

# Annapolis Area Overeaters Anonymous

## Winter Newsletter 2025



### ATTENTION: New In-Person Meeting

**Saturday 1 to 2 P.M.**



At SOUTH SHORE RECOVERY CLUB  
1199 Generals Hwy, Crownsville, MD  
21032

All are welcome. Hope to see you there!

**Food is the  
most abused  
anxiety drug.  
Exercise  
is the most  
underutilized  
antidepressant.**

### The Seventh Tradition

According to our Seventh Tradition, we are self-supporting through our own contributions.

During in-person meetings the hat, basket, or envelope is passed.

Those contributions are used to purchase literature, pay rent, or other direct expenses such as coins, for that meeting. Most meetings determine, though a group conscience, a prudent reserve to keep on hand. It is recommended that the remainder be donated to the local intergroup, region, and World Service.

The Annapolis Area Intergroup (AAIG) serves our local, individual meetings by purchasing the Zoom license for online meetings and paying for web hosting for Annapolisooa.org. The zoom license is available to any established online meeting or for new meetings should they want to form. Our website posts meetings and events. You can also find our newsletter on the site.

The newsletter always contains relevant information about our intergroup, groups, individuals, etc. These funds are also used for workshops during the year. And the AAIG contributes to Region 7 and World Service.

AAIG is part of Region 7 which supports OA meetings throughout Maryland, Delaware, New Jersey, Pennsylvania, Virginia, Washington, DC, and West Virginia. They maintain communications between groups, sponsor conventions, publish a newsletter, keep a speaker list, support officer expenses, maintain a library, and support any groups needing assistance or advice.

And finally, World Services supports OA as a whole. Did you know there are OA meetings in 75 countries? They maintain the OA.org website, publish OA approved literature, and hold a convention yearly (now alternating between online and in person in Albuquerque NM yearly. With sufficient funds AAIG is able to

send a representative to the World Service Convention, which allows all of us to have a say in changes that might be made to OA as a whole. Last year there was discussion of changing some significant language in some of the publications. We were able to express our thoughts on these and multiple other issues. Our intergroup chairman at the time visited as many meetings as he could to determine our collective response. The information about the Convention was also published in the AAIG newsletter which is available at Annapolisooa.org.

**If your meeting is online** donating can still be easy (and much appreciated). Go to Annapolisooa.org. There is a DONATE button on the bottom left of the opening page. If you click that donate button a page will come up for you to donate. While AAIG gets the donations through PayPal you do not need a PayPal account to donate through that link.

## STEP TEN Continued to take personal inventory and when we were wrong, promptly admitted it. SPIRITUAL PRINCIPLE: PERSEVERANCE

At one of my regular weekly Zoom meetings the Chair selected the topic of Step 10 for the sharing portion of the meeting.

When it was my turn to share, I said I can sum up my life in four versions of Step 10:

1. When my disease was rampant, I continued to take personal inventory by blaming others and when I was wrong, I NEVER admitted it.

I was also excellent at criticizing myself. Yet could never admit to the wrong behaviours with food- the lying, the hiding and even stealing from others.

2. When I first came into the OA rooms, my abstinence was essentially the same old diet with a new audience and many of my same fears and defects persisted.

I still could not admit when I did something wrong.

3. At 24 months, I finally surrendered to a Power greater than myself and started leaning into spiritual grace. I got a sponsor who was nothing like what my fears told me and I began to be able to talk about wrongs. However only after an extended period of time like 4 weeks later. The wound or resentment was allowed to continue to fester.

4. At 6 years, my recovery felt in jeopardy as food thoughts were getting stronger. This time, rather than return to old behaviors, I looked to increase my understanding and response to emotional volatility and trust Higher Power would keep me safe in all situations. That gave me the confidence to re-commit to my recovery. I asked an OA friend to be my accountability partner. The daily completion of a 10th step and gratitude list is allowing me to live in STEP TEN. I continue to take personal inventory and when I am wrong, usually as a resentment, promptly admit it.

## 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 : 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

**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, 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: Saturday @ 10am

**Type :** Literature

**Group # :** 801134

**Contact :**

Mike (410) 693-4150

Meeting ID:

898 2091 1350

Password: Serenity

Time: **Saturday 1 to 2 P.M.**

**Type :** Literature

**Group # :** 802065

**Contact :** Jeanie 410-903-3123

South Shore Recovery Club

1199 Generals Hwy,

Crownsville, MD 21032

*You will never always be motivated, so you must learn to be disciplined.*

## I'm Ready to Honor the Sad Little Fat Girl Inside

July 26, 2023

My name is Jennifer. I'm journaling tonight, writing about my love of writing. It's been part of my life for as long as food has.

My childhood memories are almost all negative. As the obese daughter of a mentally ill mother and a hardworking and caring but absent father, I was hungry for love. I sought acceptance by any means, including being first to laugh at the many jokes told at my expense by my peers and by going along with what others said I should do. But there was one beautiful exception to my grade school experience, a moment of pure joy that I treasure to this day.

A real, published author was coming to our school. In preparation, we all made books for her to read. At the assembly, she singled me out for all to hear and spoke of my talent. The feeling of being acknowledged for something positive was such a unique experience that I practically floated out of the library. I told myself that one day I would be a published author too.

