NOVEMBER

AWARE!

2026

Philadelphia Area Intergroup's Monthly Newsletter | Overeaters Anonymous®



Step 11

Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Spiritual Principle

Spiritual Awareness

Tradition 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Spiritual Principle

Anonymity

Step 11: A Journey

Working Step 11 has not been easy for me. I have always compared what I do to what I hear others do, and I feel I must be doing it wrong. It's only in the last couple of years that I've realized what I am doing works for me. And now I actually encounter people who do the same thing!

Even though I didn't start out on Step 11, I started praying early on when I joined OA. My first and only program prayer for many years was "God, please grant me the willingness to be abstinent and the willingness and ability to go through any lengths to stay abstinent." It worked: I've stayed abstinent, so I continue to say that prayer every morning.

Step 11 directs me to pray "for the knowledge of God's direction for me and the willingness and the power to carry it out." That's it. So that's what I do.



I say "God's direction" instead of "God's will" because I believe God gives me free will. God points me in the right direction, but the choice to get moving (or not) is up to me. God directs me to do everything I can to stay abstinent, and God directs me about other things throughout the day, too: I might hear something at a meeting; I might read something in the literature; I might see something on the news. I get directions all the time.

It was only when I realized that I was regularly receiving help that I finally believed in God and believed that my prayers were being answered. I heard an OA member say, "I will believe it when I see it." When I saw all of the ways that God had helped me over the years, I came to believe in God's help.

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It's the season of gratitude.



If you're gearing up early for the season of giving, look no further than the OA Bookstore at https://bookstore.oa.org/.

Program literature galore is available in all sorts of formats. A gift of literature can make a huge difference in a fellow's life, as many of us can attest.

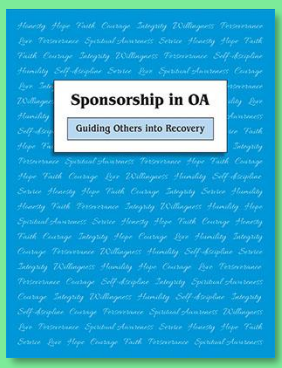
OA's Bookstore is currently offering a deal on a ***For Today*** bundle: If you buy ***For Today*** and its related workbook together, you'll save $5 off your order.



Are you primed to sponsor, but you're afraid to take the leap?

OA's handbook on sponsorship can help. ***Sponsorship in OA: Guiding Others into Recovery*** is available at the OA bookstore in large format soft cover, or you can buy the eBook from affiliated sellers.

The handbook was designed for veteran sponsors and newbies alike. Familiarizing yourself with its contents will prepare you to guide others in their recovery journeys.



More News about Tuesday night's Body Image meeting! The meeting is usually held at the Wissahickon Valley Public Library in Blue Bell (aka the Blue Bell Library).

Effective October 20th, the Tuesday night, 6:30 p.m. Body Image meeting has moved to 960C Harvest Drive, Blue Bell, PA 19422. This will be its location until the Blue Bell Library reopens after renovations are complete.



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.



Maybe you would prefer to be a **temporary sponsor** for a newcomer. Strong guidance in a newcomer's first twelve days in program can make all the difference.
Read more about temporary sponsorship for newcomers here: https://oa.org/documents/temporary-sponsors-newcomers-first-twelve-days/ .

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As for meditation, I avoided that for many years. I heard someone say that being in a meeting was meditating, so I stuck with that for a while. But I felt inadequate, so I tried guided meditations and other suggestions, but nothing seemed right for me until one day I was struck by the realization that my morning walk is actually my meditation time.

After I listen to a meeting, say my prayers, and read from OA literature each morning, I walk for an hour in a beautiful park. I might think about something I heard in the meeting, or something that happened yesterday, or something that awaits me. Otherwise, I may just enjoy seeing the trees, listening to the birds, saying hello to people on the path, and occasionally seeing something extraordinary, like a baby turtle! After an hour, I am calm. I may have gotten an answer or a direction, and I feel complete. Most of all, I am grateful for God's help because when I ask for it, listen for it, search for it, and wait for it, I receive it.

-Anonymous

A Holiday Checklist



Have you ever noticed that when we come across photos representing the month of November, they are mostly of unsuspecting turkeys and mountains of food?

Yes, the season of excess food is upon us. Let's not go into it unprepared. Many folks do a combination of the following on the day of a big event.

1. Connect with your HP.
2. Meditate.
3. Go to a meeting.
4. Imagine past triggers: Now picture yourself not reacting. Ahh.
5. Talk to your sponsor to review your action plan.
6. Bookend.
7. Contribute an abstinent dish.
8. Have a phone nearby to call for extra support.
9. Nip out for a breath of fresh air if need be.
10. Nip out again.
11. Enjoy your meal. Breathe deeply.
12. Take a moment to appreciate feeling comfortable in your clothes.
13. Remember that everyone struggles.
14. Focus on gratitude.
15. Check on one of your fellows.

Share your ideas with your fellows!



