

Supercharge Your Program

Reconnect With Local Events

You're invited to the Washington DC Metro Intergroup's **first in-person gathering** since 2019. Join OAs from around DC and Maryland suburbs as we hear from speakers who will share their experience, strength, and hope in using Program to get through the pandemic.

We hope this will be the first of several in-person Intergroup events and look forward to seeing as many people as possible.

How We 12-Stepped Our Way Through the Pandemic **Sunday September 10, 2023 -- 1:00 to 2:30 pm**

White Oak Library, Conference Room 2
11701 New Hampshire Avenue
Silver Spring, MD 20904

CONTACT: Debbie D at 202-271-9301

If you are interested in helping with the event, please contact Debbie D at 202-271-9301 or Lauren S at 202-329-2075. Please text first.

Virtual Workshop: How-To of Sponsorship

Whether you need a sponsor or are not sure about becoming a sponsor, join this workshop on September 9, jointly sponsored by the following Region 7 Intergroups: Baltimore, NOVA, Southern NJ and DC Metro. Details [here](#).

"Weigh In" on How the Intergroup Can Support Your Recovery

Over the lazy days of August, nearly a dozen OA-DC Metro fellows came together for two virtual planning meetings to discuss 2024 goals and plans for the OA DC-Metro Intergroup.

Our Intergroup is **STRONG**, going above and beyond what is mandatory and expected from the World Service Organization's guidelines. We have a robust Treasury, many leadership positions filled, a wonderful newsletter, an extensive website, growing Facebook and Instagram accounts, even a Newcomer meeting that attracts new fellows year-round! ***What new activities should we consider for 2024?***

"Let's develop a local speaker list!" "Let's help bring back more in-person connections for groups." "Let's find more newcomers and plaster the city with posters!" (more ideas below). We had a great conversation, and you are invited to join us in a continuation of how we can make our ideas a reality.

What do you think about these ideas?

- develop a guide to help groups go hybrid or have in-person options
- develop a local speaker list
- strengthen the newcomer meeting
- host an in-person sponsor workshop
- host a multi-day Big Book study workshop
- add a chat function to our website and more!

Check out the discussion in our meeting notes [2024 OA-DC IG Planning Group Meeting Notes \(July 26\)](#) and reach out to [Tom A](#) if you have more ideas and want to join us in planning for 2024!

Support your Recovery

| Date | Topic | Sponsor | Access |
|--------------------------|--|---|---|
| Sep 4 Mon | OA Marathon – Labor Day <i>Faith Without Works Is Dead - Doing the Footwork of Recovery Everyday</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Sep 4 Mon | Workshop: Working Together <i>Three speakers, Sharing and 7th Tradition</i> | Fellowship of Hope | ZOOM 9:15 – 11:30 ID: 884 2062 7878 Password: Request from OAFOHquakertown@gmail.com |
| Sep 9 Sat | Workshop: The How-To of Sponsorship <i>How to Get One and how to Be One</i> | Region 7 Intergroups: Baltimore, NOVA, Southern NJ and DC Metro | ZOOM 2:00 – 4:00 PM ET ID: 731 088 9762 Password: BeAbstn8 |
| Sep 10 Sun | Special Event: How We 12-Stepped Our Way Through the Pandemic White Oak Library Conf Room 2 11701 New Hampshire Ave Silver Spring MD 20904 | Washington DC Metro Intergroup [upload flyer to website and add link] | IN PERSON 1:00 – 2:30 |
| Sep 15 Fri | OA Marathon – Rosh Hashanah <i>Celebrate Love by Making Amends – Step 9</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Sep 15 – 16 Fri – Sat | Festival of Creativity | OA Virtual Region Footsteps Intergroup | SAVE THE DATES |
| Sep 22 – 24 Fri – Sun | PAIG Annual Retreat <i>Acceptance is the Answer, Surrender is the Solution</i> Tentative Retreat Schedule | Philadelphia Area Intergroup | IN PERSON To ensure your spot, register online before September 8 |
| Sep 23 Sat | Sponsorship Workshop Bayview Hospital, Sussex Campus 100 Wellness Way Milford, DE 19963 | Diamond State Intergroup (Delaware) | HYBRID 10:00 – 2:30 ET For Zoom: RSVP to diamondstateintergroup@gmail.com |
| Sep 24 Sun | OA Marathon – Yom Kippur Begins <i>Freedom is Going to Any Lengths for Abstinence. How Do I Practice This?</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Oct 9 Mon | OA Marathon – National Indigenous Peoples Day / Canadian Thanksgiving Day <i>Forgiving Ourselves and Others, Live in the Freedom of Recovery</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Oct 15 Sun | Step 2, the Path to Sanity | OA HOW Virtual Intergroup | ZOOM Noon – 2:00 PM Zoom link available after registration |
| Oct 31 Tues | OA Marathon – Halloween <i>Nothing Changes if Nothing Changes – How Have I Surrendered in My Recovery?</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Nov 3-5 Fri – Sun | 2023 Region 7 Convention Princess Royale Oceanfront Resort Ocean City, MD | Region 7 | IN PERSON Get discounted early bird registration price by 9/30 |

