

Share Your Announcements, Meditations, and Stories

The Intergroup newsletter is a resource for OA members and their meetings. Submissions could include:

- Writing samples (initials, first name, or anonymous)
- New meeting announcements
- Workshops and events
- Service & outreach opportunities
- And much more!

To contribute to the next newsletter, please email newsletter@oa-dcmetro.org

You can also join the intergroup email list and send announcements directly!

- To join the email list, email DCmetro-OAIG+subscribe@groups.io
- After joining, email DCmetro-OAIG@groups.io to contact the rest of the group

Stay In Touch w/ Email Updates

More than ever before, things are changing quickly. Stay up to date on the latest news from local OA members in the DC area by subscribing to the OA DC Metro email distribution list. To sign up, email DCmetro-OAIG+subscribe@groups.io then watch for an automated email to confirm your request. Reply to that message and you'll be all set. That's it!

Local Meeting Info & Updates

Find the latest list of local meetings at oa-dcmetro.org, including lists of temporary virtual (e.g., phone) meetings, and info about a ***new meeting for atheists & agnostics, Tuesday Mornings at 7am!***

Have a new info about a meeting? Email whereandwhen@oa-dcmetro.org to make updates!

Ready to Do Some Service?

Help support OA in the DC metro region with service to the Intergroup. We meet each month from 1:30-3:30 pm on the second Sunday of the month (visit <https://www.oa-dcmetro.org/intergroup/> to learn how to attend. (No commitment required!))

Service opportunities include:

- Meeting Reps (does your meeting have one?)
- Member-at-large (any OA member can participate!)
- Intergroup Vice Chair
- Recording Secretary
- Corresponding Secretary
- Committee Chairs
 - ✓ Newsletter
 - ✓ Public Information/Professional Outreach
 - ✓ 12th Step Within (i.e., Inreach)
 - ✓ Outreach Co-Chair

To express interest or suggest someone, please contact the Intergroup at 202-854-8462 or email answerservice@oa-dcmetro.org

***God, help and gently
guide my appetite
today. Amen.***

Virtual Meeting Resources

As a reminder, you can find copies of the OA 12 Steps/Traditions/Concepts, as well as the OA Promise and other prayers on the OA DC Metro Intergroup website: www.oa-dcmetro.org.

The OA Tools of Recovery can be found here: <https://www.oalaig.org/about-oa/the-tools-of-oa/>

You will also find specific guidance for COVID-19 adjustments (e.g., guidance for 7th Tradition and We Care) here: <https://groups.io/g/DCmetro-OAIG/attachment/155/0/OA%20DC-Metro%20Intergroup%20-%20Coronavirus%20Meeting%20Format%20Guidance%20-%202003.29.2020.docx>

Additionally, the following resources from OA World Service may be useful to consider:

- Handling Disruptive Behavior - <https://oa.org/guidelines-meetings/guidelines-for-addressing-disruptive-behavior/>
- Anonymity in a Digital World - <https://oa.org/guidelines/anonymity-in-the-digital-world/>

If you are looking for additional resources, or have resources that would benefit other meetings, please contact the Intergroup at 202-854-8462 or email answeringservice@oa-dcmetro.org

Together, we get better.

Will You Help Us "Carry the Message" to the Those Who Still Suffer?

The Washington DC Area OA Intergroup is working on a newcomer orientation zoom meeting, media and social outreach, and more! To learn more, please contact Tom A (240-305-3433, thadamsjr@gmail.com)

