



Annapolis Area OA Newsletter

Spring 2026



OA has a Youtube chanel;

<https://www.youtube.com/@overeatersanonymousofficial/videos> OA Youtube

Your OA90 Virtual Intergroup Presents
a Workshop on:

**How to Stay Abstinent
Through Adversity**



March 7, 2026
Time

12:30:pm - 2:00:pm(Local Time)

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.

Seventh Step Prayer AA Big Book Page 76

Marching Out of Madness

Speakers discuss dealing with triggers.
Q&A and shares to follow.

Sunday, 15 March, 2026
1-3pm EST (-5 UTC)

Meeting ID: 844 1192 3336
Passcode: 978918



A story of Hope, Strength and Service

Interview with Annapolis Area Intergroup Chair.

Kathy, what service positions have you held?

Just about all service positions at group levels. Secretary, treasurer and so on. I have served as Intergroup representative. I have been a World Service Representative. Now I serve as Intergroup Chair.

Kathy, how long have you been in overeaters anonymous?

This month It will be 47 years, Feb. 1979.

How long did it take you to get abstinent?

I got off of sugar the first year and have never gone back to it. It took me until 1991 to have the perfect abstinence which I have now. But I would say I was abstinent more than I wasn't abstinent. But I never left the program. I just kept coming back.

How did your disease manifest itself?

Binge eating. I always tried not to eat. Ever since I was a little girl I didn't like being fat. I never ever planned binge. I would just start (eating) and I couldn't stop. I understood this is how people got to be so heavy. So then I tried to be bulimic. I was not successful at bulimia. I tried Ipecac. Which ended up killed Karen Carpenter because it's toxic to the heart. Ipecac didn't working. I was an ER nurse and I thought I know what to do. I'll just pump my stomach. And then that too wouldn't work. The tube couldn't take 10 peanut butter and jelly sandwiches. One day, I looked in the mirror and said, " If you're gonna to eat like a pig, you're gonna look like a pig."

What brought you to your first meeting?

An article in a local news paper in Feb 1979. I had never heard of OA. I could relate to everything the woman said about her relationship with food. I practically ran to my first meeting.

As I look back, I see what an incredible gift from God that newspaper article was for me. (Continued on page 2)

Dear Girl

Dear Sad Girl—I love you

Dear Fat Girl—I know why

Dear Ugly Girl—No you aren't

Dear Smart Girl—Isn't that awesome

Dear Shy Girl—Come out when you are comfortable

Dear Glasses Girl—"The better to see you with"

Dear Braces Girl—Better self-esteem

Dear Lonely Girl—Embrace the angst-ridden poetry written while sitting on the roof

Dear Funny Girl—If only they knew

Dear Naïve Girl—Don't believe everything they say

Dear Stupid Girl—YOU ARE NOT!

It gets better

Maturity, experience, and program

are there for you when you are ready.

I Couldn't Control Bingeing on Leftover Foods Until I Understood Surrender in OA

January 18, 2026

I surrendered the thoughts and behaviors that blocked my progress.

I have always been an emotional eater, and fear, hurt, and anger ruled me. I felt terribly insecure, but I projected an intellectual cynicism to keep people at bay. I was a loud voice in the protest of injustice, and I ate my anger. Food had always been my comforter, until it wasn't. I couldn't get enough to aid my insecurity. I knew I was missing something that allowed other people to exist in the world, and I wanted to get it. Why couldn't I get the normalcy that other people had?

I was on the board of an organization of women fighting racism, and we were holding our yearly conference for the public. Naturally, I was in charge of the catering. To make sure we didn't come up short, I had ordered extra. When the conference concluded, I was left to take a good deal of it home. I promptly binged on the leftovers that evening and the next day. I felt physically sick and emotionally devastated. Even though there were a lot of topics that evoked strong feelings, it had been a great conference. So why had my behavior turned to hurting myself with food? I looked online for some answers and found OA.

I went to a few online meetings, and then I found some face-to-face meetings in my area. I asked questions because I wanted to "get it." Some members told of their abstinence from sugar, so I vowed to try that. My birthday was coming up, and I was nervous about

the cake, so I asked for a sugarless pie. My hosts were fine with that and supplied both kinds of desserts. When it was time to leave, I was given the pie to take with me. It only had one slice removed, the one I had eaten. Upon returning home, I consumed it that evening and the next day. Here I saw a pattern. Even though it had no sugar, I couldn't control the compulsion to eat it until it was gone. That's when I really understood the entire definition of abstinence. To get abstinent, I had to stop the *behavior*; it wasn't only about the type of food.

To get abstinent, I had to stop the behavior; it wasn't only about the type of food.

I changed my eating plan and my action plan. I no longer take home food even when friends or family insist on it. I opt for non-food committees when planning conferences. I have a sponsor and work the Twelve Steps to deal with my compulsion. I lost 20 pounds (9 kg) my first year and have kept it off, but my true joy comes from the abstinence from obsessive eating and behavior. That is true freedom.

I came to OA to *get* something, to learn how people controlled their eating. What I found didn't involve *getting*, it involved *surrender*. I surrendered the thoughts and behaviors that blocked my progress. Through the Twelve Steps, I became more secure. To remain so, I had to give it away. The act of surrendering and passing on what I've learned is so much more fulfilling than cynicism, and I've learned I don't have to keep people at bay. We recover together.—

(Continued from page 1)

What was your first abstinence?

I followed a diet from a commercial program. I ate three meals a day, nothing in between.

