

ANNAPOLIS AREA of OVEREATERS ANONAMOUS

Summer 2025

Service

Service is foundational to the well-being of our fellowship. Service is listed last in the tools pamphlet but that does not mean it is any less important than the other eight tools. Indeed, without service our fellowship would not exist. At the meeting level, service includes simple things like setting up and putting away and leading the meetings. The act of sharing our faith, strength, and hope is also of service to our fellow compulsive overeaters. Sponsorship is another form of service, without sponsors there would be no path to recovery. At the intergroup, region, and world service levels of our fellowship, service is also critical to our very existence. Intergroups carry the collective group conscience of our members to the regional boards and to world service. The regions assist intergroups and meetings across multiple states; carry the opinions of members to the world service; and convey important information from world service back to our local memberships. This communication, up, down, left and right helps us to collectively adhere to the traditions while carrying the message to the compulsive overeater. Even our literature would not exist without the input of our membership – conveyed through countless acts of service.

Our twelve steps tell us WHAT to do to recover. The twelve traditions tell us WHY we pursue recovery in the specific way our fellowship is constructed. The traditions contain the collective wisdom of the fellowship. The seventh tradition, “we are self-supporting through our means declining outside contributions” has a necessary focus on money but it does not ignore the necessary labor that is also within our means. Indeed, the section quoted below is not about money, it is labor. It is by acts of service that we add to the collective wisdom of our fellowship and carry the message to those that still suffer. The following excerpt from our Twelve and Twelve makes this clear.

“The Seventh Tradition doesn’t apply simply to financial support, however. Intergroups or service boards are made up of representatives from the groups that come together to undertake activities that will carry OA’s message of recovery to those who still suffer. To be fully self-supporting, groups and individuals need to take on their share of this important service work ... Groups need to send representatives to their intergroup or service board meetings to participate in the decision making, as well as to bring back information and materials to their meetings. Individuals must volunteer to help if the service body is to host conventions or other events. Our intergroups and service boards need

chairs, secretaries, treasurers, region representatives, and World Service Business Conference delegates. Meetings are fully self-supporting only when they contribute their share of the work that goes into carrying OA’s message areawide, regionwide, and worldwide. We, as individuals, are fully self-supporting only when we do what we can, when we can, giving back some of the help we have been given in OA. Twelve Steps and Twelve Traditions of Overeaters” Anonymous, 2nd Edition

The questions at the end of the tradition include the following assessment of service.

- Does our group send a representative to each intergroup or service board meeting?*
- Does our intergroup or service board send representatives to region assemblies and delegates to the World Service Business Conference?*
- As members of a virtual group using the services of the World Service Office, do we accept our responsibility to help support OA by contributing directly?*
- Do we expect every member of our group to take a turn at doing OA service work?*
- Do we rotate jobs regularly, or do we have the same people doing the same services year after year?*
- Do some members take on more OA service jobs than they can effectively handle at one time?*
- Do we encourage less active members to become more involved?*

I have grave concerns about the future of our local intergroup. Few meetings are represented at intergroup meetings. Without rotation of service, we risk becoming less relevant to our members. During covid we seriously considered discontinuing the intergroup and encouraging our members to affiliate with other groups, most likely the Baltimore Area Intergroup. After covid receded and two new in-person meetings were founded I had hope that we would rebound. Now I’m not too sure. Our meetings are not actively engaged with the intergroup and our intergroup service positions are not rotating in a way that is healthy.

In July, it will be time for our intergroup positions to rotate. Please take some time to reflect on your level of service. Discuss the roll that service plays in your recovery with your sponsors. Consider how you will pay it forward.

Mark V. Intergroup Chair

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Me and my Ego

When I first came into Overeaters Anonymous, I was completely unaware that I even had an ego. I thought of ego only in terms of being boastful and arrogant - displayed in a very loud, ugly way. I could not see how I played a role in all my challenges, after all, everyone told me how nice I was.

Lately, there have been many glimmerings of information coalescing in my thoughts and writing to have me recognize my ego in a different light - as if HP is sharing a broader perspective with me.

