

# 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 One

We admitted we were powerless over food — that our lives had become unmanageable..

### Step Two

Came to believe that a Power greater than ourselves could restore us to sanity.

### Tradition One

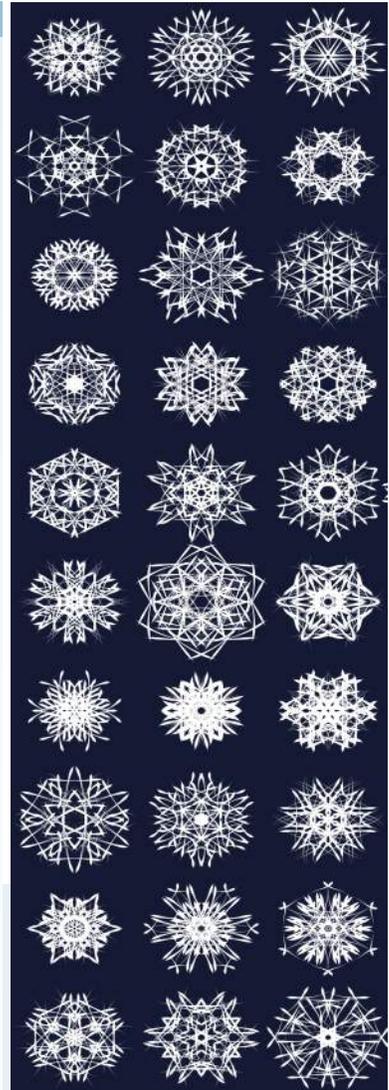
Our common welfare should come first; personal recovery depends upon OA unity.

### Tradition Two

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted serv-

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends — this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

ALCOHOLICS ANONYMOUS, p. 89



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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](mailto:love2banter@live.com) or 301.275.7093  
Or

Terri B [tbroemm@gmail.com](mailto:tbroemm@gmail.com) or 410.459.9100

Register at: [WeekendWalk2015.eventbrite.com](http://WeekendWalk2015.eventbrite.com)

Price includes: 5 meals and two nights stay

## Second Sunday

\*\*\* VIRTUAL \*\*\*

## 12 Step Workshops

STEP TWO = FEBRUARY 8

**3-4pm ET (-5:00 GMT) Second Sunday each month**

**US phone bridge = 424-203-8405;**

**Pin Code = 925619#**

STEP 2 - Feb 8; STEP 3 - March 8; STEP 4 - April 12; STEP 5 - May 10; STEP 6 - June 14 ; STEP 7 - July 12 ; STEP 8 - August 9 ; STEP 9 - September 13; STEP 10 - Oct 11; STEP 11 - November 8 ; and STEP 12 - December 13.

INTRODUCTION (STEP ZERO) AND STEP ONE ARE ON THE OA WEBSITE AS PODCASTS.

**Find out how members got recovery!**

## OA from the Comforts of My Own Home!

### Katrina

I came into the rooms in 2006, attended many face to face (f2f) meetings each week, and after several years started hearing talk about online meetings. I found the idea to be noxious as I am not computer savvy and could not imagine how sitting in front of an electronic device could be helpful to my program. More and more though folks were sharing how the online meetings were helpful which piqued my interest but not enough to pursue the idea.

Then one day, while meeting with my sponsor, I was discussing the extra busyness of my schedule and how to modify my commitments. I was concerned about cutting back more on my meetings as I was starting to feel squirrely. Lo and behold came the question; “Have you ever thought about attending an online meeting?” I had a tad of openness with the gift of desperation and said those well known higher powered words; “I have thought about it and I will check it out”. Thankfully I contacted one of the fellows who had praised the meetings, she walked me through the downloading process and explained what I could expect in the meetings. On May 25, 2010, at 10:30 p.m., I attended my first meeting from the comforts of my own home.

I was incredibly anxious and impatient. I found the time it took for people to type to be grueling and the comments made during the meeting to be distracting. I initially logged in with a nickname as “guest” and realized that I was TRULY anonymous. No one could see me, no one knew my name, nothing! That first day I listened. Several long timers greeted me, explained how the meetings went and shared their own experience, strength and hope (ESH).

I started to attend every night. I found myself typing very personal things that I had never shared before. The total freedom of anonymity helped me experience the gift of letting go of shame and secrecy. In time, my anxiety and annoyances lessened as I got used to the new pace and the meeting structure. It was also very helpful to read my own shares as it made them more real.

I learned that evenings had been a time of great anxiety and loneliness for me. I learned that I could not type, read and eat at the same time and I learned that getting online helped me quickly return back to recovery during times of dis-ease. Getting online helped quiet my obsessions and compulsions, including the food related ones. I have been able to meet fellows from all over the world, including here in the DC area and I have developed friendships that have seen me through really tough as well as joyous times.

Getting online at the end of the day gives me a chance to review the day, do a 10<sup>th</sup> step and share it with others. Almost nightly over the past four and a half years I have had some kind of contact online barring power failures, computer malfunctions and being away from my home computer. Even if I pop in to a meeting or chat room for five minutes, I feel better.

I still attend f2f meetings and use all the tools however with online meetings, I do not have to get dressed or go anywhere as they are only a click away from the comforts of my own home. In other words, there are very few good reasons for me not to connect with program any time of day or night and for that I am most grateful!



**OUR IG BOARD MEMBERS.**

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in our area? Subscribe to our  
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[aaig@annapolisoa.org](mailto:aaig@annapolisoa.org) with  
'subscribe' in the subject line



**Unity Day 1pm - 4:30pm**  
**Sunday, March 1, 2015**

Unity Day recognizes the strength of the Fellowship worldwide! We will be celebrating a day after Unity day with....

4 Concurrent Workshops

Fellowship

Serenity Center  
9650 Basket Ring Road  
Columbia, MD 21045

Keynote Speaker

Contact Tania S. @ [sassou31@gmail.com](mailto:sassou31@gmail.com) Maria B. @ [love2banter@live.com](mailto:love2banter@live.com)

Carpooling is encouraged. Make it a road trip with fellows from your local meetings!  
7th Tradition Basket will be passed to cover expenses.

**ATTENTION GROUP TREASURERS. CONSIDER PAYING YOUR R7 donation online. Go to [WWW.OAREGION7.ORG](http://WWW.OAREGION7.ORG) and click 'donate.'**

**KEEP COMING BACK**

It gets better  
Then it gets worse  
Then it gets real  
Then it gets different  
Then it gets real different

Want to share your experience strength and  
hope? Write an article!

**[Email newsletter@oaannapolis.org](mailto:newsletter@oaannapolis.org)**

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