



Annapolis Area OA News Letter

Spring 2023



Message from the Intergroup Chair

It's March. Third month in the new year. Buds are on the trees, flowers are starting to bloom, the cherry blossoms aren't far behind. Spring is a time for renewal. The third step, "Made a decision to turn our will and our lives over to the care of God as we understood him", is a step many of us take every day. Perhaps more frequently if we are facing a particularly challenging day. We renew our commitment to the program each time we practice this step.

The third tradition, "The only requirement for OA membership is a desire to stop eating compulsively", on the other hand, is the fellowship's commitment to each of us. It is how the unconditional acceptance and love we have all experienced happens. The third tradition, however, is only as real as we make it. The fellowship is us. My challenge to myself is to renew my acceptance and love to everyone I see in the rooms, that I see on Zoom, to the members that ask for help, to the members that I serve through the service positions I've been entrusted to. I want to make a new habit of pausing at the door, focusing momentarily on each face, and consciously accepting each person.

In "Acceptance was the Answer, in the big book, the author finds that when he is disturbed by some person, place, thing, he cannot find serenity until he accepts that person, place, or thing as exactly how his higher power intends it to be. It is not his place to change it –

it is his place to change himself, with the help of his higher power.

When I find some person, in or out of the rooms, annoying for some reason it is usually because that annoying characteristic reminds me of something about myself that I don't like. It is a reminder that I need to practice the third tradition in that moment and find the love in my heart necessary to accept that person, and that part of myself.

There is a short list of seven questions on tradition three that are worth a read. They offer a quick inventory on how accepting we are in our rooms. They are worth a few minutes of your time during your practice.

- Does our group encourage everyone to take part?
- Do we welcome every type of compulsive eater?
- Do we focus on the things we have in common?
- Do we let age, race, education, manner of dress, weight, religion, political beliefs, language, gender sexual orientation of other factors determine whether we reach out?
- Do we speak to newcomers?
- Do we extend a welcome to all compulsive eaters?

If we take our responsibility pledge to heart, we will be on pretty solid ground.


"Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."

Making good food decisions
requires making good God decisions.
That's why it's called
a spiritual program.
Anonymous

ATTENTION

NEW FACE TO FACE MEETING

See page 3 for details.



STAYING IN THE MOMENT

OVEREATERS ANONYMOUS®
A DESIGN FOR LIVING IG

MARCH 18th/19th

A Design For Living - Big Book OA proudly presents:
STAYING IN THE MOMENT

New York	18th March, 3:30pm to 8:30pm
London	18th March, 7:30pm to 12:30am
Melbourne	19th March, 6:30am to 11:30am

ZOOM ID: 200 540 624
(no passcode required)

For more information: www.ad4l.info
email: admin@ad4l.info

OVEREATERS ANONYMOUS®
Pinellas Traditions Intergroup



PINELLAS TRADITIONS INTERGROUP
invites you to
The 13th ANNUAL OA FRANCISCAN CENTER RETREAT
PRACTICING THE PRINCIPLES
JULY 28-30, 2023

Podcasts @:
oa.org
oalaig.org
eastbayoa.org

JUST A REMINDER

ACCEPTANCE

Is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation--some fact of my life unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate on what needs to be changed in me and in my attitudes.

The Big Book Path to Your Wildest Dreams
OA Hybrid Workshop
Saturday, March 25, 2023
9 am to 5 pm Central
First United Methodist Church Richardson Texas
Ogden Fellowship Hall
503 North Central Expressway, Richardson, TX 75080
Speaker from Phoenix Arizona
Bring your lunch
Suggested donation \$10
Zoom Details:
851 9971 0430, pw 160619
Contact Dorothy B for more info 347-404-0356

FAILURE IS NOT THE OPPOSITE OF SUCCESS, IT'S PART OF SUCCESS.

