

Share Your Announcements

The Intergroup newsletter is a resource for OA members and their meetings.

Announcements could include:

- New meetings
- Workshops
- Service opportunities
- Outreach opportunities
- And much more!

To add an announcement 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 everyone on the list directly

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.

Volunteers Needed to Carry the Message at the NBC4 Health Fair, Sat-Sun, Jan 18-19

See the flyer on the last page or contact Debbie D (202-271-9301, parisfemme@gmail.com) for info

OA's 60th Birthday Celebration, Sat Jan 18

Join members of neighboring Tidewater & Central Virginia Intergroups to celebrate OA's 60th Birthday!

What: music, speaker, raffle, games, & small groups! Share the gifts that we have received from program & make your presence your present as we come together in fellowship!

Host: Tidewater & Central Virginia Intergroups

When: Sat, Jan 18, 2020 from 2-4pm

Where: Williamsburg Presbyterian Church
215 Richmond Road Williamsburg, VA 23185

Dress Code: 60's attire encouraged but not required

For more info, call: 757-332-0930

To RSVP: <https://tinyurl.com/yx5njy3q>

Please help spread the word!

Celebrate OA Unity Day on 2/29

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/>

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!

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!

Need Newcomer Materials?

Check out “Where Do I Start? Everything a Newcomer Needs to Know”, OA’s new newcomer pamphlet(#705). It contains the same info as the discontinued newcomer packet within a single document to reduce repetition, waste, and expense (just \$1)! The pamphlet even has a blank page for writing down member phone numbers. You can order copies at bookstore.oa.org or purchase them from the Intergroup (contact info below) to save on shipping.

Prefer the discontinued newcomer packet?
You are in luck! The Intergroup has a number of these in stock, and available at a discount (\$2 instead of \$3). Get them while they last!

Contact the Literature Coordinator at literature@oa-dcmetro.org.

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!

Meditation

(Submitted by a fellow OA member)

***Just for today, I will breathe deeply,
gaze softly, and realize that I have
everything I need to face the day***

***Send your own newsletter submissions to
newsletter@oa-dcmetro.org***

New “Welcome Back” Pamphlet

Stop a relapse or reach out to a struggling fellow or “missing face” with the OA pamphlet *Welcome Back: Suggestions for Members in Relapse and for Those Who Care* (#185, \$1), which combines former pamphlets (*Welcome Back* & *Members in Relapse*).

The pamphlet covers “Suggestions for Members in Relapse”, “Suggestions for Those Who Care”, “What Helped – In Their Own Voices”, and includes a resource list, space for phone numbers, and more. Find it at <https://bookstore.oa.org>.

Want Printed Newsletters & Meeting Lists?

Email newsletter@oa-dcmetro.org to let us know how many printed copies of the newsletter you need. You can also request printed copies of the Where & When!

Prayer of Abstinence & Thanks

(submitted by a fellow OA member)

Body, you are a gift from God. I love you because you are the vessel that holds my spirit. You are lovely, inside and out.

God, help me to treat my body with love and respect. Grant me the courage to care for the wounds of my eating disorder with the grace of abstinence. I give thanks for this miracle of new energy that gives my body, mind and spirit new life. I pray that I may do your will and that I may be an example of your unconditional love.

***Send your own newsletter submissions to
newsletter@oa-dcmetro.org***

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:

January 15 (May/June Issue)

- Great Ways to Carry the Message: Share your success! How did you educate a referring professional? Or attract a compulsive eater? How did you work a public information campaign? What OA resources did you use? How did it benefit your own recovery? How have you practiced Tradition Eleven online, in your own life, and in your community?
- Using a Plan of Eating: Start to finish, how did you develop your plan of eating? Who helped you and why was getting help important? How have changes in your health and lifestyle factored in? What has helped you stick to your plan, and what do you do when compulsive thoughts and urges arise?

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.

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 guidelines and info about Lifeline submissions:

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>



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

- Sun, 1/19 (OA's 60th Birthday): Beginning with Step 1 Spiritual Principle: Honesty
- Mon, 1/20 (Martin Luther King Jr. Day): Be a Champion for Your Recover
- Sat, 1/25 (Chinese New Year): Spiritual Principle of Tradition 1: Together We Can Do What We Cannot Do Alone
- Sun, 2/2 (Super Bowl Sunday): It's a "we" program
- 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?

