

OA Annapolis Newsletter

The primary purpose of Overeaters Anonymous is to carry the message of recovery from compulsive eating to those who still suffer. Each time an OA member shares his or her experience, strength and hope with another compulsive eater, recovery begins.

Groups and service bodies help carry the OA message throughout the world. An OA meeting provides a place where members can achieve recovery and share it with others. This section offers resources to help ensure that meetings are strong, recovery is sure, and the hand of OA is there for those who reach for help.

“Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.” OA Responsibility Pledge

Step Three

Made a decision to turn our will and our lives over to the care of God *as we understood Him*

Step Four

Made a searching and fearless moral inventory of ourselves

Tradition Three

The only requirement for membership is a desire to stop eating compulsively.

Tradition Four

Each group should be autonomous except affecting other matters or OA as a whole.

WELCOME OUR NEW IG BOARD

MEMBERS:

INTERGROUP CHAIR– WEBRA

R7 REPS: MIKE, MARIA

VICE CHAIR– JANE L

WSBC REP: MARIA

TREASURER– BOBBI

SECRETARY– KAREN

W& W EDITOR– AMY L.



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Tradition Four

Tradition 4- "Each group should be autonomous except in matters affecting other groups or OA as a whole."

Tradition 4 is packed full of so many concepts that guide the development and life of our meetings yet if I practice these principles in all my affairs, I can apply this tradition my own individual recovery as well.

Some of the principles are...

- * I am to be guided by the traditions and the steps

- * I have a right and a responsibility to speak up when the traditions are not being followed
- * I will get into trouble if I don't live by the principles of the program I need to be open to the wisdom, experience, strength and hope of others
- * I can't do program alone
- * I need to stay focused and keep things simple
- * It is important for me to embrace my uniqueness and my unique needs as well as my unique program
- * I have the freedom to find my own way and learn from my own experiences
- * It is important for me to learn to act autonomously as well as live in harmony with others
- * It is important and necessary for me to set boundaries to protect myself
- I shall not insist on others to meet my needs

Sometimes being a member of a larger group means being a replica of the "parent" group yet in OA it is anything but. Thank God being a member in OA means our uniqueness is encouraged and highly valued!

Katrina 2/7/14

More Than Just a Mirror

People try to say that you
can do it if you try
How do you know what to
try
Where is your instruction
book
How about a map or at least
a GPS
sometimes it's more than
just looking in the mirror
you need advice
not just because you don't
know what to choose
you need to know someone
believes in you
someone knows you can do
it
they know you have it in
you

Tami



FROM THE CHAIR...

Spring is almost here!

This has been a long, cold, dark winter; too much snow, too many school snow days. Did you hope to weigh less before the weather was warmer? Were you going to be sporting a smaller size in spring fashions? Are those New Years resolutions and diet and exercise plans a distant memory and a source of additional shame? You are not alone! Most of us have had similar thoughts and plans.

In Step One we recognize our powerlessness over our food addiction. Much the same way we are powerless of the weather, change of seasons, etc. One of the challenges of long term recovery is described in the AA BB pg24 “The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent. We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.”

Our will power in the area of food is nonexistent. The multiple diet and self help books may be a clue. The diet that helped us in the past, no longer works, the exercise boot camp that used to work, requires a week to recuperate and move comfortably. Other examples of how our will power has failed us can be found in the 15 questions <http://www.oa.org/newcomers/is-oa-for-you/>

The key to success is in the last sentence of the above quote. The first bite! Just for this moment, if we do not pick up the first bite we will recover.

In the OA pamphlet, “Before you take that First Compulsive Bite” there are multiple strategies to avoiding the first compulsive bite. Literature is just one tool to avoid the first compulsive bite. We can use the suggestions in “Before you take that First Compulsive Bite” pamphlet as an action plan. We can use the telephone to call a member or our sponsor. Do not have a sponsor? Call someone you wish were your sponsor and ask! You will be providing service by making that call. Write about the situation, the feelings or a gratitude list. Jump on a phone or on-line meeting.

Rather than focusing on the powerlessness of our will power, focus on the power that is available to you in the fellowship, the steps, the program, the tools and your relationship with a higher power. Spring is almost here, it comes every year, we are powerless over the change in seasons. With acceptance, we can embrace our powerlessness and recover so when Spring arrives, we can greet it with a serene smile, affirming that the dark winter in our heart has lifted by working the steps.

