

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 Twelve

Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principals in all our affairs.

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 Twelve

Anonymity is the spiritual foundation of our program, always ensuring principles before personalities

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 servants; they do not govern.

“Weight loss is not what the OA program is about. A normal-size body is a fringe benefit received in the course of reconstructing that which cannot be seen. Inner change is the substance of the Twelve-Step program....” For Today, December 18



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WHAT IS INTERGROUP?

INTERGROUP IS COMPOSED OF REPRESENTATIVES OF ALL THE MEETINGS IN THE GREATER ANNAPOLIS AREA. THE PURPOSE OF INTERGROUP IS THE ADMINISTRATION AND COORDINATION OF O.A. ACTIVITIES BENEFITING LOCAL GROUPS. THESE ACTIVITIES INCLUDE:

- A) AIDING GROUPS IN THEIR COMMON PURPOSE OF CARRYING THE MESSAGE TO THE COMPULSIVE EATER WHO STILL SUFFERS.
- B) FURTHERING UNITY AND COMMUNICATION AMONG THE GROUPS.
- C) ORGANIZING WORKSHOPS, ETC.
- D) PROVIDING A MEETING LIST FOR ALL MEETINGS IN THE AREA.
- E) PUBLISHING A NEWSLETTER.
- F) PROVIDING PUBLIC INFORMATION.
- G) HANDLING MAIL.
- H) MAINTAINING A WEB SITE.

SERVING AS REPRESENTATIVE FOR YOUR HOME GROUP IS A WAY TO CONNECT WITH OTHER OAs AND STRENGTHEN YOUR PROGRAM. WON'T YOU JOIN US ON THE THIRD SUNDAY OF THE MONTH AT 6:15PM AT SOUTH SHORE RECOVERY CENTER (RIGHT AFTER THE 5PM MEETING)?

I WANT TO BE WILLING

I START THE DAY FILLED WITH HOPE
I KNOW THAT TODAY I CAN DO IT
RIGHT
BUT THINGS GET AWAY FROM ME SO
FAST
I KEEP TRYING TO DO IT MYSELF
WHEN IT'S YOU WHO WANTS TO DO
IT IN ME
I FIGHT AND FIGHT AND FAIL AND
FAIL
WHEN ALL I HAVE TO DO IS LET GO
AND LET YOU
HELP ME TO BE WILLING TO
SURRENDER TODAY
AND LET YOU MANAGE THE PLAY

TAMI



Abstinence is a Lifeboat - Get in the Lifeboat

Lifeboats are essential to prevent drowning. They are required equipment for large boats and ships. They are designed for water rescue. Their purpose is lifesaving.

Before OA, I was drowning. Drowning in the never ending obsessive-compulsive relationship with food. Food addiction is a fatal disease. I have heard it referred to as suicide on the installment plan. The physical death is often slow and shrouded in health issues related to undereating/overeating, yo-yo dieting, drastic measures to control weight and attributes of this disease. Before succumbing to the physical death, the emotional death may be the most painful. Emotional death may include the denial of feelings or the rollercoaster of emotions dependent on the cycle of eating, dieting or apathy. Emotional death may include the pain and suffering as the result of comments and behavior of others related to our appearance, food consumption and mood swings. The spiritual death, like emotional death is slow and may go unnoticed. The AA 12 x 12 in Step 2 discusses the various responses to spiritual issues. Abstinence is a Lifeboat - Get in the Lifeboat. Ask for help, grab the hand that is extended to you in a meeting, pick up the phone as if your life depended on it - with this disease, it does. WPD, Severna Park, MD

*****HOLIDAY MARATHONS*****

Thursday December 24
Friday December 25
Saturday December 26

Christmas Eve
Christmas
Kwanzaa/
Boxing Day
New Year's Eve

The OA family traditions
Surprises of working the OA Program
We are not alone

Thursday December 31

New Year's Eve

Celebrating our freedom from
compulsive eating

The Holiday marathons start at 8 AM ET after the 6:45am ET Sunrise meeting and continue until midnight every hour throughout the day around any regularly scheduled meetings.

Phone Bridge is 712-432-5200
Pin Code is 4285115#

OA Speakers - via Smartphone or Computer

The OALAIG website has many OA speakers' recordings that can be listened to from a smart phone or computer. To access these recordings follow these directions:

Go to <http://www.oalaig.org/> using your internet web browser. On a iPhone, this would be safari.

Click on the Speakers/Podcasts tab at the top right then click on Listen to OA Speakers.

Then pick a Speaker to listen to and press play.

