



Annapolis Area OA Newsletter

Summer 2023



Message from the Chair

The fifth month isn't quite over as I write this, so the fifth tradition seems like a good topic to reflect on. Not that we shouldn't give thought to all our traditions throughout the year. Tradition 5 holds that each group has but one primary purpose – to carry the message to the compulsive overeater who still suffers. What? Many of us came to OA to lose weight. I came to OA because I learned I had a very unhealthy relationship with food. Some came for the vanity and stayed for the sanity. I think I came for the sanity first. I'm not sure I had faith that I would lose weight, although I did. I was running away from my emotional dependence on food. I was after my own interests in coming to OA but I stayed because I knew I was in a miraculous presence – recovery. I could have never found the rooms or experienced the miracle if someone, somehow hadn't carried the message to one particular compulsive overeater that was suffering - me.

How do we carry the message? There are as many ways to carry the message as there are members of the fellowship. We carry the message when we share our experience, faith and hope in meetings. We carry the message when we welcome the newcomer to our meetings, and when we welcome back someone that has wandered off the path or suffered a relapse. We carry the message in a powerful way when we sponsor another compulsive overeater. We carry the

message when we use the tool of the telephone. We sharpen the focus of the message when we use the tools of literature or of writing. We need some time to reflect on our understanding of the message in order to convey it more effectively.

I've noticed that recently that our fellowship must be doing something right. The pandemic caused many, if not most, meetings to go virtual. Many thought we might be losing something. Attendance seemed to lag. The meetings just "weren't the same". But recently, two new face to face meetings associated with the Annapolis Intergroup have started, one in Annapolis and the other in Ocean City. The vibe in a face to face meeting is really special. I didn't know how much I missed them until I attended one of our new meetings. I'm grateful they are coming back. But Zoom brings something that we've never had before. Local Zoom meetings aren't very local – I've sat in meetings with people from as far away as Seattle, New Orleans, Vermont and Oklahoma. That kind of reach wasn't possible before the pandemic. The Twelfth Step teaches us that those of us that live this program don't simply carry the message; we *are the message*. Every day we practice these principles in all our affairs we are truly carrying a message that may have a life or death impact for someone that is still suffering. Let's keep it up.

Mark V.

Coming in September

workshop
Brought to you by
Annapolis Intergroup

RENEWAL

Further information to follow



**FALLING
DOWN IS AN
ACCIDENT.
STAYING
DOWN IS A
CHOICE.**

WACHABUY.COM

WORKSHOP JUNE 6

**WE ARE NOT A GLUM LOT!
FINDING JOY IN THE BIG BOOK**

Sponsored By: 7:30 pm Oak Park Big Book meeting #51233Event

Saturday 1:00 pm - Saturday 3:00 pm

Type Virtual Register By: June 5, 2023

Let's come together to find joyous themes of recovery in the Big Book!

We will be having speakers with interactive writing exercises and breakout rooms.

To register, email darksideofthespoon7@gmail.com

**You must
decide
every day
if you're
going to be
the slave
of your past
or the master
of your future.**

11 JUNE BODY ACCEPTANCE WORKSHOP

EXPLORING BODY ACCEPTANCE

Sponsored By: Philadelphia Area Intergroup

Event Type Virtual 2:00 to 3:30 EST

<https://oa-phila.org/2nd-sunday-workshop-exploring-body-acceptance/>

See hear taste touch smell

Before my Journey I could not:

Hear the trees through their whooshing
Feel the breeze through the leaves
See the branches through their limbs.

Hear the birds through their welcoming songs
Hear the croaks through the frog
See the deer through her spots

Smell the grass through the damaged blades.
See the flowers/buds/through their petals/pollen,
Smell their scent through the volatile oils.

Hear the rain through the deluge, or
See the rain flowing into the ozone.

Now take the Steps
away from the slights I have felt and
from the rocky road behind me;
Towards the perfume of the irises and
the sights I have yet to see.

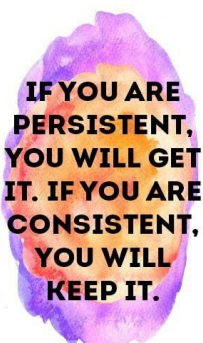
Let me Step upon Your garden path towards
your promise of a rose garden,
and to feel the Sonlight of your Spirit.

And know that the trees will not fall
And the Mourning Dove is happy.
And the grass is growing,
And the deer are adored.

Cindy E.

New Lifeline Blog

Read real stories of recovery written by OA members for free on your computer or smartphone when you visit oalifeline.org. OAlifeline.org was the digital version of Lifeline magazine until the end of 2020. Now discontinued, oalifeline.org is free for any OA member to read while it remains online. Visit today and discover more than a thousand shares of experience, strength, and hope originally published in the pages of Lifeline magazine from 2016-2020. An ad hoc team is working on a replacement for Lifeline and oalifeline.org. Look for announcements later this year!



