



Annapolis Area Overeaters Anonymous

Spring Newsletter



Message from the Chairman

Everyone! There are a number of important proposals for this year's WSO Business Conference. We are asked to provide input via survey monkey on whether these items should be on the agenda. I've attached the summary of items. More information is on OA.org.

We've put the word out on some of these at meetings and I've heard back from a few members. I need to submit a response for our intergroup by Thursday if we wish to be heard. I wanted to ask for more input since we will not have an intergroup meeting beforehand.

Here are the most significant issues:

Change the OA definition of abstinence to remove the word weight. "...refrain from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body."

I haven't had much feedback on this but I've heard some favorable opinions and no strong objections. I'm inclined to favor it but could go either way.

Change Step 3 "...God as we undertood him" to "...God as we understood God"

Change Step 7 "Humbly asked Him..." to "Humbly asked God..."

Change Step 11 "...as we understood Him, praying for knowledge of His will..." to "...as we understood God, praying for knowledge of God's will..."

Change Tradition 2 to "...ultimate authority - a loving God as God may express God's self in our group conscience..."

I've heard from members that do not believe in God that this is a move in the wrong direction. Having the gendered pronoun "him" is less problematic than the proposed change. I'm inclined to be against the changes.

Other proposed agenda items (there are many) cover a variety of mostly administrative items and don't seem too controversial.

If people would like to discuss, we can have a zoom meeting this week. Otherwise, a "reply-all" email discussion might be manageable.

Thanks for any comments or suggestions.

Best, Mark

Annapolis Area Chair

To view all proposals go to: oa.org and search for:
Agenda Questionnaire Summary World Service Business Conference 2024

April 26-28, 2024

45th Annual Retreat

FINDING THE POWER WITHIN THE STEPS

NEW LOCATION!

Carousel Hotel

11700 Coastal Highway (beach front)

Ocean City MD 21842

(800)641-0011 www.carouselhotel.com

Highlights: Bring a raffle basket donation to contribute toward future retreats

Friday Night Dance and Game Night

(Bring your favorite game)

Saturday Night Entertainment, Fashion Show, Talent Show and Costume Contest

For more info on Costume Contest see
www.oadelaware.org under events

If you have questions please call:

Kris- cell:443-553-7965

home 410-658-2791

Leslie - cell 302-723-9167

Email - dsigbeachretreat@gmail.com

REGISTRATION Register up to 3-26-24 is \$50

From 3-27-24 to 4-26-24 is \$60

Checks or Money Orders to:

DSIG Send to: DSIG - Leslie Friedman 1100 Lore Ave,
#403 Wilmington, DE 19809

PayPal to: dsigbeachretreat@gmail.com

Reservations directly to Hotel Call: (800)641-0011 Request
Overeaters Anonymous room block to receive discounted rates.

West View and Partial View \$115.00 per room/night \$ 85.00
additional nights (Thurs/Sun) Ocean Front \$145.00 per
room/night \$115.00 additional nights (Thurs/Sun) Limited ac-
cessible Standard rooms \$100.00 per room/night \$ 85.00 addi-
tional nights (Thurs/Sun) Plus applicable taxes.

Hotel reservation cut off is March 26,

**Your speed doesn't matter,
forward is forward!**



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 on the topic.

**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.

Newcomers Monthly Meeting

First Wednesday of every month

7:00-7:30 p.m.

Everyone is welcome! If you're new to OA or are curious if you could receive help with recovering from compulsive eating, this meeting is for you!

By Zoom –

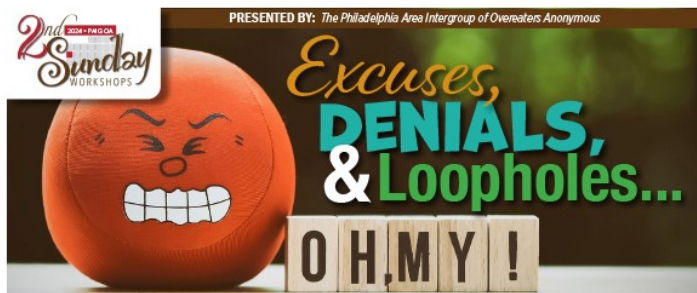
[https://us02web.zoom.us/j/7310889762?](https://us02web.zoom.us/j/7310889762?pwd=QklrWFFFPZmhCdUM1bTB4SjZ5bnk5dz09)