2020 OA PHONE MARATHONS

712-432-5200 PIN: 4285115#

Meetings Every Hour, from 8 am to Midnight

- Thurs, 6/18: How Do I Carry the Message of Recovery in These Challenging Times?
- Fri, 6/19 (Juneteenth): Celebrating the Freedom To Be
- Sun, 6/21 (Father's Day): Step 6 Principle: Willingness – What Keeps You From Becoming Entirely Ready?
- Thurs, 6/25: How Do I Carry the Message of Recovery in These Challenging Times?
- Sat, 7/4 (Independence Day): Step 7 Spiritual Principle: Humility – Freedom Is Going to Any Lengths for Abstinence
- Sat, 8/15: Sponsorship Day. The Rewards of Being and Having a Sponsor- Step 8 Spiritual Principle- Self Discipline
- Mon, 9/7 (Labor Day): Spiritual Principle of Tradition 7- Responsibility. What Does It Mean To Be Fully Self-Supporting?
- Fri, 9/18 (Rosh Hashanah); Celebrate Love By Making Amends - Step 9 Spiritual Principle: Love
- Mon, 9/28 (Yom Kippur): Tradition 8 Spiritual Principle - Fellowship. Doing the Next Right Thing; Forgiving Ourselves and Others

View the schedule (and/or sign-up to moderate) at

<https://signupschedule.com/oamarathons>

Remember: recovery is a process, not an event

OA World Service Convention – Cancelled (Postponed to 2021)



Due to ongoing public health and economic changes, the 2020 World Service Convention, scheduled for August 20-22 in Orlando, Florida USA, has been cancelled.

Refunds of registration and banquet fees will be processed over the next few weeks and will be issued in the same form as payment was made. Please allow the WSO staff one month to complete the refund process. For those who have made hotel reservations, the hotel will cancel your reservation and send you a cancellation confirmation.

World Service Convention will be rebooked for August 2021 and will take place at the same hotel in Orlando. ***The tentative new dates are August 26-28, 2021.***

Please check <https://oa.org/world-service-convention/> for updates and join the convention email list at conventioninfo@oa.org. In your email, include your full name, email address, state/province/territory, and country. Your information will be kept confidential to the World Service Office.

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New Resource Document from OA WSBC: **"Temporary Sponsors – The First Twelve Days in OA"**

<https://oa.org/group-resources-list/temporary-sponsors-newcomers-first-twelve-days/>

What is it? Suggestions for new (& temporary) sponsors and sponsees, including readings and discussion prompts for their first 12 meetings (on consecutive days or not). Excerpts below:

What is the purpose of the First Twelve Days in OA?

- To help newcomers, returning OA members, and other members learn about the OA Twelve Step recovery program by using this personal, short-term introduction to OA.
- To help sponsees learn how the OA recovery program might help them to stop hurting themselves with food.
- To help members who may be ready to sponsor but are reluctant to do so. This is an opportunity for a member to help a newcomer in a very structured way and to experience what it might be like to be a regular sponsor.

Day 1 (15 Questions): Read "Dear Newcomer" through "You Are Not Alone", on pp 1-3 of the pamphlet "Where Do I Start? Everything A Newcomer Needs to Know". Review the 15 questions on pp. 1-2. Ask your sponsee to circle the ones they relate to. Discuss their responses. Stress to your sponsee the importance of working the Steps as a vital part of a lasting recovery.

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Downloadable OA Literature

Did you know that OA has literature available for download, and that some can be redistributed in print or by electronic means?

There are two types available – copyrighted materials (available for free for personal use through the OA bookstore) and historical literature that has been discontinued by the bookstore due to low sales. The historical materials will not be reviewed or updated, but they can be shared – in digital and print form!

Copyrighted Materials – Free downloads from the OA Bookstore (for personal use only):

- OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities (#120)
<https://bookstore.oa.org/images/OA%20Handbook%202019.pdf>
- Seventh Tradition of OA (#802DD)
<https://bookstore.oa.org/images/SeventhTraditionPamphlet.pdf>

Historical Materials – Free to download and distribute digitally or in print:

