

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 the 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

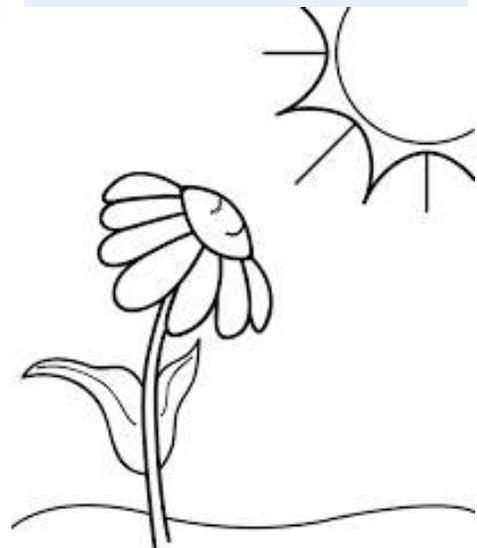
Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

“As I grow accustomed to prayer, it becomes a part of my life. I pray as I am moved to pray, sure that God’s love embraces me every time” *For Today, August 3*



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ARE YOU A COMPULSIVE OVEREATER?

1. DO I EAT WHEN I'M NOT HUNGRY, OR NOT EAT WHEN MY BODY NEEDS NOURISHMENT?
2. DO I GO ON EATING BINGES FOR NO APPARENT REASON, SOMETIMES EATING UNTIL I'M STUFFED OR EVER FEEL SICK?
3. DO I HAVE FEELINGS OF GUILT, SHAME, OR EMBARRASSMENT ABOUT MY WEIGHT OR THE WAY I EAT?
4. DO I EAT SENSIBLY IN FRONT OF OTHERS AND THEN MAKE UP FOR IT WHEN I AM ALONE?
5. IS MY EATING AFFECTING MY HEALTH OR THE WAY I LIVE MY LIFE?
6. WHEN MY EMOTIONS ARE INTENSE—EITHER POSITIVE OR NEGATIVE— DO I FIND MYSELF REACHING FOR FOOD?
7. DO MY EATING BEHAVIORS MAKE ME OR OTHER UNHAPPY?
8. HAVE I EVER USED LAXATIVES, VOMITING, DIURETICS, EXCESSIVE EXERCISE, DIET PILLS, SHOTS OR OTHER MEDICAL INTERVENTIONS (INCLUDING SURGERY) TO TRY TO CONTROL MY WEIGHT?
9. DO I FAST OR SEVERELY RESTRICT MY FOOD INTAKE TO CONTROL MY WEIGHT?
10. DO I FANTASIZE ABOUT HOW MUCH BETTER LIFE WOULD BE IF I WERE A DIFFERENT SIZE OR WEIGHT?
11. DO I NEED TO CHEW OR HAVE SOMETHING IN MY MOUTH ALL THE TIME: FOOD, GUM, MINTS, CANDIES OR BEVERAGES?
12. HAVE I EVER EATEN FOOD THAT IS BURNED, FROZEN OR SPOILED; FROM CONTAINERS IN THE GROCERY STORE; OR OUT OF THE GARBAGE?
13. ARE THERE CERTAIN FOODS I CAN'T STOP EATING AFTER HAVING THE FIRST BITE?
14. HAVE I LOST WEIGHT WITH A DIET OR "PERIOD OF CONTROL" ONLY TO BE FOLLOWED BY BOUTS OF UNCONTROLLED EATING AND/OR WEIGHT GAIN?
15. DO I SPEND TOO MUCH TIME THINKING ABOUT FOOD, ARGUING WITH MYSELF ABOUT WHETHER OR WHAT TO EAT, PLANNING THE NEXT DIET OR EXERCISE CURE, OR COUNTING CALORIES?

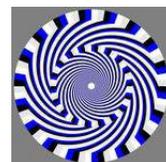
HAVE YOU ANSWERED "YES" TO SEVERAL OF THESE QUESTIONS? IF SO, IT IS POSSIBLE THAT YOU HAVE, OR ARE WELL ON YOUR WAY TO HAVING, A COMPULSIVE EATING OR OVEREATING PROBLEM. — OVEREATERS ANONYMOUS

