

Supercharge Your Program

2022 REGION 7 CONVENTION

Swimming
THE SEAS OF RECOVERY!
NOVEMBER 4-6
OCEAN CITY, MD

CONVENTION REGISTRATION LINK
www.oaregion7.org

REGISTRATION COST
Early Bird Registration until 9/30/22 - \$45
Regular Registration until 10/31/22 - \$55
On-site Registration (11/4-6/22) - \$65
Meals (Lunch & Dinner on Saturday) - \$85

GENERAL INQUIRIES
Maria Cz. mtg7176@gmail.com
Rob L. rob.lepre@gmail.com

EVENT LOCATION
Princess Royale Oceanfront Resort
9100 Coastal Hwy
Ocean City Maryland 21842

HOTEL RESERVATIONS
Princess Royale
Oceanfront Resort
9100 Coastal Hwy
Ocean City Maryland 21842
Direct Reservations: 1-800-476-9253
Please reference the following information:
a) the check-in date;
b) the group name: Region 7 OA
c) the block code: REGION22

ROOM RATES
Single/double occupancy: \$109.00
(pool view/ocean view)
Oceanfront suites: \$159.00
There are a limited number of condos available:
Two Bedrooms/Two Bath Condo \$229.00
Three Bedrooms/Three Bath \$309.00
The special rate list of date is 10/11/22
After that date, the rate and availability is subject to change.

HOTEL RESERVATIONS LINK : Coming Soon

REGION 7 of OVEREATERS ANONYMOUS: Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, DC and West Virginia

Plunge into the seas of recovery...

... the water is just the right temperature for YOU!

If you can use some motivation or inspiration to ramp-up your Program, register to attend the upcoming OA Region 7 Convention in Ocean City.

Whether you are a newcomer to OA or an experienced Fellow, this year's Region 7 Convention will offer you the opportunity to connect (and reconnect) with other OA Fellows from across seven states!

Click on the links below to read about the kind of experience others have had at OA conventions. Come alone or bring a friend and experience it for yourself.

[Inside Life \(at the Convention\)](#)

[Convention-al Wisdom](#)

Spotlight on OA Tools: Action Plan

An action plan is the process of identifying and implementing attainable actions, both daily and long-term, that are necessary to support our individual abstinence and emotional, spiritual and physical recovery. This tool, like our plan of eating, may vary widely among members and may need to be adjusted as we progress in our recovery.

For example, a newcomer's action plan might focus on planning, shopping for and preparing food. Some members may need a regular fitness routine, while others may need a plan that includes time for meditation and relaxation. As we use this tool, we find that we develop a feeling of serenity while we make measurable progress one day at a time.

A [personal recovery story](#) in OA Lifeline online provides a creative example of how to use this valuable OA tool.

Remember the OA slogan: failing to plan is planning to fail!

Support your Recovery

Date	Topic	Sponsor	Access
Sep 16 – 18 Fri – Sun	2022 Region 7 Fall Assembly Bon Secours Retreat and Conference Center	OA Region 7	IN-PERSON Please contact the Intergroup Chair to become an authorized representative; visitors welcome
Sep 23 – 25 Fri – Sun	PAIG Annual Retreat <i>We're All Together Now: Reuniting in Fellowship</i> Malvern Retreat House	Philadelphia Area Intergroup	IN-PERSON Registration closes September 9, 2022. Scholarships are available.
Sep 25 Sun	OA Marathon – Rosh Hashanah Tradition 8 Spiritual Principle – Fellowship: <i>New Beginning, New You, New Friends</i>	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200; Conference ID 4285115#
Sep 25 Sun	e-Workshop <i>Our United Growth Through Sponsorship</i>	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
Oct 2 Sun	e-Workshop <i>Stepping in Gratitude</i>	OA Foot Steps	ZOOM 3 – 4:30 PM ET ID: 853 3288 0508 Passcode: 504548
Oct 4 Tues	OA Marathon – Yom Kippur Step 9 Spiritual Principle – Love: <i>Love Yourself and Others by Clearing the Wreckage of Your Past</i>	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200; Conference ID 4285115#
Oct 9 Sun	e-Workshop <i>Parenting & Grandparenting in Recovery</i>	OA NOVA / OA DC-Metro	ZOOM 1 – 2:45 PM ET ID: 863 8620 0340 Passcode: 12x12x12
Oct 9 Sun	e-Workshop <i>How to Twelve Step a Problem</i>	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
Oct 10 Mon	OA Marathon – Indigenous Peoples' Day & Canadian Thanksgiving Tradition 9 Spiritual Principle – Structure: <i>How Do I Practice Structure in My OA Program?</i>	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Oct 24 Mon	OA Marathon – Diwali Step 10 Spiritual Principle – Perseverance: <i>How Does Perseverance Light the Way to Self-Awareness?</i>	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Oct 31 Mon	OA Marathon – Halloween, Samhain (pronounced Sowin) Tradition 10 Spiritual Principle – Neutrality: <i>Why is Abstinence the Best Treat of All?</i>	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 4 – 6 Fri – Sun	2022 Region 7 Convention <i>Swimming the Seas of Recovery</i> Princess Royale Oceanfront Resort – Ocean City	OA Region 7	IN-PERSON Early Bird registration until 9/30/22; regular registration until 10/31/22
Nov 8 Tues	OA Marathon – Election Day <i>The Serenity Prayer</i>	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 13 Sun	e-Workshop <i>Step 11: Prayer & Meditation</i>	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912

Take Action

Get Connected Face-to-Face

Here are the latest opportunities to meet your Fellows in-person!



Maryland

1st Saturday of September and October at 10:00 AM*

Memorial First India United Methodist Church
9226 Colesville Rd., Silver Spring
Contact: Fred 301-270-2439 OR Barb 202-821-7683

Mondays at 12:00 PM

United Church of Christ
10010 Fernwood Rd., Bethesda
Contact: Kimberly 301-633-4010 OR Laurie 301-233-2941

District of Columbia

Sundays at 6:00 PM**

St. Margaret's Episcopal
1830 Connecticut Ave NW
Contact: Lee J 202-344-6395

Tuesdays at 7:15 PM

Dupont Circle Club
1623 Connecticut Ave NW
Contact: Carly L 228-342-8464

*This meeting is virtual on all other Saturdays, starting at 10:30 AM. **This is a hybrid meeting. Check the [Where and When](#) to locate the Zoom information for these and other local meetings

Go Portable

Great news! An audiobook version of OA's indispensable [Twelve Steps and Twelve Traditions of Overeaters Anonymous, Second Edition](#) has been released. Now OA members can make the most of their time by listening to an in-depth exploration of OA Steps and Traditions while commuting, gardening, exercising, or even waiting in line!

Also, the long-awaited second edition of OA's beloved daily reader [Voices of Recovery](#) is finally available. This edition sources its daily meditations directly from the testimonials of OA members. It is available in online digital platforms as well as in print.

OA Responsibility Pledge

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