

# TOGETHER WE CAN

Publication of Metro DC Intergroup of Overeaters Anonymous ♦ August 2013

Here's our re-newed Newsletter, made possible by a team of OAer's! Please let us know what kinds of articles, cartoons, memoirs, pictures, poems, diagrams, and prayers you would like to see in future newsletters! We want to publish items that will support you in your OA program; and we hope you will share your experience, strength and hope with others. Send it to:  
[newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)

**NEXT NEWSLETTER DEADLINE:  
SEPTEMBER 15, 2013**

## INTERGROUP MEETINGS

Holy Cross Hospital, 12:30-2:30  
----- Bring your lunch if you wish-----  
Second Sunday monthly  
1st floor meeting rooms  
(Double check on the website)

August 11 EDU 2  
September 8 EDU 2  
October 13 AUD A  
November 10 SILVER SPRING LIBRARY  
December 8 AUD B

## No Longer Hiding

*I am sick and tired of hiding  
Done it for so long  
Was so much safer that way  
Didn't have basic tools for relating  
Was like an animal  
Hiding for cover  
For survival  
So sad  
I hated myself  
My body  
My feelings  
My spirit  
Covered with all kinds of stuff  
Up in my brain  
My poor brain  
Trying to make sense  
Out of insanity  
What an exercise in futility  
I didn't know  
I had nothing else  
Now I do  
Now I know I am loved  
By something greater than myself  
That my body is valued  
No matter how big or small  
No matter the shape of this part  
Or that part  
It doesn't matter anymore  
No more cutting off body parts  
No more separation of my head and heart  
To think I am improving my worth  
As a human  
As a child of god  
Now I want to care for my whole being  
I want to be free of disease  
I want to feel good in my body*

*Good about my body  
I want actually to take pleasure  
In my body  
To feel pleasure in my body  
To allow it to feel attracted  
To allow attraction to occur  
Instead of hiding and covering up  
I want my body to shine light  
Instead of darkness  
I want to allow it to speak in ways  
It hasn't been allowed  
I want to be free and allow my spirit  
To soar  
Watch out  
Because the light will be bright  
Coming from the darkness  
Will probably need sun glasses  
How can I allow my body to shine  
How can I allow my body to be seen  
How can I allow my body  
To speak of beauty to others and to me  
How can I come out of hiding  
My body my mind my spirit  
Can I actually treat my body  
As though it is beautiful  
Can I actually adorn it with colors  
Textures  
Sparkles  
Can I enjoy my body and  
Allow others to do so as well  
Let me be safe  
Let me be protected  
And Dear God  
Let me be free  
Now and forever*

Katrina B.

## ***Tradition 5 of Overeaters Anonymous:***

Each group has but one primary purpose -- to carry its message to the compulsive overeater who still suffers. If you are interested in helping carry the OA message in our local, the Outreach Committee for the Washington DC Area OA Intergroup has service projects!

We are looking for individual volunteers to take on short-term outreach projects. We are also looking for meetings whose members would like to take on a group outreach project.

You do not need to attend an Intergroup meeting to give service through the Outreach Committee.

If you are interested in learning more or have questions, please contact us at:

[outreach@OA-dcmetro.org](mailto:outreach@OA-dcmetro.org)

See the Washington DC Area OA Intergroup website for more news and information about your local Intergroup and OA resources:

<http://www.oa-dcmetro.org/>

We are here for you!

With Peace and Joy in Service,

Linda L.

Outreach Chair

Washington DC Area Intergroup

## **Literature Corner**

Here is the first entry for the Literature Corner of our renewed newsletter. Please use this space to bring forward some meaningful OA or AA literature and your comments/writings. Please be sure to give a complete citation, like the example below. The newsletter team will arrange copyright permissions as needed for the particular quote.

Abbie B.

...my sister chose to send me a clipping from a Sunday-school paper. No letter, just the clipping: "Pray with disbelief; but pray with sincerity; and the belief will come." \*

I love this message, given to me, Abbie the non-believer, the doubter, the one who provokes a fight. It dares me to bring my defiance into prayer, to bare my fierce negativity, distrust, and lack of hope. It tells me that prayer doesn't require belief, just that I tell the truth. It comforts me with the message that it is okay to be myself. Be honest and I'll be alright!

Oops, I'm preaching. But I was often filled with fear and obsession those early years in program. The pink cloud was gone, and fear and depression had returned. Very ugly. At the time I believed that abstinence would take away my emotional pain, and that my difficulties would end. I left program and had an 8-year relapse. Today I feel that my brutal honesty was and is okay, accepted by others' compassion. I feel safe to be me, in the arms of my higher power. Sometimes the doubter and rebel return, but I always know I can reach out in prayer and I will be comforted.

(This particular copy is meaningful to me. I recall bringing it into the bathtub, and drying the soaked pages for continued use. And it is still here for me, after I went out and returned.)

\*Copyright © Came to Believe, A SPIRITUAL AWAKENING, "The Belief Will Come," p. 47.