Webra



February 22, 2014

The Annapolis Intergroup hosted Unity Day 2014 on February 22, 2014. It was a day of fellowship, inspiration, introspection, and laughter. The day began with a Guided Meditation followed by the calm and seasoned guidance of Jane, our opening speaker. We then broke out into one of two workshops: Life Begins at the End of Your Comfort Zone; or Unity in Help. I loved the message that getting out of your comfort zone is a way to make progress (not perfection ;-). Based on the noise through the divider the other session must also have been motivating. The venue provided numerous options for lunch inside, outside, or nearby restaurants and then we were, again, presented with a choice of workshops. In this case we had to choose from Many Food Plans, One Abstinence or Unity in Humor. This was followed by Open Sharing, the Unity Circle, and closing speaker, Chris C.

This was my second Unity Day event. I have come away from both re-energized and more willing to work my program. I didn't really understand the concept that all of OA was part of the Unity Circle that first year – I didn't have a grasp of the scope of the event. This year – a year and a half into my program – I understood that we were "all together now, reaching out our hands for power and strength greater than ours" and what that actually meant. The full strength of OA – all over the country and the world – stood with me in that circle. During Unity Day I contemplated my Comfort Zone, laughed along with my fellows as we told stories of our foibles and follies, and marveled at the strength we all show every day. I hope I can speak for the more than 60 attendees at our Unity Day – that we found "love and understanding beyond our wildest dreams."

Jeanne

Working with Perfectionism

Early in Program it became necessary for me to take action for the problems perfectionism was causing me. I was not able to move forward for fear. Fear I would not ‘do it right’. I heard an OAer share that she had come to accept 70% was good enough. I was flabbergasted. How could anyone accept 70% was good enough for anything? I thought about and puzzled over that comment. I talked to my sponsors and other OAers. Meanwhile, I came up with my own definition for ‘perfect’. I decided a state of ‘perfection’ does not exist. I try to notice when I think ‘perfect’ and reword my thought. I try not to say it out loud. I am getting better at this and it really helps.

I came up with two ideas that help (likely from my HP). I encourage myself to start – to take a baby step. I tell myself I can always make changes as I go. I have learned HP shows up, when I make a start, and guides me. “One day at a time, one moment at a time”.

To help me not beat myself up about past actions and their consequences, I remind myself that given the knowledge and tools I had at my disposal at the time, I made the best decision I could. It is the truth.

Now, for me, ‘70% is good enough’ is a baseline. Is what I’ve done or am doing ‘good enough’ to let it go and move on to the next best right thing? When I get stuck, actually considering the issue on a scale of 1-100% gives me some perspective. What is my anxiety level? Do I really need to invest more time and effort? And if so, now? Do I need help? Do I need to learn more? What is HP’s input on this?

I am grateful for the tools I have learned in Program to work with perfectionism. They keep me moving forward, making progress. Progress not perfection!



OA PREAMBLE

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting or accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine: we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

www.annapolisoa.org

Send contributions to:
Annapolis OA
P.O. BOX 57
Crownsville, MD 21032

Want to know what is going on in our area? Subscribe to our mailing list:

lists@oaannapolis.org

The Friday night meeting has babysitting available at every meeting! Join them!

THE 2014 REGION 7 CONVENTION IS RIGHT AROUND THE CORNER...REGISTER NOW!

REGION 7 2014 CONVENTION

NOV 7-9, 2014

ONE PROGRAM, MANY FACES

ASPIRE HOTEL

GETTYSBURG, PA

2634 EMMITSBURG ROAD

GETTYSBURG, PA 17325

CALL 717.334.2755 for \$99/night reservations

**(RATE NOT AVAILABLE ONLINE)ASK FOR REGION 7 OVEREATERS
ANONYMOUS RATE**

REGISTRATION:

\$35 TILL SEPTEMBER 15, 2014

\$45 TILL CONVENTION

SATURDAY LUNCH AND DINNER \$50

SCHOLARSHIPS AVAILABLE!

Big Book Study Weekend

April 25-27, 2014

Lancaster, PA

**Registration is \$50– this does NOT include food/
lodging**

**Contact Alicia B @ abbrownell@msn.com or
717.333.8711 to register**

Big Book Study Weekend

IN NEW JERSEY!

MAY 16-18, 2014

**A Member who does this Big Book weekend internationally
will present!
\$55 Registration**

Contact Jill at gratefuljill47@yahoo.com

Or go to

WWW.OA-SOUTHJERSEY.ORG for more info