

## **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](mailto: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](mailto:DCmetro-OAIG+subscribe@groups.io)
- After joining, email [DCmetro-OAIG@groups.io](mailto:DCmetro-OAIG@groups.io) to contact the rest of the group

## **Ordering Literature?**

The Literature Coordinator has OA literature available for purchase, so you can save time and reduce shipping costs. For information, Contact the Literature Coordinator: [literature@oa-dcmetro.org](mailto:literature@oa-dcmetro.org).

## **Local Meeting Announcements**

Find the latest list of local meetings at [oa-dcmetro.org](http://oa-dcmetro.org), including lists of temporary virtual (e.g., phone) meetings!

**1) NEW! Newcomer Introductory Meetings (informal Q&A; returning members welcome) On the 1<sup>st</sup> & 3<sup>rd</sup> Mondays of every month, from 6:45-7:20pm (see flyer)**

- Zoom link:  
<https://us02web.zoom.us/j/83354523860?pwd=TnVuNitQYUd3b3BHR2crMTBVMHVmUT09>
- Dial-in:
  - [+13017158592](tel:+13017158592), [83354523860](tel:+183354523860) US (Germantown)
  - 1-301-715-8592
  - PIN: 833 5452 3860
  - PW: 804478

**2) The Sunday 6pm meeting (normally in DC) has updated meeting info:**

- Zoom link:  
<https://zoom.us/j/86978844293?pwd=ZVlpb3AvWldwZDV2amhDZVZDdTJVdz09>
- Dial-in:
  - 301-715-8592
  - PIN: 869 7884 4293
  - PW: 452573

**3) The Wednesday 6:45pm meeting (normally in DC) is temporarily focused on Body Image, Sexuality and Relationships and is reading through and sharing on the new OA book with the same name.**

- Zoom Link:  
<https://zoom.us/j/460330668?pwd=MjVnSVI1aWJIWHJzb0ZoQzdFRGw3QT09>
- By phone:
  - Dial: 301-715-8592;
  - PIN: 460 330 668;
  - PW: 14192020

Have a new info about a meeting? Email [whereandwhen@oa-dcmetro.org](mailto:whereandwhen@oa-dcmetro.org) to make updates!

### **Carrying the Message Committee**

Thanks to many, we are making progress with our primary purpose- carrying the message. Our literature and steps are clear that abstinence is a gift and one of the ways we cherish and protect it is by giving it away thru service.

Here are a few ways the Carrying the Message Committee is inviting you to consider giving service:

1. Continue to announce the twice monthly Newcomer Q&A held 1st and 3rd Monday at 6:45. It is informal and newcomers and returning members are encouraged to come more than once. Encourage newcomers and returning members to attend.
2. Come to a Newcomer Zoom and share your experience.
3. Are you Spanish speaking? Consider working with the People of Color outreach group to explore starting a zoom meeting for Spanish seekers.
4. Are you organized and looking for a task you can do every week to help carry the message. Be part of our effort to increase visibility thru announcements, ads and social media?
5. If interested in people of color zoom meeting and haven't completed the survey, complete the survey and join the People of Color discussion this Wed at 6 on zoom. Contact Ginea B for details.
6. We are also looking for members under 30 or 35 or so who are interested in starting a zoom meeting for young people in OA and members who would like to work with Pamela who is looking to better serve members of the deaf community.

Thanks for all you do to make sure OA is there for those who are looking for help. And for considering becoming involved in one of the many ways that are possible.

For more information or to talk about getting involved, I can be reached at 240-305-3433 or [thadamsjr@gmail.com](mailto:thadamsjr@gmail.com).

### **Body Image Workshop**

What: A workshop featuring a panel of speakers invited include OA fellows from Los Angeles, New York and around the country!

Why: Hear from speakers on how they use the tools, steps and principles of OA to work through their body image challenges. Body image affects people differently; in OA, we share our experience, strength and hope offering inspiration for others with similar thoughts, feelings and behaviors. Body image could represent how we perceive and reflect ourselves to be – physically, mentally and spiritually.