If you use an iPhone, then click on the blue cloud, Get More Speaker info, to see a list of speakers. Then click on "press to play."

Here is a quick link if you want to go directly to a list of OA Speakers:

The LAIG Virtual Speakers' Bureau

<http://www.oalaig.org/speakers-podcasts/oa-speakers.html>

The Long-Timers Virtual Speakers' Bureau

<http://www.oalaig.org/speakers-podcasts/the-long-timers-virtual-speakers-bureau.html>

LAIG Event Speakers' Bureau

<http://www.oalaig.org/speakers-podcasts/laig-event-speakers-bureau.html>

Birthday Party Virtual Speakers' Bureau

<http://www.oalaig.org/speakers-podcasts/birthday-party-virtual-speakers-bureau.html>

Here is a link to many AA Speakers.

<http://www.recoveryaudio.org/>



Do you know a place where you could spread the message with this Poster? Its available for download at OA.org.

Is your eating out of control?

Visit www.oaquiz.org to take our quiz and find out how the Fellowship of Overeaters Anonymous can help.

OVEREATERS ANONYMOUS

FOR LOCAL BUREAU INFORMATION



OUR IG BOARD MEMBERS:

INTERGROUP CHAIR— AMY

VICE CHAIR— WEBRA

TREASURER— BOBBI

SECRETARY— BLAKE

W& W EDITOR— JANE

R7/WSBC REP: MIKE

www.annapolisoa.org

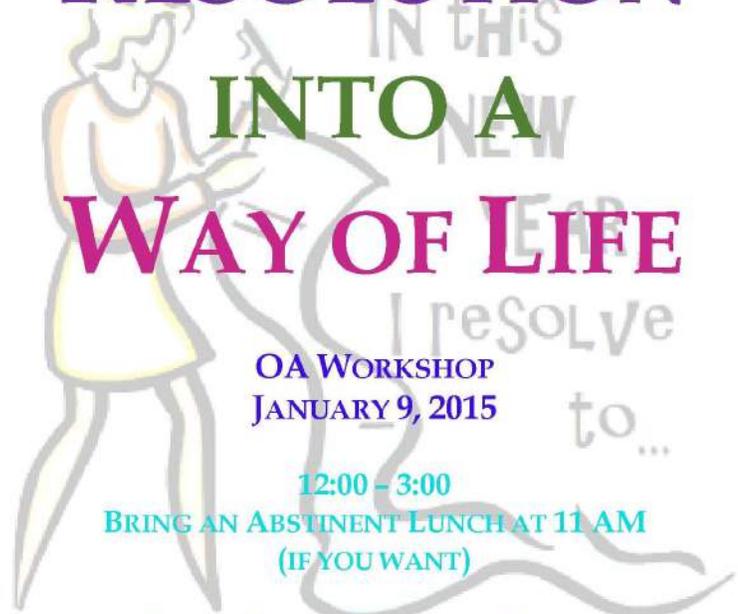
Send contributions to:
Annapolis OA
P.O. BOX 57
Crownsville, MD 21032

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

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

You can make contributions
directly to the Annapolis Area
Intergroup with Paypal at
www.AnnapolisOA.org

TURNING YOUR RESOLUTION INTO A WAY OF LIFE



OA WORKSHOP
JANUARY 9, 2015

12:00 - 3:00

BRING AN ABSTINENT LUNCH AT 11 AM
(IF YOU WANT)

SOUTH SHORE RECOVERY CENTER
1199 GENERAL'S HIGHWAY
CROWNSVILLE, MD

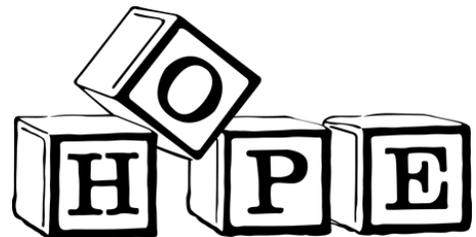
GUEST SPEAKERS FROM FREDERICK

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

The Third Step Prayer

God, I offer myself to Thee to build with me and to do
with me as Thou wilt. Relieve me of the bondage of self,
that I may better do Thy will. Take away my difficulties,
that victory over them may bear witness to those I would
help of Thy Power, Thy Love, and Thy Way of life. May
I do Thy will always!

from page 63 of the Big Book of Alcoholics Anonymous



Want to share your experience
strength and hope? Write an article!
[Email newsletter@oaannapolis.org](mailto:Emailnewsletter@oaannapolis.org)

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