



# Overeaters Anonymous Annapolis Area Intergroup Fall 2025



**Annapolis Area Intergroup**

**PRESENTS**

**Hurricane Workshop  
Mark your calendars  
October 18, 2025**

**Location:**

**South Shore Recovery Club**

1199 Generals Hwy,  
Crownsville, MD 21032

**FACE TO FACE**

**Time: 12 to 2 pm**

**All are welcome.**

**Eat like you love  
yourself.**

**Move like you love  
yourself.**

**Speak like you love  
yourself.**

**Act like you love  
yourself.**

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.”

Alcoholics Anonymous (Big Book) Pg 77

## Ghosts of Holidays Past

Food hurricane season is about to begin. I stopped by Sam's Club and they don't only have Halloween candy out. They had Christmas candy out, and their decorations for Halloween, Thanksgiving, and Christmas displayed. I thank my higher power regularly for the 12 Step program that keeps me basically unaffected by all of the food hype going on between now and the first of next year. But then again, there will be Valentine's Day in February. Another candy holiday.

As I look back on other holiday seasons, before my abstinence, it was all about the food and very little about the people. Yes, I do enjoy some special holiday foods within my abstinence. However, my focus is on building relationship with the people I share those special days with.

Holidays can be very hard for some of us because of unmet expectations, traumas of the past, missing those we once shared holidays with, and the list goes on. I'm going to commit to reaching out more than normal around those special days. We do not need to face this storm alone. We have each other. I remember one Thanksgiving a fellow OA excused herself to the bathroom and made a call because she was very shaky around so much food. There are times through the holiday parties that I look for a baby to hold to distract myself from the food and the food thoughts. May we all do what we need to do in order to stay abstinent.

May we all be blessed to get through this holiday hurricane of food still abstinent. Gratefully submitted.  
Bobbi

**SAVE THE DATE**

## OA Region 7 Convention

**Balanced In Recovery**  
A Virtual Experience

Physical  
Emotional  
Spiritual

**SATURDAY NOV. 1, 2025**

**9:00 AM - 4:30 PM ET**



## Annapolis Area Overeaters Anonymous Meetings

**Time :** Sunday @ 5:00 PM  
**Type :** Speaker/Literature  
**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 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:** Saturday @ 10am  
**Type :** Literature  
**Group # :** 801134  
**Contact :**  
 Mike (410) 693-4150  
 Meeting ID:  
 898 2091 1350  
 Password: Serenity

**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

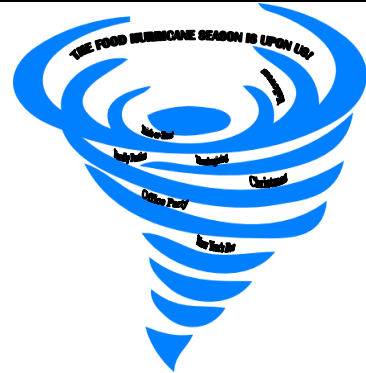
**Time :** Tuesday 11:00 AM  
**Type:** Literature  
 Face to face  
**Contact:** Debby Z 301-641-0384  
 Fairview Library  
 8120 Southern Maryland Blvd.  
 Owings, MD  
 Calvert County

**NEVER  
FORGET  
WHY YOU  
STARTED**



Everyone must choose one of  
two pains;  
The pain of discipline or the pain  
of regret.

Jim Robin



Dallas Metroplex Intergroup  
presents

### Sobriety With Food Workshop



**Understanding Food Addiction /  
What Food Sobriety Means**

**Sunday, September 14, 2025**

4PM to 6PM EST

- Begin to recover or better sustain your recovery
- Initiate your personal sober eating plan

Zoom Login:  
ID - 163 878 393  
Passcode - 694921

For more information, please contact Cindy W. at  
[bethechange@cheerful.com](mailto:bethechange@cheerful.com) or 714-651-1439.

Your OA90 Virtual Intergroup Presents:  
A Workshop On

### Faith Over Fear

"The fears that clamp my being into compulsion  
fall by the wayside as I open my heart to God."

- from For Today April 13th page 104

#### Details

**November 8, 2025 1pm -3pm**

This workshop will have speakers, Q&A, sharing, a writing exercise, and a special prayer to deal with fear. "Breathe in faith, breathe out fear" was a phrase heard in face-to-face meetings years ago. We have a Higher Power who can help us deal with fear, but sometimes we get so scared we freeze and can't ask for help. Realizing that we can teach ourselves to overcome that fear by trusting in our Higher Power is something we can learn to do and it will strengthen our OA program. A grateful heart does not eat compulsively.

Zoom meeting ID: 837 1100 7258

Passcode: 202590

Call in: 1-669-900-9128

## ANNAPOLIS AREA INTERGROUP (AAIG) MET ON JULY 20, 2025.

This is a summary of minutes recorded by Cindy E.