[pwd=QklrWFFFPZmhCdUM1bTB4SjZ5bnk5dz09,](https://us02web.zoom.us/j/7310889762?pwd=QklrWFFFPZmhCdUM1bTB4SjZ5bnk5dz09)

Meeting ID: 731 088 9762

Password: BeAbstnr8

One tap mobile



On the OA road to happy destiny, we may experience the desire for excuses, denials, and loopholes which we think will justify our not going to any length for recovery. These are the "lions, tigers, and bears" that lurk in the shadows of compulsive eating. They seek to divert us from our HP's plan. They whisper convincing "sweet" nothings in our ears, catch us unaware, and convince us it's okay, "just this once." After all, we have but a daily reprieve contingent upon our spiritual condition.

Join us as we examine these creatures of habit and learn how to dispel their power by using our OA tools.

SUNDAY, APRIL 14

2:00-3:30pm EST

ZOOM:

Meeting ID: 858 0103 1176

Passcode: 786925

or [Click Here](#) to Join Zoom Meeting
(Please be prompt to minimize disruptions)

Common scenarios & disease traps

Fellowship

Open Sharing

A 7th Tradition donation is requested but not required.
Information will be posted in the Zoom chat during the workshop.

For information or to submit future workshop ideas, please contact Trish M at 215-355-8807.
NOTE: this is a landline, so please leave your phone number.

A special series of virtual quarterly workshops designed to support recovery from compulsive eating and compulsive food behaviors.

Success is not final.

Failure is not fatal.

It is the courage to

continue that

counts.



Adobe Stock | 112118094

There's always gonna be another mountain
 I'm always gonna wanna make it move
 Always gonna be an uphill battle
 Sometimes I'm gonna have to lose
 Ain't about how fast I get there
 Ain't about what's waiting on the other side
 It's the climb
 Miley Cyrus – The Climb

I've been in OA for more than 10 years. I've had great success. I've had great failure. I've ridden hard. I've coasted. I've plunged off the side of the road. One of my early successes was my action plan. I road my bike regularly and far. It felt good. I felt good. And during that period I would listen to a play list while I rode. Miley Cryus's The Climb was my favorite. I would ride up any hill as long as there was a downhill waiting for me – especially if it curved. The feeling of freedom was heady.

I don't know if I just didn't have a handle of the "letting go and letting God" part of this program or if I just got scarred after a pretty good fall but I gradually talked myself out of riding. Then I talked myself out of abstinence. Then I talked myself out of my sponsor. Then I dropped it all for a couple of years.

But when I came back, just before the pandemic began, you were all there. I haven't been able to maintain an abstinence but I've kept coming back. My faith in my higher power has grown even while I try to keep control. But I know that keeping control has kept me off balance. So, "it ain't about how fast I get there. . . It's the climb."



“**DISCIPLINE**
 is choosing
 between what
 you want now
 and what you
 want most.”

-Abraham Lincoln



As heard in a meeting:

- I have a healthcare team and God is one of them.-
- When I am upset I am not accepting the world as it is.-
- Figuring it out is not a tool.-
- I was never as fat as I felt.-
- Food is the lover that would never leave me.-
- (With my HP) I always have someone to talk to-
- Food was how I loved myself- -
- Sometimes I have compulsion pop-ups.-
- Success can be a trigger and
- desperation can be a blessing.-
- Acceptance without surrender is not acceptance.-

Annapolis Area Overeaters Anonymous Meetings

Time : Sunday @ 5:00 PM

Type : Speaker

Group # : 49836

Contact : Bobbi

bobbie@rothweb.org

443-694-0292

Until further notice this meeting
 will be conducted via Zoom.

Meeting ID: 857 0836 2015

Password: 956705

Time: Sunday 6 PM

Type: Face to face

Woods Memorial Church

611 Baltimore Blvd,

Severna Park.21146 Room 152

Enter door on side of building closest
 to Baltimore Annapolis Blvd. Walk to
 other end of hallway.

