

Annapolis Area OA News

Spring

2022

[Keep coming back.](#)

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

Annapolis Area Intergroup Officers

Chairperson: Kurt

Vice-Chair: Mark

Step 4

Searching and fearless moral inventory

Don't those words strike fear in your heart? They did mine for many years. You might as well have called it a "standing in the glare of bright spot light and having my body and mind looked at by x-ray." It couldn't have been more fearful.

As some know, I first came to OA back in January of 1987, yes 35 years ago. I was able to have physical abstinence and lose weight, but that was the gift of also having a 26 year old body which had only ever been as high as 220 lbs. I didn't necessarily get the spiritual part of recovery for many years.

Back then we had only the AA Big Book and AA 12 and 12 to guide us. As we carefully struck out the words "alcohol" and "alcoholic" and replaced them with "excess food" and "compulsive overeater." Most meetings I attended began with "How It Works" from the Big Book. That reading contains the line "rarely have we seen a person fail who has thoroughly followed our path." I'm a textbook example of not following the path and not recovering.

My biggest fear was facing myself through the 4th step.

Recently, I finished my second major 4th step in 5 years. This was along with 3 or 4 small, single defect inventories along the way.

What I've found out in doing these 4th steps (large and small) is what I want to share today.

After coming to a developing and loving relationship with my Higher Power, the phrase from Step 2 in our OA 12 and 12 came true. We believe that "God loves us in our totality." Totality. Let that word sink in for a moment. That's a fancy way to say God loves me in

the whole, the complete package of Kurt, warts, wrinkles, shiny good spots, and tarnished and dented spots (physically, mentally, emotionally, and spiritually).

It took many years for that line to sink in. I've been a tough nut to crack on believing in a HP who loves me unconditionally. But He has managed to get through to me.

This brings me to several things I've learned to do when I write a 4th step. First, everything I'm writing about has happened already and I can't change the past. Second, God knows all of this stuff already.

Three, He loved me then, and most often carried me through the really painful stuff whether I knew it or not and He loves me now.

I have had to write these on the tops of each page of my inventory to remind myself as I write something painful.

Now I know that what is worded as "a searching and fearless moral inventory" is also one of the most loving gifts I can give myself. Why? Because I get to put my trust actively in my HP and see that I am human, which is just the way HP made me. He hasn't ever asked me to be perfect or superhuman, just be human, and know He loves me as I am.

So please give yourself a loving gift and understand that a searching and fearless moral inventory isn't something to be fearful of. And by the way, a 4th step is just a 4th step, it's not ever going to perfect and complete so you'll get to go deeper next time....

Kurt

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How has the pandemic changed your program?

At a “Jump Start” icebreaker during Region 7’s virtual Fall Assembly last October, two thought-provoking questions were raised about COVID’s effect on our OA program. Here are the questions and some of the responses:

How do you see your program changing as we move through this pandemic?

I was struck in a rut before COVID. Going virtual strengthened my recovery.
I’m housebound...48 years in OA. The world opened up to me.
I can go to more meetings—no travel time!
I can see far-flung friends worldwide at virtual meetings.
Face-to-face meetings pose a risk for me.
I make more phone calls now and stay better in touch.

How do you see OA changing as we move through this pandemic?

Many people are coming into OA with only the virtual meeting experience.
More hybrid meetings.
Virtual meetings are here to stay; there will always be challenges, but our HP takes care of us.
It’s a benefit to have the choice of face-to-face and virtual meetings.

Think about these questions—how has the pandemic changed YOUR program and OA as a whole?

IT DOES NOT MATTER HOW SLOW YOU GO AS LONG AS YOU DON’T STOP.



Eat like you love yourself.
Move like you love yourself.
Speak like you love yourself.
Act like you love yourself.

May 6-8, 2022
Finding the Power Within the Steps
45th Annual Retreat
New Location! Carousel Hotel
11700 Coastal Highway Ocean City, MD
21842
(800) 641-0011
www.Carouselhotel.com
We will follow the MD and CDC guidelines for Covid
Inspirational meetings * Recovery workshops * Beautiful beach * Indoor pickle ball * Roseanne’s closet (swap shop) * Karaoke * Friday night dance and games * Talent show * Fitness center * Indoor pool & hot tub * Superhero costume contest.
If you have questions please contact : Leslie (302) 723 - 9167 (text or call), Kris (410)658 -2791 (call) or (443) 553 - 7965 (text or call) Email : Diamondstateintergroup@gmail.com

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?1000527755887>
- <https://podcasts.apple.com/us/podcast/overeaters-anonymous-east-bay-unity-intergroup/id1513767581>

I need social distance from my refrigerator!

