



Annapolis Area OA Newsletter

Summer 2026



Willing to Take Action

I used to think of willingness as passive. Sure, I was willing. I was willing to admit I was powerless over food and that my life was unmanageable. I was willing to believe that a Power greater than myself could restore me to sanity. I was willing to turn my will and my life over to ANY power that would lift my merciless obsession with food and make me a normal eater. Those were the first three Steps, right?

I remember the first time I read that Step Three was an action Step. I could not understand that. I was willing to turn my will and my life over to a Higher Power, but I was not willing to take any responsibility for it. "Okay, HP, you got me. I'm all yours." That was as far as I got my first time around with the Steps. But when God didn't instantly remove my obsession with food, and when he didn't turn me into a normal eater, I got angry. Why wasn't this program working?

Today I can accept responsibility for myself. I have to be willing to take action. I have to be

willing to admit I am powerless over food and then DO something about it. Today, that means I need to create a plan of eating. I need to call my sponsor to help me stay on track. I need to go to meetings and pray and meditate to stay in touch with my Higher Power. All of these require willingness through action.

Today I am willing to let God restore me to sanity. This means I pick up a pen and start writing when I get the food thoughts. It means that when I think I can skip a meeting, I go anyway. It means that I pray instead of breaking my commitment to my plan of eating. I have to be willing to ask. God has never turned me down when I ask for help. Yet, sometimes I refuse to ask.

For today, I am willing. Willingness is a gift from God as a result of working this program. I am grateful for the willingness to do whatever it takes to recover from this disease today.

- Missouri USA from Seeking The Spiritual Path

Eleventh Step Prayer

Lord,

Make me an instrument
of thy peace.
Where there is hatred, let me
sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O divine Master, grant that
I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying that we are born
to eternal life.

Amen

Something Promised



When is
"Good Enough" ...
ENOUGH?!

- ♥ thin enough?
- ♥ loved enough?
- ♥ full enough?
- ♥ fit enough?
- ♥ Am I enough?

Join us on Zoom

📅 JUNE 13 | 🕒 2:30-4:00 EST

to explore anorexia, bulimia, over exercise and negative self talk.

Meeting ID: 816 88628727 | Passcode: 561561
RSVP: Jody 561-212-7366

OVEREATERS ANONYMOUS
PALM BEACH COUNTY INTERGROUP

Local 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., 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: 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

Body Image Workshop

An Active Approach to Claiming a Healthy Body Image with the Twelve Steps

June 27

11 AM to 1 PM PDT

This is an active approach to developing a healthier body image through the Twelve Steps. Join us for this where members share their experience, strength, and hope in recovery. All are welcome.

How to Attend:

Zoom: <https://tinyurl.com/oabodyimage>

Meeting ID: 859 4819 8466

Passcode: 854885

- LANGUAGES: **English**
- COST: **US\$5 Suggested donation**
- SPONSOR: **San Diego County Intergroup**

Self-will:

Selfishness/Self seeking *

Being self-centered *

Dishonesty *

Fear *

Being inconsiderate *

Pride *

Greed *

Lustful Thoughts *

Anger *

Envy *

Judgement *

Sloth/Procrastination *

Gluttony *

Impatience *

Intolerance *

Resentment *

Hate *

Harmful Acts *

Self-pity *

Self-justification *

Self-importance *

Self-condemnation *

Suspicion/Jealousy *

Doubt *

God's Will:

* Interest in others/Altruism

* Being Love-centered & God-centered

* Honesty

* Faith & Trust in God

* Being Considerate

* Humility, Seeking God's Will

* Giving & Sharing

* Respectful Thoughts

* Serenity/Acceptance

* Gratitude

* Acceptance

* Taking Right Action

* Moderation

* Patience

* Tolerance

* Forgiveness

* Love & Concern for Others

* Good Deeds

* Self-forgetfulness

* Humility & Truth

* Modesty

* Self-forgiveness

* Trust

* Faith

I'm Grateful for the Fat Because It Gave Me Desperation and Willingness to Go to Any Lengths

In Step One of *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition*, it says, "If we could just get to the perfect weight, life would be wonderful" (p. 5). This means many of us who have joined OA started out with the belief that our weight is the cause of our chronic unhappiness. But when I first read that, I wrote in the margin of my book, "my chronic unhappiness is the cause of my obesity." And while that was so very true for me thirteen years ago, it took coming to OA and working the Steps to uncover the driving forces behind my compulsive eating.

Before OA, I felt unworthy of love, so I tried to make people like me by doing what I thought would make them happy. I lived with the shame of believing I was a failure at controlling my eating. I would lash out at anyone who dared to contradict me. I feared that would never be able to change and improve, and somehow all those feelings had become centered around that number on the scale.

