

## Supercharge Your Program

### *Spotlight on OA Tools: Service*



#### [Why Service?](#)

Carrying the message to the compulsive overeater who still suffers is the basic purpose of our Fellowship; therefore, it is the most fundamental form of service.

OA members can give service by welcoming newcomers, hosting virtual meetings, or taking on a service role, such as being the Intergroup representative or Treasurer.

Even members who are new to OA can give service by attending meetings and sharing their experience.

Members who meet specified requirements can give service beyond their meetings at the Intergroup, Service Board, Region, or World Service level.

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### ***A Reflection on Service***

When I came into OA, I thought that service-givers were an elite class of people, and I had to earn my place among them. I also thought service was about giving. Our Tools tell us to “give back what we have so generously been given.” I’ve discovered that service is for everyone, and everyone has something to contribute. Those who give service stay in OA longer than those who don’t, and relative newcomers who take on even a small service come back to meetings.

My experience tells me that when I give service, I receive more than I could ever give. When I share my experience, strength, and hope with someone, I often say just what I needed to hear. I have learned skills I would not have today if I had not given service above the group level. I learned to work in a team and to look for what is best for the whole. I learned to speak in front of people and found that I was good at it. I learned to give workshops and facilitate meetings. Through these new skills, I embarked on a new career. Service has taught me more and given me more than I could ever have given.

*Overeaters Anonymous. Voices of Recovery: A Daily Reader, Second Edition (pp. 524-525)*

***What is your plan in 2023 to strengthen your recovery through service?***

# Ramp Up for 2023

Each of us has individual strengths, personal interests, professional skills and work experience that can be utilized to help others in OA. In addition to giving service to your home group, the Washington DC Metro Area Intergroup provides many opportunities for you to make a difference. Here are some examples...

If you...	You can...	Contact
... have experience with planning events	... help with organizing workshops	<a href="#">Chair</a>
... are outgoing and enjoy meeting new people	... coordinate and assist in follow up to those who attend the Newcomer Q&A	<a href="#">Vice-Chair</a>
... have writing and visual design skills (and ideas for improvement)	... assist with writing and publishing the bi-monthly "Together We Can" newsletter	<a href="#">Newsletter Editor</a>
... are a "big picture" thinker and like to network	... become the DC-Metro Intergroup Rep to Region 7 or World Service Office	<a href="#">Chair</a>
... like things to be organized	... work with the webmaster to oversee content and coordinate website changes	<a href="#">Website Content Coordinator</a>
... enjoy expanding your technical skills	... coordinate and troubleshoot Zoom usage	<a href="#">Zoom Coordinator</a>
... enjoy problem solving	... help improve Intergroup processes to support helpful communications to members	<a href="#">Vice-Chair</a>
... are good at note-taking, editing and follow-through	... record and circulate notes from the bi-monthly Intergroup meetings	<a href="#">Chair</a>
... are good at budgeting and financial management	... collect contributions, pay bills and provide financial reports at Intergroup meetings	<a href="#">Treasurer</a>

**Look for a poll from Intergroup later this month asking about interests and skills you have and would like to share.**

## ***OA Responsibility Pledge***

*Always to extend the hand and heart of OA to all who share my compulsion;  
for this I am responsible.*

# Read Stories of Service

## ***PERSONAL RECOVERY THROUGH SERVICE TO OTHERS***

Service at the Intergroup level has had a lasting impact on my recovery... In each of my service positions I learned (and practiced) the OA principles of unity, love, perseverance, humility, willingness as well as patience, kindness, and tolerance and more love. I learned that service to others was critical to keeping me abstinent and I found myself doing service outside of the rooms as well... [More](#)

## ***BUILDING RELATIONSHIPS THROUGH SERVICE***

I value the 12 steps of OA and recognize that service, however small, helps me get beyond myself and connected to the larger group and my Higher Power. I also value how others have made this program available to me... I value the Intergroup members and skills they contributed, and especially the friendships I made through that work. Many of those members have been instrumental in my recovery... [More](#)

## ***RECOVERY, ONE STEP AT A TIME***

I am involved in Intergroup for the same reason I volunteered to pick up and respond to calls to the Answering Service on Fridays many years ago. At that time, I was going through an emotionally difficult time and staying abstinent on Friday night was particularly hard. I found that calling the answering service and returning the calls of people who called asking for information about OA kept me abstinent that day and increased the odds I would be abstinent that weekend... [More](#)

## ***WHETHER YOU ARE A NEWCOMER OR AN "OLD-TIMER" YOU CAN MAKE A DIFFERENCE***

Service is a necessary part of OA recovery. We cannot keep our recovery unless we give it away. It is an opportunity and a challenge for both the OA newcomer and the OA "old-timer." For the newcomer it is an opportunity to offer time and energy to carry the message at the simplest, most manageable level. For the "old-timer" it is the opportunity to stretch ourselves to do something new or different. In either case, it allows us to move beyond pride and fear and to ask for help from another more experienced OA fellow!... [More](#)

***Have it to give away; give it away to keep it.***

***-OA Slogan***

# Support your Recovery

Date	Topic	Sponsor	Access
Jan 21 Sat	<b>Virtual Event</b> <i>OA's 63<sup>rd</sup> Birthday Celebration: Fun in Recovery</i>	<a href="#">Central Jersey IG</a>	ZOOM 7:30 PM ET ID: 820 3669 7048 Passcode: 129917
Feb 11 Sat	<b>e-Workshop (Speaker Series)</b> <i>There is a Solution</i>	<a href="#">A Design for Living (AD4L)</a>	ZOOM 3:30 – 5:00 PM ET ID: 200 540 624 (No Passcode)
Feb 17-19 Fri - Sun	<b>2023 Region 7 Spring Assembly</b>	<a href="#">OA Region 7</a>	IN PERSON <a href="#">Contact DC-Metro Intergroup Chair if interested</a>
Feb 26 Sun	<b>Unity Day 2023</b> Theme: Using the Program to navigate a diverse aspect of your life	<a href="#">Washington DC Metro Area OA</a>	ZOOM 10:30 AM – 12:30 PM More Information Coming Soon!
Mar 3-5	<b>Virtual Region Convention</b> <i>There is a Solution</i>	<a href="#">OA Virtual Region</a>	SAVE THE DATES
Nov 3-5	<b>2023 Region 7 Convention</b> Ocean City, MD	<a href="#">OA Region 7</a>	SAVE THE DATES

*NOTE: Although it is still 10 months away, planning is underway! Put a placeholder in your calendar for the 2023 Region 7 Convention. Here are some reflections from the last event.*

Hi OA Family!

I've been reflecting on my experience at the R7 Convention held November 4-6, 2022, in Ocean City Maryland, and on how much gratitude and recovery I continue to experience because of it. While I continue to attend, share on, and treasure phone meetings and virtual video meetings at the group and intergroup level, and though I have attended different OA Region conventions virtually, there was something "more" with the in-person format.

This year's convention indeed brought me "more" – more focused listening and processing of what others were sharing, more acceptance of myself and others as compulsive overeaters, more uplifted by the hugs and the smiles and the shares – which as I type this really seem to be more joy in seeing each other again in person after so long. Importantly for my recovery, it also brought me a stronger sense of commitment and love for the OA program and its fellowship and how vital service is to my program and my spiritual connection.

Will I continue to go to virtual and phone meetings? Absolutely. Will I put next year's R7 Convention on my calendar? Done!

Linda L