

# 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 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.

### Tradition Seven

Each 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.

## How It Works

When ready, we say something like this: "My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." We have then completed *Step Seven*. -A.A. Big Book p.76

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



### Inside this issue

Our workshop.....	2
From the Chair .....	2
From the WSO .....	3
OA NEWS .....	4

### Futile protest

Ragged sobs shake my chest  
as I struggle with the fact that  
His will may not  
be my will  
I have to be ok with that  
even when it seems wrong  
I have to rest in the truth that His  
will is always best  
I don't have to understand  
but I have to accept it  
acceptance is the beginning of  
deliverance  
when we take our hands off the  
steering wheel  
and let God take His rightful place  
as the pilot to my destiny  
Resistance is futile  
His will eventually overcomes  
all my protest  
Tamara F.  
June 8, 2014

On Saturday, June 7th I had the privilege of attending the  
*Our Primary Purpose Workshop*. Our speaker was  
**knowledgeable and inspirational**. We viewed the *Abstinence  
Powerpoint* and then discussed it in small groups. Finally, we  
were entertained with the *Sponsor Dating Game*, followed by  
sharing about different styles of sponsoring.  
I found the experience encouraging. It strengthened my  
program and refreshed me. I would recommend that  
everyone attend a future workshop if at all possible.

-Amy M.

### 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." (pg17)

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.**

# From the World Service Office of Overeaters Anonymous

## Monthly Telephone Workshops

The Board of Trustees Virtual Services Committee is offering a yearlong series of monthly telephone workshops. Each month, one workshop will feature a Board of Trustees speaker focusing on discussions of OA literature. A second workshop will feature a region chair speaker focusing on a variety of topics, including “Plan of Eating Panel,” “How to Sponsor” and “Recovery From Relapse.”

For complete details, check the Datebook calendar at [www.oa.org/datebook-calendar/](http://www.oa.org/datebook-calendar/).

If you have questions, contact the Virtual Services Trustee. Listen to recordings of past workshops on our podcast page, [www.oa.org/oapodcasts](http://www.oa.org/oapodcasts)

## Ask-It Basket Request

If you have a question about OA, send your question to [info@oa.org](mailto:info@oa.org) with the header “Lifeline Ask-It Basket.” An OA trustee will answer your question, and it may also appear in the Ask-It Basket in Lifeline

## Web Links

Discover interesting and helpful OA website links. Ask-It Basket: Delegates at WSBC 2014 submitted many questions for the Board of Trustees. Their answers are now online. [www.oa.org/pdfs/AskItBasket\\_WSBC2014.pdf](http://www.oa.org/pdfs/AskItBasket_WSBC2014.pdf) Abstinence PowerPoint Presentation: What is abstinence in Overeaters Anonymous? How can you use the tools of the program to achieve and maintain abstinence? As part of OA’s strategic plan, the Region Chairs Committee created this presentation to assist your group or service body in exploring

**OUR IG BOARD MEMBERS.**

INTERGROUP CHAIR– WEBRA

VICE CHAIR– JANE L

TREASURER– BOBBI

SECRETARY– KAREN

W& W EDITOR– AMY M.

R7 REPS. MIKE, MARIA

WSBC REP. MARIA

THE 2014 REGION 7 CONVENTION IS RIGHT  
AROUND THE CORNER...REGISTER NOW!

REGION 7 2014 CONVENTION

NOV 7-9, 2014

ONE PROGRAM, MANY FACES

ASPIRE HOTEL

GETTYSBURG, PA

2634 EMMITTSBURG ROAD

GETTYSBURG, PA 17325

CALL 717.334.2755 for \$99/night reservations

(RATE NOT AVAILABLE ONLINE)ASK FOR REGION 7 OVEREATERS ANON-

YMOUS RATE

REGISTRATION:

\$35 TILL SEPTEMBER 15, 2014

\$45 TILL CONVENTION

SATURDAY LUNCH AND DINNER \$50

SCHOLARSHIPS AVAILABLE!

REGISTER AT OAREGION7.ORG

[www.annapolisoa.org](http://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](mailto:aaig@annapolisoa.org) with  
'subscribe' in the subject line

**SPIRITUALITY**

Workshop September 6, 2014

**September 6, 2014**

**12:30 pm—3:30 pm**

**(Brown Bag Lunch at 1130am)**

South Shore Recovery Club

1199 Generals Hwy

Crownsville, MD

Join us as we expand how we keep conscious contact with our Higher Power.

Want to share your experience strength and hope?

Write an article!

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

The Friday night meeting has babysitting  
available at every meeting! Join them!