

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 Five

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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.

Tradition Five

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

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.



Inside this issue

**Annapolis Area Intergroup
AAIG What is an
Intergroup.....2**

**Think about the things you
can change.....2**

Step 8 Workshop.....3

Praise God for my tears.....4

**Meeting Moments: Inspira-
tional Quotes from
Meetings.....3**



Annapolis Area Intergroup AAIG
What is an Intergroup (adapted from OA.org by Karen)

When several groups form in an area, they soon realize that they can better perform together rather than separately. Typical services provided by an intergroup are:

Providing a central telephone number for information about OA and the local meetings

- ◇ Publishing regular newsletters or bulletins to keep groups informed about each other and upcoming OA events
- ◇ Coordinating speakers, public information and contact with the professional community
- ◇ Sending delegates to regional assemblies and the World Service Business Conference

All members of OA Annapolis are encouraged to attend these meetings. There lots of volunteer opportunities, newsletter, workshops, keeping the Where and When up to date and special projects. Each meeting group is encouraged to identify an Intergroup representative (IRs). The duty of the IR is to represent the group at IG meetings and serve as a contact to carry communication between IG and the represented group. At this time, there are openings for Wednesday, Friday and Saturday IRs. Please consider identifying a volunteer from your group

AAIG held elections in May for:

Chair—Lorinda

Vice Chair—Tori

Secretary-Jeanne

Treasurer—Tami

Mike serves as webmaster

Marie and Karen will be taking over the newsletter and Where and When

Additionally, there are other volunteer positions Region 7 Representative, World Service Representative, Workshop coordinator,

AAIG meetings for 2017 every other month, South Shore Recovery Center (SSRC) 6:15 PM

May 21, 2017 ,July 9, 2017, September 10, 2017. November 12, 2017

Think about the things you can change. Stop obsessing about the impossible. God can handle so much. He has only put a few things on your plate. You have the ability to change those things. Keep your eyes on him and ask him for help. When I find myself overwhelmed, I just make a short laundry list of what I can change. I address the one item on the top of the list. I choose to change that one item. I look for inspiration in my sphere of influence. Finally, I see progress. Maybe it's just one step at a time, but that's what our program is about. Making a difference. One step at a time.

Tami N.



STEP 8 Workshop

MADE A LIST OF ALL PERSONS WE HAD HARMED,
AND BECAME **WILLING** TO MAKE AMENDS TO THEM ALL

SEPTEMBER 16, 2017
12 Noon to 3 pm*

SOUTH SHORE RECOVERY CENTER

O A 12 and 12

- Purpose of Step 8 is not to judge others but to learn attitudes of mercy and forgiveness
- We are doing Step 8 for ourselves so that we can recover from compulsive eating

*come early at 1130 and bring your lunch and share fellowship with us.

OUR IG BOARD MEMBERS:

INTERGROUP CHAIR— Lorinda

VICE CHAIR— Tori

TREASURER— Tami

SECRETARY— JEANNE

NEWSLETTER— MARIE & KAREN

R7/WSBC REP: MIKE

The Annapolis Area Intergroup meets
on the 3rd Sunday of every other
month

(January, March, May, July,
September, November)

6:15—7:15 PM

South Shore Recovery Center

1199 Generals Highway

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

Praise God for my tears

I walked away from embracing a friend
I realized that my cheek was wet from her tears
How often do we get close enough to our friends to share their
tears

It's so easy to smile and nod
connection happens when we get close enough
to feel their pain

pain is God's way of helping us to grow
we grow by ourselves and with our friends
tears are like the water to promote strong roots

I want my life to be lush and beautiful
If some tears need to fall for that outcome

then I praise God for tears

Tami—May 22, 2015

Meeting Moments: Inspirational Quotes from Meetings Gathered by Karen

- * Hope without action is a dream.
- * I don't want to mortgage my happiness for the momentary comfort of over-eating.
- * 10th step: OA 12 and 12
- * Repetition is the only form of permanence
- * Stubbornness turned to good use is perseverance
- * 10th step: OA 12 and 12
- * Repetition is the only form of permanence
- * Stubbornness turned to good use is perseverance
- * We only need 2 words in our day. In the morning, say "Please" and in the evening say "Thank You".
- * I have 12 step moments. I find that when I am unsure of how to react, my brain automatically go to the 12 steps and I realize, oh this is the 3rd step or this is the 1st step, and with these moments I find acceptance.
- * Kids do better in a sandbox with firm edges.
- * Boundaries do not limit our freedom, they guarantee it.
- * Fear is lack of faith. Having faith leads to courage. Then when Fear comes knocking at our door, no one is home.
- * Binging is a knee jerk reaction to life.
- * Making amends right away keeps the trash bag from getting bigger.
- * Compulsion will pass if I don't 'FEED' it.
- * Fear and Faith cannot exist in the same place
- * A day without a binge is a thank you
- * When in doubt Step out to a meeting
- * "Tastes like more does not belong on my food plan."

ATTENTION GROUP TREASURERS: CONSIDER PAY-
ING YOUR R7 donation online. Go to
WWW.OAREGION7.ORG
and click 'donate.'

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

Trust God and Do the Next Right Thing