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

JOIN YOUR R2 FAMILY

AT THE TABLE

AN INTERNATIONAL DAY
EXPERIENCING ABSTINENCE EVENT



FRI NOV 20

6-8P PACIFIC

SHARED MEALS & FELLOWSHIP

English & Spanish-speaking members welcome

Miembros de habla inglesa u española bienvenidos

MEETING ID: 851 4599 9242 (Updated)
PASSWORD: 12X12

REGION 2
OF OVEREATERS ANONYMOUS

$5 SUGGESTED DONATION
No registration necessary | No es necesario registrarse

IDEA DAY

International Day Experiencing Abstinence

Join us for IDEA Day! Abstinence can be a deeply personal journey. We invite you to join us to hear from three speakers offering valuable insights and strategies rooted in the OA 12 Step program of recovery that help them embrace and maintain abstinence. Each speaker will be followed by a short writing exercise and open sharing.

Saturday, November 21st
7-9 am Central Time
Zoom ID: 940 5580 8391
Password: Serenity
Call In: 312-626-6799;94055808391#;75183374#

Hosted by the St. Louis Early Birds
& Any Lengths Big Book Study Groups
Questions? Contact Tracy V. 843-810-0645

SUGGESTED DONATION OF $6.00
when making a donation on line please use
the St. Louis Bi-State Intergroup #09029
https://stlouisoa.org/?product=7th-tradition

OVEREATERS ANONYMOUS
ST. LOUIS BI-STATE INTERGROUP

IDEA DAY 2026

A Hybrid Marathon - Sponsored by SCPOAI

9am to 2:30 pm Saturday, November 21, 2026

Featuring: Workshops, Ways & Means Drawing, Clothng Exchange, Literature Table, & Speaker Panel

Use your phone's camera app to activate the blue QR code below for more information or the Orange/brown QR code to register to attend IDEA Day online.



IN PERSON: Hempfield United Methodist Church, 3050 Marietta Pike, Lancaster - **Doors open for registration at 8:30am**

ONLINE: Zoom: Meeting #: 815 1628 2395 **Passcode:** registered attendees will receive passcode before the event.-

Online participants must register by Nov. 14, 2026.

Suggested Donation: $10

Contact: Tracy F (arnytracy@gmail.com or (717) 333-8845) **Tech Contact: Brian A**(859) 312-0982

SCPOAI = South Central PA **OA** Intergroup **IDEA DAY** = *International Day of Experiencing Abstinence* **Day**

Map, Directions, other information is on page 2

Join us!
PAIG's Fellowship of Hope Group
presents a virtual workshop on

GRATITUDE!



Thanksgiving Day
Thursday, November 26, 2026
9:15 EST fellowship
9:30 – 11:30 EST workshop
♥ 3 Speakers ♥ Sharing ♥ 7th Tradition

Zoom Link: https://us02web.zoom.us/j/85939659369?pwd=BPxsWYXa8eJ5CJ7NmxzrV5ZMxgACLR.1
Dial In: (929) 205-6099
Meeting ID: 859 3965 9369
For passcode, call Judy McG at 215-870-6013 or
Send an email to OAFOHQuakertown@gmail.com .

Sponsored by the Fellowship of Hope Group, a member of
the Philadelphia Area Intergroup of Overeaters Anonymous, Inc.

Ocean & Bay Intergroup of Overeaters Anonymous presents



Step 11 Two-Way Prayer Writing Workshop

Seeking to improve our conscious contact with our Higher Power through prayer and meditation

Sunday, December 6, 2026, 1 to 2:30 pm ET

We will demonstrate a two-way prayer method, have a short writing time, offer guidelines on reflecting and then go into small breakout rooms to share our writing.

Please join us!

Open to all who wish to stop eating compulsively - no registration required.

Zoom info:

Meeting ID: 833 7796 7938

Passcode: 247365

questions@oceanandbay.org

November's Pet of the Month!



Meet Earl. Earl (aka Little Earl; aka Furly Early; aka Little Burly Early) is a Yorkshire Terrier of uncertain provenance who scampered onto the funny pages of the AWARE newsletter earlier this year with his dad, Big Earl, a lovable (if hapless) soul whose sometimes needs a dollop of canine wisdom from his beloved Little Earl when life gets a little too lifey. Indeed, it was Little Earl who told his dad about OA last Thanksgiving, an event revisited below. This year, Big Earl is looking forward to his first abstinent Thanksgiving (and not having to loosen has pants afterward). Oh boy!

We look forward to hearing more from the Earls! Goo' boy, Little Furly Early! We sure are glad you're November's Pet of the Month!

A Writing Prompt

What am I grateful for? How has my life changed since last year at this time?

Overheard Recovery

"My body is on loan from God. Someday I'd like to be able to say I took good care of it."

Earl's Pearls: The Ghost of Thanksgiving Past



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.



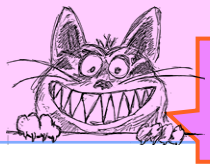
2. 10% to Region 7: https://oaregion7.org/

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!

PAIG Service Positions:

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
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., November 4th. Next month's meeting will be on Wed., December 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."