



## Annapolis Area Overeaters Anonymous

Winter Newsletter 2024



# Made a decision - Step 3

Step 3 – Made a decision to turn our will and our lives over to the care of God as we understood him. Spiritual Principle – Faith

Lately I've been curious about this decision. Why, exactly, has this decision been so difficult at times? Why do I have to revisit the decision over and over? It is sometimes said we need to take the first three steps every day. I'm faced with this decision again and again.

To make a decision is to make a choice. I hate making choices, my personality relishes the sense of options – I could do this, or I could do that. Or, best of all, I could do nothing! Why would I limit my options by excluding some of them by deciding. Worse than that, what if I'm wrong? One of my character defects is the need to be right, to be smart. If I make a choice that I come to regret, I will have to accept being wrong. My personality (ooh, look at all the pretty options!) and my character defects (I want to be right! or I'll do it later!) gang up on me to keep me in the trap of my disease.

My disease is also part of this conspiracy of indecision. I've learned that when I can't make up my mind on a course of action often it is my disease convincing me I'm confused when I really do

know what to do – I just don't want to do it. This is often the case when I need to make amends.

When I came to understand that I had been powerless over food and that my life had been unmanageable for my whole life, I was led to the rooms and came to a point of decision in my own life.

I used to work with a guy that believed a good leader was someone that exhibited courage at the point of decision. Courage to do the right thing. Over the years I've expanded on that. I wish for the leaders in my life to have courage, but also wisdom, compassion and an ability to cooperate with others. Making life-changing decisions requires self-leadership.

The decision in Step 3 is one of those decisions. My first sponsor told me that coming to my first meeting by myself was an act of courage. At the time, it didn't seem that way to me. I was that desperate. Of course, coming to the rooms was only the first decision I had to make to recover. Getting to step 3 had to follow steps 1 and 2 in due course. This entailed many decisions. To keep coming back, to better understand the nature of my disease and my powerlessness. To believe in a higher power and to decide that that higher power could relieve me of my despair.

Self-leadership over my life can seem paradoxical. I am powerless yet no one else has the power to make the decisions I must make – to choose recovery and life over my disease. It takes courage to step into the unknown. It also takes wisdom to accept the proof that the program works, the compassion for other members shown when I do service. The faith to expect I will enjoy the benefits we accomplish together – benefits none of us can achieve alone. Understanding that self-leadership is also about taking responsibility to be accountable. To have the courage to make amends to those we've hurt.

Step 3 is not a decision – it is one of many decisions we make on the road to recovery.

Taking my will back into my hands would also be a decision, but that would be an act of cowardice, a surrender to my disease. I would accept not the gifts of the program but the certain consequences of self-will and a return to the worst parts of my life.

For today, I will choose life, serenity, happiness and faith in the knowledge that Overeaters Anonymous is the key to sanity.

Mark 2024



### Area Meetings

**Time :** Sunday @ 5:00 PM  
**Type :** Speaker/12&12  
**Group # :** 49836  
**Contact :** Bobbi  
443-694-0292  
Until further notice this meeting will be conducted via Zoom.  
Meeting ID: 857 0836 2015  
Password: 956705

**Time :** Sunday: @ 6:00 PM  
Woods Memorial Church  
611 Baltimore Blvd,  
Severna Park, MD 21146  
Room 152 Enter door on side of building closest to Baltimore Annapolis Blvd. Walk to other end of hallway.  
**Contact:** Mary Kay  
Mary Kay 443-251-8507

**Time:** Tuesday 11:00 AM  
**Type:** Literature  
Fairview Library  
8120 Southern Md Blvd, Owings, MD 20736 (Route 4) Contact: Joan  
410-474-4818

**Time :** Thursday @ 11:00 AM  
**Type :** Literature –In person meeting  
**Group # :** 24077  
**Contact :** Bobbi  
443-694-0292  
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

## SUCCESS IS NEVER OWNED,

## IT'S RENTED,

## AND THE RENT IS DUE EVERY DAY.





# The Golden Gift of a Daily Routine

I have been thoughtful lately about further service that I need to engage in to progress in my recovery. Currently, our two small groups seem so static, and while I love my fellowship friends, I ask myself how my Step Twelve is going and am I doing all I can to share our life-saving program with the still-suffering compulsive overeater? Is someone struggling with the despair and desolation of the disease and not able to find our safe haven and guaranteed solution, because I have been complacent?