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*I've been coming around the rooms since October 2012, and I'm still struggling to stay abstinent. The Big Book says that it is progress and not perfection that gets an addict to recovery. I know that even when the world around me instills feelings of anxiety and fear, the safe place is OA. The safe ones to talk to are you, my fellows, and God, my Higher Power. Sometimes I wish I could be in the rooms 24/7 to stop my compulsive overeating. One thing that I've found to help me bring the rooms into my own home is a daily gratitude list amongst myself and other OAs. In the morning and throughout and every day, I receive messages of ESH and a genuine thankfulness for all that God has blessed us with. It is practices like these, and people like you, that keep me coming back week after week.*

Emily B.

AA was the first Twelve Step program, started in 1935 by Bill Wilson (known as Bill W.) and Dr. Robert Smith (known as Dr. Bob). Our Overeaters Anonymous philosophy, the Steps and Traditions, are based on those of Alcoholics Anonymous. The Promises come from the BIG BOOK of AA (the blue book with stories), from pages 83-84. If you read The Promises at your meeting, AA has asked that you read them directly from the Big Book, rather than from a copy printed on paper.

Sealani W.

## QUESTIONS TO PONDER AND MAYBE WRITE ABOUT – AND SEND HERE:

1. How has working the steps made a difference in my program – if anyone has the experience of not actively working the steps and then doing so.
2. My relationship to my Higher Power - what does it/he/she look like, feel like, - how HP informs my food choices.
3. Focus on how we got through a traumatic experience that would have driven us to overeat in the past, and how we did it abstinently. For instance, the death of a parent, job loss, divorce, lawsuit, car accident. (You can ask people you know who have gone through this if they would like to write, or interview them.)
4. Why I go to meetings, and why the sharing guidelines, “experience, strength, and hope”, and no cross-talk.
5. OA as the most important thing in my life, without exception.
6. What does the AA Big Book have to do with me and OA?

Feel free to respond to any of these in writing and send it to the newsletter.

Here is the email address: [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)

**My discipline.** Those words, for me, are unfortunately fraught with negative meaning. For me the word discipline is a bad word. Through the years I realize that I have replaced it with the word willingness.

Why is it a bad word? Because, for me, discipline is driven by my ego, and I could never live up to the demands. Oh yes, I would become organized and “disciplined” and manage my life perfectly for short periods of time. During these times, I could sit in judgment of others: He should do this; she should do that; they should be more like me; I’m right; you’re wrong. Then I would do something less than perfect—eat a bag or box of something; not clean my apartment leading to eating a bag or a box of something; not follow through on a promise—more food. You get the picture.

Then my ego got to beat me up. I was undisciplined with no willpower—a real loser. All this leading to “what’s the point; I’ll just do what I have to do to get by and eat the rest of the time.”

My time in OA brought me to the word willingness, and my 20 plus years in Unity taught me how to use and be comfortable with the word.

This brings me to the word surrender. I have learned in OA that we become willing through surrendering to our highest good, and that, for me, requires vigilance. Or perhaps we need willingness to surrender. Which comes first, the chicken or the egg? It’s not important, and—even though it’s not important—I still find myself worrying about whether or not I’m doing it right! What does it matter as long as I’m “doing it.”

I have experienced—and continue to experience—the type of spiritual awakening talked about in appendix II in the Big Book. It’s the awakening that occurs when you realize that nothing in your life has changed (you have the same job, family, house, friends) and yet, you yourself are transformed, and everything seems new and wonderful.

I believe this happens many times as we peel off different layers of armor and become open and vulnerable to experiencing the wonder, grace, and beauty that we are. I have often referred to this as the hard-won miracle. It’s what I’m working on now—peeling off another layer to quicken my connection to God and experience the joy and peace that comes with that new level of awareness.

I am blessed by the power of the OA program and the presence of my OA friends, and I wish you the same blessings on your journey.

## WHAT’S NEW WITH IG?!?

We have many exciting changes that have already taken place and will continue over the next few months. We have a new IG board (we still have Vice Chair and Recording Secretary open), committee chairs, newsletter editor, and new events planned! **If you haven’t heard, the OA preamble has changed: *Our primary purpose is to abstain from compulsive overeating and to carry this the message of recovery through the Twelve Steps of OA to those who still suffer.*** When reading the Preamble in OA literature, please note this change to the last sentence. This change will be incorporated as OA literature is reprinted. **Looking of ways to be of service?** Help carry the message of recovery to those still suffering in and out of the rooms! Volunteer to be an IG rep for your meeting, serve on a committee, or help out with a project. No abstinence requirements for service! I am looking forward to a fun and recovery focused year as your chair. Please feel free to reach out to me personally with any ideas, comments, or feedback. - Sabina G. [sibgrandin@yahoo.com](mailto:sibgrandin@yahoo.com)

Cheryl W-C.  
June 2013

JOIN DC AREA METRO GROUP FOR A WORKSHOP ON:

# SPONSORSHIP



**“What Can Sponsorship Do for Me, and  
What Can I Do For Sponsors And Sponsees?”**

- ◆ A three person panel will discuss a range of sponsorship topics
  - ◆ A writing and reflection period
- ◆ Q & A workshop to practice being a sponsor and sponsee

**Sunday, September 29, 2013**

**1:00 PM – 3:30 PM**

**Holy Cross Hospital,**

**Room EDU 2**

For further information or to volunteer to help, please contact:

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