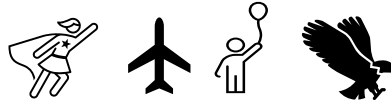


Thoughts to start the new year

- A food plan is not about what I am going to eat next week or next year or for the rest of my life. It's simply about what I am going to eat for the next 24 hours.
- What might you do with the time and energy you won't be spending in compulsive eating or compulsive food behaviors?

--From the New York City New Year's Day Marathon



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OVEREATERS ANONYMOUS
KEYS OF THE KINGDOM

OA BIRTHDAY PARTY
JANUARY 16 - 17, 2021



REGISTER TODAY! Join us for fun, laughter and the fellowship you crave. Go to OABDP.org or scan the QR code with your phone's camera now.



JOIN US FOR THIS VIRTUAL EVENT BROUGHT TO YOU BY
THE LOS ANGELES INTERGROUP

Workshops, including a weekend long Big Book study. Special Focus Meetings and Panels covering a variety of topics. This year we all have a unique opportunity to connect with our fellows from around the world, all from the comfort of your home!

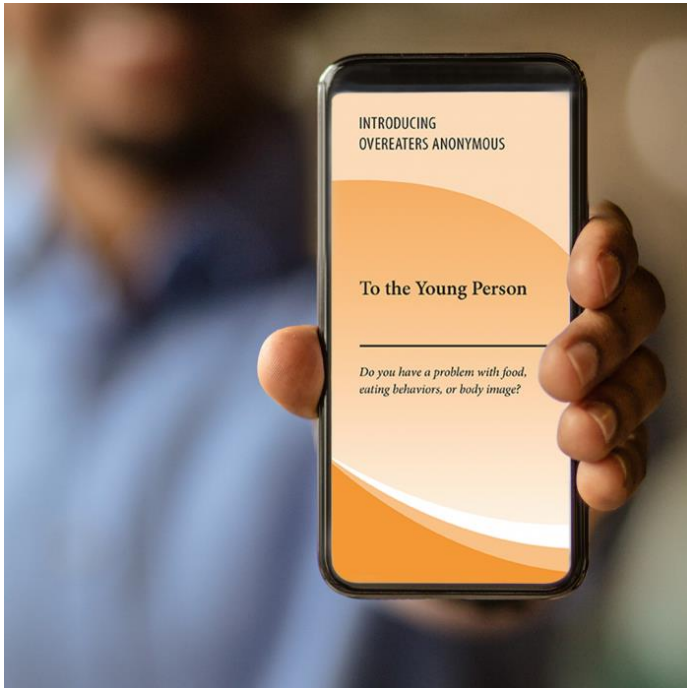


To go to this year's OA birthday party. The 2021 event, Keys to the Kingdom, Jan. 16-17, will be all virtual, with a \$30 registration fee.

On the schedule: weekend-long Big Book study sessions, as well as special-focus meetings and panels.

The weekend will be a global gathering, with OA friends from all over the world zooming in.

Register at OABDP.org.



New literature!

A revised version of the pamphlet [“To the Young Person”](#) is now available exclusively as an e-book from Amazon, Apple (both 99 cents) and Barnes & Noble (\$1). While targeted toward young people, the stories here speak to all ages. Check it out!



DC Metro Intergroup webinars for 2021

Debbie D, our indefatigable inreach chair, and Danielle F have been working on a slate of topical and timely webinars scheduled for the coming year. More details to follow.

Feb. 20: Tools of Recovery

April 17: Exercise Bulimia and Orthorexia

July 17: Compulsive Food Behaviors

Sept. 18: Chronic Slippers: Getting Out of Relapse

Nov. 20: 100 Pounders

A workshop on race/racism and recovery is also being planned, with more information on time and date forthcoming.

Highlights from the December Intergroup meeting

DC IG needs a vice chair: A great service opportunity awaits for someone who basically shadows and steps in as needed to back up the chair. Requirements include 6 months of abstinence and attendance at 6 IG meetings, 3 within the past 12 months. For more info, contact Margreta S.

Current officers

Chair: Margreta S

Recording Secretary: Deborah S

Corresponding Secretary: Sealani

Treasurer: Sonya

Treasurer's report: As of Nov. 14, the IG bank balance is \$7,408.49.

Outreach to the deaf community: We continue to explore ideas for deaf community outreach. In the meantime, we have found two online meetings that offer ASL interpretation -- the first from Minnesota; the second from Seattle.

Tuesday, 8 p.m. EST.

<https://oavirtualregion.org/virtualmeetings/help/hybridmtgs/hybridaslmeetings/>

Tuesday, 7 p.m. EST. Note: This is a HOW meeting.

<https://www.seattleoa.org/tuesday-oa-how-with-asl-interpreters/>

More good stuff from around the DMV

Craft and Chat: The folks in Northern VA have come up with a fun idea, a monthly get-together for OA artists and crafters to spend time talking and creating. Meetings are 3-4:30 p.m., the fourth Saturday of the month – which means, the next one is Jan. 23. For more info and the Zoom link, email funandfellowship@oanova.org.

Body Image, Relationships and Sexuality: OA's new book continues to create lots of buzz. Baltimore Intergroup is hosting a workshop focused on the book, 1-3 p.m., Sunday, Jan. 24. The posting says to bring a journal. Click [here](#) for the Zoom link.

Want more? The Wednesday 6:45 p.m. meeting in DC is also reading the BIRAS book, chapter by chapter, with plenty of time for folks to share their thoughts and feelings about the material. We all have body image issues, and this is a safe, supportive space to talk about them. The Zoom link is on the DC meeting list [here](#).

Virtual Region Workshops for 2021: The Virtual Region is everywhere, and it has released what looks like a jam-packed list of its popular second-Sunday workshops for 2021. Coming on Jan. 10, 3-4:30 p.m. EST, a session on the spiritual principles of the 12 Steps. The full list, with contact and dial-in information is [here](#).

Men of OA: Central VA Intergroup wants men in OA to know they are not alone. The CVIG website has a page with lots of resources. Check it out [here](#).