In our area, we are struggling to attract and retain new members. Recently, our intergroup folded due to lack of members, thus no longer were we self-supporting on any level. Our groups have a handful of members with long-term abstinence and others in erratic and frustrating cycles, being teased and tossed around with our cunning, baffling, and deviously debilitating disease.

I have been mentored over the years not to dwell in the problem but rather to share the solution, and thus, this writing is the service I *can* do today. It is, after all, a one day at a time program.

For today, these are the recovery steps I take:

On awakening, I get on my knees and pray to the God of my understanding.

During this time, I try to still my mind and listen for my God's leading. (My less-than-perfect but quite-okay effort at meditation.)

I currently read from the Big Book, pages: 24–25, 68, 84 to the top of 86, 86–90, 100 (second paragraph).

I recite from memory, the Principles of the Steps and Traditions.

I read from two daily readers.

I write in my journal about whatever is on top for me or whatever has been stirred within from my readings.

I continue writing and make a short comment under each of these headings:

Surrender: What do I surrender today?

Outstanding: What in particular will I aim to be outstanding at today?

Grateful: What am I grateful for this morning?

Pray for: Who am I especially thinking of today?

This is my daily early morning routine, done before the busyness of my regular day begins. It prepares me to be of service in my world today, centering me and focusing me in the right place.

During the day, I try to practice program principles in all my affairs. This can happen with varying degrees of conscious contact and connection, but I know program is always accessible. It is at the foundation of my daily living, no matter what, and that is a golden gift. When I muck up, I know just what to do. When I celebrate a success, I know just what to do. This sure is a program that works *for* and *in* all situations.

I make a reach-out phone call every day, just to connect with another member and know that we are all in this together. If a newcomer has attended our meeting, I aim to phone this person during the week to further welcome them and offer answers to any questions. I've been there—walking into a Twelve Step program can be terrifying and our friendliness and early encouragement and identification is vital.

I email my sponsor (who lives in another country) once a week, and more if the need arises. I have a commitment to do this, no matter what and whether or not I have things to discuss—I just do it! We have a wonderful relationship, and I value my sponsor so dearly.

I take daily food plan commitments and phone calls from sponsees.

I attend two regular meetings per week.

Before bed at night:

I write my food plan for the following day in my diary

I recite "When we retire at night....." (*Alcoholics Anonymous, Fourth Edition*, p. 86)

I write in my journal, using this format;

A = How was my physical *abstinence* today?

E = How was my *emotional* space today?

I = What did I do for *myself* today?

O = What did I do for *others* today?

U = What did I *uncover* about myself today?

S = How was my *spiritual connection*?

G = What am I *grateful* for tonight?

A daily routine is pivotal to my daily recovery and allows me to function at maximum usefulness in my world today.

Service comes in all shapes and sizes, and I am so grateful that the "God prod" I got today, was to sit, write, and share. Connecting with fellow sufferers strengthens me beyond measure and my gratitude overflows. Thank you for letting me share.



—Heather E., Wellington, New Zealand

as copier from *Overeaters Anonymous Guideline* magazine November 13, 2024

TO MAKE PROGRESS YOU HAVE TO LEARN TO BE COMFF-  
FORTABLE WITH BEING UNCOMFORTABLE.



## No One Wants to Admit They Are Powerless Over Food

My name is Maddie. I have been in OA and abstinent for one week. I am doing daily writing on Step One, and my sponsor suggested I send some of what I've written to Lifeline because no one wants to admit they are defeated or powerless.

It's terrible to admit that we've acted in a way that has brainwashed us and led to a destructive obsession with food, so much so that only God can take it away from us.

