

# Annapolis Area OA News

## Winter 2022

### Message From The Chair

#### Gratitude

The holidays are upon us. Some of us approach the holidays with anticipation and joy, others of us approach them with dread and foreboding. The use of food to celebrate the good things in life is traditional and, in some ways, unavoidable. Our disease uses the traditions of the holidays and the seemingly inescapable marketing that goes with it to tempt us. We may sense that our obligations to our families or to our work colleagues somehow compels us to eat in unhealthy ways. In our area we have referred to the holidays as hurricane season – the months from Halloween to Valentine’s Day are one food frenzy after another.

The unreasonable expectations coming with the holidays bring a special kind of unhappiness.

It doesn’t have to be that way. Thanksgiving is a day for gratitude. We have much to be thankful for. The holidays of December – whether we celebrate Christmas, Hannukah, or simply observe the winter solstice - have meaning that transcends the gluttony of compulsive eating. It can be a time for charity – focused on giving to others rather than receiving from them. The clarity that comes with abstinence allows us to focus on the important things in life. There is joy, and for that we can also be grateful.

While we are thinking of others this holiday season remember the 12<sup>th</sup> step. *“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.”* We cannot maintain our recovery unless we give to others what has been so freely given to us.

As we go through the holidays and the winter months, let us be thankful, grateful, and of service to our fellows whether they are family, friends, colleagues, strangers, members of the fellowship, and especially to the newcomers we welcome to our midst.

I wish everyone a joyful, abstinent season and look forward to joining you in the rooms.

#### Annapolis Area Intergroup Officers

Chairperson: Mark

Vice-Chair: Brenna

Secretary: Kathy SW



### Region 7 Convention Report

Region 7 recently held two important events. The fall assembly was held on September 16-18 at the Bon Secours Retreat and Convention Center in Marriott, MD. The Region 7 annual convention was held in Ocean City, MD on November 4-6. This was the first “in-person” convention since 2019.

Assemblies are Region 7’s business meetings. They are held twice a year and are where candidates for the Region’s officer positions are elected and budgets are reviewed and adopted. Region 7 provides essential services to the OA fellowship from Pennsylvania to Northern Virginia. Multiple subcommittees work between the assemblies to support the fellowship. Intergroups across the region are figuring out what to do as the COVID pandemic eases. More meetings are returning to face-to-face. At the same time workshops are being held on-line. The assembly adopted a budget of almost \$70,000 for 2023. This helps to illustrate the scope and importance of what the Region does for us.

The post assembly reports can be seen at

<https://oaregion7.org/wp-content/uploads/2022/10/R7-Fall-2022-Post-Assembly-Packet.pdf> and

<https://oaregion7.org/wp-content/uploads/2022/10/R7-Fall-2022-Committee-Minutes.pdf>

While the region’s business is in good shape, participation by the region’s intergroups is concerning. We just barely met the quorum requirements. Without a quorum no essential business could have been conducted. I note that the Annapolis OA Intergroup does not currently have a Region 7 representative – this is a great opportunity for someone to perform important service for the fellowship.

The upcoming spring assembly will also be held at Bon Secours Retreat and Convention Center in Marriott, MD. The dates are still to be determined.

The Region 7 Convention was held on a beautiful weekend at the beach. The hotel facilities were very good and the program was filled with recovery. This was my first convention and it was like a shot in the arm for my program. Breakout sessions were held on many special focus topics including relapse, diversity and inclusion, men in OA, sponsorship, and others. Breakout sessions were also held to work through the 12 steps. It was inspiring to see people who had traveled for hours to attend. There was a lot of joy and it was terrific to be face-to-face after months of being online only.

The 2023 convention will be on November 3-4, 2023, and will also be in Ocean City, MD.

***This Holiday Season\****

***Focus on the people, not the food.***



**New Audiobook!**  
**The Twelve Steps and  
Twelve Traditions of  
Overeaters Anonymous,  
Second Edition**  
**Audiobook Now Available**

**Visit Lifeline: Stories of Recovery at  
lifeline.oa.org**

For 55 years, Lifeline was our international magazine (remember those?) of recovery and "Meeting on the Go." Today, Lifeline is being rebuilt as Lifeline: Stories of Recovery at lifeline.oa.org. Lifeline is now free to access and will be available to OA members who need a dose of experience, strength, and hope, and as a resource to attract the still-suffering compulsive eater who is searching online for a solution. Give service to Lifeline! Share your written story, video, audio recording, or image that speaks to your recovery. Use our temporary form at oa.org/lifeline, and while you are there, check out our Contributor Guidelines. Lifeline: Stories of Recovery is still in development. You will soon see it listed on the home page of oa.org.

**Meetings**

**Time** : Sunday @ 5:00 PM

**Type** : Speakers

**Group #** : 49836

**Contact** :Bobbi

[bobbi@rothweb.org](mailto:bobbi@rothweb.org)

443-694-0292

Until further notice this meeting will be conducted via Zoom.