TWELVE STEPS TO A SLIP

Every slip has a beginning. Know your danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can eat like 'normal people' again.
4. Let the other members do the 12th step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.

Dear God,

I thought about you today.

The way I think of you as light. I think of the light as a reflection of the good in all people.

It is very easy to look at the bad in people.

Those parts stand out.

A lot of times just being good is not noticeable.

Thank you for helping me see the light in people and to strive to do what is right, to do "the next right thing".

Good night.

Serve Others and Recover.

A key part of recovery in addition to working the Twelve Steps? Service. When you hear about performing service, you may think, "Wow. Working Twelve Steps *and* giving service? That's a lot!" Rest assured, the last thing we at OA want to do is to overwhelm you. Service can be as simple as you want it to be. Here are some examples:

Show up. Attending a meeting is service.

Unlock the venue for meetings each week. This is a seemingly simple task, but one of great importance. Without this act of service, your group can't meet to work on their recovery.

Set up and clean up meetings. Putting out and returning chairs, making the books available, and passing out materials are all ways to serve.

Participate in the meeting. Welcome newcomers, read or share your own experience, strength and hope.

When you are ready for more :

Moderate or lead the meeting. The leader/moderator is just a member who follows the format to keep the meeting on topic and on time.

Operate the dashboard. Unique to the virtual world this position protects the meeting from disruptive participants.

Participate in group conscience. There are always different ways of doing things and the meeting members decide together what is best for the group.

As your recovery continues, consider being an intergroup rep, attending the meeting, and bringing back the news to your group. You have many talents and gifts you can use in OA. Event planner? Help with workshops, retreats, and assemblies. A writer? Contribute to your local newsletter or submit to calls for stories.

Providing service opens up a world beyond you, while also giving you a way to carry our message to others. The best part? There's a magical thing that happens when you serve others; you end up giving yourself a gift too.

Going in Circles

“There is an oft-repeated theory that people who are lost walk in circles. Not long ago, scientists at the Max Planck Institute for Biological Cybernetics tested that theory. They took participants to a thick forest and gave them simple instructions: “Walk in a straight line.” There were no visible landmarks. The test subjects had to rely solely on their sense of direction.

How do you think they did? The scientists concluded, “People really do walk in circles when they do not have reliable cues to their walking direction.” When questioned afterwards, some participants self-confidently claimed that they had not deviated in the slightest. Despite their high confidence, GPS data showed that they walked in loops as tight as 20 meters in diameter.

Why do we do have such a hard time walking in a straight line? Some researchers hypothesize that small, seemingly insignificant deviations in terrain make the difference. Others have pointed to the fact that we all have one leg that is slightly stronger than the other. “More likely,” however, we struggle to walk straight ahead “[because] of increasing uncertainty about where straight ahead is.”

Whatever the cause, it is human nature: without reliable landmarks, we drift off course. Isn’t it interesting how small, seemingly insignificant factors can make a major difference in our lives.” (D. F. Uchtdurf in 2021 General Conference)

Most of my life I have been going in circles where my compulsive eating is concerned. The circle of going on a diet, losing the weight, gaining the weight again and then back to the diet.

Fortunately, in Overeaters Anonymous we have 12 reliable landmarks so that we do not drift off the course. Each of the 12 steps are landmarks. If my attention is drawn away from the landmarks, I stray, I slip and slide off of the path I so dearly want to stay on.

What are the things that draw my attention away? Fear, loneliness, anxiety, bad news, good news, and about anything you could name. However, using the tools of the program are there to help us remember to focus on the landmarks that will keep us on the path of recovery.

Bobbi

THE ONLY TRUE FAILURE IS
WHEN YOU STOP TRYING.



A bad attitude is like
a flat tire.

You can't go any-
where until you
change it.

REMEMBER THAT THE
REASON YOU'RE
DOING THIS IS TO
MAKE YOUR LIFE
BETTER