WHEELS KEEP ON SPINNING

I SPEND MANY HOURS TRYING TO FIGURE OUT WHAT IS BEST FOR ME
ONCE IN A WHILE IT DAWNS ON ME THAT
WHAT IS BEST FOR ME IS NONE OF MY BUSINESS
I LOVE AND SERVE A GOD WHO LOVES ME SO MUCH
HE KNOWS EVERY NEED I WILL EVER HAVE
AND HE KNOWS THE DEEPEST DESIRES OF MY HEART
WHAT I REALLY NEED IS TO SUBMIT MY WILL TO HIM
THEN I CAN REST ASSURED THAT HE WILL MEET MY EVERY NEED
FUNNY THING IS
HE MEETS MY NEEDS EVEN WHEN I'M TRYING TO DO IT MYSELF
I'M JUST SPINNING MY WHEELS ANYWAY



TAMI



Service, Service, Service

What wonderful blessings come from giving service in Overeaters Anonymous. I am so very fortunate to have been given the opportunity to be a trusted servant. Over the years I have worked in every capacity in OA and I do wish that more people would be inspired to step up. Rotation of Service is crucial.

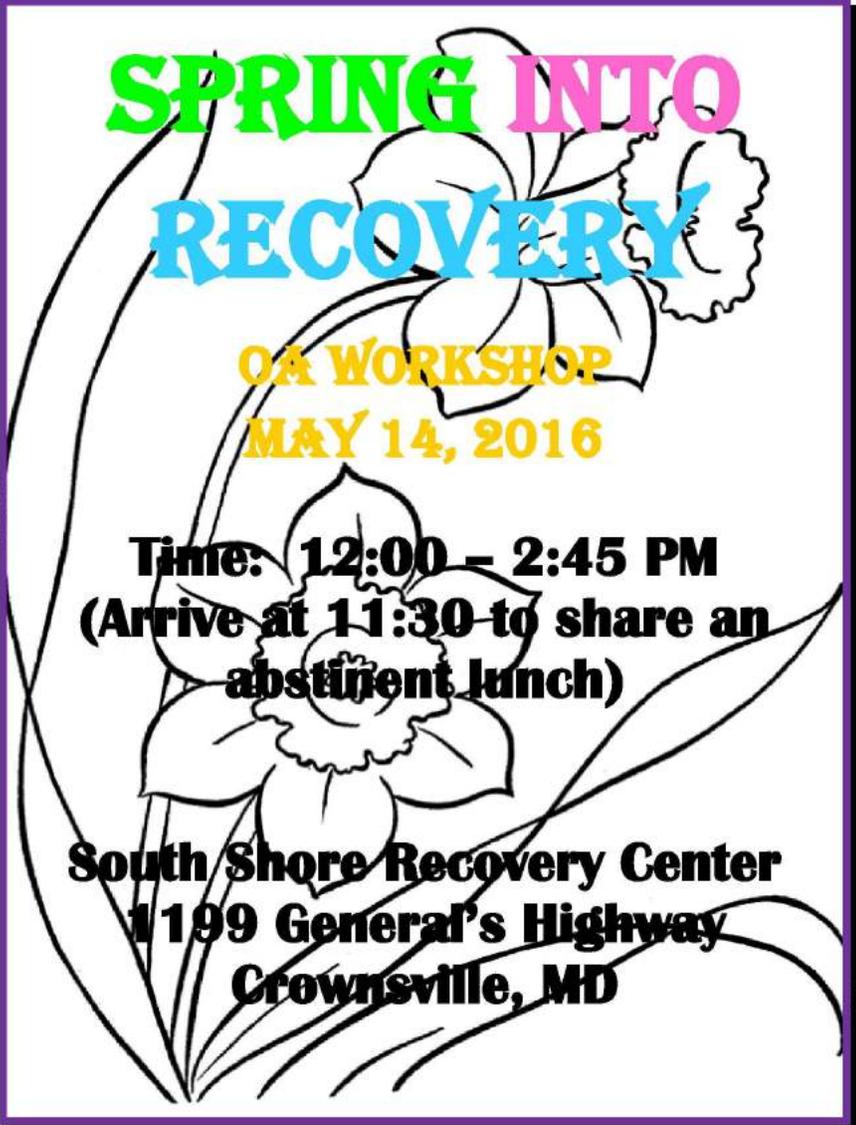
Back to the perks of working at all levels of service. This past November I was fortunate enough to attend the Region 8 Assembly in Bogota, Colombia. I was met at the airport, taken to the home of the Mother of one of my fellows. The red carpet was rolled out. The warmth and hospitality was overwhelming. The very best part of visiting another country, to me, is getting to know the people who live there and their customs. I love sight-seeing but nothing compares to the interaction of people to people. What we share in Overeaters Anonymous is more than family. It is truly a blessing to have people who should be strangers embrace us as "family".