Nearly thirty years later, I had become weary from decades of my mind and body waging war on each other. I had some brief periods of success with various diets, but I based my self worth on my weight and always came up short. Whether I was restricting myself or in binge mode, food was always on my mind. If I had will-power, I felt in control, but the loss of that control inevitably followed, and with it, faith in myself. As another holiday binge season neared, the thought occurred to me to just give up the war and accept being fat. Then I heard about Overeaters Anonymous.

My sister lived a thousand miles away, but in our talks, I noticed she was sounding different: she was speaking with clarity and confidence. She spoke

about the OA program in a way that made sense to me, and for the first time in a long time, I felt hope.

I thought I was prepared when I first walked through the doors of what was to become my beloved home group, but in no way could I have anticipated the miracle that happened in my life. These wonderful people accepted me immediately, and I heard my story in their shares. Their strength gave me strength, and their hope showed me recovery is possible. Most important, they loved me until I could learn to love myself.

One year later, I see myself through new eyes. As I work the Steps, I am slowly unwrapping my authentic self. As I attend meetings and build lasting friendships, I let go of my defects and accept my worth. As I practice my imperfect abstinence, I learn to unite body and mind. As I use the Tools, particularly writing, my lifelong friend, I connect with HP and his will for me.

One year later, I see myself through new eyes . . . I let go of my defects and accept my worth.

I see now how my every life experience led me to the blessed doors of OA, and I wouldn't trade my history for anything. I do not regret the past, because it brought me to this place. I am forever humbled. I know I am worthy of this beautiful life I am living, and I want to nurture my authentic self. I want to honor the sad little fat girl inside by working the Steps and healing old wounds.

What a gift of program! A gift like the one that the real, published author gave me all those years ago. I know now that life can be beyond my wildest dreams, and maybe becoming a published author is just one of many dreams HP has in store for me. My OA journey has just begun, and I am excited for the ride.

## Thursday Holiday Meeting



The Thursday 7 pm Virtual Meeting of Central FL Intergruop is featuring a special meeting:

Gratitude Share-A-Thon & Experiencing Holidays Abstinently

Thursday, December 11, 2025

7 — 8:30 pm EST

Zoom ID: 863 7071 7790; Passcode: 654321

<https://us02web.zoom.us/j/86370717790>

## SEEKERS ANONYMOUS SACRAMENTO VALLEY INTERGROUP Seeking the Spiritual Path



A Prayer and Meditation Speaker Event

**Thurs Jan 1**  
(New Years Day)  
**10:00am - 12:00pm PT**

Meeting ID: 6099261904  
Passcode: 123456

Sponsored by the Stockton OA Meetings

Suggested Donation \$5

Nobody turned away because of lack of funds.

Donate online at: <https://www.seekersanonymous.org/donations-for-events.html>



IF YU CANT MAKE A MEETING

LISTEN TO A PODCAST @

OA.org/podcasts



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

## What OA Has Done for Me

November 1, 2020

I have changed, and I am living a much fuller life because of OA.

One of my trigger foods was sugar, and on January 4, 2016, I surrendered all recreational sugar to my Higher Power (HP). I have remained abstinent. My attitude has changed. I have written my Fourth Step three times and worked my way through the Twelve Steps three times. I have released almost 100 pounds (45 kg), and my three-legged stool is stable and balanced. My life has changed, and I continue to grow physically, emotionally, and spiritually. This is what OA has done for me.

I entered the rooms via a face-to-face meeting that I immediately did not like from the moment I saw those people, strangers who had personal stories to tell. I didn't understand why they were willing or wanted to share stories about their compulsions and how they got there. Even though their sto-

ries were just like mine, but somehow different, I left and was determined not to return. But I did return, and I kept coming back. I asked someone to sponsor me. That is how I came to OA.

My sponsor had me immediately begin working the Steps. I waltzed through Steps One, Two, and Three and surrendered my life to a Higher Power. I became honest with a weighed-and-measured food plan, sending it daily to my sponsor along with a follow up phone call to talk about what I had planned for the day and how the day before had gone. I attended meetings and provided service at them. I wrote daily at great length, reflecting on conversations with my sponsor, passages in the literature, experiences at meetings, or the words of other devotional books. I made outreach calls by phone, text, or email, and I worked the program faithfully and hard. Today, I pray first thing in the morning to my HP, whom I call GO-

MU (god of my understanding), read my devotional books, and spend at least ten minutes in meditation with beautiful, calming music. I read, write, and share with my sponsor and my sponsees.

OA has done for me what I never could have done on my own. I am happier and more confident. I love myself and others. I am not perfect, and I have much work yet to do, but I am so much better in my thinking, my relationships, and my physical needs. Not only do I look different, I am different. I treat others with much more respect, patience, understanding, love, and hope. I make immediate amends if needed, and I am a better person because of it.

I have changed, and I am living a much fuller life because of OA. I love this program and each of you. Keep coming back! It works! OA has helped me be who I am today. Enjoy the miracles! Blessings!

—Mindy

*"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*