

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 Six

Were entirely ready to have God remove all these defects of character.

Step Seven

Humbly asked Him to remove our shortcomings.

Step Eight

Made a list of all persons we had harmed and became willing to make amends to them all.

Step Nine

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

Tradition Six

An OA group ought never endorse, finance or lend the OA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

Tradition Seven

Every OA group ought to be fully self-supporting, declining outside contributions.

Tradition Eight

Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

Tradition Nine

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



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



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John F. Kennedy

HARMONY HEALS DETOX

Region 7 2015 Convention Gettysburg, PA

3 A's of Recovery

🕯️ - Awareness

👏 - Acceptance

👉 - Action

November 13 – 15, 2015

*(Registration Starts at 5:00 pm Friday, we
end at 11:00 am Sunday)*

Register at: OAREGION7.ORG

**For more information, contact:
CONVENTION@OAREGION7.ORG**

SCHOLARSHIPS AVAILABLE!!!

Registration:

• \$35 Until October 1, 2015

• \$45 Until Convention

Saturday Lunch and Dinner: \$50

SCHOLARSHIPS AVAILABLE!!!

**Aspire Hotel
Gettysburg, PA
2641 Emmittsburg Road
Gettysburg PA 17325**

Call: 717-334-2755 for \$106/night reservations

(RATE NOT AVAILABLE ON LINE)

ASK FOR REGION 7 OVEREATERS ANONYMOUS RATE

OA Sayings and Slogans

Just for Today

Keep Coming Back

Let go and Let God

Halt—Hungry, Angry, Lonely, Tired

Wait—Why am I talking?

One is too many. All is not enough

Resentment is like taking poison

and hoping the other person dies

Do the next right thing

Fail to plan and plan to fail

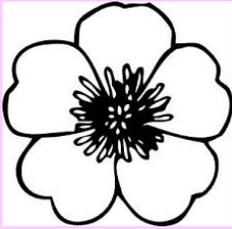
The Twelve Concepts of OA Service

1. The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.
2. The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.
3. The right of decision, based on trust, makes effective leadership possible.
4. The right of participation ensures equality of opportunity for all in the decision-making process.
5. Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.
6. The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
7. The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
8. The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
9. Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
10. Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
11. Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.
12. The spiritual foundation for OA service ensures that:
 - (a) no OA committee or service body shall ever become the seat of perilous wealth or power;
 - (b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;
 - (c) no OA member shall ever be placed in a position of unqualified authority;
 - (d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity; (e) no service action shall ever be personally punitive or an incitement to public controversy; and (f) no OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.
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 - (f) no OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action.

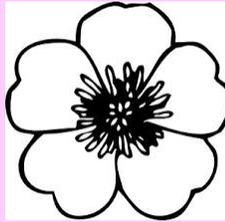
**ATTENTION GROUP TREASURERS: CONSIDER PAYING YOUR R7
donation online. Go to WWW.OAREGION7.ORG and click 'donate.'**

WORKSHOP

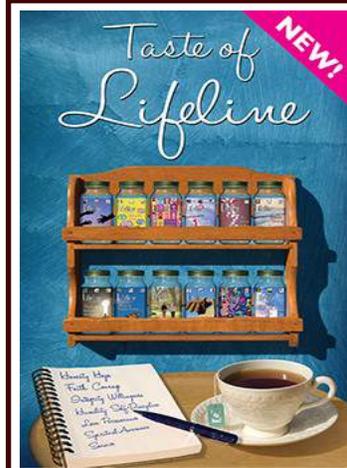
REJUVENATING YOUR PROGRAM/RECOVERY FROM RELAPSE WORKSHOP



SEPTEMBER 25, 2015
12:30 TO 3:30 PM



**SOUTH SHORE
RECOVERY CENTER**



Available at the OA Bookstore at
OA.org

Friends In and Out of the Rooms

Recently, two separate members in OA shared with me that their friendships outside the program are not as fulfilling as those with people who are working a 12-step program. As stated in *Alcoholics Anonymous*, "We people who normally would not mix. But there exists among us a fellowship, a friendliness and an understanding which is indescribably wonderful. . . The feeling of having shared a common peril is one element in the powerful cement which binds us" (pg. 17).

People in recovery are living the principles of the program. Those of us in recovery have a 'design for living/ new way of living' as outlined in the *Alcoholics Anonymous* and *Overeaters Anonymous* literature. People not in recovery are often referred to as "Earth" people or "PWP" - people without a program. When discussing with others the differences in the relationships with friends in recovery and PWPs, the characteristics most often mentioned are lack of intimacy and trust or the inability to be vulnerable.

What about the program creates these deeper, more satisfying friendships? First, we notice when we attend meetings, people really listen to us. We are given attention, with no interruptions, no one criticizing, judging or diminishing us in any way. We are given affirmation, people are genuinely happy to see us. People greet us by name. Some groups clap after sharing. At our first meetings, we are told we are the most important person in the room. We are given appreciation, people thank us for attending meetings, sharing, staying abstinent and making phone calls, for using the tools to arrest our disease.

