

# TOGETHER WE CAN

April  
2020

The Newsletter of the Washington DC Area OA Intergroup • [oa-dcmetro.org](http://oa-dcmetro.org) • 202-854-8462

## 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

## Did You Know?

There are dozens of audio and video recordings of OA speakers and workshops at <https://oa.org/podcasts/>

## 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!

## Local Meeting Info & Updates

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

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

## Service Is Slimming – Get Involved!

Intergroup is looking for OA members willing to give service in the coming year. Open service positions include:

- Intergroup Vice Chair
- Corresponding Secretary
- Committee Chairs
  - ✓ Public Information/Professional Outreach
  - ✓ 12th Step Within (i.e., Inreach)

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)

***Thank you for your service!***

## Interested in e-Workshops?

Recordings of past e-workshops:

<https://oavirtualregion.org/events/workshops/virtual-region-podcasts/>

Info about upcoming e-workshops:

<https://oavirtualregion.org/events/workshops/>

## **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](mailto:info@oa.org) with the subject "Lifeline."

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

### **May 15 (September Issue)**

- Literature in Recovery: How have you used OA-approved literature in your recovery? What impact has Where Do I Start? had for you or your group? How has literature helped you give service or carry the message?
- The Story of My Amends: What needed to happen before you could consider making amends? How did your amends play out? What was it like to make direct amends versus living amends, and why is each important?
- Step Work as an Atheist or Agnostic: How have you worked the Steps as an atheist or agnostic? How did you handle "the God thing"? What is your HP, and how do you maintain conscious contact? Where have you found the support you need from within the Fellowship?

### **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?

#### **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.

To find topics and writing prompts for future months, visit <https://oa.org/members/lifeline-magazine/share-your-story/#collapsesix>

### **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.

**Save The Date for OA World Service Convention, Aug 20-22, in Orlando, FL**

**What's it like to celebrate recovery with more than a thousand OA members?**

Experience it for yourself from August 20–22, 2020, by joining us for our World Service Convention at the Renaissance Orlando at SeaWorld in Orlando, Florida USA. Together, we will unite in fun and fellowship and celebrate the “Sunshine of the Spirit: 60 Years Around the Sun!”

Don't miss this opportunity to strengthen your program and your friendships!

For more info, visit:  
<https://oa.org/world-service-convention/>

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***All are welcome!***

**New Look for oa.org!**

New Features:

- Guided journey for newcomers with an interactive quiz
- Organized resource library, with easy to use search function
- Updated Find-a-meeting with a link to mapping feature
- Access to non-English OA websites
- Translation of the pages available in many languages

Members have been sharing their first response already. Here are a few:

- “A local friend of mine said, “It’s so much more relaxed. That’s just what we needed.” They done good!”
- “I am seldom rendered speechless but I just went on the new website and fell on the floor. It’s gorgeous, functional and expertly designed.”
- “New website look and interface is FABULOUS!!!! FANTASTIC!!!!!! I could not be more enthusiastic. Newcomers will have a much better experience, as will us olden goldies!!!! Find a Meeting is awesome. LOVE IT”

We invite all our members to take a look at the new website. We encourage you to share it with a non-OA friend. Ask them to explore the new site and share their first impressions with you.

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**OA Group Inventory and Strong Meeting Checklist Updated**

[OA Group Inventory and Strong Meeting Checklist](https://oa.org/app/uploads/2020/02/OA-Group-Inventory), (<https://oa.org/app/uploads/2020/02/OA-Group-Inventory>) both available for download in our [document library](https://oa.org/document-library/) (<https://oa.org/document-library/>), have been recently refreshed—see how they can help you check in, both with yourself and your fellow members, at your upcoming meetings. These checklists are intended help foster a focused and supportive group environment to help carry the message to all attendees as we work our program together.

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**A Message from the Region 7 Chair  
on Staying Connected and an Update on WSBC**

Dear Friends,

This is a difficult and uncertain time for us all as we see how the COVID-19 virus has affected us all. As we practice social distancing it is important not to isolate-maintaining connections is important to recovery. The thoughts below have been shared by other members of the fellowship. I hope they are helpful. I plan to choose one or more each day to focus on as part of my action plan.