- Is Food a Problem for You? https://www.oa.org/pdfs/is_food_a_problem_for_you.pdf
- Compulsive Overeating – An Inside View https://oa.org/files/pdf/coe_an_inside_view.pdf
- Billy's Story (illustration for kids): <https://oa.org/files/pdf/BillyStory.pdf>
- OA Cares <https://oa.org/files/pdf/oa-cares.pdf>
- OA Is Not a Diet Club <https://oa.org/files/pdf/Not-Diet-Club.pdf>
- Person to Person <https://oa.org/files/pdf/108-Person-to-Person.pdf>
- Contact OA (Poster) <https://oa.org/files/pdf/ContactOA-NEW.pdf>
- Is Food A Problem for You? (Outreach Cards):
<https://www.oa.org/pdfs/Is%20Food%20a%20Problem.pdf>
- Many Symptoms (Poster) <https://www.oa.org/pdfs/Many%20Symptoms%2011x14.pdf>
- The Twelve Steps and Twelve Traditions: A Kids View (Illustration for kids)
<https://oa.org/files/pdf/a-kids-view-web.pdf>
- To the Compulsive Overeater in the Military <https://oa.org/files/pdf/military-1.pdf>
- Together We Can (Keep Coming Back!) <https://oa.org/files/pdf/together-we-can-cropped.pdf>
- Treatment and Beyond <https://oa.org/files/pdf/757-Treatment-and-Beyond.pdf>
- The Twelve Traditions of Overeaters Anonymous <https://oa.org/files/pdf/230-The-Twelve-Traditions-of-OA-2019-1.pdf>
- What If I Don't Believe in God? <https://oa.org/files/pdf/195-What-If-I-Dont-Believe-in-God-2016.pdf>

The ABCs of Self-Care

A, B, C's of self care:

A. Action, Abstinence, Affirmation, Acceptance

B. Believe, Balance, Bravery, Bath, Best I can

C. Call, Canvas Craft, Compassion, Courage, Community, Car wash, Cry

D. Decide, Dignity, De-clutter, Dye hair

E. Exercise, Email, Easy does it, Eating plan, Emotions

F. Forgive, Feel Feelings, Flowers, Fun, Find voice

G. God, Good Orderly Direction, Gratitude, Giggle, Go for a walk

H. Honesty, Humor, Hel someone, Health care, Higher Power, Heat, Happy dance

I. Imagine, Inspired, Invite help, I Love You, Inventory

J. Journey, Just for Today, Joke, Join OA, J...(husband's name starts with J).

K. Kiss, Knowledge of self, Keep it simple, Kindness, Keep coming back, Kick

L. Laugh, Love, Lollygag, Laptop, Literature, Lifeline, Listen, Library, Love myself

M. Miracles, Movies, Meditate, Make phone calls, Mindlessness, Make love, not war

N. Nurture, New attitudes, "No", New friends, Nutrition, Nap, Nature walks

O. Open-mindedness, Organize, Outreach, Open to Higher Power, Off my rocker

P. Powerless, Play music, Play, Physical, Pick up Phone, Pray, Produce, Put myself first, Pause, Peace, Patience, Progress

Q. Quiet time, Questions, Quest, Quit going to the food, Quit fighting it

R. Read, Rest, Relax, Run, Rowdy, Ride bike, Remember, Radiate joy

S. Service, Serenity, Surrender, Stay focused, Sponsorship, Smile, Steps, Smell roses, Stop, Snow

T. Telephone, Text, Tenth step, Tools, Twelve steps, Today, Talk things out, Talk and listen, Tiptoe

U. Unmanageable, Unwind, Unconditional, be Uncomfortable

V. Vegetables, Voices of Recovery, Visit a good memory, Vigilance, Vulnerability is OK, Voice

W. Whatever it takes, Willingness, Writing, Walking, What's eating me?, Wake up, 12th step Within

X. eXtra lengths, eXtra lean, eXpect miracles, Xylophone, X-rays, eXercise

Y. Yack on phone, Yahoo group. Yahoos, Yield, Yoga, Yes, Yellow sunshine

Z. Zzzzz (nap), Zoo, Zoo lights, Zip my lip, act as Zif, get a Zif

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<https://oa.org/app/uploads/2019/12/Portland%2012-Step%20Day.pdf>

Third Step Prayer

God, I offer myself to Thee to build with me and do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

Virtual Workshop

Sunday, June 14, 3:00-4:30 pm

**Topic: Recovery Through Grief and
Traumatic Times**

Hosted by OA's Virtual Region

Come join us as we hear from our panel of three members who will share their experience, strength and hope on how the Overeaters Anonymous Twelve Step Program helps them stay committed to abstinence and recovery through grief, illness, the pandemic, chaotic times and other struggles in life.

