

Annapolis Area OA News

Winter
2021-2022

[Keep coming back.](#)
[Don't quit before the miracle happens.](#)

Annapolis Area Intergroup Officers
Chairperson: Kurt
Vice-Chair: Mark
Secretary: Kathy SW

AAIG Chair Column

Recovery During the Holidays

As many of us celebrated “OA Amateur Day” (Thanksgiving otherwise), as a compulsive overeater, I face the specter of my disease. I’m grateful (giving thanks) to my Higher Power for granting me a daily reprieve from the insanity of my compulsive relationship to food.

I was fortunate that Thanksgiving was another day of abstinence. How was that possible on the day most notorious for overeaters? (Remember the old adage “gobble till you waddle”). It starts and ends with my Higher Power and my relationship with HP just for today (whatever day it is).

I’ve been blessed with a food plan that works for me and has for a few years. This is a gift from my Higher Power. With that, it has been possible to get through several holidays.

The reading for “Just for Today” is ever on my mind: “repetition is the only form of permanence in nature.” God grant me abstinence today as I seek to follow Your will for me. Thanks for the gift of abstinence.

Historic Rozanne S. Recordings Now on OA.org

As we celebrate OA’s birthday in January and Unity Day in February, take some time—38 minutes or so—to listen to “Reflections: A Visit with OA’s Founder,” the 1999 interview with OA founder Rozanne S., on oa.org/. In the interview, Rozanne opens up about her life and lengthy journey toward becoming the founder of the Fellowship of Overeaters Anonymous, chronicling how she’s overseen the spread of the OA message around the world. Listen as Rozanne speaks with enthusiasm, humor, and joy on the inauspicious yet aspirational beginnings of OA, and gain new insights into how the powers of human connection and compromise shaped our organization from the very beginning. In addition, the “And Now a Word from Our Founder” recording can also be found at oa.org/podcasts. It was originally published in 2003 as a compilation of five keynote speeches that our founder, Rozanne S., was asked to present to World Service Business Conference delegates in 1994, 1997, 1998, 2000, and 2001. Again, Rozanne speaks with her characteristic humor and candid humility on such subjects as the origins of OA’s Traditions, the importance of principles before personalities, and complicated issues of empathy and sacrifice. Feel inspired to rejuvenate your own program as she ends her addresses with an audibly passionate call for the delegates—and the Fellowship at large — to engage in greater acts of service on behalf of OA.

LIFE IS A ONE TIME OFFER.
USE IT WELL!

EARTH BOUND BUT SORING

Hi! My name is Santa, and I am a compulsive overeater. I have some lovely reindeer. To keep fresh in my mind reminders that I have a disease, I’ve given my reindeer special names.

Dasher – Reminds me I have always dashed about on Christmas Eve eating on the run and under stress.

Dancer – Reminds me of the one thing I can’t do very well with all the fat wobbling about. It’s uncomfortable and I feel everyone is looking at me. I wish I had joined way earlier.

Prancer - Helps me hold my head up, prancing with pride and people pleasing with gifts.

Vixen – Gives me a name to a cunning and baffling disease of compulsive over eating.

Comet – Is the blinding light of my spiritual awakening.

Cupid – Shows the love I have found in our fellowship.

Donner (German for thunder)-Reminds me of the thundering inner voice that told me I am totally powerless.

Blitzen (German for lightning) – Represents the streak of light that lit my inner spiritual awareness when I found I had come home.

The first four reindeer are earth-oriented steeds and remind me to keep my feet firmly on the ground as I work the program.

The last four reindeer are sky-oriented and tell me that while my body is earthbound my spiritual self can soar to unknown heights.

Happy holidays, everyone!

– Santa see., North Pole A.k.a. M., England

Give Up or Start Over

Sometimes I just want to give up. I'm tired of all I have to do to keep this compulsion under control. I pray, I study, I go to meetings, I give service. Somehow I've lost my motivation. I'm praying that I might regain the willingness to stop over eating. It's not that I'm eating the wrong foods. I know there are things I cannot touch. I am just eating too much of the things that have been on my food plan for years. So now I am making a list of the things that I can do that I could not do before I came in the rooms of OA..

1. Walk without pain.
2. Go to almost any clothing store and find some thing that would fit me.
3. Clean my own house.
4. Buckle up in an airplane without asking for a seatbelt extender.
5. Sitting on a folding chair without being afraid of it collapsing (not an experience I would like to relive).
6. Talk to others who understand this disease.
7. Most of all, stay close to my Higher Power!

And the list goes on!

Do I want to go back to the isolating? No.

Do I want to go back to hiding food for my family? No.

Do I want to go back to the humiliation? No.

Do I want to go back to the physical pain of obesity? No.

Do I want to go back to the fear that I'm going to drop dead because I'm so overweight? No!

Do I want to go back to the loneliness? No!

Do I want to go back to the shame? No!

I will keep coming back because my life is so much better when I am with other compulsive overeaters who understand the power this disease can have. This disease is trying to discourage me. I won't let it! Together we get better. Thank you, God. Thank you to all who have loved me until I could love myself.