- Pick up your phone list and call someone. Ask if they are open to a mini meeting.
- Pick a topic from an index that speaks to you and read the pages. Write a little on each entry
- Share with a buddy or two on the phone.
- Learn how to hold a conference call on your phone and do it.
- Don't eat over it. This too shall pass.
- Go to OA.org Find A Meeting to find virtual and other meeting options.
  - <https://oavirtualregion.org/virtualmeetings/findameeting/>
  - <https://oa.org/find-a-meeting/?type=1>
- Hold a meeting with a podcast, telephone meeting, or other online meetings with your OA Fellows or make your meeting online using a video conferencing service.
- Explore OA.org topics and share links with your OA Fellows.
- Update oa.org with any new information, even if it's temporary

In this difficult time please remember to continue financial support of Intergroup, Region and WSO.

Above all, stay in touch. It's crucial to keep our fellowship alive.

**Remember, friends don't let friends isolate.**

Stay safe and guard your abstinence,

Love,

Terri, Region 7 Chair

## **'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:

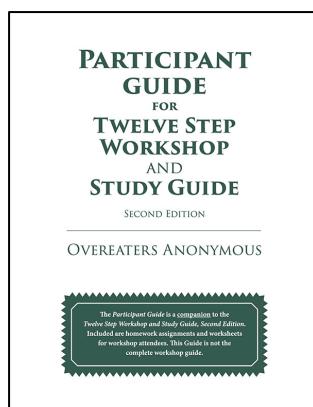
<https://oa.org/app/uploads/2020/02/Growing-Membership-Workshop-Questions.pdf>

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



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## **Now Available: Twelve Step Workshop and Study Guide, Second Edition PLUS Participant Guide (from oa.org)**



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 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.

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## New Member Shares

"I have been attending OA for about ten months. From a friend, I had some idea of what to expect coming into my first meeting. I have a tendency to deeply connect with the emotions of other people in any room. Sometimes this is a blessing, sometimes it's a struggle. In that first OA meeting, I immediately felt the openness and caring spirit in the room. I felt so at ease with people I hardly knew and that is how this OA experience has continued to be for me. Caring and supportive people have answered my questions, offered hugs, and shared their stories. I am now in the midst of working my Steps (Eight, Nine, and Ten) and am feeling better than I have in years. My mental, physical, and spiritual health has improved dramatically. I never thought it would be possible to be in this space, but here I've arrived.

Overeaters Anonymous seemed like a long shot to me. How could it help me? I didn't have serious weight issues—but my eating was out of control.

I certainly was a compulsive eater. I spent most of my day obsessing about what to eat. Should I eat some protein or maybe more greens or perhaps just give up and eat potato chips? I was constantly trying to mediate between eating for my health issues and eating for my selfish pleasure—why can't I eat potato chips?

I was a little kid who wanted my own way, even though I'd had years of experience eating potato chips and lots of other foods that made me feel wretched afterwards. Yes, food was defeating me over and over again, and my health issues were not benefiting from the struggle. So, I took a chance at a long shot and turned up at an OA meeting.

Little did I know how interesting and compelling Twelve Step programs could be. I'd never thought of myself as a loser (even though I hated myself and was ashamed—go figure), and I guess I had bought into the myth that all Twelve Steppers were losers and different from people I knew. Was I ever wrong! The people I've met through face-to-face meetings and phone meetings have turned me around and kindled in me a greater respect for humankind. Anyone who shows up for a Twelve Step program is a winner in intelligence, courage, and open-heartedness. I've felt lucky to meet these people and blessed with the miracle of sharing this path with fellow travelers.

So far, I've come to understand the nature of my compulsive eating. I feel in communion with others rather than alone and uniquely ashamed. At first, I was shocked by the term "abstinence" and didn't want anything to do with it. Now, I better understand abstinence and have made a spiritual decision to leave room for my Higher Power. Thank you, OA!

While I still have a long way to go with the Twelve Steps, I've befriended myself and others to make this journey. I'm so especially grateful for all the phone meetings available. Even though I've only been in OA eight weeks, I've been able to show up, learn, and love so many times because of the phone meetings. My health issues mean I can't drive much to get to face-to-face meetings, so the phone has been my lifeline. I'll keep coming back. It works and it's working for me!"

