

TOGETHER WE CAN

February
2020

The Newsletter of the Washington DC Area OA Intergroup • 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

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

Overheard at a Meeting

*I am enough.
I have enough.
I do enough.*

Celebrate OA Unity Day on 2/29

Option 1: Join OA members around the world at 11:30 a.m. local time to pause and reaffirm the strength inherent in OA's unity. For inspiration, listen to last year's Unity Day podcast at <https://oa.org/podcasts/>

Option 2: The Baltimore intergroup will host a celebration at the Serenity Center in Columbia from 2-4. (Flyer enclosed)

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
- OA World Service Business Conference Delegate
- OA Region 7 Representative
- Committee Chairs
 - ✓ Public Information/Professional Outreach
 - ✓ 12th Step Within (i.e., Inreach)

We are also looking for people to help distribute printed newsletters and meetings lists to meetings in the area.

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

Thank you for your service!

Stay In Touch w/ Email Updates

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 here: <https://www.oa-dcmetro.org/www-pdf/meetings.pdf>, and email whereandwhen@oa-dcmetro.org to make updates!

Monday Morning Meeting Needs Support

The Monday morning meeting on Gracefield Road (Riderwood Village) needs support. The number of attendees has been shrinking lately, so if you are looking to try out other meetings, why not give that one a try!

It meets at 10 a.m., runs till 11:30, and folks tend to stay for fellowship afterwards. They even bring their lunch. (And there's an Al-Anon meeting there at 12:30, and an AA meeting at 2:00 -- all in the same room!) ☺

To GPS, use 3150 Gracefield Road, ask at the gatehouse for the OA meeting. You'll be directed to the building and parking. And, as for all meetings, check the W&W for the contact person -- it's best to call before you go to any new meeting, just in case they've changed the room or time...

Carry the Message

Join fellow OA members working to carry the OA message to those who are suffering!

The group meets at Holy Cross Hospital at 10:55am on the 2nd Sunday of every month. Contact Tom A (thadamsjr@gmail.com, 240-305-3433) for info.

All are welcome!

OA Tradition Two

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

OA's "Professional Community Courier" Has Been Updated

A revised and updated issue of the Professional Community Courier (or the "Courier") is now available for download at <https://oa.org/files/pdf/courier.pdf>. The new version includes two important updates:

- 1) The dedicated space for Lifeline magazine has been removed since OA is no longer selling subscriptions.
- 2) Second, the "Pamphlets for Professionals" section has been updated to include the pamphlets currently available for download from the "For the Professional" page at oa.org.

If you have printed copies of the Courier on hand, either as single copies or bundled with Professional Presentation Folders (#870), OA suggests you update your stock with the new version. Find it on the For the Professional page, <https://oa.org/newcomers/for-the-professional/> and on the Documents page <https://oa.org/documents/> under "Courier Newsletter."

OA is on 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/

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

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.

A Message From (OA's) Chair

- (Bonnie L., Chair of the Board, General Service Trustee)

Your Board of Trustees had a busy and productive meeting in November 2019. Our agenda included approving the 2020 budget and reviewing eighteen motions for consideration. We also reviewed reports from the World Service Business Conference committees, and each committee continues to work diligently to accomplish their many tasks. It's always interesting to read the reports and learn of their progress.

World Service Business Conference 2020

Our WSBC will take place in Albuquerque during April 20–25, 2020. The deadline to register is February 10, 2020. Each registered delegate has the opportunity to vote as we conduct the business of OA and elect new trustees to the board. WSBC is when the voice of each group can have the greatest impact on the future of OA, since delegates attend from all eleven OA regions. You can learn more about WSBC <https://oa.org/members/events/world-service-business-conference/>

2020 World Service Convention (<https://oa.org/members/events/world-service-convention/>)

Be sure to mark your calendars for World Service Convention in Orlando, Florida USA, which will take place August 20–22, 2020. I always look forward to Convention. As a self-proclaimed “service junkie,” I’ve reaped many benefits from service beyond the group level. Convention, in particular, expands my knowledge of OA, puts me in touch with OA friends from around the world, and is an OA event that is family-friendly since our special hotel room rates mean that OA members and their families can enjoy the many attractions in Orlando before, during, and after Convention.

Downloadable OA Literature

Two pieces of OA literature have been made available in the OA bookstore as downloadable PDFs. OA Handbook for Members, Groups, and Service Bodies: Recovery Opportunities (#120) <https://bookstore.oa.org/images/OA%20Handbook%202019.pdf> and Seventh Tradition of OA (#802DD) <https://bookstore.oa.org/images/SeventhTraditionPamphlet.pdf> were selected because of their vital role in supporting OA groups and service bodies in the business of OA. We hope that by making these documents less expensive and downloadable, they’ll be more accessible to our members. When purchasing the OA Handbook, please keep in mind that you are downloading your personal copy of this literature. The OA Handbook is copyrighted material, and as such, we ask that you not reprint or distribute your downloaded copy in whole or in part, for any reason, without written permission from OA.