Anonymous

WHAT'S CHANGED, ME OR MY FOOD PLAN?

The short answer is both. I remind myself that although I have been in OA for a long time it is still one day at a time for me and my food plan.

Over the years it hasn't changed a whole lot.

When I started it was shortly after the Gray Sheet had been retired. At least according to my sponsor. I adopted her food plan and called my food in at a specified time each day. If I missed my time, oh well. It was before cell phones so there was no alternative to getting my food called in. Therefore, I adhered to her strongly enforced suggestions. At that time, I think the level of my despair was equal to her requirements.

My food plan has "relaxed" over the years and I know which foods to avoid as a result of knowing what "triggers" the thoughts that lead me to the food. In my case they are usually thoughts of resentment and feeling left out. There is an antidote for those thoughts and feelings. Meetings, a sponsor, phone, reading and writing. Do I always do one of those. No, sometimes I sit in misery. Not often or for very long, thankfully. I remember writing my food history as one of my early assignments (enlightening). I also remember my sponsor suggest that I not share at a meeting for the first few months (also enlightening). I'd like to think that I've changed more than my food. My food is fairly predictable, day to day. My feelings are not as manageable. I confess I still eat in a compulsive way. Quickly and always keeping track of what is still on my plate and how fast I'm eating compared to "normal" eaters. With the help of the meetings, steps and my sponsor I don't overeat compulsively. I am grateful for the steps and how they can be applied to almost any situation whether it involves food, people or politics. Step eleven has been as helpful as the Serenity Prayer during the pandemic for me.

For Today: Nov. 26. Having saved my life...let me live it.

In Gratitude.

Brenna

IT'S A
S L O W
PROCESS, BUT
QUITTING WON'T
SPEED IT UP

TWO THINGS YOU
ARE IN TOTAL
CONTROL OF IN
YOUR LIFE ARE
YOUR ATTITUDE &
YOUR EFFORT

Hybrid Meetings Now on [Find a Meeting](#) at OA.org

16 percent of all registered OA meetings are hybrid. Have you heard of hybrid OA meetings? OA has published new instructions for understanding hybrid meeting search results in Find a Meeting, as well as instructions for group secretaries to add and edit hybrid meetings. These instructions, called "Find a Meeting—Hybrid Meeting Instructions," can be found in the Document Library at oa.org under the category "Meeting Resources." Hybrid History was first defined by OA in 2019, "the term hybrid is used to describe a group composed of members attending a single meeting where all can hear and share but may be present either in the same physical location (face-to-face) or through some form of electronic device (virtual)" (Business Conference Policy Manual 2019a, amended 2021). While the idea of having a hybrid meeting has been around in OA since the advent of telephone and online meetings, the number of hybrid OA meetings has grown to more than 1,000 in the wake of the pandemic, as face-to-face groups have been compelled to meet virtually. This sea change has been making waves for the Find a Meeting database ever since. First, as hundreds of face-to-face groups were forced to migrate to virtual meetings, the World Service Office could offer no great option to update the listings. Groups either had to register a new virtual meeting, which caused some problems with Seventh Tradition collections and allocations, or add virtual details to the "Meeting Notes" section of their face-to-face meeting listing. This latter option created the unintended consequence of cutting off the stream of newcomers, since the vast majority of compulsive eaters were searching for virtual meetings only. The beginning of a solution finally came during WSBC 2021, when delegates amended the 2019 policy to include: "A hybrid group may register only once and is assigned one group number but may appear on oa.org in both the face-to-face listing and the virtual listing and will clearly indicate that they are a hybrid meeting." Approving this motion gave the WSO direction to make changes to the Find a Meeting back-end database and front-end user interface. Now, face-to-face meetings that have a hybrid component are being displayed side-by-side with other virtual meetings. Today, you can start a search for face-to-face, telephone, or online meetings, and if the meeting includes a second component (face-to-face plus online or face-to-face plus telephone), then that meeting will be noted as a hybrid meeting.

OA Sunday 5PM

Join Zoom Meeting

<https://us02web.zoom.us/j/85357701309?pwd=Tkc4VkhSaS1hDVlZZZmdZZl1wN0lwdz09>

Meeting ID: 853 5770 1309
Passcode: 297467

Monday OA 5:15 PM

Click <https://zoom.us/j/636210076?pwd=TmZYaUh5TWc0M09TVdZZODRkdWZtQT09> to start or join a scheduled Zoom meeting.

If asked for password
105907

FOR CALL IN ONLY ATTENDEES 301-715-8592
Id 636210076

If asked for password
105907

Friday OA 6PM

Click <https://zoom.us/j/636210076?pwd=TmZYaUh5TWc0M09TVdZZODRkdWZtQT09> to start or join a scheduled Zoom meeting.