I'm now grateful for that fat because it brought me to OA with enough desperation to be willing to go to any lengths to lose the weight. And so I have, in large measure thanks to the help from my Higher Power and the confidence that comes with being abstinent.

But the weight I've lost hasn't been limited to extra pounds on my body. I no longer carry the weight of trying to please everyone; I'm free of the heavy burden of feeling like I am a failure; I've dropped the pounds of shame and resentment that I carried for so long; I have lost the ton of guilt I carried over my angry outbursts. While I am still carrying around some hefty emotional luggage, a huge weight has been removed from my daily living, and now I do feel the "sunlight of the Spirit" (*Alcoholics Anonymous, Fourth Edition*, p. 66) bathing me in light and lightness.

When I focused on my size and weight I was unable to stop eating. Now, as long as I stay within my Higher Power's will, abstinence is easy. Staying abstinent frees me from dragging around my heavy, emotional defects.

Today, my eating is for fuel and abstinent pleasure, and I can leave the results up to the one who carries the weight of my whole life in his strong arms.

—Mollie R., Idaho USA as copied from *Lifeline, OA.org*

Your OA90 Virtual Intergroup
Presents a Workshop on
**Staying True to My Program
Through Life's Transitions**

WHEN? Sunday June 28th
10 am to Noon Pacific / 1 pm to 3 pm Eastern

WHERE? ZOOM No registration required
Zoom ID 837 1100 7258 Passcode 202690

12 Step Tree of Spiritual Principles

- 1. Honesty
- 2. Hope
- 3. Faith
- 4. Courage
- 5. Integrity
- 6. Willingness
- 7. Humility
- 8. Love
- 9. Discipline
- 10. Perseverance
- 11. Spirituality
- 12. Service

EVERYONE
is welcome here



Region 7 2026 Convention in Bethesda, MD

October 23-25, 2026

I Put My Hand in Yours... Welcome Home.

The Region 7 Convention is being held in person this year! Join us October 23 through 25, 2026, at the Bethesdan Hotel in Bethesda, Maryland for a weekend of fellowship, recovery, connection, and joy.

This year's theme is *"I put my hand in yours... Welcome Home."*

COSTS: Early Bird Registration: \$70 (May 4 – September 23)

Regular Registration: \$85 (September 24 – October 16)

Onsite Registration: \$100 (October 23 – 25)

Note: costs do not cover parking or meals.

SERVICE: Want to be of service? We have a variety of service positions available. Please note your preference on the registration form. If you want to lend a hand and help another fellow attend, you can donate to the Convention Scholarship Fund.

FINANCIAL ASSISTANCE: Need financial assistance? Please fill out the form and fill out the "Need Financial Assistance?" section. Choose the "Pay by check" payment method to allow the form to be submitted.

Scholarships will be granted on a rolling basis and is based on availability of funds. We ask that you donate at least two (2) hours of service as part of the conditions in receiving a scholarship.

REFUND POLICY: A written request for a refund of a registration fee (less a \$10 processing fee) will be honored if received at least 30 days before the convention (September 23, 2026).

REGISTER NOW

Note: meals for purchase will be available soon.

HOTEL RESERVATIONS: The discounted room rate is \$119 + taxes/night. The group dates are October 23-25, 2026. [Contact the Convention Chair](#) if you need a room outside of these dates.

There will also be discounted parking. Overnight parking for hotel guests will be \$20/night and for day guests, \$5/day.

BOOK HOTEL You can also go to the [Bethesdan Hotel's website](#), enter the convention dates and the group code of OA1

BOOK BY PHONE: Call the hotel reservations direct number: 1-301-652-2000

Ask for the group name: "Overeaters Anonymous Region 7" or group code: OA1.

SUMMER

Swim suits, ball games, yard work and Barbecues! I'm not a particular fan of summer. I prefer cool weather that I can hide in clothes that cover my unsightly body. I can't remember the last time I wore a swim suit. Shorts-NO! I prefer to isolate where know one will see me and the consequence of my bad choices that are wrapped around my body. Oh the shame I feel. The self loathing. Then I make myself go to an OA meeting. I hear others share how they too are fighting the same battle I am. The battle to recognize that the compulsion to overeat is an addiction, a disease. I am powerless where food is concerned.

Step one has been a hard step for me. I grew up with, "You are responsible for your choices." I still believe that to be true, however, I have come to understand and believe that I have this weakness, this addictive behavior to strengthen my relationship with the God of my understanding and be of service to my fellow sufferers. For that I am responsible. "God, I am powerless over food. Help overcoming this weakness brings me closer to you. Without you I cannot maintain my abstinence. Help me to love and forgive myself."

Anonymous 2026