When: Saturday, Sept 26, 1pm-2pm

Where:

Zoom:

<https://zoom.us/j/86534987214>,  
Password: 521371

Dial-in: (301) 715-8592

Meeting ID: 865 3498 7214  
Password: 521371

Questions? See enclosed flyer or call/text Debbie D., Inreach Chair, OA DC Metro IG. 202-271-9301

***Keeping it really,  
really simple...Good  
Orderly Direction.***

***If the only thing I can  
do today is be  
abstinent - that is  
enough.***

### **Service Opportunities**

Help support OA in the DC metro region with service to the Intergroup. We meet each month from 2:00-4:00 pm on the second Saturday of the month (**NEW DAY & TIME!**) 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
- Corresponding Secretary
- Outreach Committee Co-Chair

To express interest or suggest someone, please contact the Intergroup at 202-854-8462 or email [answeringservice@oa-dcmetro.org](mailto:answeringservice@oa-dcmetro.org)

### **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](mailto: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!

***Do we come here to argue or do we come here to get well?***

### **Send 7th Tradition via PayPal**

Did you know you can use PayPal to send 7<sup>th</sup> Tradition contributions to Intergroup? Visit <https://www.oa-dcmetro.org/about-our-seventh-tradition/> to learn more.

### **New Member Shares**

"I can clearly remember my frame of mind the first time I attended an OA meeting. I had absolutely no idea what OA was about, or how or why it worked. Most importantly, I wasn't at all sure I belonged there. I wasn't sure I fit the profile because of my own initial misgivings, I find I am always conflicted when I have an opportunity to speak with newcomers. I don't want to overwhelm them with too much advice, information, and suggestions (and perhaps scare them away). On the other hand, this program has been such an unbelievably positive, healing, loving, and transforming factor in my life—I must fight the urge to tell newcomers all the familiar yet true slogans of OA: 'Fake it till you make it;' 'Take it one day at a time;' 'We'll love you until you learn to love

yourself;' and 'This too shall pass.' But I don't tell them all at once, because I don't want to overload newcomers with too much information."

"Instead, I think I'll stick with offering the one piece of advice that was given to me way back at my very first meeting—the one that made all the difference to me: 'Just keep coming back.'"

— Edited and reprinted from The Butterflyer newsletter, Chicago Western Intergroup, July 2009

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Find more New Member Shares Stories at <https://oa.org/new-member-shares/>

## **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](mailto: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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### **OA is on Facebook & Instagram!**

Overeaters Anonymous has expanded its social media presence. Get a bit of OA inspiration or program wisdom—follow OA at

[https://www.instagram.com/overeatersanonymous\\_official/](https://www.instagram.com/overeatersanonymous_official/) and at

<https://www.facebook.com/overeatersanonymousofficial/>

For OA guidelines on anonymity in the digital world:

<https://oa.org/guidelines/guidelines-guidelines-for-anonymity-in-the-digital-world/>

“Identify, don’t compare” is common sense wisdom for many members. Often the “Power greater than ourselves” referred to in Step Two is the power of seeing a whole group of people who are recovering from this disease.

- What If I Don’t Believe In God?

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<https://oa.org/app/uploads/2019/12/195-What-If-I-Dont-Believe-in-God-2016.pdf>

### **Member Experience, Strength & Hope**

“The end result for anyone who works the Steps is increased self-esteem. The Twelve Steps are, indeed, more powerful than the disease.”

– Lifeline, June 1986

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<https://oa.org/working-the-program/strength-hope/>

### **Recovery Slogan**

Remember that if you're struggling, give up the struggle. If you are fighting, get out of the boxing ring. It isn't about winning the battle, but being free of the battle you are never going to win.



### **Lifeline Sampler in Print Again**

Available only as an e-book since early 2018, Lifeline Sampler is now available in print again. A collection of more than 200 stories selected from Lifeline magazine, this beloved OA book features member stories on such topics as abstinent living, Steps and Traditions, spiritual insights, relationships in recovery, food and weight, slips and relapse, and more. Find the print edition of Lifeline Sampler solely at Amazon. Go to [amazon.com](http://amazon.com) and enter <https://amzn.to/2NM4vgW> in the search bar. Choose "Paperback" to order.