Body Image Book Coming Soon

Stay tuned for an announcement of our soon-to-be-released book, Body Image, Relationships, and Sexuality. We realize that our members are anxious to order, and as soon as all production steps are complete, the World Service Office will notify us that ordering can begin.

I look forward to seeing many of you at WSBC and at Convention in Orlando.

Source: A Step Ahead Newsletter, First Quarter 2020.

Access current & archived copies at <https://oa.org/members/service-resources/a-step-ahead-newsletter/>

A Message From (OA's) Treasurer

- (Cindy L., Treasurer, Region Four Chair)

The beginning of a new year is a good time to reflect on the past and set intentions for the future. My personal intentions are nothing spectacular: to maintain my recovery using the Steps, Traditions, Concepts, and Tools that have given me the life I love and to just live in today, while looking far enough ahead for me to plan to continue living that way for the next 365 days, no matter what life throws at me.

Setting our intention for OA as a Fellowship is up to the collective group conscience. What are we willing to do to actively participate in OA this year? What are our goals as an organization? It's an easy response: to carry the message to those who still suffer. But we need to think about what that entails. Working one-on-one with another compulsive eater is how I do this as an individual. Actively supporting my local service body and the World Service Office ensures that a larger effort is being made: to attract others to OA in a way that I as an individual or my group cannot. This is also my responsibility.

Looking Ahead with a Balanced Budget

Our 2020 balanced budget is set at US\$1,937,200. Having a balanced budget is an important business decision. It says we are planning within our means, not expecting more income than is reasonable to project, and spending no more than is needed to perform all our known tasks. To plan for the future, the board approved a new line item to the budget to anticipate updates to our Find a Meeting database at oa.org. The database requires updating to meet the needs of our ever-changing virtual meeting platforms. Keeping track of those meetings and how they relate in our service structure is a formidable task, and it requires attention in a more timely manner.

As 2019 ends, a review of the projects that are to be completed in 2020 is worth a look.

US\$240,624.41 is set aside in restricted funds for special projects that have been established. These include website upgrades, such as upgrades to the Find a Meeting database; translation projects; data privacy compliance so OA can continue serving members living in the European Union; a public information campaign launched on a popular online video platform; and development of an online replacement for Lifeline magazine. These projects are in addition to the annual tasks that we expect our World Service Office staff and our Board of Trustees to complete. We are grateful to have the resources needed to fund these projects. We would like to continue having the means to plan for similar projects in the future, ideally with an ongoing and predictable stream of funds, rather than all at once when the money is available.

Delegate Support Fund

The Delegate Support Fund committee awarded US\$16,088 to intergroups and service boards throughout the world to bring delegates to WSBC. Thanks to the support of the region boards, who funded delegates with their region funds, there is US\$8,810 left in the fund as seed money to build on for next year. This level of cooperation shows that together we can achieve a goal that serves all of 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:

March 15 (July Issue)

- Generally Speaking: Write on any topic that is meaningful to you!
- 24/7 Program: Share about mixing local and virtual OA resources, such as meetings, sponsors, telephone, literature, conscious contact, or podcasts, to ensure program is there for you anytime you need it.

April 15 (August Issue)

- Stepping Up to Sponsorships: Sponsorship Day will be celebrated August 15–16, 2020. What led you to first become a sponsor? Lessons learned? How has sponsorship boosted your recovery?
- Our Tradition of Anonymity: Maintaining anonymity is the responsibility of both members and groups. What measures have you or your group taken to preserve anonymity or handle a break in anonymity? How has anonymity benefited your recovery and OA as a whole?
- Outside Addictions and OA Recovery: Has your OA recovery included overcoming cross addictions or addictions among family? How did you sort your problems to find clarity about compulsive food behaviors? How has working the Steps in OA helped? Why is OA important even if you belong to another program? How have you kept OA a priority?

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 materials, suggestions, 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.

Visit <https://oa.org/members/lifeline-magazine/share-your-story/#collapsesix> and https://oa.org/files/pdf/Lifeline_Writers_Guidelines_2018.pdf for more suggestions and topics for Lifeline

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



***All are
welcome!***

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 in Orlando, Florida USA. Together, we will unite in fun and fellowship and celebrate the “Sunshine of the Spirit: 60 Years Around the Sun!”

The 2020 Convention will be held at the Renaissance Orlando at SeaWorld. Room reservations and Convention registration will open in January 2020. Speaker and volunteer opportunities will be included on the registration form, which will be posted on the

World Service Convention web page at oa.org.

OA members can sign up today to join the Convention email list and receive informative updates. To join, send an email to conventioninfo@oa.org and include your full name, email address, and US state, Canadian province, or country of origin. Your information will be kept confidential by the World Service Office. You may also write to this email address with any questions you have about Convention.

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

2020 OA Region 7 Convention

When: Fri-Sun, Nov 6-8, 2020

Where: [Holiday Inn Oceanfront](#),
6600 Coastal Highway,
Ocean City, MD 21842

To register, visit
[https://oaregion7.org/events/
2020-region-7-convention/#](https://oaregion7.org/events/2020-region-7-convention/#)

For more information, email
vice_chair@oaregion7.org or
conventionchair@oaregion7.org

All are welcome!