— Anonymous

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



## 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):

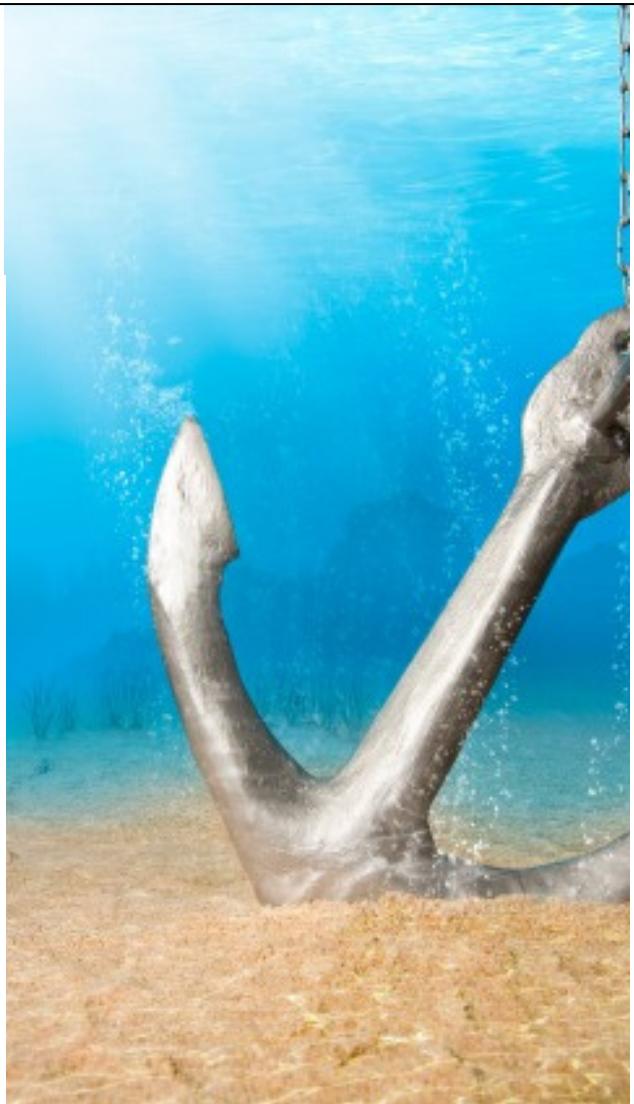
[conventionchair@oaregion7.org](mailto:conventionchair@oaregion7.org)

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)





## e-WORKSHOP series

Every "2nd Sunday of the Month"  
3-4:30pm EST (-5HR GMT)

## VIRTUAL REGION WORKSHOP ROOM

- 1/12 Newcomers
- 2/09 Men in OA
- 3/08 Body Image
- 4/12 Spring Cleaning: Inventory & Appraisal
- 5/10 Utilizing an OA Toolkit in a Virtual World
- 6/14 Recovery through Grief and Traumatic Times

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

One tap mobile:

+17207072699,, 557696207# US or

+16465588656,, 557696207# US (NY)

**(Meeting ID: 557696207)**

Arrive 10 min. early for basic zoom online orientation tips!



*Come together once a month for rotating topics, speaker qualifications, brainstorming and sharing ideas that WORK!*

### **FOR MORE INFORMATION:**

[oavirtualregion.org/events/workshops/](http://oavirtualregion.org/events/workshops/)

(BJ) [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/)

## **2020 OA PHONE MARATHONS**

**712-432-5200 PIN: 4285115#**

**Meetings Every Hour, from 8 am to Midnight**

- Fri, 4/17 (Orthodox Great Friday): Recovery is a three-legged stool
- Sun, 4/19 (Orthodox Easter): How do we live in the solution?
- Wed, 4/22 (Earth Day): Spiritual Principle of Tradition 4 Autonomy- We Need Each Other
- Thu, 4/23 (Ramadan Begins): Every Day is an Opportunity to Be of Service
- Sun, 5/10 (Mother's Day): Step 5 Spiritual Principle: Integrity - Healing and Loving Thru the Steps
- Sat, 5/23 (Eid al-Fitr: Ramadan Ends): Are You Ready to Have Your Defects Removed?
- Mon, 5/25 (Memorial Day): Spiritual Principle of Tradition 5: Purpose – How Do We Carry The Message?
- Sat, 6/6 (Gay Pride Day): Spiritual Principle of Tradition 6: Solidarity – Celebrate Life Being in Recovery
- 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?

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

<https://signupschedule.com/oamarathons>