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

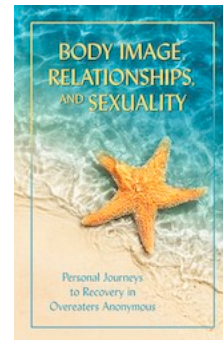
Visit <https://oavirtualregion.org/news-events/events/vrworkshops/virtual-region-podcasts/> for recordings of past workshops

#### **Workshop Topics Include:**

- Acceptance
- Recovery from Relapse
- Utilizing an OA Toolkit in a Virtual World
- Spring Cleaning "Inventory and Appraisal"
- Transitioning to Virtual Meetings/OA Traditions
- Attending a Meeting in Zoom (Basics Training)
- Attending a Meeting in Zoom + Using 9 Tools
- Hosting a Meeting in Zoom
- Body Image
- Men in OA (2 workshops)
- Newcomers
- New Sponsors
- Service and the Twelve Steps Within
- Recovery through the Holidays
- Steps 1-6
- Steps 7-12
- Sponsorship
- A Day in the Life of OA (2 workshops)
- How to Deal with Disruptors (2 parts)

### **NEW BOOK! Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous**

OA's newest book—Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous—is a first-of-its-kind collection of member stories about how our disease can be deeply intertwined with the most intimate parts of our lives—our deeply held traumas, personal relationships, and changing identities. In this book, OA members share openly and honestly about their journeys, from unfulfilled—even shattered—existences to lives overflowing with the acceptance, freedom, and serenity found by working and living OA's Twelve Step program of recovery. Find [Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous \(#950/#951 box of 25\)](#) in the [OA bookstore](#).

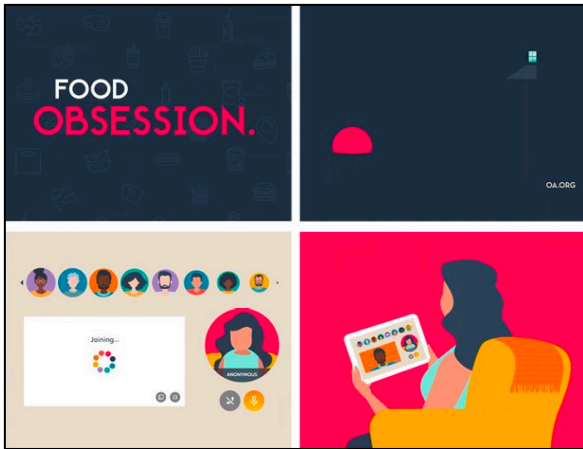


### **OA Events Page Is on Facebook**

Overeaters Anonymous Events page has moved to Facebook. Find it at: <https://www.facebook.com/pg/overeatersanonymousofficial/events/>

For OA guidelines on anonymity in the digital world: <https://oa.org/guidelines/guidelines-guidelines-for-anonymity-in-the-digital-world/>

## **NEW Public Information (PI) Resources & Videos!**



OA has developed four public information videos in [8-](#), [13-](#), [14-](#), and [60-](#)second lengths. Please share these videos with your members, groups, and service bodies. Link the videos to your websites, include them in your newsletters and at your public information events, share them with your healthcare providers. The videos are on the [Podcast](#) page under Public Information.

The page also includes Public Service Announcements (PSAs) for radio in [15-](#), [30-](#) and [60-](#)second lengths, a PSA video "[Many Symptoms, One Solution](#)", and four GIFs ("[Are You Obsessed with Food?](#)", "[Can't Stop Eating?](#)", "[What Is Overeaters Anonymous?](#)", and "[You Are Not Alone](#)")

## **'Growing Our Membership Worldwide' Workshop Added (from oa.org)**

At the 2019 WSBC, the Region Chairs Committee furthered OA's plan to encourage membership growth by presenting the Growing Our Membership Worldwide Workshop—now available for any member, group, or service body to download and use. Workshop materials include a pamphlet for attendees, a leader's guide, and questions to facilitate brainstorming. Spark your desire to spread the program of OA to potential newcomers! The workshop can be found in the document library under "Workshops and Skits."