**45th Annual Diamond State
(DSIG) Retreat: Finding the Power
within the Steps**

When: Fri-Sun, May 1-3, 2020

Where: [Carousel Hotel](#) 11700 Coastal Highway,
Ocean City, MD 21842

For more information, see the flyer at the end
of the newsletter, visit

[https://oaregion7.org/events/diamond-state-
retreat-finding-the-power-within-the-steps/](https://oaregion7.org/events/diamond-state-retreat-finding-the-power-within-the-steps/) or
call Kris (410) 658-2791, call/text Leslie (302)
723-9167, or email rsoa@zoominternet.net

All are welcome!

REGISTRATION

Retreat Packages

If paid in full by Early Bird deadline of January 1, 2020 (if paid in full by standard deadline of March 1, 2020) [ask about later dates]

Standard -	
Single - \$270 (\$300)	_____
Double - \$150 (\$165)	_____
Triple - \$120 (\$130)	_____
Extra Nights - \$75	_____
West View -	
Single - \$290 (\$320)	_____
Double - \$160 (\$175)	_____
Triple - \$125 (\$135)	_____
Extra Nights - \$85	_____
Ocean Front -	
Single - \$350 (\$390)	_____
Double - \$190 (\$210)	_____
Triple - \$145 (\$160)	_____
Extra Nights - \$105	_____
Daytripper - \$40	_____
Scholarship Fund Donation	_____
Total enclosed	\$_____

*Extra night pricing is per night/per room for two people. Additional people, please add \$12 per person

Checks or Money Orders to:

OA

Send to:

Kris Morris
1894 Conowingo Rd
Rising Sun MD 21911

PayPal to:

RSOA@zoominternet.net

2020 Finding the Power within the Steps Retreat

Deadlines:

January 1, 2020 - Early Bird registration

March 1, 2020 - (standard registration)

After March 1, prices increase by 10% on available rooms. (Ask for prices)

Rooms filled on a first come, first paid in full basis. Room type requested not guaranteed.

No refunds after April 13, 2020

More information about costume contest and entertainment can be found at www.oadelaware.org under events

45th Annual Retreat FINDING THE POWER WITHIN THE STEPS



NEW LOCATION!

Carousel Hotel

11700 Coastal Highway (beach front)

Ocean City MD 21842

(800)641-0011

Carousellhotel.com

MAY 1-3, 2020

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Register before January 1, 2020 for
Early Bird rates
Registration ends April 15 or as
rooms are depleted

Important information

Hotel check in starts May 1 at 4pm

Retreat registration starts May 1 at 4pm

First session is May 1 at 7pm

Bring a raffle basket donation to
contribute towards scholarships

Bring gently used, clean clothing to swap
in Roseanne's Closet

Room amenities include microwave,
refrigerator and coffee pot

Non-smoking hotel

Ample parking in lot & garage

On site restaurant

Local eateries and grocery store

Hotel check out is 11am

If you have questions please call:

Kris (410)658-2791

Leslie (302) 723-9167 (texts, too)

Or email

RSOA@zoominternet.net

CUT ALONG DOTTED LINE & MAIL

Your Name _____ Address _____

Phone _____

Email (confirmation sent via email) _____ Handicap Access? _____

If registering for Double or Triple Occupancy: Please name your roommate(s)

Chair a workshop? (30 days required) _____ Registration _____

Roseannes closet _____ Set up/clean up _____



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/

(BJ) workshop@oavirtualregion.org

(Carolyn) vicechair@oavirtualregion.org

Suggested workshop contribution \$5

oavirtualregion.org/region/seventh-tradition/

2020 OA PHONE MARATHONS


712-432-5200 PIN: 4285115#

Meetings Every Hour, from 8 am to Midnight

- Fri, 2/14 (Valentine's Day): Follow Your Heart – Choose Abstinence
- Mon, 2/17 (Presidents Day): Step 2 Spiritual Principle: Hope - Higher Power and Food Cravings
- Sat, 2/22 (OA Unity Day): Spiritual Principle of Tradition 2: Trust – Trusting The Solution
- Tue, 3/17 (St. Patrick's Day): Step 3 Spiritual Principle: Faith – The Gift of Desperation and Surrender
- Wed, 4/8 (Passover Begins): Spiritual Principle of Tradition 3: Identity - You are not alone
- Fri, 4/10 (Good Friday): Searching for forgiveness with Step 4 Spiritual Principle: Courage
- Sun, 4/12 (Easter): The power of a spiritual awakening
- 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

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

Come Join US for **UNITY DAY**



This day recognizes the strength of the Fellowship worldwide. OA members pause to reaffirm the strength inherent in OA's unity.

Saturday
February 29, 2020
2 - 4pm

Serenity Center
Harmony Hall
9650 Basket Ring Road
Columbia, MD
21045-3421

Suggested donation: \$5