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

Men of OA - *You're not alone!*

Are you the only man in your meeting? Do you have trouble freely sharing in meetings of mostly women? The World Service Survey done in 2010 revealed that only about 13% of our fellowship consists of men!

If you want to connect with other men in OA, there are many meetings, by phone and in-person, with a Special Focus for Men, as well as several other ways you can connect with men in the program.

★ Are you new to OA? Visit <http://OA.org> to learn more about this program of recovery and get started today.

Face-to-Face Meetings

There are over 40 face-to-face meetings in several countries around the world with a Special Focus for Men. To view the most updated list of all meetings with a Special Focus for Men, visit <http://OAMen.org/meetings>.

Phone Meetings

Here are all the phone meetings around the world, with a Special Focus for Men. All times are listed in EST.

Sunday 8:30 AM 563-999-2090 Pin: 316200#	Sunday 8:30 PM 712-770-4160 Pin: 409092#	Monday 7:00 PM 712-451-1129 Pin: 350025#	Tuesday 7:00 PM 712-775-7031 Pin: 242990669#	Thursday 7:00 PM 605-475-4850 Pin: 197132#
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The online meetings listed below require more steps to access. Visit <http://oamen.org/online> to learn more.

Wednesday 7:00 PM Contact Name: Ken G Contact Phone: 914-263-6532	Thursday 12:30 PM Contact Name: Cleve Contact Phone: +278-3271-4584	Friday 7:30 PM Contact Name: Jack Contact Phone: 709-749-8888
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★ Some of the meeting listings may have been added, removed, or changed since the printing of this flyer, visit <http://OAMen.org/meetings> to view the most updated list of all meetings with a Special Focus for Men.

OA Men Email Groups

Join an email-based discussion group for Men in OA. Read and send group email with other men in OA.

- To join the Google group, email Tuesday@OAMen.org, including your first name and your last initial.
- To join the Yahoo group, visit <http://oa12step4coes.org/loops/male> and submit your email address.

OA Men Phone Outreach List

Join the Outreach Phone List to make and receive phone calls with other men in OA, around the world!

- To join the phone list, join the Google group above and also include your phone number and time zone.

OAMen.org

<http://OAMen.org> is a website to find resources for men in OA. Got something to add? Click "Contact Us".

Spread the word!

Share this flyer with everyone in OA! Print or photocopy this and share it at your meetings and intergroups.

If you want to modify this flyer to list face-to-face meetings with a Special Focus for Men in your area, visit <http://OAMen.org/publicity> for instructions and to download the Microsoft Word version.

Please contact us at <http://OAMen.org> to let us know how you're spreading the word and how we can help!

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 _____



**SECOND ANNUAL
SPRING CLEAN YOUR RECOVERY
ABSTINENCE IN REAL LIFE**

**SAT. JAN. 25, 2020
(*SNOW DATE: FEB. 15, 2020)
TIME: 1:00 PM TO 3:30 PM**

TRINITY UNITED METHODIST CHURCH, ROOM 302-304
703 W. PATRICK ST. FREDERICK, MD 21701

LONG TIME ABSTAINERS SHARE MAINTAINING THEIR RECOVERY IN
SPITE OF REAL LIFE CHALLENGES.

*snow cancellation will be posted on www.northernblueridgeoa.org under
the “extras” tab

The Washington D.C. Metro Area OA Intergroup is looking for volunteers to staff an information table at the 27th annual



This is the largest, best-attended consumer wellness expo in the country, driving 85,000 attendees every year.

Who: You!

When: The fair will be held January 18 - 19, 2020 Saturday/Sunday.

What: Intergroup is seeking volunteers to:

- Set up the OA booth on Friday, January 17
- Staff the booth in shifts on Saturday/Sunday, Jan 18 - 19

Where: The Walter E. Washington Convention Center

Metro Stop: Mt Vernon Sq 7th St-Convention Center;
Yellow/Green Metro Line.

Why: Carry the message and inform the public about the Overeaters Anonymous program of recovery.

Sign up: See all available shifts and sign up online:

<http://signupschedule.com/dcdebbie>

Questions?

Debbie D., 202-271-9301



“Always to extend the hand
and heart of OA to all who
share my compulsion; for this I
am responsible.”
– OA Responsibility Pledge