

## Supercharge Your Program

### *Are You Struggling with Relapse? Are You Slipping and Sliding?*

Relapse is a process not an event. There are predictable warning signs that precede relapse. Sign up for the [Relapse Prevention Workshop](#) on May 14 from 9:00 – 11:00 AM to learn about the steps you can take to prevent it. Identify potential warning signs and develop a personalized plan to prevent a relapse.



### Additional Resources are Available on OA's Website

Relapse Prevention

Been Slipping and Sliding?  
A Reading and Writing Tool

Breaking Out of Relapse

• [Video](#)

[From Slip or Relapse to Recovery](#)

### *Spotlight on OA Tools: Literature*

OA-approved literature is one of nine OA tools that help us to keep our recovery alive and vibrant.

Supportive books, pamphlets, digitally-downloadable recordings, audio recordings, daily contemplative readers, workbooks, etc. are available for purchase. All money goes to carrying the message to those who still suffer.

***The OA-DC Metro Intergroup is currently providing a free OA Twelve Steps & Twelve Traditions book plus a "Where Do I Start" pamphlet upon request.***

Text Pamela (IG Literature Chair) at 703.261.4404 to receive these two pieces of literature. Other materials can be purchased by going to the World Service Office (WSO) Bookstore at <https://bookstore.oa.org>.

# Support your Recovery

Date	Topic	Sponsor	Access
May 1 Sun	<b>OA Marathon – EID al-Fitr: Ramadan</b> What Makes Me Feel Nourished and Satisfied?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 5 Thurs	<b>OA Marathon – Cinco de Mayo</b> How Do You Practice Diversity in Your OA Program?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 8 Sun	<b>OA Marathon – Mother’s Day</b> Step 5 Spiritual Principle – Integrity: Admission of Our Wrongs to Keep Integrity Strong	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 8 Sun	<b>e-Workshop</b> Dealing with Guilt and Shame	<a href="#">OA Virtual Region</a>	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
May 14 Sat	<b>e-Workshop</b> Relapse Prevention	<a href="#">South Jersey OA Intergroup</a>	ZOOM 9 – 11:00 AM ET ID: 865 6691 0698 Passcode: 862861
May 30 Mon	<b>OA Marathon – Memorial Day</b> Tradition 5 Spiritual Principle – Purpose: How Do I Define My Purpose as a Member of OA?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Jun 11 Sat	<b>OA Marathon – Gay Pride Celebration</b> Step 6 Spiritual Principle – Willingness: What Ways Do I Practice Willingness in My OA Program?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Jun 12 Sun	<b>e-Workshop</b> Gratitude as an Action Word	<a href="#">OA Virtual Region</a>	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
Jun 19 Sun	<b>OA Marathon – Juneteenth, Father’s Day and Summer Solstice</b> Tradition 6 Spiritual Principle – Solidarity: Together We Can Do What We Cannot Do Alone	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Jul 4 Mon	<b>OA Marathon – Independence Day</b> Step 7 Spiritual Principle – Humility: Finding the Humility to Accept Help From Others	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#

# Take Action

## Get Connected

Two new in-person meetings!



District of Columbia  
**Tuesdays at 7:15 PM**  
Dupont Circle Club  
1623 Connecticut Ave NW  
Contact: Carly L 228-342-8464

Silver Spring, Maryland\*\*  
**Saturdays at 10:30 AM**  
**In-person 1<sup>st</sup> and 3<sup>rd</sup> Sat for now**  
Memorial First India United  
Methodist Church  
9226 Colesville Rd  
Contact: Fred 301-270-2439 OR Barb  
202-821-7683

\*\*This is a hybrid meeting. Check the [Where and When](#) to locate the Zoom information for this and other local meetings.

## Share Your Story

The Region 7 Intergroup Renewal Committee is looking for stories of service. These stories will be compiled to share among Region 7 OA membership.

Please send your short stories (no more than 350 words) to the following email address **BY JUNE 15**.

[r7intergroupprenewal@gmail.com](mailto:r7intergroupprenewal@gmail.com)

You can't keep it unless you give it away -- OA Slogan

**Oa Region 7 Intergroup  
Renewal Committee**

# Stories of Service

Oa Region 7 Intergroup Renewal Committee is looking for your stories of how service has **strengthened** your recovery. We will create a compilation of submissions to share with others in OA.

Note: We reserve the right to edit. It is understood that all submissions may be reprinted by other OA groups without permission.

## Suggested Guidelines

- A few sentences to a few paragraphs (less than 350 words)
- Include your name and the first initial of your last name, or sign your writing anonymously

**Potential Topics**

- Why service is important to my OA program of recovery?
- How service saved my OA recovery program?
- How service kept me coming back to OA?

Send your response to:  
[r7intergroupprenewal@gmail.com](mailto:r7intergroupprenewal@gmail.com)  
by Wednesday, **June 15, 2022**

# Make a Difference

## *Share Your Skills and Experience at Intergroup*

### Recording Secretary (2 hrs/mo)

Take notes at monthly IG meetings, summarize and distribute. Contact: [chair@oa-dcmetro.org](mailto:chair@oa-dcmetro.org)



### Outreach Chair (2-3 hrs/mo)

Plan and coordinate efforts for public outreach, including community events and social media. Contact:

[vicechair@oa-dcmetro.org](mailto:vicechair@oa-dcmetro.org)



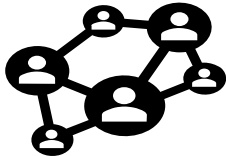
### Inreach Chair (2-3 hrs/mo)

Plan and coordinate workshops and other OA Intergroup events. Contact: [vicechair@oa-dcmetro.org](mailto:vicechair@oa-dcmetro.org)



### Zoom Coordinator (1 hr/mo)

Manage Zoom subscriptions and serve as resource for meeting groups. Training will be provided! Contact: [Stephanie M](#)



### Website Content Contact (1-2 hrs/mo)

Work with website designer to ensure timely updates. Contact: [webcontact@oa-dcmetro.org](mailto:webcontact@oa-dcmetro.org)



Our fellowship is our recovery, and together we grow

-- OA Slogan