

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 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.

Step Five

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Tradition Three

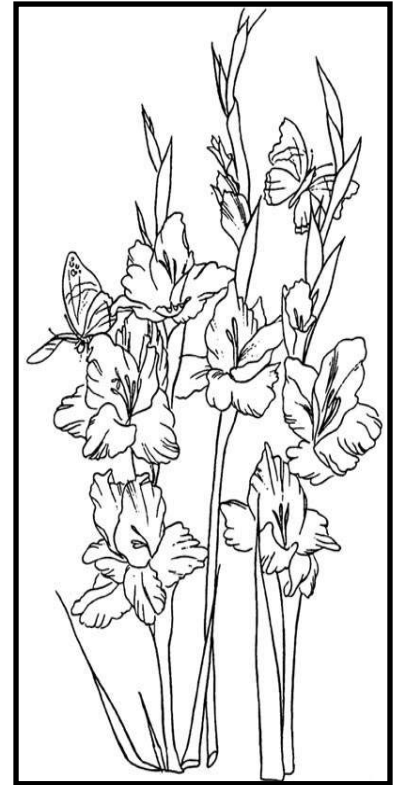
The only requirement for OA membership is a desire to stop eating compulsively.

Tradition Four

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

Tradition Five

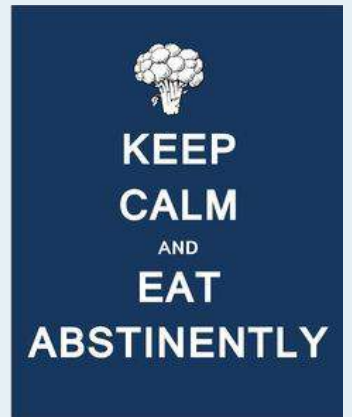
Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.



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Child Care is Available by appointment for the Friday 6—7 PM meeting at Our Shepard Lutheran Church in Severna Park. Call 410.979.6400.



2015 Weekend Walk Through the Steps
June 5-7, 2015
Bishop Claggett Center
Frederick, MD

Join us as we renew our recovery with this intensive weekend. Our facilitator has over 30 years of recovery and has done this retreat worldwide!

\$195 until April 1, 2015
\$220 after

All rooms are double occupancy

Use code :RECOVERY to receive the Early Bird Discount
Scholarships are available and made possible by DC Metro IG

Contact Maria B love2banter@live.com or 301.275.7093

Or

Terri B tbroemm@gmail.com or 410.459.9100

Register at: WeekendWalk2015.eventbrite.com

Price includes: 5 meals and two nights stay

Why do I come to OA? It's been a long road for me to change, but early on I realized how desperate I am. If I were to leave OA, I would easily be 500 pounds within a few short years, and I would soon after be dead. Am I exaggerating? No. I am eating a good 3,000 calories a day less than I was when I came to OA three years ago. It wouldn't take long to gain a huge amount of weight!

In OA, I find hope. As my reliance on my Higher Power strengthens, I don't need to worry about tomorrow. And it is true that many things in my life happened without knowing they were coming – I truly don't need to worry about tomorrow. It's going to be different than what I thought anyhow!

In OA, I find good friends, and acceptance like I never have experienced before. I was always popular, but I really had to work on it, and lived trying to manipulate people into what I wanted them to know about me. I don't have to work at it with my OA friends, they've accepted me all while hearing a lot of my faults that I've shared over the years. If they can accept me while hearing all the horrible things I did with my food, then they are true friends.

I've had a lot of sadness since coming to OA – mainly over good friends who have left the program. Somehow it's really hard to keep calling them and trying to connect – it's like we are talking a different language. And we are – their addiction is doing the talking. I pray my addiction continues to do less and less of my talking.

OA can be hard at times, but all the Step work has caused SO much growth! It's not all hard, just the times when I've gone through big growth periods. Baby steps? No - my HP leads me through gigantic leaps! And that's ok, especially when I have my home meeting to go to and share, and OA friends who give me such great hugs!

Jane B

ATTENTION GROUP TREASURERS. CONSIDER PAYING YOUR R7 donation online. Go to WWW.OAREGION7.ORG and click 'donate.'

The circuitous walk

When I walk I feel like I'm walking straight toward the goal
But when I look back I see the circuitous route my journey makes
I am so easily distracted and confused
I gotta admit that sometimes I get used
Is it possible that God is using my journey even though it isn't stellar
Maybe God made my journey matter
to just the individuals he wants to touch
Is it possible that the path I followed
is exactly the one I must run over
the one designed to make my joy run over

Tamara F. Neilson
May 7, 2015

LOOK FOR IT SERVICE, TRADITIONS, AND CONCEPTS WORKSHOP

JUNE 27TH, 2015
12:30 TO 3:30 PM

SOUTH SHORE
RECOVERY CENTER

The SPONSEE Corner

Dedicated to SPONSEEs who are willing or not willing to follow their Sponsor's suggestions.