Be a FROG

Fully
Rely
On
God



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

Time : Sunday @ 5:00 PM

Type : Speaker
Group # : 49836
Contact :Bobbi
bobbi@rothweb.org
443-694-0292
Until further notice this meeting will be conducted via Zoom.
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.
Step or Tradition last
Friday of the month
Group # : 17204
Until further notice this meeting will be conducted via Zoom.
Meeting ID: 710 282 660
Password: 026377

For more meeting information go to: oa.org

Diversity and Inclusiveness in the Spotlight at World Service Business Conference 2023

Congratulations to the 176 delegates who convened April 25-29, 2023, at World Service Business Conference to consider motions and amendments that promise to move our Fellowship forward. This year's Conference saw delegates from fourteen countries representing ten languages including English, Farsi, Greek, Hebrew, Italian, Portuguese, Quebecois French, Russian, Spanish, Swedish, and Ukrainian. A request for live Spanish interpretation was also made possible by Conference staff.

Delegates gave the Conference Seal of Approval to *Diverse Voices: A Common Solution*. When published, this new pamphlet will replace [A Common Solution: Diversity and Recovery \(#265\)](#) and will be available from bookstore.oa.org and popular e-book retailers.

Delegates approved changes to meeting descriptions:

- "Open" meetings are now "Meeting with Visitors (Open)"
- "Closed" meetings are now "Meeting without Visitors (Closed)"

This clarification will help newcomers and referring professionals understand that "Closed" meetings are always open to newcomers, OA members, and those who think they have a problem with food.

Delegates also voted to change "special-focus meetings" and "special-topic meetings" to "specific-focus meetings" and "specific-topic meetings" to be more inclusive of all OA members. You will see these meeting description changes implemented in Find a Meeting on oa.org sometime in 2023.

In addition, delegates updated [OA's Policy Statements Related to Unity with Diversity](#) with wording changes aimed to be more inclusive.

Coming soon! Get all the details in the World Service Business Conference Wrap-Up Report available May 29 on the World Service Business Conference web page.

Before you take
that first bite

HALT!

Am I

Hungry

Angry

Lonely

or

Tired



Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

ONE YEAR

One year ago today, I woke up and continued a binge that had begun the night before. In the middle of eating, I stopped, picked up my food of destruction, and threw it in the garbage. I became abstinent that moment. Today, the first things on my mind when I awoke were the gifts, blessings, and promises I have experienced in this one short year.

I found a Higher Power of my understanding that I can count on without fail. I no longer live in a constant state of fear. And when fear enters my head, I have the tools to deal with it and let it go.

I went from procrastinating 95 percent of the time to only 5 percent. My life has become manageable even when there is stress, grief and sorrow. I no longer turn to food when life is hard. I know I can turn to my good friends and family (including my sponsor and sponsee), who will be there for me with their experience, strength, and hope.

I found a Higher Power of my understanding that I can count on without fail And when fear enters my head, I have the tools to deal with it and let it go.

I am learning the difference between the things I cannot change and the things I can. I have become a more understanding and compassionate person. I no longer look "out there" for what I think I need; now I see I have everything I need in what I've already received. I don't dwell on the past or excessively worry about the future. I live in the present one day at a time.

When I came to OA, I had hit bottom. My self-loathing over my weight could not have been worse. Like many of us, my weight brought me to OA. It was only a few moments into my first meeting that I realized it was not about the weight but the way I was leading my life.

With the OA promises came the benefit of a 42-pound (19-kg) weight loss and the gifts that come with being lighter. I wanted to be at my goal weight after my first year of abstinence. I now know that was arbitrary. I may never reach that goal, and I'm okay with that. If I do the footwork, I'll be exactly where I need to be along this journey.

My name is Marti. I am forever grateful to OA and to all who have supported me this year. To make today extra special, I'm going to live it in a way that I hope to live each and every day. Lifeline 2022

Don't be a slave to your thoughts. Control them.

"Self-regulation"

is defined as the capacity to act in our own long-term best interests, consistent with our deepest values. It requires the ability to manage our behavior and control our impulses. It necessitates strategy and deliberation. And for those of us who are in OA, it's what we aspire to.

We all know people who possess the skill of self-regulation. They don't eat or drink alcohol to excess. They live within their means. They structure their lives to accomplish both immediate and future goals. They seem to "have it all together". We admire them and marvel at their self-discipline. So, how do they do it?

