

## Supercharge Your Program

**Happy New Year 2022!** A common New Year's tradition revolves around "resolutions" – typically yet another diet or exercise goal. January is also a time when people who have tried and left OA reconsider and come back. For many who are resolving to "do better" in this way, OA offers a solution that is not a fad or commercial diet plan, but a whole new way of living based on the Twelve Steps, Twelve Traditions and Spiritual Principles. Here are a few upcoming events to get you started!

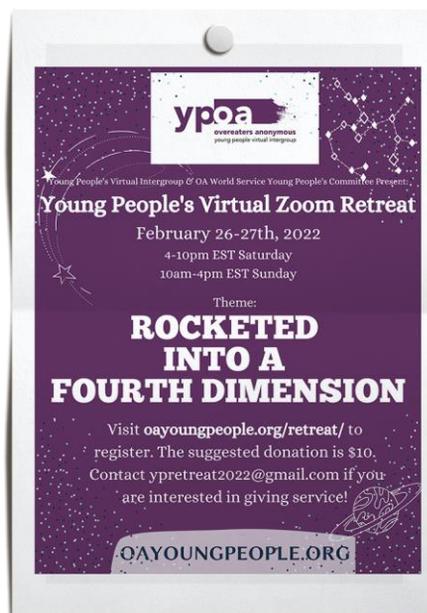
OA DC-Metro Intergroup is sponsoring **New Year, New Solution: Carrying the Message to Newcomers.**



Hear a panel of OA fellows in recovery who will share how they "carry the message" of OA to friends, family, partners and more, and how you can make meetings more welcoming for newcomers.

[Register here](#) for the **January 22 Virtual Event from 1-3 PM ET.**

The Young People's Virtual Intergroup is sponsoring a **Virtual Zoom Retreat on February 26-27.** This Intergroup officially serves members ages 18-30, and those under the age of 18 who attend with a parent/guardian. For more information and to register, please visit the OA Young People [website](#).



# Support your Recovery

Date	Topic	Sponsor	Access
Jan 1 Sat	<b>OA Marathon – New Year’s Day</b> Step 1 Spiritual Principle – Honesty Surrender is Winning	<a href="#">OA Virtual Region</a>	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Jan 7 – 9 Fri - Sun	<b>OA Lifeline Creative Workshop</b> Join any of OA’s three upcoming virtual workshops focused on the many creative ways you can share your recovery: <ul style="list-style-type: none"> <li>• Friday, January 7, 2022, from 10 p.m. to 1 a.m. EST (UTC -5)</li> <li>• Saturday, January 8, 2022, from 1 p.m. to 4 p.m. EST (UTC -5)</li> <li>• Sunday, January 9, 2022, from 9 a.m. to 12 p.m. EST (UTC -5)</li> </ul>	<a href="#">OA World Service Office</a>	<a href="#">Register by January 5</a>
Jan 9 Sun	<b>TSW 12 Step Study Workshop</b> Introductory Session The 15-week study will run Jan 9- Apr 26, 2022. Attendance at the first session is required to participate. Groups will be closed to new attendees after the first session.	<a href="#">OA Virtual Region</a> Nassau Intergroup Workshop Committee	ZOOM ID: 836 3176 0268 Password: sponsor <a href="#">Registration</a>
Jan 14-16 Fri-Sun	<b>OA Birthday Party (Virtual)</b> Window of Opportunity	<a href="#">Los Angeles Intergroup</a>	<a href="#">Registration</a>
Jan 22 Sat	<b>One Day Virtual Retreat</b> The God of Our Understanding	<a href="#">OA Virtual Region</a>	ZOOM 8:30 – 3:30 ET <a href="#">Registration</a>
Jan 22 Sat	<b>Virtual Event</b> New Year, New Solution: “Carrying the Message” to Newcomers	<a href="#">Washington DC Metro Area Intergroup</a>	ZOOM 1:00 – 3:00 PM ET <a href="#">Registration</a>
Jan 22-23 Sat-Sun	<b>Virtual Weekend Winter Retreat</b> Zoom Into Action – Star Lake 2022 Saturday 10-6; Sunday 9-12:30	<a href="#">Region 7 – New Jersey Intergroup</a>	ZOOM <a href="#">Registration</a>
Feb 18-20 Fri-Sun	<b>Virtual Region Convention</b> There is a Solution	<a href="#">OA Virtual Region</a>	ZOOM Check the link for more information
Feb 26-27 Sat-Sun	<b>Young People’s Virtual Zoom Retreat</b> Rocketed into a Fourth Dimension	<a href="#">Young People’s Virtual Intergroup</a>	ZOOM <a href="#">Registration</a>

## Take Action: Be of Service

*Congratulations* to the following OA fellows who have volunteered to serve as officers of the Washington DC Metro Area Intergroup for 2022!

**Co-Chairs:** K K. and Tom A.

**Recording Secretary:** Vacant\*

**Corresponding Secretary:** Sealani W.

**Treasurer:** Niki Y.



Many thanks to our outgoing officers Margreta S, Deborah S, and Sonya for their contributions to the Intergroup.

### On Service

My first service commitment in OA was as secretary of a 7 a.m. meeting in San Francisco. It was a Big Book study meeting, and at that time, relatively new in the program, I had not read the Big Book and was resisting making the commitment to read it on my own. So, I became secretary of the Big Book meeting and stayed secretary for as long as it took to read the whole thing, which was well over a year.

The other benefit of that service was that it meant I had to be at the meeting, not only on time, but a little early to open up the room and get the meeting materials from a storage shelf in the meeting place. It also meant I had to stay after the meeting to put things away, which gave me time for fellowship and connecting with people.

In other words, doing service helps me to practice three things that are essential for my physical, emotional and spiritual abstinence -- showing up, staying present and listening to/for my higher power in the words and actions of others.

-- K

Each positive action we take strengthens our recovery

-- OA Slogan

# Ramp Up Your Recovery: Volunteer!

## **\*Recording Secretary (Officer)**

I prepare a copy of the agenda before the meeting, following guidance from the Chairperson about upcoming items.

During the meeting, I screen share the updated document so that everyone can see what is going into the minutes. Immediately following the meeting, I post a copy through groups.io, asking for additions or corrections.

One week before the next meeting, I make any changes I have been asked to make and send out the amended version that I then screen share during the meeting for further amendments, and then post the final version into the groups.io files.

Probably the most important skill is careful listening to what is being said and typing or writing fast enough to keep up.

The time commitment outside of the IG meeting is something on the order of half an hour a month

– [Deborah S](#)

## **Inreach Coordinator(s)**

Do you have ideas for topics and speakers for our next virtual **Workshop**? We could use your help with this fun and rewarding program! The OA IG Inreach Coordinator is tasked with planning and hosting virtual events or workshops over the course of the year. Requires about 2 hours a month.

**Consider teaming up and sharing this position with a friend!**

Reach out to Debbie D for more information (she can also “show you the ropes” and train you, too!) : 202-271-9301

## **Website Content Contact**

Do you rely on websites to be up to date and comprehensive? If so, you may be interested in helping keep the OA DC Metro website current.

This position would liaise with committee chairs and the website designer to ensure timely updates on events, newcomer meetings, intergroup activities, and other content. Also, provide a quick review of all pages of the website periodically and request changes or additions as needed or as requested by intergroup.

Time required is one to two hours per month and can usually be done any day or time that works best.

Feel free to contact Niki Y. by phone or text, at 301-379-1918, if you are interested and/or have questions.