Pamphlet:

<https://oa.org/app/uploads/2020/02/Growing-Membership-Worldwide-Workshop-Program.pdf>

Leader Guide:

<https://oa.org/app/uploads/2020/02/Growing-Membership-Worldwide-Workshop-Leader-Guide.pdf>

Participant Questions / Worksheet:

<https://oa.org/app/uploads/2020/02/Growing-Membership-Workshop-Questions.pdf>

Document Library: <https://oa.org/document-library/>



## **NEW! OA Abstinence & Recovery Definitions, Meeting Formats Updated**

Updated definitions of “abstinence” and “recovery” in Overeaters Anonymous were adopted at the 2019 World Service Business Conference. The revised policy states: The WSBC 2019 accepts the following definitions:

- Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.
- Recovery: Removal of the need to engage in compulsive eating behaviors. Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program. (Business Conference Policy Manual, 1988b [amended 2019])

OA’s Suggested Meeting Formats now include OA’s updated definitions of “Abstinence” and “Recovery”

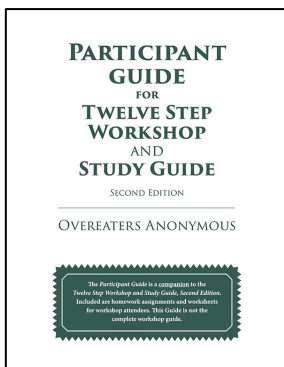
For many, hearing OA’s Suggested Meeting Format may be their first introduction to the OA Twelve Step recovery program. Give newcomers a clear understanding of our solution by reading aloud the new definitions of “abstinence” and “recovery” at your meetings using the updated Suggested Meeting Format. Find and download all of OA’s suggested meeting formats, updated with the new suggestion contribution of five US dollars (\$5) and the new definitions, in OA’s online [documents library](#) under “Meeting Formats.”

## **New: Twelve Step Workshop & Study Guide, 2nd Ed. + Participant Guide**

Newly updated with references to the OA Twelve and Twelve, Second Edition — the Twelve Step Workshop and Study Guide, Second Edition (#960-2) is our most in-depth resource for leading groups or individual sponsees on a journey through OA’s Twelve Steps to a life of recovery. This guide has leader scripts, working-the-Steps Worksheets, and selected readings from OA-approved literature. Also available on Apple iBooks, Amazon Kindle, and Barnes & Noble Nook devices.

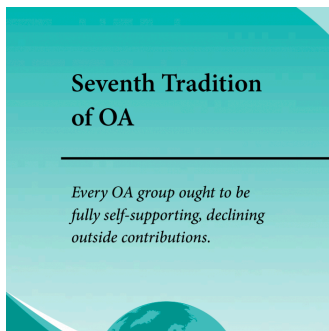
Newly available, the Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (#965) has the important pages attendees and sponsees need in order to participate in the Twelve Step Workshop and follow along with the leader. The Participant Guide includes Step Homework and Readings, working-the-Steps Worksheets, and a helpful Step Four Glossary. With the Participant Guide, workshop attendees and sponsees can focus on the Step work, without the distraction of the leader’s script.

Find both the Twelve Step Workshop and Study Guide, Second Edition (#960-2) and Participant Guide for Twelve Step Workshop and Study Guide, Second Edition (#965/#966) in the [OA bookstore](#).



**Seventh Tradition pamphlet  
downloadable and updated with  
new suggested contribution  
amount: US\$5**

In keeping with the recent Board of Trustees decision to increase the suggested contribution from US\$3 to US\$5, we have updated our free, downloadable [Seventh Tradition of OA pamphlet](#), available in OA's [document library](#) under "Treasurer Resources." It's through our contributions that we honor the Seventh Tradition "to be fully self-supporting" and thereby are able to fulfill our primary purpose "to carry the message of recovery through the Twelve Steps of OA to those who still suffer." Share the updated pamphlet at your next meeting, so that your fellow members may better understand OA's financial structure and why OA counts on your financial support.