We will hear from 3 members for 10 minutes each. Questions for the speakers and open sharing time to follow.

7th Tradition: Suggested Donation \$5

Date and Time:

- Sunday, June 14th 3-4:30pm (*arrive 15 min. early for basic Zoom orientation!*)
- To join by computer, tablet or smartphone, click the link below or open Zoom and use: Meeting ID: 891 6554 0024 and Password: 120912
 - <https://us02web.zoom.us/j/89165540024?pwd=eXZWSUNNdVhtZ3hHZHZJY2RRejkzdz09>
- To join by phone, +1 301 715 8592 and enter Meeting ID: 891 6554 0024 and Password: 120912 when prompted

FOR MORE INFORMATION:

- (Lisa) workshop@oavirtualregion.org
- (Carolyn) vicechair@oavirtualregion.org
- <https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

**Listen to Recorded Workshops
from OA's Virtual Region**

Visit <https://oavirtualregion.org/news-events/events/vrworkshops/virtual-region-podcasts/> for recordings of past workshops

Workshop Topics Include:

- Utilizing an OA Toolkit in a Virtual World
- Spring Cleaning "Inventory and Appraisal"
- Transitioning Face-to-Face Meetings to Virtual + OA Traditions
- Attending a Meeting in Zoom (Basic Virtual Training)
- Body Image
- Men in OA (2 different workshops)
- Newcomers
- Service and the Twelve Steps Within
- Recovery through the Holidays
- Steps 1-6
- Steps 7-12
- Sponsorship
- A Day in the Life of OA
- How to Deal with Disruptors

Second Sunday Virtual Workshops

Hosted by the Virtual Region from 3:00-4:30pm on the 2nd Sunday Every Month,

For info, visit:

<https://oavirtualregion.org/news-events/events/vrworkshops/workshops/>

Future topics Include:

- Acceptance
- New Sponsors
- 19 Symptoms to Relapse
- Demystifying OA's Service Structure
- Abstinence and Keeping It
- Young Persons in OA

Share Your Stories with Lifeline!

The WSO staff creates Lifeline from OA members' letters, artwork and photos (no faces, please!). Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating and compulsive food behaviors. Send your submissions by email to or by mail to Lifeline, PO Box 44727, Rio Rancho, NM 87174-4727 or email info@oa.org with the subject "Lifeline."

Upcoming deadlines & suggested topics are as follows, or go to oa.org/documents under "Lifeline" for a full list of 2020 Lifeline topic suggestions and deadlines:

June 15 (October Issue)

- Slogans and Other Words of Wisdom: How have slogans and other words of wisdom, whether from OA literature or members, helped keep you in recovery? What words stay with you? What words are so good you pass them on to others?
- Feeling, Dealing and Healing: How have you processed strong emotions after finding abstinence? How did you work the Steps to overcome denial or find forgiveness? How has taking a daily inventory helped change your thoughts and habits? What other lessons have you learned in your emotional recovery?

July 15 (November/December Issue)

- International Day Experiencing Abstinence (IDEA) and Twelfth Step Within Day: Help us celebrate IDEA this November 21–22 and Twelfth Step Within Day on December 12 by sharing your story about how abstinence or Twelfth Step Within service has made a difference for you.
- My Recovery Miracle: We often say, "Don't leave before the miracle happens!" Share the story of your recovery miracle. How long did it take? Was it a recovery milestone? HP stepping in? A gift of desperation? What turning point brought you to seek help or took your recovery to the next level? What has your miracle meant to you?
- 55 Years of Lifeline: A Retrospective: Let's bid Lifeline farewell in our final issue. How has Lifeline supported your recovery? Together we can commemorate Lifeline's contributions to our Fellowship!