WACHABUY.COM



*Your speed doesn't matter,
Forward is forward.*



*Vision without effort is daydreaming;
Effort without vision is drudgery;
But vision, coupled with effort will obtain the prize.*

FAIL
[F] **FIRST**
[A] **ATTEMPT**
[I] **IN**
[L] **LEARNING**

Time : Sunday @ 5:00 PM

Type : Speakers

Group # : 49836

Contact : Bobbi

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

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?](https://zoom.us/j/710282660?pwd=SktHRzRBemh3dmEwVS9zT1RtZExDQ0TO)

[pwd=SktHRzRBemh3dmEwVS9zT1RtZExDQ0TO](https://zoom.us/j/710282660?pwd=SktHRzRBemh3dmEwVS9zT1RtZExDQ0TO)

[9](#)

Meeting ID: 710 282 660

Password: 026377

NEW FACE TO FACE MEETING

Time : Saturday @ 7:30 AM

Type Face to face

Contact : Kathy

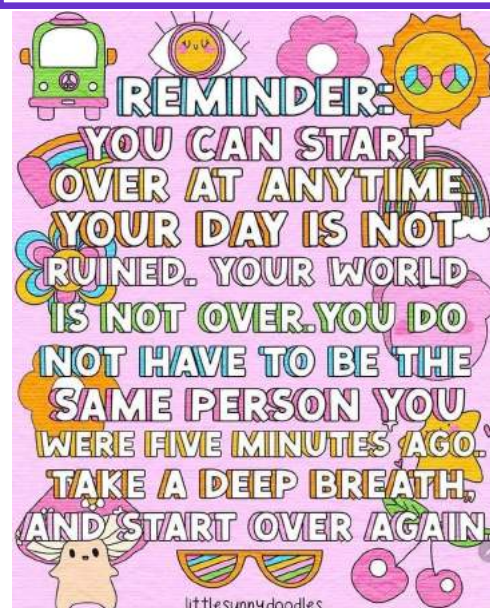
(410)-919-8688

Group: thus far unaffiliated

164 Club

Address:

2016 Industrial Hwy , Annapolis, MD



Watch for Complacency

I have to remember the dangers of complacency, no matter how good I feel or how much weight has come off my body. I can fall away from the program in tiny steps, so small that I might not notice them, beginning with a gradual wearing down of discipline and commitment. I have to believe this disease is cunning, baffling, powerful and fatal.

Our book of relapse stories, A New Beginning, tells us repeatedly that overconfidence is often the first slip in the plunge back into insanity. Paying lip service once in the morning and assuming I'm set for the day will not sustain me over the long term. To recover from this disease, I must take action and make a daily commitment to work my program to the best of my ability, on all levels.

- Elsa P., Saint John, New Brunswick,

Peace of Mind in Service

Throughout my entire spiritual journey through the Twelve Steps, no Step guaranteed me freedom from the obsession to eat compulsively as much as the Twelfth Step did. Every Step I took brought me closer to my Higher Power, but I never felt true peace of mind until I began taking other compulsive eaters through the Steps. As the Big Book says, "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics" (Alcoholics Anonymous, 4th ed., p. 89).

When I first entered the rooms of OA, I was looking for a solution. I found that solution with the help of another member who took me through the Steps as they are written in the Big Book. Now that I have had that vital spiritual experience, I come to meetings to bring the solution to others who suffer as I did. What once seemed like a chore has brought into my life, joy, freedom, and friendships like I have never imagined.

- Mary I., Rockville, Maryland

Before OA, I tried every new lose weight quick scheme. Since I found OA, there have been a plethora of new ideas for quick weight loss.

For instance: Apple cider vinegar and cranberry juice every morning.

Then there's the ice treatment.

A huge number of diet pills and shots have entered the marketplace.

Oh, how tempting it could be! However, I know that I am addicted to eating.

There are some foods that I have a physical addiction too. There are also some behaviors that I am addicted to.

I learned at an early age that eating calmed me in difficult circumstances. It made me happy when I was sad, calm when I was fearful, and enhanced my joy when things were going well. For many years food was at the center of

my life. Not faith, family or my health.

Sure I did not want to carry around almost 200 pounds of excess weight, but I did not know how to survive without excess food.

I have come to know deep down in my soul that I am addicted to overeating. No amount of weight loss is going to cure that. The weight is secondary to the real problem. Eating went from pleasurable to self-destructive. In OA I have learned to put eating in the right place in my life. Three times a day, with some foods that I no longer eat. My faith is now the center of my life, because without that I cannot keep this eating addiction from killing me. I still have a long way to go, but I'm in OA today. God help me stay!