**OA Guidance for Transitioning to  
Online Meetings**

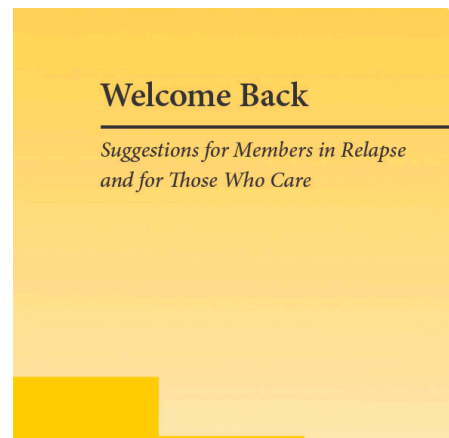
Still have questions about online meetings? Visit OA.org for a letter from the Executive Committee of OA's Board of Trustees for suggestions and guidance for transitioning to online meetings. You'll find the letter here: <https://oa.org/app/uploads/2020/06/Meeting-Transition-Guidance.pdf>

**OA.org Public Information Videos**

OA has developed four public information videos in [8-](#), [13-](#), [14-](#), and [60-](#)second lengths. Please share these videos with your members, groups, and service bodies. Link the videos to your websites, include them in your newsletters and at your public information events, share them with your healthcare providers. The videos are on the [Podcast](#) page under Public Information.

**New! Welcome Back Pamphlet  
Revised and Expanded**

Stop a relapse or reach out to a "missing face" with OA's newest pamphlet, Welcome Back: Suggestions for Members in Relapse and for Those Who Care. Combined from two OA pamphlets (Welcome Back and Members in Relapse), this new, Conference-approved twelve-page pamphlet is more comprehensive and includes "Suggestions for Members in Relapse," "Suggestions for Those Who Care," "What Helped—In Their Own Voices," space for phone numbers, and more. Look for [Welcome Back: Suggestions for Members in Relapse and for Those Who Care \(#185\)](#), with the bright yellow cover, in the [OA bookstore](#).





*The Washington D.C. Metro Area OA Intergroup presents:*

## **“Body Image” Workshop**

*A panel of speakers invited include OA fellows from Los Angeles, New York and around the country!*

*Hear from speakers on how they use the tools, steps and principles of OA to work through their body image challenges. Body image affects people differently; in OA, we share our experience, strength and hope offering inspiration for others with similar thoughts, feelings and behaviors. Body image could represent how we perceive and reflect ourselves to be – physically, mentally and spiritually.\**

**When:** Saturday, September 26 1:00 p.m. E.T. (10:00 a.m. P.T.)

**What:** One-Hour workshop, includes a panel of speakers and Q&A

**Where:** Zoom video: <https://zoom.us/j/86534987214>  
Dial-in: 301 715 8592  
Meeting ID: 865 3498 7214  
Password: 521371

**Questions?** Call/text Debbie D., Inreach Chair, OA DC Metro IG. 202-271-9301

Learn more about the OA meetings in Washington, D.C. and neighboring Maryland counties:

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





**Virtual Retreat**  
**September 25-27, 2020**

Event begins Friday, 6pm, EST

**Get your dose of recovery,  
while you Zoom from your own room!**

**KEYNOTE SPEAKERS • SPEAKER PANEL • BREAKOUT WORKSHOPS  
TALENT SHOW • FASHION SHOW • FELLOWSHIP**

**Register Here \***

Registration is open and ONLINE this year.\*  
You must pre-register to participate in the retreat.

A moderate 7th Tradition donation is requested. Details can be found on the registration page.

If you can not afford the 7th Tradition donation, please email the retreat treasurer at  
[PAIGRetreatTreasurer@gmail.com](mailto:PAIGRetreatTreasurer@gmail.com).

No transfers or refunds available on retreat registrations after 9/1/20.

If you find you are unable to attend, PAIG appreciates your contribution to help carry the message.

**NOTE: Zoom meeting access information will be emailed to registrants  
2-3 days before the retreat begins.**

## Schedule\*\*

*In an effort to ensure a smoothly-run Retreat, prompt log-in and attendance is requested for all events.*

### Friday: 6pm-9pm

- Special Zoom Attendee Onboarding Session
- Opening Remarks & Housekeeping
- Opening Speaker & Open Sharing
- Newcomers OA Meeting

### Saturday: 9am-9pm

- Four workshop tracks will be offered – Spiritual, Emotional, Physical, and Engagement.
- Main Keynote
- Lunch & Dinner Breaks
- Talent, Fashion Show, Skit

### Sunday: 9am-12:30pm

- One Workshop
- Speaker Panel & Open Sharing
- Closing Ceremony

\* If the link above does not work, please enter <https://oa-phila.org/paig-retreat-2020/> in your web browser.

