

OA Annapolis Newsletter

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.

Step Nine

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

Step Ten

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

Tradition Nine

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

Tradition Ten

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

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We will know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word 'serenity' and we will know peace....we will suddenly realize that God is doing for us what we could no longer do for ourselves. Are these extravagant promises? WE THINK NOT!

-A.A. Big Book pg 83-84



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From Negative to Positive

Study the chart

Life comes at me on many levels
sometimes I am content to let it
unfold before me
other times I plot, scheme, and plan
my kind of paradise
I let everything build up until steam
comes out of my ears
then I find myself on my face in tears
My plans in all their glory are
only gory
sediment
I fail again and again and I keep right
on trying it my way
there is a better way
a way set in motion before
I was even a
twinkle in my dad's eye
It doesn't matter what I do God's plan
will map my life
when I follow the map life comes
together on every level
and I can stay content the way He
means for me to be.
Tamara

"My mind is the darkroom where I develop my negatives." For me, my "default mode" is to go to fear – the main source of my negative messages. We are all familiar with those messages. They are unique but they all focus on bringing us to frustration and despair.

Sometimes the messages come because we or our loved ones are having some kind of crisis. Sometimes they come as we listen to the news. And sometimes they come because we are doing well and our disease is mad at us for taking care of ourselves!

So...what can be done to turn the tide? The tools are very helpful here. They help us get outside of our heads. Check in with your sponsor or food sponsor. Go to a meeting and talk about what is bothering you. Call or e-mail a program friend. Do service, small or large – it doesn't matter. Do some kind of action – weed the garden, water the plants, dust the house, make a 3-item "to do list" (3 items are enough for one day!), make an appointment you have been putting off. Do something for yourself (when was the last time you had a massage or a haircut?).

Writing is a very effective tool in the process of turning toward the positive. One suggestion is to write down the negative message as soon as it comes to mind. Then immediately write down your Higher Power's answer to that message. One example might be – Brain: "You never have been able to do anything right." H.P.: Stop talking to my beloved child that way! All s/he has to do is try. I will perfect any actions, and I am in charge!"

Becoming aware of the negatives and stopping them before they take over is a big part of Steps 6 and 7 -- the self-awareness that we don't have to be perfect because H.P. is!

J.L.

FROM THE WORLD SERVICE OFFICE

Monthly Telephone Workshops

Call in this month for two in-depth, stimulating OA workshops. First up, on September 7th, 3-4 p.m. EDT, "Literature: Heart and Soul of OA," a focus on *Voices of Recovery, For Today*, and the companion *Workbooks* for each. The workshops will feature an OA Trustee as speaker. A week later, September 14th, 3-4 p.m. EDT, dial in for "Promises," featuring a Region Chair as speaker. For both, call 1-424-203-8405 and enter access code 925619#. For questions or comments, contact Virtual Services Trustee Stephanie D. at

1-727-641-3437; vst4oa@hotmail.com.

Traveling with the Tools

I had the opportunity to attend an OA meeting in another country. This made me grateful for the/my program.

The people I met have the one week evening meeting and one weekend day meeting. One woman estimated they have 4 groups in the entire country. I traveled 45 minutes by train and bus to attend this meeting. I have 8 meetings within 10 miles/10 minute drive from my home. I also attend meetings in 2-3 other intergroups within 45 minutes of my home. There were 13 people at the meeting and 5 of them were men. There was another visitor in addition to me.

The format of the meeting was a writing meeting out of the OA Workbook based on the book *Overeaters Anonymous* or the Brown Book. The focus was on the 12th Step. First, I could not understand a word but I could follow the general format. When it was time to write someone got an English version of the workbook for me! After the meeting, I thanked them for getting me the English workbook. They told me the workbook was the only piece of literature in their native language! They totally relied on the literature in English. Most people in the country speak English, but I did discover some older people in an AA meeting that struggled with conversation.

Fifteen minutes were devoted to writing, then everyone could share on what they wrote or what was on their heart/mind. The first question was about spiritual awakening experiences. In the AABB Spiritual awakenings or experiences are manifested in many different forms. One description by William James is the 'educational variety', developing slowly over time. I was in a multicultural area, not fluent in the language or customs. I was immediately aware of my pride. I often forget that God loves all of us equally. Everyone, regardless of circumstance, is doing the best they can. . . the woman who positioned herself to obstruct my view or the sales clerk who refused to help me because it was too close to closing time. The shopkeeper who closed two hours early without explanation, the family who created a disturbance on the tram. We are to treat everyone as we would a newcomer to the rooms. Love and tolerance is our code. (AABB pg. 84) One woman shared, "You cannot save your face and your ass at the same time". She said she did not know how to translate. I am so glad! I needed to hear that (in English). What a great reminder about pride. When I am uncomfortable and feeling inferior/superior, I can ask myself if I am trying to save my ass (recover) or save my face (pride or other defect).

Traveling requires a new level of surrender. Not being able to prepare most of my own food and hoping i translated the menu correctly was the most common food challenges. I never found a supermarket, but having lived in an urban area for many years and being a food addict, I can shop most corner markets. I can also cook/reheat using the steam from the teapot in the hotel room. Next, was trying to find the bathroom and ideally finding one that is free and if it is not free having the correct coin, in unfamiliar currency to pay! This was reminiscent of keeping quarters in the ashtray of my car to feed the parking meters. Every purchase required long division and a decision about being willing to carry it around all day- the terrain can be tough in this area. For example, on the day of the OA meeting, I had found a certain food containing sugar to take to my co-workers as a gift. I went to the OA meeting with 1.5kg of this food. Fortunately, I had purchased other items and it was buried in my bag. Every day brought another reminder that I was powerless.

(cont'd in next newsletter)

OUR IG BOARD MEMBERS.

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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 EMMITTSBURG 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!

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::

aaig@annapolisoa.org with
'subscribe' in the subject line

I.D.E.A DAY

with fellow other Compulsive Overeaters in Maryland!

SUNDAY NOVEMBER 16, 2014

SERENITY CENTER

9650 BASKET RING ROAD

COLUMBIA, MD 21045

Program begins at 1pm

Call Tania at 443.660.8299 with questions

Want to share your experience strength and hope?

Write an article!

Email_newsletter@oaannapolis.org

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

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