

OCTOBER

2026

AWARE!

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®

A Word About the 2026 Retreat



Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

Spiritual Principle

Perseverance



Tradition 10

Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.

Spiritual Principle

Neutrality



The 2026 PAIG retreat was lovely. It was joyous. It was community. It was connection.

Some folks felt the stirrings of spiritual awakening. Some felt validated and accepted, maybe for the first time. Others sought and found clarification about issues they'd been grappling with. Some folks found sponsors! Some were delighted to revisit a gleeful chapter from childhood. Others were surprised to uncover a sadness they'd concealed, even from themselves. Some were gobsmacked by small-world connections. Many found love and understanding they'd secretly feared was a myth.

A weekend spent in the company of our fellows is like no other. Magic happens.

We'll send a full recap in November's issue! In the meantime, may we retreat-goers bask in the joyful glow that followed us home. And may all those who weren't with us feel the warmth of that glow that we'll carry into our meetings.

Radical Acceptance was our theme. Go forth, sweet Radicals! Let's be gentle with ourselves and with each other.

Peace. xo



Happy October! Time for leaves and gourds and football and sweatah weathah!



Heads up, Treasurers!

OA has published a frequently-asked-questions page just for you!



Whether you're treasurer for your group, intergroup, or service body, OA's got you covered. Take a peek [here](#).

Look What's New!



A new release from the OA Bookstore contains 8 stories from members who've lost 100 pounds or more. Sharing our experience, strength and hope help others!

To order this pamphlet, go to the OA Bookstore at bookstore.oa.org, and enter "100 pound pamphlet" in the search field.

The Tuesday night, 6:30 p.m. Body Image meeting at the Blue Bell Library is moving for 2 weeks only!

On Tuesday, October 6th, the meeting will be held at the Upper Dublin Public Library, 520 Virginia Drive, Ft. Washington, PA 19034, **in Study Room 2.**

On Tuesday, October 13th, the meeting will also be held at the Upper Dublin Public Library, 520 Virginia Drive, Ft. Washington, PA 19034, but this meeting will be held **in the Board Room.**



Note: the meeting begins at 6:30 p.m. It is topic-based, and closed to observers.

Questions? Call Beth P. at (856) 816-7898.

If you need a speaker at your meeting, or if you're interested in being a speaker, don't forget that the Philadelphia Area Intergroup maintains a speaker list!

Contact Laura L. at 215-803-1805 for more information.



Living Step Ten: Daily Inventory as a Path to Awareness and Joy

In *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, Step Ten invites us to continue taking personal inventory and, when we are wrong, to promptly admit it.

For me, this practice has become far more than a review of mistakes. It has evolved into a daily act of self-awareness — one that helps me eat rationally, live consciously, and grow into the kindest version of myself, both in how I treat myself and how I treat the people around me.

When I pause at the end of the day and look honestly at how I lived, I gain clarity. That clarity helps loosen the grip of compulsive eating and opens space for a fuller, healthier life. Step Ten reminds me that awareness is not meant to punish me; it is meant to free me.

One simple and powerful tool I use for this daily inventory is something I call the GLAD inventory. I'm drawn to it because it's easy for me to remember, easy to practice, and importantly, it carries a positive tone. Recovery already asks us to be courageous. I've found that gentleness helps me stay willing.

G = Grateful for

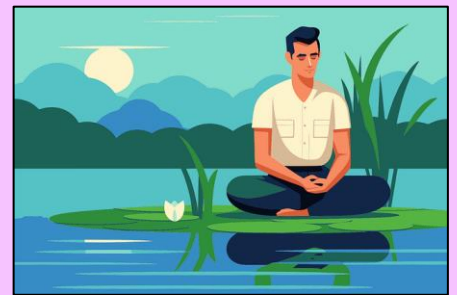
Each night, I ask myself what I felt grateful for that day. Sometimes it's something foundational: my health, my home, my abstinence, or the fact that I ate rationally. Other times it's more personal: a caring sponsor, a good friend, or even my dog, who loves me and reminds me how simple joy can be. Gratitude grounds me. It shifts my attention from what I lack to what is already present and sustaining me.

L = Learned

For me, life is about learning. Some days I learn something practical, such as a task I didn't know how to do or a fact that expands my understanding. Other days, the learning is quieter but deeper. I might notice how I handled a relationship, how I responded emotionally, or how I managed a difficult moment with more balance than I used to. These insights help me grow — not toward perfection but toward awareness.

A = Accomplished

Acknowledging accomplishments matters to me because for so long, when I was active in the disease, my days often felt empty, dominated by overeating rather than living. Today, I name what I handled well. It might be something small, like navigating a challenging conversation, or something larger, like finally completing a task I had been putting off. Recognizing progress helps me feel encouraged rather than defeated.



D = Delighted by

This final reflection may be the most important. Recovery can sometimes feel serious and require a great deal of effort, but joy is essential. I take time to notice what delighted me: a baby's laughter, a piece of music, a beautiful bouquet of flowers, or a moment of shared warmth with someone I love. These moments remind me that delight already exists in my life. When I honor these moments, there is less temptation to seek false comfort in food — comfort that has never truly worked anyway.

