisit your childhood with glue and glitter or just sit with your fellows and shoot the breeze.

Just for one weekend, we retreat from the world. Recovery is all around us. Workshops galore. Friendly faces, activities, convivial chatter, breakthroughs and breakouts and try-ons and breakdowns(!); whatever happens in Malvern, stays in Malvern.

We can't wait! See you all there!

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 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.

Labor Day is Monday, September 7, 2026!



Let's celebrate the ingenuity and industry of our fellow humans, a Monday holiday (woot!) and the unofficial beginning of Autumn 🍁 with an OA workshop entitled

RECOVERY: A Labor of Love



Who?

Presented by the perennially hardworking folks at PAIG's Fellowship of Hope meeting.



When? Monday, September 7, 2026 from 9:30 a.m. – 11:30 a.m., but come 15 minutes early to say hello!



What? REC♥VERY, by way of three speakers, sharing, and fellowship before and after.



Where? Online, via Zoom. Meeting # 859 3965 9369. Password: F3llowship. (If you're prompted for a passcode, enter: 123456.)



Call Mary C. with questions at (215) 651-5697.



REGION 7 CONVENTION

October 23-25, 2026



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

Early Registration: \$70

Ends Sept. 23, 2026

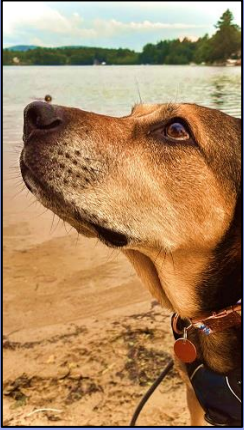


**Bethesdan Hotel
8120 Wisconsin Ave
Bethesda, Maryland**

Overheard Recovery

I don't attract what I want; I attract what I *am*. Change starts with me.

September's Pets of the Month!



Rosie and Magnus, left

Magnus, ready for his close-up, above

Meet Rosie, seen here dreamily contemplating nature while her brother Magnus frolics in the water behind her. See him? No? He's the dot on Rosie's nose.

Ben H. and his family adopted Rosie about a decade ago, and Magnus some four years later.

Rosie and Magnus are thick as thieves -- with each other and their hoomans, aka THE BEST PACK MATES EVER, despite their suffering from a curious deficit of legs, having only two each.

Both of Ben's daughters had a hand in naming Magnus, first lighting on one name, then another, before deciding to name him after Magnus Chase, a character in one of their favorite book series.

Rosie's soulful expression inspired Ben's youngest, at only five or six, to wax poetically, "Rosie's eyes look like melted caramels." Aww, Rosie.

Rosie (the cautious elder) taught Magnus to be scared, laughs Ben, of thunder and other mysterious phenomena. In turn, Magnus (the mischief maker) taught Rosie to steal food off the table and chew slippers. *Magnus! Nooo!*

While Rosie is the Yin to Magnus' Yang, both are equally sensitive to Ben's spirits, offering love and wet-nosed nudges when he needs them most.

Good girl, Rosie! Good boy, Magnus! We sure are glad you're September's Pets of the Month. 🐾

A Writing Prompt



Can I make amends to someone without freaking myself out about it first? Can I accept that by owning up to something in my past, I can move beyond it? Is serenity worth a brief, possibly uncomfortable encounter? Can I let go of the outcome? Can I surrender?

Tradition 9: Structure

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

Can you find these words?

Recovery
Primary
Purpose
Organization
Service
Free
Tradition
Principle
Honor
Practice
Responsibility
Rotation
Freedom
Influence
Structure

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:

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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. This month's PAIG meeting is on Wed., September 2nd. Next month's will be on October 7th. 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."