<https://us02web.zoom.us/j/85708362015>

Meeting ID: 857 0836 2015

Passcode: 956705



**Voices of Recovery, Second Edition**

The long-awaited second edition of OA's daily reader Voices of Recovery is finally available, both in our OA bookstore and on online digital platforms. The second edition has been attentively reviewed and edited to bring the original daily meditations, sourced directly from the testimonials of OA members in 2002, into alignment with OA's currently available literature and policies. These changes were made with great care, as reasoned in the new foreword to the second edition: "It was always the intention during the review for this second edition... to honor the writings chosen for the first edition that have become so much a part of so many OA members' recovery." Voices of Recovery, Second Edition is recommended to anyone new to program, anyone who doesn't have the first edition, and for those of you who might keep your well-worn first edition on the shelf but want a daily reader that speaks fully to the present moment. Visit the Voices of Recovery, Second Edition product page at bookstore.oa.org to purchase your copy and to find links to e-book formats on Amazon Kindle, Apple Books, and Barnes & Noble Nook.

**Time** : Thursday @ 11:00 AM

**Type** : Literature -In person meeting

**Group #** : 24077

**Contact** :Bobbi

443-694-0292

**Address:**

Calvary United Methodist Church

301 Rowe Blvd., 1st floor, Rm. 119

Annapolis, MD



**Time** : Friday @ 6:00 PM

**Type** : Leader's choice literature study. Step or Tradition last Friday of the month

**Group #** : 17204

Until further notice this meeting will be conducted via Zoom.

<https://zoom.us/j/710282660?>



**STOP LOOKING FOR HAPPINESS  
IN THE SAME PLACE YOU LOST IT.**

## Steps Six and Seven

In a workshop at the Region 7 convention we were asked to address our Character Defects (I prefer Defenses). I chose my tendency to be Judgmental.

I have always been judgmental. I judge people on how they look, how they talk, even how they walk. I judge their pets, their grocery cart, and their cars. I am sure I passed this down to my daughters and, I can tell you, its not pleasant to see in others.

The need it filled is that it has allowed me to feel “better than”. My cart has more healthy foods, my pets are well cared for, my car is old which makes it more environmentally sound because it hasn’t gone to the landfill. And then there are the looks. Picking out the most obese person and trying to compare if that is what I look like and finding myself better. It is all a mind game so I can feel better about myself.

This has blocked my progress by allowing me to ignore my own defects, shortcomings, issues, etc. If I don’t acknowledge those things then they don’t exist and I don’t have to “fix” them. There are people fatter than me so I don’t need to lose weight. Yeah! Right!

What could my life be like if I wasn’t judgmental? My life would be more in my (and HP’s) hands. I would be able to see the good in other people. I could be a more positive person. And maybe, just maybe, I could become more willing to do the next right thing . . . to take the next step . . .to stay abstinent – one day at a time . . . to like myself without needing an “other” to compare myself to.

Anonymous

December 31 – January 1

## “Restoration To Sanity” Marathon

### New Year’s

New York (USA) – 31st December 2022 2:30 pm – 7:30 pm

London (UK) – 31st December 2022 7:30 pm – 12:30 am

Melbourne (Australia) – 1st January 2023 6:30 am – 11:30 am

Hosted by A Design for Living – Big Book OA

For More information: [ad4l.info](http://ad4l.info)

## Arizona Serenity in the Desert Intergroup Region 3 Overeaters Anonymous 2022 Candlelight Event

Saturday, December 3rd

6pm PST / 7pm MST / 8pm CST / 9pm EST

Sunday 4th, 2am UTC

Hybrid: Phoenix ASDI Office & Zoom

OA Office: 1216 E. Glendale Ave. Phoenix, AZ 85020

Zoom: 847 7465 5025 password: promises

Contact: Pat H [strungoutjewelry@gmail.com](mailto:strungoutjewelry@gmail.com)

Recently I tried to attend a meeting that I’d visited regularly prior to the onset of Covid. Instead of the expected group around a table however, I found an empty room. I was sad to learn that the group was not meeting in person, because I had gotten much from the people and the discussions. But I was even sadder to learn that in fact, in the entire greater Annapolis intergroup area there is only one meeting that has gone back to meeting in person. You might think it’s because people are still afraid to gather in groups, but when I look around, the restaurants are full, the streets are humming, and the stores are busy! And those in other recovery programs have been meeting face-to-face formally months.

Don’t get me wrong - I LOVE having the option of Zoom meetings. Without them I would have had no connection to OA in the past two years. Zoom makes OA and OA meetings easy to access around the clock. I can decide five minutes in advance to attend a meeting and still be on time, wearing whatever I have on. Thanks to Zoom, I have attended meetings all over the country in the past 32 months. And Zoom made it possible for me to reconnect with my original home group in the Midwest and virtually attend meetings with many long-time friends.