GLAD is easy for me to remember, easy to practice, and importantly, it carries a positive tone.

Practicing this kind of daily inventory aligns deeply with the spirit of Step Ten. It keeps me honest without being harsh and reflective without being heavy. Most of all, it helps me live with intention. As I grow in awareness, kindness, and joy, I find myself not just eating better, but living better.

— Alan S.



Region 2 Diversity Committee Workshop

Taller del Comité de Diversidad de Región 2

What is an Outside Issue?

**Maintaining the Traditions
While Providing a Safe
Place for Everyone**

**Date: Saturday, October 3, 2026
Time: 1-3pm Pacific Time
Zoom Meeting ID: 851 4599 9242
Passcode: 12x12**

For Questions contact Cindy S. (818)406-1310 or
Erica T. Efthomasma@gmail.com

Suggested Donation \$5

No one turned away for lack of funds

¿Qué es un tema ajeno?

**Mantener las tradiciones
mientras ofrecemos un
lugar Seguro para todos.**

**Fecha: Sábado, 3 de octubre de 2026
Hora: 1:00–3:00 PM hora del Pacífico
ID de reunion de Zoom:
851 4599 9242
Contraseña: 12x12**

¿Preguntas? Contacte a Cindy S. (818)406-1310
o Erica T. Efthomasma@gmail.com

Donación sugerida: \$5

Nadie será rechazado por falta de fondos.



REGION 2
OF OVEREATERS ANONYMOUS

12TH STEP RECOVERY CRAFT FESTIVAL

Sponsored by: the South Jersey Intergroup of Overeaters Anonymous (OA SJIG)

When: October 10, 2026, 2:00 to 5:00pm

Where: Starting Point, 215 Highland Avenue,
Haddon Township, NJ 08108

- a detailed presentation on how creativity and crafting can enhance your recovery program. There will also be information on how to use photos and artificial intelligence to develop collages containing the steps, tools, slogans, sayings and key program principles.
- a speaker on the importance of service through writings, drawings, and other creative activities to stay abstinent.
- free recovery craft items for all attendees. There will also be available larger craft items for purchase, the proceeds to be given to the OA South Jersey Intergroup.

For more information: Contact Jeff S. 609-610-6193





Beyond Weight Loss...

There is Hope and Joy!!

Recovery can be yours!

NEW
PERSPECTIVE

HEALING

BRIGHTER
TOMORROWS

*Progress
Not Perfection*
♡



Saturday, October 24
1PM – 4PM



St. Andrew's Episcopal Church
419 South Street
New Providence, NJ

Same
Fellowship.
A Brighter
Tomorrow.



An event sponsored by
The New Providence Big Book Meeting
Saturdays 11AM – Noon

EXPERIENCE | STRENGTH | FIND CONNECTION | DISCOVER JOY

All are welcome! ♡

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**



**OA VIRTUAL REGION
ASSEMBLY 2026-2**
November 14-15 2026
Motions - Elections

REGISTRATION OPEN!
Through November 12
Interpretation Requests Due by November 7

**Be sure your Intergroup or Service Body
is represented at the assembly!**

September 15 Deadlines

Business Motions

Applications:

Secretary

Vice-Chair

Digital Coordinator

Affirm Trustee Nomination

If you are interested in giving service, email our secretary

OA Virtual Region | 163 Highland #1301 | Needham, MA 02494 US

Overheard Recovery

My power lives within me. I can draw upon it when I'm not blocking it with food.



A Writing Prompt

How does writing a nightly Step 10 inventory help me to remain present in my own life?

October's Pet of the Month! Charlie



Meet Charlie Brown, known as just *Charlie* to his family. Angela C. says that Charlie is essentially a Pitbull mix, though his official title is Staffordshire Terrier, which sounds a bit more posh.

At 60 lbs., Charlie generally gets what he wants. What does he want, you may ask? First, Angela's lap. Second, *a ball, please, Mom*. Charlie is obsessed with balls. He loves to chase them, chew them, salivate on them. It's rare to find him without one in his mouth.

At nearly 9 years old, Charlie is a big, high energy, lovebug. He found his forever home with Angela this past January, when she discovered him in a N.J. shelter. She likes to adopt senior pets, knowing that they especially need loving homes. (Angela is a lovebug, too.)

Goo' boy, Charlie! We sure are glad you're October's Pet of the month. 🐾

Tradition 10: Neutrality

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

Can you find these words?

Controversy
Opinion
Alienate
Objective
Freedom
Choice
Wisdom
Outside
Issue
Respect
Silence
Integrity
Detach
Message
Imply

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

Earl's Pearls

Earl, at my first meeting, I felt like I was going insane.

...then he figured out he was going *sane*. It's hard to tell the difference at first.



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:

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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 215-803-1805
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., October 7th. Next month's meeting will be on November 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."