Contact person:

Mary Kay 443-251-8507

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

Time : Saturday @ 7:30 AM

Type Face to face

Contact : Kathy

(410)-919-8688

Group: thus far unaffiliated

164 Club

2016 Industrial Hwy

Annapolis, MD

Time : 11:00 AM Tuesday

Type: Face to face

Contact; Debby Z 301-641-0384

Fairview Library

8120 Southern Maryland Blvd.

Owings, MD

Calvert County

The
 struggle
 you
 feel
 is
 actually
 called
 progress.

ACRONYMS FOR OA

PAUSE: Postpone Actions or Attitudes Until Serenity Enters or Emerges

FEAR: Future Events Already Ruin-False Evidence Appearing Real-Face Everything And Rise-Face Everything And Recover

EGO: Edging God Out

FOM: Focus On Me

FROG: Fully Rely On God

FAITH: Focus Attitude Inside Job, Trust Hope

LOVE: Let Other's Voluntarily Evolve

HOPE: Hold On Pain Ends—Hang On Peace Exists—Hearing Other People's Experience

QTIP: Quit Taking It Personally

NUTS: Not Using The Steps

HALT: Hungry Angry Lonely Tired; Happiness Acceptance Loving Tolerance; Hopeful Acceptance Loving Tolerant—Healing of myself and others; Affirmation of myself and others; Loving myself and others, Trusting myself and others.

WAIT: Why Am I Talking -Why Am I Thinking

TRUST: Try Really Using Step Three

DENIAL: Don't Even Notice I Am Lying

THINK: Thoughtful, Honest, Intelligent, Necessary, Kind

PAUSE: Pray And Use Spiritual Energy

GOD: Good Orderly Direction

AIR: Action Inaction Reaction

PACE: Pause And Consider Energy

HOW: Honesty Openmindness Willingness

OA Sayings

Five B's: Be Calm, Be Brief, Be Loving, Be In The Moment, Be Gone

Three A's: Acceptance, Awareness, Action

Bless Her or Him, Heal Me, Change Me, Let Me Show Love

Five P's: Pause, Pray, Plan, Patience, Proceed

PAUSE, SLOW DOWN, MEDITATE, PRAY, PROCEED

FIVE KEEPS: Keep an open mind, Keep it simple, Keep coming back, Keep smiling, Keep reading

FOUR S's: Step back, Smile, Shine with Serenity,

A, E, I, O, U, & Y: A- ABSTINENT, E-EXERCISE, I-I TAKE OF CARE ME, O-OTHERS, U- UGLY (defects), Y—YIPPEE

LET YOUR FAITH BE BIGGER THAN YOUR FEAR!
—Annetta 2024



Follow your plan
And Not your mood!
Never forget why you
started.

DEAR ENCOUNTER

-I walk most mornings along a tree-lined street. Along the way there is a pond on one side with assorted geese, the occasional heron and a rare eagle; and on the other side, a green meadow with lots of birds and a meandering stream.

I listen to the birds sing, wondering what they are saying: any good worms around? I see squirrels and the rare chipmunk hunting for succulent acorns. Foxes are cute as long as they are not seeing me as food.

-On a walk recently, I only counted one or two squirrels and the birds didn't have a lot to say. The heron was home, I guess. There has been a paucity of deer, deer hunting is ongoing.

-I was mulling over something I was struggling with, and said to God/HP: If you do *this*, then I will do *that*. But I kind of laughed and told to myself that I was easing God out of the bargain.

-Suddenly out of the corner of my eye I saw movement at the meadow: one deer grazing, one deer staring at me. Then another, then the smaller ones watching over me. For a total of six deer. I stared at them, they stared at me. And I heard the most majestic deer say to me, "Dear, we've got your back. We are here for you." They then all ran up a 15 foot grade hill—only deer could traverse that.

-My HP doesn't always give what and when I want and 'need' it. But He/She/It/Great Out Doors does for me what I cannot do for myself.

Cindy 2024

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.