

Together We Can

a publication of the D. C. Metro Overeaters Anonymous Intergroup

August 2015

GOD ONLY HAS TWO ANSWERS

I got some disappointing professional news yesterday. But years of practicing these principles helped me cope with my sadness. I'm so grateful to OA and all our slogans! I had applied for a prestigious fellowship that would add a nice bump in my salary with only a few added responsibilities. I applied, thinking, "If I get it, nice. If not, it wouldn't be the end of the world."

I've been coming to these rooms since early in 2010 and the impact it has had on my professional life is truly immeasurable. Early in the program, I had to resign from my first position because I could not handle the responsibilities. I have since worked for 4 consecutive years in my profession, and program keeps helping me improve at my craft.

When my phone dinged with an e-mail message from the fellowship's director, my heart clenched. I thought, "Oh my, I didn't realize I was that invested in the outcome. I hope I got it!" I clicked open the e-mail and quickly found out I had not made it into the fellowship. I was disappointed. Here's where my mind went first:

*-But I have more experience than some of the other people who have been accepted!
-Everyone else with my background in this profession who has applied has received it. Why didn't I?
-Oh, the director just doesn't like me; I'm sure she had the final say.
-All my friends will earn so much more money than me now.*

I knew what I had to do, so I bowed my head and asked my higher power to take this issue from me; I couldn't control this decision or my reaction. Here's where my mind went next:

*-Thank you God, that all of my needs are met. Even without this fellowship, I have a good position and earn more than enough money to meet my needs.
-To compare is to despair.
-Your troubles are of your own making.
-Pray for the director, and for this organization.*

-God only has two answers: "Yes" or "No, but I have something better."

-More will be revealed.

-I'm so glad I can tell that I'm sad right now and that I can ask for help.

-What can I do for someone else right now?

When thoughts about this decision creep back into my psyche, I ask for my higher power to take it from me. I don't know where else I would have learned how to cope with life the way I have learned in these rooms. I try to imagine what my reaction would have been before program and know that it would have involved a whole lot more food and a much larger chip in my shoulder. I would have carried that decision around on my body and in my mind. Thank you, thank you, thank you, Overeaters Anonymous for teaching me how to have a working relationship with my higher power. I am so grateful.

Molley K.

SURPRISE!!!

Imagine my surprise when I was sitting in my Sunday morning meeting with my journal open, a letter appeared on the page from my disease.

Dear Peggy:

On some days, you are such an easy target. I love taking over your life, taking away your spiritual program, your physical exercise, and making you a real annoyance to yourself and others. There are times when you don't challenge me at all and I can make your day MISERABLE!! Every day is different depending on your spiritual condition.

But today I am having a hard time taking over your life. You are working your program: Going to a meeting, going to intergroup, even though it is not your favorite thing to do, journaling, and making outreach calls. These days are so annoying to

me. When you focus on your program, I have nothing to do and I become miserable.

Every day I will check you out. I win on those days that you don't work your program and you win on the days that you work your program.

If there are too many days in a row that you work your program, then I am moving on. But I won't ever be too far away.

Fondly,

Your Disease.

So tonight I responded to this letter.

DEAR DISEASE:
WELL, YOU THINK YOU MAY HAVE ME SOME DAYS, BUT YOU ARE NEVER HERE FOR LONG. ONE DAY AT A TIME I WORK MY SPIRITUAL PROGRAM, ALONG WITH MY HP, THE STEPS AND THE TOOLS THAT CAN KEEP YOU AWAY ON A DAILY BASIS.

YOU ARE OUTTA HERE!!

PEGGY

REGION 7 SPRING ASSEMBLY REPORT

First, I am thankful for the opportunity to attend the Assembly and represent the D.C. Metro Overeaters Anonymous Intergroup. I had no idea what to expect or what I was getting into when I attended the Fall Assembly. I thought that was a one-time trip, and I volunteered for what I considered a one-hour commitment to take notes for the Convention Committee. After I returned from Fall Assembly I volunteered to fill a vacated position as Chair of the Outreach Committee. I requested re-assignment from Convention Workshop to Outreach Workshop. Turns out that I am serving a two-year term as Secretary to the Region 7 Convention Committee, and that takes precedent over whatever I choose to do on a local level. That was my first lesson.

My next revelation was the tradition about "we are not organized." As individuals, we may or

may not be organized, but at Region 7, I assure you, the Board Members are extremely organized and informed. They welcome newcomers and are kind and patient mentors, yet they are flexible enough to adapt when technical issues or conflicting schedules or room assignments pop up. The work they do in anonymity is extremely time-consuming and often tedious, but it is all needed to make our IG and each of our chapter meetings successful. I am grateful to each of them.

Each of the committees does amazing work. My personal favorite presentation was Sunday morning from the Unity Committee. The takeaway for me is that we are all "OA". Whether we attend Big Book, HOW, or Steps meetings is a matter of personal choice or convenience. The important thing to remember is that we are all pieces of OA as a whole, and our purpose is to spread the OA message of recovery to folks who are suffering outside the rooms.