Hi, this corner is for you to stop in and share experience strength and hope you have gained from following one of your sponsor's suggestions.

Sponsor Suggestion: Attend more than one meeting a week.

Early in my journey of recovery, I resisted attending more than one meeting a week. However, it became obvious that more meetings meant more recovery and I started to explore other meetings. At first, walking into a meeting with many empty chairs brought up feelings of, at best, intimidation and, at worst, disappointment. Random thoughts streamed through my mind as I faced the daunting task of choosing which chair to sit in. "Well that does it!" I thought "now have lost my "superhero power of invisibility" and I just can't sit back and listen, I might actually have to talk. I also recognized a little twinge of resentment that was not too different than the typical summer onslaught of mosquitoes buzzing around my face. Resentment, Why? Of course, it was still all about me and I resented that more members were not there to help me and that I was attending more meetings after all and when is the miracle going to happen and how could it happen with so few members?

Today my feelings are different. I have found small meetings provide me with an opportunity for intimacy not found in big meetings. You can look up intimacy and find various definitions. I like this one: *intimacy is a close, familiar, and usually affectionate or loving personal relationship with another person or group.* I have learned that in small meetings I do get to experience that type of intimacy. Another definition is: *the quality of being comfortable, warm, or familiar, such as the intimacy of the room.* So it is with small meetings. The meetings sometimes start out with one or two people who gallantly open the meetings. As the meeting begins, there is the intimacy of being together to hold the space open for OA when others join. I always sense an immediate feeling of welcome and affection even when I am late. Large meetings are also welcoming but in a different way.

I encourage you all to come to the "low attendance" meetings and experience the opportunity for a *close familiar loving relationship with a group.* You will be able to share more than 3 minutes, read **Our Invitation to You** or **the Traditions** and be sure you will be asked to read them because there are few of us to do the readings. I have found listening to these same readings in a small group never fails to reinforce what I have forgotten about my journey and recovery and also provides me with new perspectives. I wish I could say OA will keep a candle in the window for you (against the fire codes) but I do promise when you get here, you will feel every bit as welcome as if there was a candle with your name on it. Looking forward to seeing you soon in a **low attendance** or **high attendance** OA meeting but another meeting never the less.

Sponsee

OUR IG BOARD MEMBERS.

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in our area? Subscribe to our
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Want to share your experience
strength and hope? Write an
article!

Email_newsletter@oaannapolis.org



The Blender and the Notebook

In an attempt to stress to a newcomer the importance of writing to my recovery and serenity, I used the blender as an analogy, of course it is related to food. When I have a situation, conversation (real or imagined) relationship or an idea in my head- it all swirls and spins around. Like looking at a blender with various colors, shapes and textures, I cannot tell if the red is tomatoes, peppers, cherries, or something else. I cannot tell if the green is spinach, peppers, cilantro, apple, pear or something else. Everything is moving so fast, it is hard to tell what is what and how it all fits together but more importantly, what will be the final outcome.

When I sit quietly long enough (and sometimes it only takes a minute) and begin to write I get clarity. I write about what I see, hear, think and feel about the situation, conversation, relationship or idea. The writing takes everything and sorts it out-just like weighing and measuring food. I can see that there is a cup of tomatoes, three quarters cup of peppers and one half a cup of onions (something I did not even see in the blender while it was spinning around. From this perspective, I can see that there are facts, feelings, words, thoughts and often factors/items I cannot see when everything is swirling and spinning in my head-like the ingredients in a blender. Sometimes it is soup, salsa, smoothie or something I never considered, but I do not know, until, I write and have some clarity and willingness to view it from a different perspective.

Before OA, weighing and measuring the food, using the tools, especially writing, to work the steps and traditions, I never recognized my responses or understood others responses to me.

“Selfishness- self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt” (AABB page 62, first full paragraph).

By using the tool of writing, I can pause the blender of my mind and sort things out on the pages of my notebook. I can recognize my self-centered/selfish contribution to the situation, conversation, etc..., then ask my HP to guide me in my actions and reactions to situations, conversations, relationships or ideas. I may need to discuss with my sponsor or other OA members, being careful not to indulge in gossip, apologize, amends or just change my behavior in the future. The necessary action is frequently something I never would have considered. Often the outcome is beyond my wildest dreams and expectations.

WPD, Severna Park

“Always to extend the hand and heart of OA to all who share my compulsion; for this I