What program literature was helpful to you?

In the beginning, we only had the Big Book. I used it. The line that saved my life was in the chapter to the wives. It says, "If your husband drinks again don't blame yourself. God has either removed your husbands liquor problem or he has not." That changed me. Right there, that changed my life. I was struggling. I thought, OK I'm a sick person. I'm not a bad person. "God has either removed my problem with food or he has not." That changed my life.

How has program helped you through difficult times?

Higher Power, who I met here in OA. I just talk to God. He knows me.

**A MISTAKE
is an
OPPORTUNITY
TO LEARN
not a
REASON TO
GIVE UP**

*Thank you to
all who
contributed.*



I once heard
someone say
that beautiful
means
"Be you to the
full."
I ♥ that.

"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)

I'm 80 years old.

I'm 80 years old and am slowing down. Things are starting to creek when I move. Sometimes it's hard to get myself up and out, however, I know I would have been dead long ago if I wasn't shuffling along to a OA meeting. I'm still on track. I recently read an article about a man named Orville Rogers who is 100 years old. Orville is a great examples of perseverance. It took place at the USA Masters Track and Field National Championship—a competition for seniors.

One of the participants in the 1,500-meter event was 100-year-old Orville Rogers.

The author writes:

"When the starter pistol fired, the runners took off, with Orville settling immediately into last place, where he remained alone for the entire race, shuffling along very slowly. When the last runner besides Orville finished, Orville still had two and a half laps to go. Nearly 3,000 spectators sat quietly watching him slowly make his way around the track—completely, silently, and uncomfortably alone.

"But when he began his final lap, the crowd rose to their feet, cheering and applauding. By the time he hit the homestretch, the crowd was roaring. With the cheering encouragement of thousands of spectators, Orville called on his last reserves of energy. The crowd erupted with delight as he crossed the finish line and was embraced by his competitors. Orville humbly and gratefully waved to the crowd and walked off the track with his new friends."

This was Orville's *fifth* race of the competition, and in each of the other events, he had *also* taken last place. Some might have been tempted to judge Orville, thinking that he shouldn't have even competed at his age—that he didn't belong on the track because he greatly prolonged *his* events

for everyone else.

But even though he always finished last, Orville broke five world records that day. No one watching him race would have believed that possible, but neither the spectators nor his competitors were the judges. Orville didn't break any rules, and the officials didn't lower any standards. He ran the same race and fulfilled the same requirements as all the other competitors. But his degree of difficulty—in this case, his age and limited physical capacity—was factored in by placing him in the 100-plus age division. And in *that* division, he broke five world records.

Just as it took Orville great courage to step out on that track each time, it also takes great courage for some of us to step into the arena of life every day, knowing they may be judged unfairly even though they're doing the best they can against daunting odds. It takes great courage to step into our first OA meeting, regardless of our age.

Why does this speak to me as a compulsive overeater? At 80 I still need to show up and run the race. I need to shuffle along, working the steps, going to and supporting meetings, having and being a sponsor. Plus all the other things that keep me on the abstinence track.

We each have our own degree of difficulty. We don't judge each others progress or abstinence.

We have each other cheering us on without judgment or criticism. What joy it has brought me as my fellows have celebrated my milestones. What joy it brings me to celebrate your milestones.

So here I am, old and weaker than I like, but I want to be like Orville. Still on the track until the finish line. I just set my own world record for abstinence today.

Gratefully submitted.

Bobbi

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., 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.

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

2026 Region 7 Spring Assembly – Virtual

Assembly Date: March 14, 2026 – One-day Virtual Assembly

Assembly Location: Virtual Meeting (details sent to all registered attendees prior to the Assembly)

Registrations Due: Now

Agenda: [Download the Assembly Agenda and Pre-assembly Packet \(COMING SOON\)](#) »

Intergroup Roster: [Confirm Number of Reps for your IG \(COMING SOON\)](#) »

Committee Selection: All reps will serve on only one committee. Please select your primary and secondary committee choices where you would like to provide service at this assembly and the subsequent six months. Explain, if necessary, your need to be on any particular committee. We will make every attempt to honor your requests, but we also need to ensure all committees' service positions are filled and have full participation.

Green Dot Mentor: If you have attended at least 2 previous assemblies, we strongly encourage you to be a green dot mentor. Our green dots need you!

Visitors: We welcome all visitors to the assembly!

Registration Fee: There are no fees to attend, but you could still choose to send a 7th Tradition contribution to Region 7! Use the Contribute button on the website to do so.

THE LIMITS OF SELF-RELIANCE

February 11

We asked ourselves why we had them [fears].

Wasn't it because self-reliance failed us?

ALCOHOLICS ANONYMOUS, p. 68

All of my character defects separate me from God's will.

When I ignore my association with Him I face the world and my alcoholism alone and must depend on self-reliance.

I have never found security and happiness through self-will and the only result is a life of fear and discontent. God provides the path back to Him and to His gift of serenity and comfort. First, however, I must be willing to acknowledge

my fears and understand their source and power over me. I frequently ask God to help me understand how I separate myself from Him.

Source: "Alcoholics Anonymous : DAILY REFLECTIONS."

Alcoholics Anonymous World Services, Inc., n.d.Web.

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.

Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by AA World Services, Inc.

Third Step Prayer

God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

DISCIPLINE

=

choosing between
what you want
NOW
and what you want
MOST

IF YOU CANT MAKE
A MEETING

LISTEN TO A PODCAST @

OA.org/podcasts

OALAIG.org