One key piece happened when I felt anguish acknowledging that my "ideal" relationship with my dad was perhaps flawed with character defaults - his and mine. No judgment needed, just stating factually what things really were like. To even say he was a "yeller" felt at first, to me, like a betrayal. Today I can acknowledge the emotional impact of this behaviour on me without spinning a story to justify or rationalize. We are all flawed humans.

The truth is that our home was not a place where I felt comfortable to share my feelings. Often heard was "Stop crying or I will give you something to cry about", "Children should be seen and not heard" and "Because I said so".

I can recognize today that this contributed to me suppressing, avoiding or running from my feelings. The emotional dysregulation, as a child, had me seek comfort and solace with food. Being on the hamster wheel of not understanding the actual problem, I kept repeating the pattern of food soothing. Only since coming into OA and understanding this is a spiritual program, could I recognize the physical imbalance along with the emotional and spiritual imbalance in my life.

Today I can ask 1) if my HP feels far away, which one of us moved? and 2) where is my pain today? This is where the work needs to continue with guidance and safety provided by HP.

Anonymous

Annapolis Area Overeaters Anonymous Meetings

Time : Sunday @ 5:00 PM

Type : Speaker/Literature

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

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. 105

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



2025 Region 7 Convention

In-person convention in Bethesda MD postponed until 2026
2025 virtual convention information

November 7, 2025 - November 9, 2025

8:00 pm - 1:00 pm

If you want to help, [contact Leslie F](#) or [another Board member](#)

<https://oaregion7.org/events/2025-region-7-convention/>

**For information on
Many World Service
Events go to**

**[https://oa.org/
event-calendar/](https://oa.org/event-calendar/)**

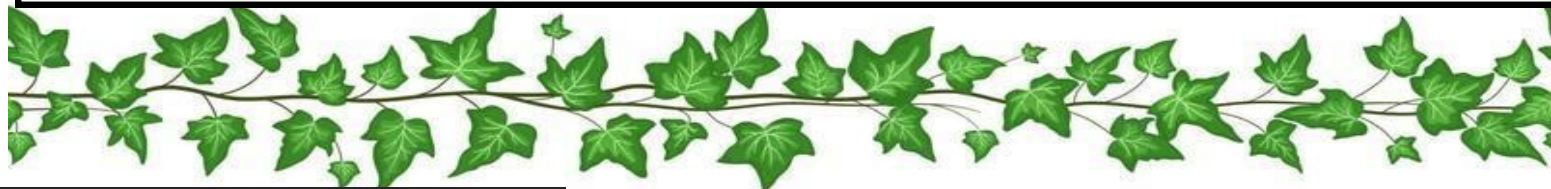
I often say this at meetings when asked for a positive pitch. Getting a sponsor has been the best, most fortifying part of my program. Having a sponsor is just one component in my program. When first new to OA I realized it was important but was riddled with "who, what if they say no, what's the commitment, how long, just food? So many unanswered fears before saying "Will you?" I followed directions in the early days. Get a sponsor. I went to meetings and listened to other people speak and when someone consistently said things that made sense to me, I asked them to be my sponsor. I wasn't in a hurry. That's because having a sponsor really meant I was committed to being active about my program. Fortunately, my first sponsor had a concrete way of sponsoring which was good for the people she sponsored and kept her program intact.

Sponsorship is not lifetime luggage. Some people have food sponsors, night time sponsors, daily call in sponsors, writing sponsors, temporary sponsors. There are agreements you can decide on with an-

other member you are hoping to be your sponsor. They might be full, maybe they're only available to take your food for the day or want a text only relationship. There are as many varieties of sponsorship as there are food plans. Get one.

Being a sponsor will help the sponsor's program. It's about listening. Using our experience as a compulsive overeater to understand what another person is dealing with. Your sponsor will not hunt you down if you don't call or miss your time to call. It's your combined commitment. When asked to sponsor I ask how they want to proceed. Start with steps? Food plan? Meetings? Writing assignments? Are they new or coming back after a relapse? I know my Higher Power has a plan for me and some days it includes sponsorship. I am grateful for my sponsor every day and also the people who have trusted me with a call, text, nod or request. We are all in this together. Make getting a sponsor or being a sponsor your action plan for today, this week or this season.

BRENNNA 2025



"Don't be upset
with the results
you don't get with
the work you
didn't do."

