

# 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

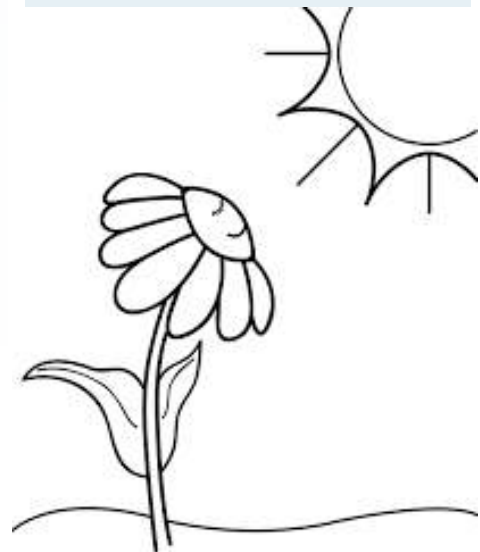
Each group has but one primary purpose—to carry its message to the compulsive overeater who still suffers.

**“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?

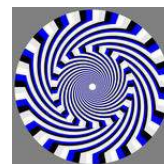
HAVE YOU ANSWERED "YES" TO SEVERAL OF THESE QUESTIONS? IF SO, IT IS POSSIBLE THAT YOU HAVE, OR ARE WELL ON YOUR WAY TO HAVING, A COMPULSIVE EATING OR OVEREATING PROBLEM. — OVEREATERS ANONYMOUS

### 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 KNOW 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

A poster for an OA Workshop titled "Spring Into Recovery". The text is overlaid on a line drawing of a large flower with several leaves. The title "SPRING INTO RECOVERY" is in large, colorful letters (green, pink, and blue). Below it, "OA WORKSHOP" and "MAY 14, 2016" are in yellow. The time and arrival instructions are in black. The location is in bold black text at the bottom.

**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**

## 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](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

You can make contributions  
directly to the Annapolis Area  
Intergroup with Paypal at  
[www.AnnapolisOA.org](http://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](http://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](mailto: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](http://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](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*