My only regret was that I had to attend business sessions and therefore missed most of the recovery convention. Perhaps we can do something about that scheduling.

Since I was able to arrive early and leave late and had home hospitality, I was able to attend some local meetings. What an opportunity for growth! Learning the blessings and challenges of other areas is an experience that I would not want to miss.

Thanks to all of you, as well as my Higher Power for enabling me to have this experience.

-Aleta P. OA Region 8



**SPRING INTO
RECOVERY**

**OA WORKSHOP
MAY 14, 2016**

**Time: 12:00 – 2:45 PM
(Arrive at 11:30 to share an
abstinent lunch)**

**South Shore Recovery Center
1199 General's Highway
Crownsville, MD**

The poster features a stylized line drawing of a flower with large leaves and a smaller flower to its right. The text is overlaid on the drawing.

After the Miracle

Before OA, food overfilled and expanded my body. Now food and exercise nourish my body.

Before OA, food covered a hole in my heart. Now people fill my heart.

Before OA, food filled my time. Now service, friends, and relaxation fill my time.

Before OA, food covered a hole in my spirit. Now grace fills my spirit.

Before OA, food covered my feelings. Now I feel my feelings.

Before OA food masked my low self-esteem. Now I believe I am worthy just because I was born.

Lifeline, November 2011

OUR IG BOARD MEMBERS:

INTERGROUP CHAIR— AMY

VICE CHAIR— WEBRA

TREASURER— BOBBI

SECRETARY— BLAKE

W& W EDITOR— VACANT

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

Under Construction

"Aren't we all just works in progress?"

OCEAN CITY Maryland

The 41th Annual Retreat of Overeaters Anonymous
Sponsored by DSIG Intergroup

WHEN: MAY 13, 14 & 15 2016
WHERE: PLIM PLAZA HOTEL
(Boardwalk & 2nd Street, Ocean City, MD.)
WHAT: A weekend of PROGRAM, FUN, SERENITY and RECOVERY.
Including: GUEST SPEAKERS, WORKSHOPS, FASHION SHOW, SWAP SHOP,
POOL & HOT TUB, TALENT SHOW, KARAOKE, SUNRISE SERVICE
COST: \$170.00 per person (double occupancy)
Ocean front (double occupancy) rooms are available at \$185.00 per person
\$275.00 for single rooms and \$305.00 single ocean front rooms.
Includes 2 nights, 3 days, 4 meals (1 Dinner & 3 Breakfast or Lunch) and full retreat.
Stay over Thur. or Sun. night \$55.00 per room per night
We are aware our members may have dietary restrictions meal tickets are optional
(they are a \$40.00 value)
Payments accepted by cash, check or Paypal see www.oadelaware.org for more details.

FOR INFORMATION CALL: Kris M 410-658-2791 or TF 866-641-6511
Kathy A 443-553-3755
Email: okris@zoominternet.net

SORRY NO REFUNDS AFTER APRIL 1, 2015 (UNLESS WE FILL YOUR SPACE)

**** More info on back of flyer ****

Full Name _____ What type of room? Reg. _____ Ocean Front _____
Address _____ Single _____ or Double _____
Roommate _____
Smoker _____ Non-Smoker _____
Phone H# _____ Y/N We would like to create a we care, we share list
Cell # _____ Y/N please circle yes or no, if you're willing to share info.
E-Mail _____ Y/N It would be listed first name, last initial and city, state
Amount Enclosed : _____ Does this include Meal Tickets ? Y/N
Does this include extra nights ?
Thurs Y/N or Sunday Y/N

*The discount rate only applies if you book thru this retreat,
DO NOT CONTACT THE HOTEL DIRECTLY. THEY WILL ONLY OFFER STANDARD RATES.

Special Instructions: _____
** We cannot guarantee getting the special requests, but will work with the hotel and try out best to accommodate, if we can.

Are you willing to : Give service _____ Lead Workshop _____ Help at registration _____
Talent Show _____ Fashion Show _____

MAKE CHECKS PAYABLE TO: Overeaters Anonymous
1894 Conowingo Rd, Rising Sun, MD 21911

FOR CONFIRMATION PLEASE ENCLOSE A SELF ADDRESSED STAMPED ENVELOPE

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

The OA Promise

**I put my hand in your, and together we can do what
we could never do. No longer is there a sense of
hopelessness, no longer must we each depend upon
our own unsteady willpower. We are all together
now, reaching out our hands for power and strength
greater than ours, and as we join hands, we find
love and understanding beyond our wildest dreams.**



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

Write a poem!

Email newsletter@oaannapolis.org

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