What a contrast to the time hiding out in our disease, thinking no one could possibly understand our behavior with food? "What all of us have in common is that our bodies and minds seem to send us signals about food which are quite different from those that the normal eater receives" (OA 12and12). The amazement of finding others who behaved similarly around food. I suggest that newcomers read page 9-12 in the OA 12and 12 to appreciate the variety of expressions of our disease. Our Invitation to You ends with the phrase "Welcome to Overeaters Anonymous, Welcome Home".

It has been said that we, as human beings, crave but cannot create true intimacy. We can only make space for God to create it. I thought of dating someone. If you meet someone you are interested in, you make time available to spend time together. Much the same way, when we admit our powerlessness and begin this program, we make time for meetings, planning, shopping, preparing food, making phone calls, reading and writing, calling sponsors and others in the program. Time previously spent eating and planning binges were now filled with more constructive activities. Hope returns as sanity begins to be restored.

Intimacy has been referred to as "into-me-see". We increase our capacity for intimacy by working the steps, particularly, steps 4-9. Steps 10-12 have been referred to a maintenance steps. By working steps 10-12, we do more than just maintain, we continue to grow. I prefer to refer to these as continued growth steps. Continuing to work the steps, practice the principles and honor the traditions of the program we develop the skills for deep and fulfilling friendships in and out of the rooms.

"At the very first meeting we attended, we learned that we're in the clutches of a dangerous illness, and that willpower, emotional health, and self-confidence, which some of us had once possessed, were no defense against it . . . we begin the Twelve Step program of recovery, moving beyond the food and the emotional havoc to a fuller living experience" (Our Invitation to You). WPD, Severna Park, MD

References

Our Invitation to You, *Overeaters Anonymous*,
The Twelve Steps and Twelve Traditions of *Overeaters Anonymous*. (OA 12 and 12)

OUR IG BOARD MEMBERS:

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W & W EDITOR— JANE B.

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WSBC REP: MARIA

www.annapolisoa.org

Send contributions to:

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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

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

Emailnewsletter@oaannapolis.org

New!

**Overeaters Anonymous Meeting in
Arnold, MD**

Where: Gloria Dei Lutheran
Church 461 College Parkway
Arnold, MD 21012

When: Fridays at 10:30 AM

Starting Date: August 14, 2015

Topic: Speaker or Literature

Contact: Margie 443-534-2195
m.ludlam77@gmail.com

Walking a Path to Recovery

After years of trying to “control” my food and abusing dietitians, I found my way into Overeaters Anonymous. The message was clear but my adoption was unfocused and controlling. I took what “I liked” - somewhat and “left the rest”; this went on for quite a few years. I struggled with weight gain and loss; thinking that I “got it” and then always to find abstinence slipping through my fingers, as I tried to climb out of the hole of despair. Two years ago, I began to listen; first to the words and then the actions that I ignored for so long. The more I worked and repeated the steps that the program “suggested”, the weight began to come off and the serenity began to increase. Praying for the Willingness and then the Ability to work a good program: working the steps, calling my sponsor, performing small acts of service, daily prayer, and working with others. All these actions have brought a new commitment to walking a path that has lead to living a life in recovery.

My Higher Power, I believe, wants me to live a happy life of service and serenity. As I walk this path daily; the promises unfold before me. ~

Marilyn T. Englewood, FL, Region 8 SOAR Newsletter, Fall 2013

Harm

It was easy to think that my overeating didn't hurt anyone. After all, I was the one who was getting fat - my eating wasn't making anyone else fat. I was the one who didn't go to the beach, other people could still go if they wanted to. I was the one who didn't attend social gatherings where there were people who hadn't seen me in a while - I didn't want them to see that I had gained weight. Other people could still go. I wasn't telling them to not go. This disease affected ME. Not anyone else. Right?

Through working this program I came to realize that is addict thinking. The truth is addiction affects everyone in the addict's circle. My food addictions affected my kids, my husband, my extended family, my coworkers. Everyone in my circle.

My food obsession meant that I ate my kids' Halloween candy after they went to bed. I would fluff up the stash to try to make it look like nothing was missing. I was stealing from my kids. I ate more than my fair share of every dessert we had, ignoring protests. I was selfish. I stayed up late at night just to eat alone. My husband went to bed alone. I was self-centered.

The food fog I was living in, the obsession with food that kept me thinking about food and about my weight all the time meant that I was not truly present for my relationships. Sometimes I pretended to listen. But really I was thinking about food. Or obsessing about my body image.

I tired easily. My back hurt. My knees hurt. I didn't want to be in any photos. I felt like killing anyone who ate the last chocolate chip cookie. I spent money on clothes that were too small, thinking they would motivate me to lose weight. I spent money to replenish my entire wardrobe as I gained weight and had to discard perfectly good clothing that no longer fit.

Although I tried hard to be happy, I was filled with anger and shame. Yet, addiction made me believe I was not harming anyone but myself. Recovery through working the steps and being abstinent tells me the truth. My addiction hurt everyone in my circle. By being abstinent, I make living amends. I no longer afflict the pain of addiction on others. I am present for my relationships. Food is no longer the most important thing.

Thank GOD for recovery! ~ Susan Unity ~Intergroup Newsletter—August 2015

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