**"This is a spiritual program as evidence
by the 12 steps "**

There is a controlling human me striving to be a spiritual me. The human me and the spiritual me seemed to be at odds much of the time. Sometimes it feels a bit like a battleground. The human me wants what I want and I want it now, the easiest way, the least stressful way, a comfortable way and the tastiest way.

The spiritual side of me has given into the human wants in me for most of my life in the battle with food. I am working on becoming spiritually stronger than the human me.

When I first entered the doors of OA the war is on. I had no problem admitting I was powerless over food and that my life was unmanageable. I felt completely un-

quipped to fight this war. There was no question that I needed strength from a power greater than myself.

My defense systems are built on the principles of the program. When I'm living in these principles, I become willing and able to overcome those out of control human wants. With the strength that this program offers, if I am willing to work the program, the spiritual me is winning this battle one day at a time. Thanks to God, the 12 steps and my fellow compulsive eaters, I have peace with food. But that is not to say there are never little skirmishes now and then. However, I have a wonderful defense system in place.

Bobbi 2025



This is an extreme summarization of the OA Region 7 Spring 2025 Post Assembly Report. To view the full report please go to: <https://oaregion7.org/wp-content/uploads/2025/05/Spring-2025-Post-Assembly-Packet-and-Committee-Reports-04.25.25.pdf>

There is an urgent need for a Region 7 Treasurer. There is a Region 7 Apprentice Treasurer position available. (Apprentice Treasurer works with the Treasurer to help balance the workload and learn the role. This is a Region 7 Board appointed position and attends all Board meetings.) To see the qualifications of all Region 7 positions, take a look at our R7 website, under Service Resources.

Minutes of meeting held on March 20, 2025

New Business

Motion A - Merging 12th Step Within and Intergroup Renewal Committees – after debate – The motion was adopted.

Motion B – Updating wording of the Region 7 Policy Manual to more clearly explain the funding process for outreach events - after debate – The motion was adopted.

Motion C – Updating the prudent reserve – after debate – The motion was adopted.

Ask it Basket – Lee Ann suggested that questions be sent to her and the Board will answer them. Then include the answers in the Post-Assembly packet.

Summary of Treasurer Report (a full Profit and Loss Report was included in the full assembly report)

Region 7 is healthy financially. Income exceeded expense for 2024. Less refunds for the canceled convention surplus funds will be donated to World Service this fall. If your intergroup wants to participate in local outreach events, money is available from the Region to assist (up to 50% of expenses). Please email any Board member for more information.

Committee: Bylaws & Finance Date: Mar 29, 2025

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

Reviewed status of Bylaws and Policy Manual changes recommended by the Parliamentarian.

An audit of the books revealed that some transactions were not backed up with receipts from the different committees. It is important that all receipts be provided by the different committees to the treasurer.

New Business:

Reviewed profit and loss Statement for FY 24

Motions for the next available Business Meeting:

The changes to the Bylaws and Policy Manual changes recommended by the Parliamentarian should be completed and submitted.

Discussion of the prudent reserve.

Goals: To include Assignments Deadlines & Action Plan

The proposed changes to the Bylaws and Policy Manual should be reviewed by the Committee and submitted to the Board within the timeline specified by the current Bylaws.

Committee: Convention Date: 03.30.25

Unfinished Business:

People who registered for the in-person Convention in November can either receive a refund or choose to donate their registration fee to Region 7 by contacting one of the R7 Board Members.

New Business:

The Question was asked, “Do we have enough participation to have a virtual convention this fall”?

The answer to this question depends on each one of you. We need IG Reps to recruit at least 1 person from your intergroup to attend our 1st Virtual Convention Zoom meeting at 7pm, Wednesday May 14th.

PLEASE HELP!!! - Email Sue B. with your desire to attend our May 14th meeting prior to May 1st, 2025. Sue will add your contact information to the committee, and make sure you get the zoom information to attend. We welcome all who want to participate. We need your help.

We will decide no later than July 1st whether we have the participation to move forward with this one day Virtual Convention.

The theme of the convention will be: Balanced in Recovery, Standing Strong on 3 Legs. (Physical/Emotional/Spiritual)

The convention will be held Saturday, November 1st, 09:00 AM – 4:00 PM.