Departments (Recurring Monthly Segments)

- Focus on the Footwork (NEW!): Share how you work your program of recovery.
- Ask-It Basket: Read trustee responses to questions from OA members.
- Bits and Bites: Send in your short inspirational quotes and bits of recovery wisdom.
- Stepping Out, Living Traditions, Service and Recovery, and The Spiritual Path: Share about the month's Step or Tradition or send a story about service or connecting with your HP.
- Newcomers Corner: Newcomers, share your OA experiences and concerns.
- Share It: Letters to the editor - runs only if sufficient material is available.

Other guidelines and info about Lifeline submissions:

Lifeline accepts artwork and photos (no faces, please) for publication. Credit lines and rights to submitted work apply equally to articles, artwork, and photos. The WSO does not return submitted materials. Lifeline may edit articles and crop photos. Lifeline promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers.

Indicate the topic and month for which you are submitting the article. Typed letters sent by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print.



**The Virtual Region
of Overeaters Anonymous**
An Invitation to You...

MANY LANGUAGES~ ONE VIRTUAL RECOVERY

**Sunlight of the Spirit
Webinar Room**

Featuring 6 Keynote Speakers
Multiple audio channels with real-time language interpretation

**Beyond our Wildest Dreams
Large Meeting Room
& Virtual Breakout Rooms**
Twenty five global workshops
over two days

First Virtual Region Convention

Saturday, June 20, 2020

9 AM - 11 PM EDT

Sunday, June 21, 2020

6 AM - 8 PM EDT

(All times GMT-4)

Registration open

May 25 – June 18, 2020

<https://oavirtualregion.org/conv2020>



Service needed:
Please contact vrconvention@oavirtualregion.org



2020 CONVENTION

ANCHORS AWEIGH!

Registration Info

\$45: Early Registration until 8/31/20

\$55: Regular Registration until 11/5/20

\$65: Onsite Registration (limited meals)

Limited scholarships may be available. Contact Registrar.

Hotel Info

Holiday Inn Oceanfront

6600 Coastal Highway | Ocean City MD 21842

Rooms are \$84 per night/double occupancy.

Mention "OA Convention" to receive the group rate.

800-837-3588

www.HolidayInnOceanFront.com

Contact Info

Convention Chair (Amy):

conventionchair@oaregion7.org

Registrar (Leslie):

registrar@oaregion7.org

Refund Policy:

A written request for a refund of a registration fee, less a \$10 processing fee, will be honored if received or postmarked at least 30 days prior to convention.



*Letting go of what no
longer serves us*

**NOVEMBER 6-8, 2020
OCEAN CITY, MD**

REGISTER

WWW.OAREGION7.ORG





Every "2nd Sunday of the Month" 3–4:30pm

EDT Eastern Daylight Time until Nov 1 (GMT–4/UTC–4)

EST Eastern Standard Time Nov 1 to December (GMT–5/UTC–5)

e–WORKSHOP *series*

UPCOMING TOPICS

- 6/14 Recovery through Grief and Traumatic Times
- 7/12 ACCEPTANCE is the answer to all my problems today
- 8/9 New Sponsor Workshop
- 9/13 19 Symptoms to Relapse
- 10/11 Demystifying the OA Service Structure
What is the inverted Pyramid?
- 11/8 Abstinence and Keeping It – the difference between abstinence and a plan of eating
- 12/13 Young persons in OA



VIRTUAL REGION WORKSHOP ROOM

<https://zoom.us/j/557696207>

One tap mobile:

+17207072699,, 557696207# US or

+16465588656,, 557696207# US (NY)

(Meeting ID: 557696207)

PASSWORD 120912

FOR MORE INFORMATION

oavirtualregion.org/events/workshops/

email: (Lisa) workshop@oavirtualregion.org

(Carolyn) vicechair@oavirtualregion.org

Suggested workshop contribution \$5 oavirtualregion.org/region/seventh-tradition/