If asked for password
105907

FOR CALL IN ONLY ATTENDEES 301-715-8592
Id

636210076

If asked for password 105907

Saturday OA 10AM

Join Zoom Meeting

<https://us02web.zoom.us/j/85052274374?pwd=Mlc2TU9sTzFKYmM5b2tJbEx5dUJDZz09>

Meeting ID: 850 5227 4374

If you are interested in attending Thursday 4:30 p.m. and Saturday 10 a.m. meetings please contact Karen by email for instructions. khott3@gmail.com

The Twelve Traditions of Overeaters Anonymous

1. Our common welfare should come first; personal recovery depends upon OA unity.
2. 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.
3. The only requirement for OA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or OA as a whole.
5. Each group has but one primary purpose — to carry its message to the compulsive overeater who still suffers.
6. 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.
7. Every OA group ought to be fully self-supporting, declining outside contributions.
8. Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Overeaters Anonymous has no opinion on outside issues; hence, the OA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.
12. Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

The Twelve Steps of Overeaters Anonymous

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

Podcasts

<https://podcasts.apple.com/us/podcast/midhudson-intergroup-of-oa-podcast/id1551237229?i=1000522012318>

<https://podcasts.apple.com/us/podcast/overeaters-anonymous-virtual-speakers-bureau/id262134637?i=1000527755887>

<https://podcasts.apple.com/us/podcast/overeaters-anonymous-east-bay-unity-intergroup/id1513767581>

*Trust God
and do the
next right
thing.*

What abstinence means to me - Mark V

The following revised Abstinence and Recovery policy was adopted at the World Service Business Conference in 2021”

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.”

<https://oa.org/news/abstinence-and-recovery-policy-revised-at-wsbc-2021/>

I’ve been a grateful member of OA since I attended my first meeting on March 27, 2000. My journey of recovery hasn’t been in a straight line. My rate of progress has not been steady but when I pause to look back on where I’ve come from, I know I am fortunate to have found the fellowship. I have come to know that the promises are real, that serenity is available, and what it means to be joyous, happy, and free. While OA issued separate statements for abstinence and recovery, I think it is no accident that they were revised and issued together. I have found that I cannot recover without abstinence, and I cannot stay abstinent without working for recovery.

Each of us has a personal understanding of abstinence. For me, abstinence at its roots is a set of boundaries that define for me which foods and eating behaviors are compulsive and which are not. That may seem obvious but it has taken me two decades in the program to gain this bit of wisdom.

My food plan is the start.

When I came to OA - it was 3-0-1. Three meals a day, nothing in between, one day at a time.

Next was identifying those foods that trigger my disease. My list of trigger foods is fairly short. I have learned that I

shouldn’t think of those foods as things I’ll NEVER have again - that thought is too daunting. It’s enough that I remember that I don’t HAVE to HAVE those things TODAY.

Is having a food plan enough? - what is the difference between a food plan and being on a diet?

When I used to diet - being “on” the diet was only about the food. Diets never included other compulsive behaviors.

My food plan requires me to report my food to my sponsor - some diets recommend keeping a food diary, but I never reported food. Certainly not with the consistency that I do now. I think of my food plan as more than being a diet that I will be “on” and someday when I reach some weight I will be “off”.

For me, my food plan is more than being on a diet. It is not something that I will someday be “off”. My food plan will to change over time – my body changes with age and my disease plots against me. But I will always have a food plan. Similarly, being abstinent is more than adhering to a food plan because abstinence is about more than the food - My abstinence requires me to be actively involved with the fellowship - going to meetings, working the steps, working with a sponsor, being willing to sponsor others, doing service. Doing a daily 10th step, continuing to admit when I’m wrong and make amends. Working to deepen a spiritual practice and having emotional balance in my life.

My disease is progressive - my recovery also has to be progressive. More and more, my abstinence is not about food.

Abstinence is a way of life. Abstinence allows me to be a person that I like.

Several great things are happening for the good of our Fellowship:

1. Lifeline will be returning as a blog on oa.org
2. Event Calendar will be returning to oa.org
3. A New Plan of Eating pamphlet is available
4. OA has made a significant commitment to attract young people and other compulsive eaters in 2022



Q. Is it a break in Tradition Seven if a meeting member wishes to contribute the use of their videoconferencing account in lieu of a cash contribution to the group? Their subscription cost is US\$15.99 per month.
A. The Seventh Tradition in its simplest form, which states, “Every OA group ought to be fully self-supporting, declining outside contributions,” makes it sound as though only money may be donated. When reading the Tradition Seven chapter in The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition, however, we find that there are many different ways to make a Seventh Tradition contribution to the meeting: giving service, buying OA literature, donating items to the meeting, etc. If an individual is offering the service of providing their personal videoconferencing account for the meeting room, then yes, this can be a Seventh Tradition contribution in lieu of cash. If, however, the individual is using the videoconferencing account of a business or organization, this should not be accepted as a Seventh Tradition contribution. First, the account is from an outside enterprise (Tradition Six), and second, the meeting must be self-supporting, declining outside contributions (Tradition Seven)

Seventh Tradition Help

Donate to world service at: oa.org

Donate to our region at: oaregion7.org

Donate to Annapolis Area Intergroup at: AnnapolisOA.org

**A FAILURE
IS NOT A
MISTAKE.
THE REAL
MISTAKE
IS TO STOP
TRYING.**

WACHABUY.COM

**KEEP COMING BACK.
IT WORKS IF YOU
WORK IT!**