So, we could ask, do we even need to have face-to-face meetings? You can’t deny the convenience factor of Zoom. But it’s also true that as a compulsive eater I can be prone to isolation. Thinking back to when I was a newcomer, in-person meetings helped me meet and spend time regularly with many different kinds of compulsive overeaters as we worked towards recovery. That kind of steady contact also helped me let people in and allowed me to share myself plus get hugs that comforted and reassured me. I was reinforced when others smiled at me as I entered for no other reason than just making the effort to show up. More than anything, in-person meetings later allowed me the opportunity to reach out to newcomers in turn, to listen, to welcome them, and to accept and encourage them. There’s a saying I’ve heard in 12-step rooms - you either grow or you go. It is very easy for me to attend Zoom meetings and just listen, but not make any real progress in my program. For me, there is a world of difference between connecting with a one- or two-inch head on my screen and connecting with a real live person standing in front of me. Exerting the effort to actually go out of my way to go to a meeting is good for my program. I don’t want “Easy Does It” to become “Lazy Does It,” but it can creep in without my realizing it.

Most of all, we all need to be present to greet newcomers, the lifeblood of our program. When they take those shaky steps into our rooms we need to welcome them, listen to them, and share our experience, strength and hope with them, like so many did for us.

I ask my Higher Power for the humility to remember that it’s worth every bit of inconvenience to attend live meetings. After all, live people at live meetings were there for me when I was discouraged and filled with self-loathing... and being surrounded by compulsive eaters in OA will always be a major part of the miracle that changed my outlook and has given me my life back for the last 37 years.



## 2023 Spring Assembly @ Bon Secour Retreat Center



**Assembly Dates: February 17– 19**  
**Registrations Due: February 3, 2023**

To Register for the Assembly, please click here--> [2023 Spring Assembly Registration](#)

**NOTE: Motions and R7 Board Applications are due by Dec 19th**

- Applications can be obtained here -> [R7 Board Application Form](#)

- Bylaws / Policy Manual Motion Form - *(Attached to this email)*

**Meals:** All meals are included in the price (2 dinners, 2 breakfasts, 2 lunches). We will have the menu posted two weeks prior to the assembly.

**Visitors:** We are very sorry, but due to limited space availability at the retreat center, we will not be able to accommodate visitors to this assembly until after all of our reps have been registered. Check back after February 3 to register as a visitor.

**Registration Fee:** There are four choices for registration for reps:

1. Room for one person with one queen sized bed and all meals included: \$250 per person
2. Room for two people with one queen sized bed and all meals included: \$225 per person
3. Day tripper rate for one day (includes two meals per day): \$52 per person
4. Day tripper rate for both Saturday and Sunday (includes two meals per day): \$104 per person

*Please note: If you require printed copies of the pre- or post-assembly packet, you will have to print them yourself as our policy states we do not provide printed copies.*

**VIRTUAL REGION WORKSHOP**  
 2ND SUNDAY OF THE MONTH  
**Sponsorship**  
**DECEMBER 11TH 2022**  
 8:00 pm UTC  
 3:00 pm EDT - NY  
 8:00 pm BST London  
 Zoom ID: 891 6554 0024  
 Passcode: 120912  
<https://us02web.zoom.us/j/89165540024?pwd=eXZWSU5NNAVhtZ3hZH2Y2R0R0dkZDZ09>  
 For more information go to [oavirtualregion.org](http://oavirtualregion.org)



*Happy Holidays*

2022  
 Marathons Sponsored by  
 Virtual Intergroup of  
 Overeaters Anonymous  
 712-432-5200  
 Conference ID 42851153  
 Meetings every hour from  
 8 AM to 12 midnight EST  
 (UTC)  
 With regular scheduled  
 meetings.

Fri, Nov 18	International Day of Experiencing Abstinence (I.D.E.A. Day)	Tradition 11 Spiritual Principle- Anonymity- Sharing my Experience of Recovery with Others
Thur, Nov 24	Thanksgiving Day	Finding Peace and Stillness Within
Mon, Dec 12	Twelfth Step Within Day	Step 12 Spiritual Principle- Service- How Do I Practice "The Twelfth Step Within"?
Sun, Dec 18	Hanukkah	Don't Stop Before The Miracle Happens
Sat, Dec 24	Christmas Eve, Winter Solstice	Tradition 12 Spiritual Principle- Spirituality- What Does My Spirituality Look Like Now?
Sun, Dec 25	Christmas	The Gifts This Program Has Given Me
Mon, Dec 26	Boxing Day and Kwanzaa	What Gifts Do I Offer and Receive By Working My Program of Recovery?
Sat, Dec 31	New Year's Eve	Taking a Personal Inventory: What Can I Learn from Looking Back?
Sun, Jan 1, 2023	New Year's Day	We Can Start Over Any Time