Self-regulating people have learned to prioritize their own well-being. They've learned to set boundaries. They know that protecting other's feelings by sacrificing their own is self defeating. In short, they've learned to say "no".

They can say "no" to other people's unreasonable expectations of them ("Visiting multiple homes every Christmas Day is exhausting for the children. We'll catch up with you on New Year's".) They can say "no" to family and friends who make excessive demands on their time ("There isn't enough time to make a dish for the pot luck dinner. But I can pick something up from the store on my way over".) And they can say "no" to the subtle sabotage of other's ("This cake is delicious- one bite won't hurt you!").

The process of making peace with ourselves can be tricky. It requires focusing on long-term goals (like self-regulation and abstinence), at the expense of short-term goals (such as pleasing everyone). It means standing our ground at the risk of disappointing others. But mostly, it means safeguarding our own well-being. Because if we can do that, we will stay grounded and positive and fully engaged in our own recovery. Now that's a positive pitch!

I WILL NEVER BE NORMAL

When I try to fit in, like a normal eater, I usually fail. I am not normal. Food is a very big deal in my life. I am a Compulsive Overeater.

If I do not plan, I have a very great chance of failing.

I would like to look like a normal eater, but I do not.

I am grateful that almost all restaurants post their menu online. I can almost always go prepared. I do odd little things like bring my own salad dressing, irritate the server by asking to have things made without certain ingredients, and sometimes order an appetizer instead of a large meal. I have even taken celery or carrots sticks to a Mexican restaurant to avoid eating chips.

I can be a spontaneous person. Drop everything and go off to an adventure, BUT, in the area of food spontaneity is pretty much off-limits to me.

There will always be situations that are outside of my control, and I am faced with choices I would rather not have regarding my food. For me, that is where progress not perfection comes in. I will try to make the best choices possible and rely on my higher power to take care of what I cannot.

Bobbi

FEAR

False

Evidence

Appearing

Real

My name is Jessica, and I am a compulsive overeater/food addict. I have been a member of OA for two years and have recently celebrated my first year of abstinence. My experience in recovery is similar to many, I'm sure. It has been scary, stressful, exhausting, emotional, funny, infuriating, simple, difficult, and extreme.

*I recently found a letter that I wrote shortly after an all-night binge. The letter was written to my disease:

I'm so tired. I'm so tired of analyzing. I'm tired of counting calories and servings.

**I'm tired of scales. I'm tired of lack of portion control.*

I'm tired of being scared. I'm tired of being alone.

I'm tired of being tired.

**You have done nothing but hurt me on a repeated basis.*

You lure me in with empty promises of comfort.

You tempt me with satisfaction and fulfillment only to leave me feeling sick.

You make me degrade myself and relive every mistake from my past.

You make me lie to those whom I love most. All the while, you lie to me daily.

**I'm tired of you. I'm tired of starting "tomorrow."*

I'm tired of guilt and shame.

I'm tired of feeling like the only person who suffers.

I'm tired of you stalking me and showing up in strange places, including coworkers' desk drawers.

I'm tired of you making me steal.

**I'm tired of your contradictions. Do you want me to eat just one bite or the whole bag?! Make up your mind!*

I'm tired of you keeping me awake at night, crying, bingeing, analyzing, or simply hopped up on sugar.

**I hate every piece of you. I wish to God you never existed!*

So why is it so hard to imagine you dead? Especially when you are killing me, my morals, and my dreams every day?

At times, you make me feel cocky because no one knows my secret.

**Then, not two seconds later, you make me feel like a failure because my dress is snug.*

**I'm scared to death of you; I'm scared of my own death.*

You have such a strong hold on me... I want you gone.

I want a life; I want to find myself—to love myself.

I want to finish something I've started.

I want to find patience. I want my recovery.

**I hate you. You are no good for me.*

I want you gone. You don't deserve me.

**I'm committing to omit you once and for all.*

It's over. We're through. Goodbye. Please do not write back.

**Writing a letter allowed me to express every honest emotion that I had regarding the presence of this disease in my life. It allowed me to see the destruction of my addiction, and where I so desperately needed to change.*

**Today, thanks to Overeaters Anonymous, o forgive, just for today I am no longer just a compulsive overeater/food addict. Today, I'm also a daughter, a sister, a niece, a cousin, a friend, a girlfriend, a professional, a dreamer, a realist, an inspiration, and an advocate. Today, I am healthier, honest, kind, caring, and considerate. Most importantly, I'm an accepting individual who has learned to forgive, just for today.*

From: LIFELINE 2022

Expectations are premeditated resentments.

How much \$\$\$ did I spend on compulsive overeating?

Help keep OA alive. Donate at:

oa.org or annapolisoa.org

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.

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.

- And 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. 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.