The meeting was chaired by Mark V. In regular order the minutes of the last meeting were read and approved. The **Treasurer** (Jeanne) reported that there had been contributions of \$635.85 and that our current balance is \$1,744.62. During new business it was agreed that \$500 will be donated to World Service and Region 7 as AAIG's 7<sup>th</sup> Tradition. In the absence of our **Newsletter** editor (Bobbi) Jeanne reported that Bobbie is always looking for articles for the newsletter and particularly for Fall.

In old business we discussed the need for **public outreach**. Mark is the Chairman of the Outreach Committee under the umbrella of the Public Information and Professional Outreach (PIPO) Committee of Region 7. Region 7 is holding an Outreach workshop on September 21 on Zoom with the goal of exchanging ideas of what works/doesn't work.

In new business there is a **Hurricane Season Workshop** planned. Mark is reaching out to the Baltimore Area Intergroup regarding joint-sponsorship but has not heard back. The Hurricane Season Workshop will be held in October on Saturday **October 18<sup>th</sup> from 12-2 PM** at South Shore Recovery Center in Crownsville.

As required by the by-laws **new officers** were elected.

Chair: Kathy C.

Vice Chair: Nancy D.

Treasurer: Jeanne

Secretary: Cindy

A discussion followed concerning that AAIG intergroup email ([contact@aaig.org](mailto:contact@aaig.org)) and potentially having that email go to multiple recipients to increase availability. Mike (webmaster) will be asked if that is possible.

Vice Chair Nancy suggested that members of AAIG (i.e. all persons attending meetings within our intergroup) consider what we would like to accomplish this year.

### *Future Business*

Nancy D. would like the Intergroup officers to be thinking about what we as an Intergroup would like to accomplish this year (July 1 to June 30). For example, a push that meetings send a representative to the Annapolis Intergroup meeting.

The next intergroup meeting is September 21, 2025.

IF YOU CAN'T MAKE A MEETING

LISTEN TO A PODCAST @

OA.org/podcasts

OALAIG.org



## TWELVE STEPS TO A SLIP

*Every slip has a beginning. Know your danger signals.*

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow you can eat like "normal people" again.
4. Let the other members do the Twelfth Step work in your group. You are too busy.
5. Become conscious of your OA "seniority" and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your group, composed of only a few members who see eye-to-eye with you.
8. Tell a new member in confidence that you yourself do not take ALL of the Twelve Steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If an unfortunate member has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Consider a food plan vital for new members, but not for yourself. You outgrew the need for that long ago.

*Attitude*  
*Principal...Humility*

The longer I live, the more I realize  
The impact of attitude on life.

Attitude, to me, is more important than facts.

It is more important than the past,

Than education, than money, than circumstance, than failures, than successes,

Than what other people do or say.

It is more important than appearance, giftedness or skill.

It will make or break a company...a church...a home.

The remarkable thing is, we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past...

We cannot change the fact that people will act in a certain way...

We cannot change the inevitable.

The only thing we can do is play on the one string we have,

And that is our attitude.

I am convinced that life is

10% what happens to me

And 90% how I react to it.

And so it is with you....



We are in charge of our attitudes...

and our humility is connected to our attitudes.

When I stay in today, do my praying, reading, meetings, etc., my attitudes are usually right. And somehow the day just stays peaceful and serene.

For information on  
Many World Service  
Events go to  
[https://oa.org/  
event-calendar/](https://oa.org/event-calendar/)



**IF YOU DON'T  
SACRIFICE FOR  
WHAT YOU WANT,  
WHAT YOU WANT  
BECOMES THE  
SACRIFICE**

## I Became Abstinent After Looking More Closely at My Compulsive Eating and Changing My Definition of Abstinence

I've been in OA for well over fifteen years now. It wasn't until my thirteenth year in this wonderful program that I was able to be abstinent.

It took me this long, simply because I had given myself definitions and forms of abstinence that I could not reach. For the longest time, I would not allow myself to have sugar or flour. I tried to stick to this for years but simply could not do it. There's sugar in everything: gum, salad dressing, pasta sauce, you name it. Even soups have flour in them. I wasn't going to win this one, and I felt hopeless about being abstinent for a long time.

Then I started to really look at my past food habits. Yes, I was weak around flour and sugar,

but was that my real problem? Not really. I could overeat a lot of things that had nothing to do with sugar or flour. I started to remember all the times I had sat at my desk grazing on boxes and bags of all kinds of stuff. I realized my problem was that I was always around food or it was around me, whether this was due to my own actions or otherwise. I could graze like a cow in a meadow and binge all night long.

Hmmmm . . . should that be my abstinence? No grazing and no bingeing? Why not? As of June 1, 2023, I have been abstinent. The funny thing is it's been easier than I thought. It was about really looking at my eating behaviors as well as the foods I ate. Today I am absti-

nent and at peace with my food.

—Michele N., New Mexico USA  
Aug. 6, 2025

*Lifeline-Stories of Recovery*

OA.org

*Editor's note: In OA, "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight." (Business Conference Policy Manual, 1988b, amended 2002, 2009, 2011, 2019, and 2021)*

Copied from Lifeline Online Magazine

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