However, once in recovery, we can see that this form of defeat is in fact *surrender* and that there is a way to become strong and free. We can see that this very act of surrender is the foundation with which we can build a better life.

But until we are ready to admit defeat, our abstinence will be on shaky ground; it has been proven over and over again.

At first, we may still be willing to fight our addiction and believe we can conquer it with our own willpower, even though the steady worsening of our addictive behaviors around food show us we are not winning the battle.

It is important to pass on the message of recovery, to be an example, not a preacher. To help not only those who are in total desperation—because they may be more likely to reach out and find help as their very last hope—but to also reach others who are seemingly “coping with life” yet are fully in the grip of their overeating disease. If the seed is planted, these people will often come back when the time is ripe.

The lengths we need to go to and the Steps we need to take may be simple but they are not always easy, and no one would want to take them if they didn't have to. The key is each person who begins recovery needs to realize we *do* have to do these things in order to keep ourselves alive and have lives worth living.

—Maddie, *United Kingdom as copied from Overeaters Anonymous Guideline magazine November 15, 2024*



As heard at a meeting:

Share it or wear it!

What do compulsive overeaters call Thanksgiving? Thursday!

Face your stuff or stuff your face.

Save the Date!

### Staying in Recovery—Wisdom from Around the World

A 24-hour virtual event beginning at 1:00 a.m. Mountain Standard Time

Thursday, December 12, 2024



Save the Date!

Staying in Recovery—Wisdom from Around the World

A 24-hour virtual event beginning at 1:00 a.m. Mountain Standard Time

Thursday, December 12, 2024 Overeaters Anonymous has designated December 12 (12/12) an International Twelve Step Within Day.

The purpose is to encourage OA service bodies, meetings, and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

This 24-hour event will bring experience, strength, and hope from speakers from around the world.

### Thriving through an Abstinent Winterfest Part I

“Wherever I am, whatever I do, it's so much better with abstinence!”

When? Saturday December 21st  
10am to 12:30pm Pacific  
1pm to 3:30pm Eastern

Where? Zoom ID 837 1100 7258  
Passcode 202490

#### What will I hear?

How our folks not just survive but thrive!  
Stay-cation or Travel  
Major Affair or Just Another Day  
Alone or With Others

#### This is Part I - When is Part II?

Sunday December 29th  
same time, same Zoom ID & passcode  
Same topic - more thriving speakers



Visit [OA90.org](http://OA90.org)  
for more info

No  
Registration  
Required



## 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.

## Kites



When I was a child growing up in Chicago, I used to try and fly a kite. I never got very good at it. Sometimes I would go down to the lake shore so there would be more space to run in the hopes that I could get that kite up in the air. I lost quite a lot of kites in Lake Michigan.

So I looked up how to fly a kite. "Start your flight with the wind at your back. That way, when you let go of your kite, you can keep an eye on it as it rises in front of you. Choose a location that has a quarter to half a mile of clear space."

"When you notice that the kite is already picking up the breeze now let go of the kite and grasp the spool of string with both hands. When you feel the kite pulling away from you as it catches an updraft, let your string spool out a bit."

"The trick to keep the kite riding the wind is to make sure you maintain tension in the string and correct for changes in wind speed. As long as the line from your spool to your kite is taut, you can be reasonably sure the kite will stay up."

So I buy a kite and see a parallel between flying a kite and flying my life. I have a beautiful kite. (my body). I have tied a string to it, ( joining OA) turned my back to the wind (my old way of life), and let the string out (worked the steps) and being lifted by the wind (achieving abstinence). If I don't keep the string tight my kite will crash (I loose my abstinence).

Its funny how many things in life remind me of the process that seems to be required to overcome addiction. The destructive winds of life that we need to turn our back to, a string of hope we find in 12 step programs, the humility to work the steps and the achievement of abstinence.

Hold on to the string through the coming days of high winds!

Anonymous 2024



**"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen." (7th Step Prayer)**