Take Action

Get Connected At In-Person Meetings

In this issue we highlight several models of hybrid meetings, from simple to sophisticated. You are invited to visit one or all to experience the hybrid model for yourself. Perhaps one of these might be replicated in your group?

Hybrid Phone Meetings – Gaithersburg, MD

Meeting contact: Randi B

Pre-Covid, there were two meetings hosted at the same location in Gaithersburg, Tuesdays at 11 am and Fridays at noon. When the pandemic lockdown started, the meetings transitioned to phone meetings... In early fall of 2022, the members of both meetings decided to restart in-person but keep the phone-in capability as an option. The groups believed that using the conference line technology provided simplicity, convenience and wider access to the meeting (especially for those who live some distance away) while continuing to carry the message. [[MORE](#)]

Hybrid Zoom Meeting – Washington, DC

Meeting Contact: Lee J

When DC shut down due to the pandemic, the Sunday meeting at St. Margaret's, like many other meetings, transitioned to Zoom. In 2021, when DC opened up, the decision was made to re-open the in-person meeting but continue to use Zoom for the cohesiveness of the group. The group feels that this arrangement is straightforward and the most inclusive of the needs of its members. [[MORE](#)]

Hybrid Zoom Meeting – Columbia, MD

Meeting Contact: Nancy K

The Saturday morning OA meeting at the Serenity Center has been going strong for 23 years. During the pandemic, this meeting, like many others, pivoted quickly to Zoom. After people started getting vaccinated and felt safer, there was an interest in going back to meeting in person. Via group conscience the group decided to explore a hybrid option. Fortunately, another Twelve Step fellowship at the Serenity Center had experience with hybrid meetings, which provided inspiration and a model they could emulate. Today, attendees experience a truly blended environment. [[MORE](#)]

Contact information and a [comprehensive list of all local meetings](#) is available on the [OA DC-Metro website](#).

Make a Difference

Share Your Stories, Share Your Experience, Share Your Time!



Story Corner

This Twelve Step Program is My Way of Life Today

I remember the first OA meeting I attended was a Wednesday lunchtime meeting in September 1985 on the recommendation of a therapist. At that time, I suffered from many addictions: overeating, debt, drugs and alcohol. But I thought if I got thin, my life would turn around. When I entered the OA meeting room, I felt totally at home.

I grew up in a critical household. In my home, I had to appear “happy” all the time. Feelings were denied and not expressed. My first recollection of overeating is when I was 4 years old. I would watch cartoons on Saturday morning, and I would keep going back to the kitchen for more white bread. However, it was important to my mother that I was thin, so when I was in eighth grade, she took me to a doctor who prescribed diet pills... [\[MORE\]](#)

Peggy R

More stories of inspiration can be found in in the current [Lifeline](#) blog, [back issues of the previous version of Lifeline](#), or member story collections such as [A Taste of Lifeline](#), [Seeking the Spiritual Path](#), [Lifeline Sampler](#), and also in [Overeaters Anonymous](#), fondly known as the “brown book.” Additional member stories of strength and hope can also be found in [Abstinence](#) or [A New Beginning: Stories of Recovery from Relapse](#).



OA Toolkit

Sponsorship

In this month’s OA Toolkit, Laura S. shares her experience, strength and hope with sponsoring. “I believe deeply in the powerful connection that can come from having another person who is carefully following my recovery, and providing guidance, spiritual input, help with the steps, and an inspiration to do service and abstain each day.” [\[MORE\]](#)