I also enjoyed a training session on how Parliamentary Procedure works at the World Service Business Conference (WSBC). We all participated in a mock session to address a few of the motions that would be discussed at WSBC to prepare delegates and educate the rest of us attending the assembly. What sounded like a pretty good idea as a motion was shot to pieces when it came down to how it would affect OA as a whole, and the impracticality of actual implementation. I gained a deep respect for those who have been in this program for years and know the ropes, and a deeper respect for Robert's Rules of Order.

Newsworthy highlights from the meeting:

*Region 7 has workshops available to groups who have not had one in the last two years. Board Members can be scheduled to come out to present on Service, Traditions and Concepts.

*The Outreach Committee has an information board and banners that can be rented for health fairs and trade shows. Information on scheduling and rates is available on the Region 7 website.

*The theme of the 2015 Region 7 Convention is, "**3 A's of Recovery: Awareness, Acceptance, and Action.**" It will be held at the Aspire Hotel

and Suites in Gettysburg, PA from November 13-15. Room rates are \$106/night. Registration is \$35 until October 1st, \$45 thereafter. Lunch and dinner buffets are an additional \$50.

*Contribute to Region 7, 7th Tradition online: <http://www.oaregion7.org/Contributions-Page/> .

*There is an online training class available to new Treasurers on the Region 7 website.

*Outreach Committee has made \$100 available to our Intergroup for outreach projects.

*A Google Group was formed for men in OA. It currently has about 85 participants. The email address is: OA4men@oabrandywine.org . They meet from 7-8 p.m. every Tuesday evening. Call information is 1-712-775-7031 Meeting ID-242990669# .

Karen N.

INTERGROUP ANNOUNCEMENTS

Your Intergroup Inreach Committee is working to serve our Fellowship and carry the OA message by developing a Speaker List and a Sponsor List!

Keep an eye out for forms to fill out at your face-to-face meeting. The forms were shared with Intergroup reps at our July 12th meeting. If your group does not have an Intergroup rep you can get information and a copy of the forms by contacting the Inreach Committee Chair, Jen R. at: inreach@oa-dcmetro.org .

Save this date - September 27th – for a workshop - *Living Your OA Program*. See the flyer on the back side of this page. For details and to help with the workshop, contact Linda S. at 301-641-9508 or lindas@capaccess.org .

Interested in service beyond your face-to-face meeting? Our Intergroup has openings for several service positions: Corresponding Secretary, Treasurer, Ways and Means Chair, and Events Chair. For information about these positions, contact chair@oa-dcmetro.org .

Want to know what events are happening in and outside of the DC Metro Area? Your Inreach Committee has compiled a month-by-month list of local events in our OA Region 7. Watch for event bulletins coming to a meeting near you. Print a few copies to distribute to others. If you'd like to add an event, contact Jen R. at 609-923-2808.

Looking to try a new OA meeting? Meetings needing support:

Wed. 12:30pm St. Luke's Silver Spring

Tues. 7:30pm Westside Big Book Step

Fri. 7pm College Park Writing

THINK AND OTHER SLOGANS

Slogans are an easy way to get a quick dose of program. In addition, using the first letters of each word makes nice computer passwords that are easy to remember.

"One Day at a Time" and "Just for Today" remind me that I can take everything in small bits. This approach creates manageability. Sometimes I amend this to one hour at a time or even one minute at a time.

"Easy Does It" advises me to not be so hard on myself. "Let Go and Let God" encourages me to include the Higher Power in decisions, situations, challenges and relationships. "Listen and Learn" suggests that I slow down my racing thoughts and get some new ideas.

"First Things First" instructs me to do what is most important first. For me this is pray. It certainly helps with my unending "to do" list! "How Important Is?" helps me attune my attitude and focus. I can stop in the middle of a stressful situation and judge whether this is worth my time and energy. This helps me stay in balance.

"Live and Let Live" is a helpful tool for separating myself from another person and that person's choices. "Attitude Follows Action" means practice using a tool and that can change my state of mind.

The phrase "Progress not Perfection" comes from the Alcoholics Anonymous "Big Book" in the "How It Works" chapter on page 60 (third edition). "The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection."

Think is self-explanatory. And when I stop to use a slogan, I get better.

Hannah G.



LIVING YOUR OA PROGRAM

Workshop – Sunday 9/27/15

1 – 4:30 PM

Holy Cross Hospital, Physicians Dining Room

1500 Forest Glen Road, Silver Spring, MD

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REGION 7 SPEAKER, SKITS, PANEL



Suggested donation -- \$5

Volunteer to help with skits or be on panel or help with logistics !!!

[contact Linda S. at 301-641-9508 or lindas@capaccess.org]



Service serves us!



sponsored by DC Metro OA Intergroup