Anonymous

Fear Removal

I must confess: After nearly three years in this program, Step Three is the one I've struggled with most. Naturally, that's the Step I've been asked to write about. I wonder if my Higher Power has anything to do with that!

Like a lot of people, I experienced a childhood of abuse. I guess you could say I had a bone to pick with my Higher Power. How could I trust any Higher Power who let those things happen to a defenseless child? At a young age, I decided if I couldn't control the moods of my rage-aholic father, I was going to try to control everything else.

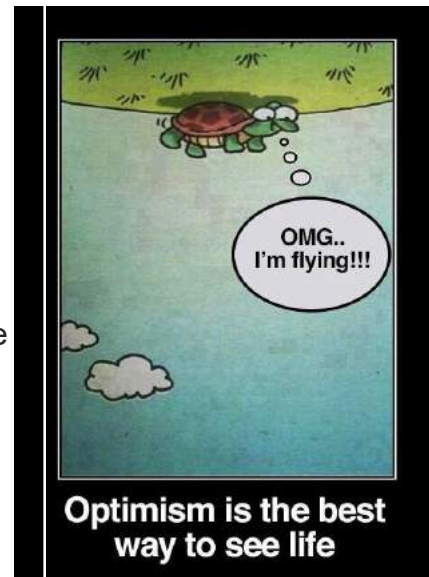
Like the actor in the Big Book, I also wanted to be the director, the producer, the lighting technician, and more--the world would be perfect if everything would just go my way (Alcoholics Anonymous, 4th ed., pp. 60-61). Finally, when I reached a top weight of 476 pounds (216 kg), I had to admit my way was definitely not working.

That's when my Higher Power interceded. I was laid off from my job and circumstances lined up to bring me to OA. This program has been a lifesaver in so many ways. From a physical recovery standpoint, I've lost 225 pounds (102 kg) so far, but OA is not a diet club. This is a spiritual program.

Creating a relationship with my Higher Power is where I've had to do the most work. I had to be willing to give up my childhood idea of a Higher Power. My resistance to turning my will and my life over to the care of God as I understand him has everything to do with my fear of letting go of control. So, one of the ways I let go of that fear is by saying the following prayer: "God, please remove my fear of and direct my attention to what you would have me be."

Through this program of recovery, God would have me be a woman able to trust, a woman able to forgive and make peace with her past, a woman able to love and be loved, and a woman who feels worthy of the best of what life has in store.

The Principles in the Twelve Steps
Step One: Honesty
Step Two: Hope
Step Three: Faith
Step Four: Courage
Step Five: Integrity
Step Six: Willingness
Step Seven: Humility
Step Eight: Self-discipline
Step Nine: Love
Step Ten: Perseverance
Step Eleven: Spiritual Awareness
Step Twelve: Service



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.



A Design for Living (AD4L) – Big Book OA Intergroup hosts a monthly Speaker Series

Topic for March: Chapter 3 “More About Alcoholism”

Saturday, March 11th – 3.30pm – 5.00pm in New York/USA

Saturday, March 11th – 8.30pm – 10.00pm in London/UK

Sunday, March 12th – 7.30am – 9.00am in Melbourne/Australia

Zoom ID: 200 540 624 (no password required) or join

<https://us02web.zoom.us/j/200540624>

REGION 7 ROUND TABLE MONTHLY DISCUSSION



SCAN ME

(Scanning QR Code will get you into the meeting)

Tuesday, Mar 21, 7pm

TOPIC:
SIMPLE IDEAS TO PROVIDE OPPORTUNITIES FOR OUTREACH
AND SERVICE IN YOUR INTERGROUPS AND MEETINGS

JOIN THE ZOOM MEETING
[HTTPS://US02WEB.ZOOM.US/J/3141875136](https://us02web.zoom.us/j/3141875136)

MEETING ID: 314 187 5136

Password is not included here.
The link above will get you into the meeting.
If you prefer the password, you will need to email
chair@oregion7.org
directly)