\*\* Details may change. A current detailed schedule can be found online at: <https://oa-phila.org/paig-retreat-2020/>





## 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](http://www.HolidayInnOceanFront.com)*

#### Contact Info

*Convention Chair (Amy):*

*[conventionchair@oaregion7.org](mailto:conventionchair@oaregion7.org)*

*Registrar (Leslie):*

*[registrar@oaregion7.org](mailto: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](http://WWW.OAREGION7.ORG)**



**2020 OA PHONE MARATHONS**

**712-432-5200 PIN: 4285115#**  
**Meetings Every Hour, from 8 am to Midnight**

<b><u>Date</u></b>	<b><u>Holiday</u></b>	<b><u>Topic</u></b>
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 – Forgiving Ourselves and Others
Mon, 10/12	Indigenous Peoples' Day / Canadian Thanksgiving	Step 10 Spiritual Principle – Perseverance; Claiming Our Roots and Spiritual Identity Through Daily Self Examination
Sun, 10/31	Halloween	Take Off the Mask! (It's OK to Be Vulnerable)
Tue, 11/3	Election Day	Tradition 9 Spiritual Principle – Structure; Trusting Our HP and Taking Responsibility for the OA Fellowship
Wed, 11/11	Veteran's Day	From Fear to Faith to Courage
Sun, 11/17	Intl Day of Experiencing Abstinence (I.D.E.A. Day)	Tradition 10 Spiritual Principle – Neutrality; Is My Abstinence Negotiable?
Thu, 11/26	Thanksgiving Day	Step 11 Spiritual Principle – Spiritual Awareness; Alive, Blessed, Grateful
Thu, 12/10	Hanukkah	Miracles of My Recovery
Sat, 12/12	12 Step Within Day	Step 12 Spiritual Principle – Service; Am I Reaching Out To My Fellows?
Thu, 12/24	Christmas Eve	Abstinence Keeps Us Happy, Joyous and Free
Fri, 12/25	Christmas	HP is Doing for You What You Cannot Do for Yourself
Sat, 12/26	Boxing Day/Kwanzaa	Gifts of the Program
Thu, 12/31	New Year's Eve	Placing Principles Before Personalities with Tradition 12 – Spiritual Principle Spirituality
Fri., 1/1	New Year's Day	Every Day is a Fresh Start with Step 1

View the schedule (and/or sign-up to moderate) at <https://signupschedule.com/oamarathons>



*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

- 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/](http://oavirtualregion.org/events/workshops/)  
email: (Lisa) [workshop@oavirtualregion.org](mailto:workshop@oavirtualregion.org)  
(Carolyn) [vicechair@oavirtualregion.org](mailto:vicechair@oavirtualregion.org)

***Suggested workshop contribution \$5 [oavirtualregion.org/region/seventh-tradition/](http://oavirtualregion.org/region/seventh-tradition/)***





## **OA Newcomer Introductory Meeting**

- Is food a problem for you?
- Are you new to Overeaters Anonymous (OA)?
- Have you heard about OA and have questions?
- Or a returning member looking to review the basics?

### **Please attend our Introduction for Newcomers Meeting**

When: The 1st & 3rd Monday of every month, 6:45 pm to 7:20 pm  
(July 6 and July 20, August 3 and 17, September 7 and 21,  
October 5 and 19)

Join by Zoom or by phone:

<https://us02web.zoom.us/j/83354523860?pwd=TnVuNitQYUd3b3BHR2crMTBVMHVmUT09>

Meeting ID: 833 5452 3860

Password: 804478

One tap mobile

+13017158592,,83354523860# US (Germantown)

Meeting ID: 833 5452 3860

Find your local number: <https://us02web.zoom.us/j/83354523860?pwd=TnVuNitQYUd3b3BHR2crMTBVMHVmUT09>

### **WE LOOK FORWARD TO HAVING YOU JOIN US!**

#### **CONTACT:**

Tom A. 240-305-3433 [thadamsjr@gmail.com](mailto:thadamsjr@gmail.com)

Peggy R. 301-651-257 [peggyodat@gmail.com](mailto:peggyodat@gmail.com)