There will be 2 keynote speakers and 6 workshops throughout the day.

Program chair is Sue B., Registration chair is Sonya P., Tech chair is Leslie F., and we still need to fill several positions.

Motions for the next available Business Meeting:

No motions. Several topics were discussed regarding specific workshops and housekeeping duties that need to be accomplished will be worked on at the May 14th, 7pm meeting. The key is getting IG reps to recruit people to participate.

Committee: Outreach Date: 03.30.25

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

Committee: Outreach Date: 03.30.25

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

At last fall's assembly, the outreach committee adopted a goal to survey Region 7 intergroups' experiences and needs related to outreach. The survey received 12 responses from nine intergroups. All responses indicate that our intergroups have difficulty filling service positions at the meeting, inter-group, and region levels. Half of the intergroups have PIPO committees, and a third have used OA's PIPO service manual.

Intergroups are interested in financial and media support to strengthen intergroup and meeting participation and service among other things. Specific areas of interest included financial resources, social media strategies, public service announcements and other media (ads, posters, etc.).

"Go to" contacts to answer questions and facilitate sharing of expertise between intergroups would also be helpful

Goals : To include Assignments Deadlines & Action Plan

As a result of the survey, we will address the needs of the intergroups by developing media outreach strategies for intergroups including social media and other forms of media.

A second outreach committee goal is to identify and develop ways to encourage intergroups to use resources to help them reach out to the still suffering compulsive eater with shared presentations, workshops and financial support for outreach activities.

Committee TWS**Date 03.30.25**

Issues Discussed and Decisions Made: (summarize or list in sequence):

Unfinished Business:

To review and accept the modified version of the Benefits of Face-to-Face Meetings workshop slides. The edits were provided by the R7 board. This version will replace what is presently available on the R7 website. Hope will present to the R7 Chair and will request that the webmaster upload the revised version to the website. The audience for this presentation is those attending Zoom meetings to encourage them to add a Face-to-Face meeting for all who are able to attend in-person meetings.

To finalize and post the Service slide deck - Bob is working on this.

New Business:

To discuss and decide if we should combine this committee with the Intergroup Renewal Committee. This group is in favor of merging both committees.

Combined both groups and shared our statement of purpose and recent activities and accomplishments

Motions for the next available Business Meeting: None

Goals: To include Assignments Deadlines & Action Plan

SJ is looking into showing the Face-to-Face presentation at the Diamond State retreat

Bob suggested showing the Face-to-Face presentation at virtual Newcomer meetings

Possible goal - Increasing awareness of available resources on OA.org Document Library - making fellows aware of resources available for Outreach and 12 Step Within

Possible goal - Hosting a R7 workshop on outreach, recovery from relapse etc. between now and the Fall Assembly (Saturday or Sunday) or during the Fall Assembly (could be a "train the trainer" session on how to do a relapse from recovery workshop etc.)

Possible goal - Plan to participate in the Twelve Step Within Day on 12/12/25. This is a marathon and this committee would assist the R7 Chair by finding speakers and planning the R7 section in advance. This is a 2-hour time slot.

Possible goal - Increasing awareness of resources on the OA websites. Create table tents with website addresses - responsibility of representatives to communicate to our groups - fellows more likely to click a link in a newsletter - we can choose a method to highlight a particular resource - bringing something visual to a face-to-face meeting - sharing of resources - maybe this is a Did You Know feature in our intergroup newsletters Natasha suggested showing the Face-to-Face presentation at an upcoming OA social gathering

Goals: To include Assignments Deadlines & Action Plan

Reaching out to intergroups that aren't in attendance at today's assembly (short term goal)

To finalize and post the Service presentation - Bob is working on this. (short term)

Plan the rollout of the Face-to-Face presentation to the intergroups a. start by showing at the intergroup - the committee chair (Lucille) will email the intergroups and ask them to take it to the group level

Being involved in the Twelve Step Within Day Marathon on 12/12/2025

Increase awareness of resources available on the OA website (long term)

Reaching out to all intergroups over the next year

Future goal - melding statements of purpose (long term)

Next Meeting: Sunday, June 8th at 4PM via Zoom