

Supercharge Your Program

Spotlight on OA Tools: Telephone

The telephone (and other electronic modes of communication) is one of nine OA tools that help us to keep our recovery alive and vibrant.

Member-to-member contact helps us share on a one-to-one basis and avoid the isolation that is so common among us. Many members call, text or email their sponsor and other OA members daily. As part of the surrender process, these tools help us learn to reach out, ask for help and extend help to others. Telephone or electronic contact also provides an immediate outlet for those hard-to-handle highs and lows we may experience. Members should respect anonymity when leaving any type of voicemail or electronic message.

A [personal recovery story](#) in Lifeline online provides a creative example of how to use this valuable OA tool.

Your telephone call helps the one you call as much as it helps you

-- OA Slogan

Update on OA Literature

The [Where Do I Start?](#) pamphlet is now available as a free download from the OA.org website.

For newcomers as well as for those who are looking to restart their program, **Where Do I Start?** pulls vital wisdom from varied OA literature sources, including [A New Plan of Eating](#), in order to give a concise and compassionate introduction to the OA program. As the Fellowship knows, beginning the journey out of compulsive eating and compulsive food behaviors toward recovery can be difficult, but **Where Do I Start?** aims to help, giving direction, advice, and answers to frequently asked questions in its brief pages.

Professionally printed copies can still be obtained at no cost from our Literature Chair. Text Pamela at 703.261.4404 to request a copy. E-book versions of [Where Do I Start?](#) can be purchased for US\$1 from bookstore.oa.org and popular online retailers.

Support your Recovery

Date	Topic	Sponsor	Access
Jul 10 Sun	e-Workshop Steps 10-12: Continue, Improve & Practice	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
Jul 12 Tues	e-Workshop The Keys to Relapse Prevention and Recovery	OA Region 7	ZOOM 7 – 9:30 PM ET ID: 851 9194 0344 Passcode: 804547
Jul 30 – 31 Sat – Sun	e-Workshop Do My Credits Transfer?	OA Virtual Region	ZOOM Jul 30 @ 5:00 PM ET Jul 31 @ 10:00 AM ET ID: 891 6554 0024 Passcode: 120912
Aug 21 Sun	OA Marathon – Sponsorship Day Tradition 7 Spiritual Principle – Responsibility: “Always to Extend the Hand and Heart of OA to Those Who Share My Compulsion: For This I Am Responsible.”	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Sep 5 Mon	OA Marathon – Labor Day Step 8 Spiritual Principle – Self-Discipline: A Fruit of Our Labor Is Going From Isolation to Fellowship.	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Sep 16 – 18 Fri – Sun	2022 Region 7 Fall Assembly Bon Secours Retreat and Conference Center	OA Region 7	Registrations due August 16, 2022 Please contact the Intergroup Chair to become an authorized representative.
Sep 23 – 25 Fri – Sun	PAIG Annual Retreat We’re All Together Now: Reuniting in Fellowship Malvern Retreat House	Philadelphia Area Intergroup	Early Bird Registration due before July 31, 2022. Registration closes September 9, 2022. Scholarships are available.
Sep 25 Sun	OA Marathon – Rosh Hashanah Tradition 8 Spiritual Principle – Fellowship: New Beginning, New You, New Friends	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#

Take Action

Get Connected

Here are the latest opportunities to meet your Fellows in-person!



Maryland

Saturdays at 10:30 AM**

In-person 1st Sat of July/August

Memorial First India United

Methodist Church

9226 Colesville Rd., Silver Spring

Contact: Fred 301-270-2439 OR Barb

202-821-7683

Mondays at 12:00 PM

United Church of Christ

10010 Fernwood Rd., Bethesda

Contact: Kimberly 301-633-4010 OR

Laurie 301-233-2941

District of Columbia

Sundays at 6:00 PM**

St. Margaret's Episcopal

1830 Connecticut Ave NW

Contact: Lee J 202-344-6395

Tuesdays at 7:15 PM

Dupont Circle Club

1623 Connecticut Ave NW

Contact: Carly L 228-342-8464

**This is a hybrid meeting. Check the [Where and When](#) to locate the Zoom information for this and other local meetings.

Get Familiar with OA's Screen-Sharing Guidelines for Literature

OA members who wish to share from OA literature in their virtual meetings should thoroughly read and understand the full guidelines, entitled "[Sharing OA-Copyright Material Electronically](#)." Below are abridged highlights.

In videoconference meetings, the screen or audio share must:

- be temporary, meaning it must be removed at the end of the meeting
- be limited, meaning it is only a small portion of the overall content of the meeting
- be cited as the copyright of Overeaters Anonymous, Inc. (See full guidelines for citation format.)
- not be reproduced beyond the original share.

Remember, OA materials are held in trust for the OA Fellowship as a whole. The act of screen or audio sharing of purchased OA-owned material without permission affects OA as a whole.

Make a Difference

Get a Sponsor! Be a Sponsor!

Here are resources to help you get started.



Sponsorship Day (August 19-21) is a time set aside to acknowledge the importance of sponsoring in our Fellowship.

Sponsorship is a powerful tool that will help keep your program strong. Consider asking someone to be your sponsor; or become a sponsor yourself and share your experience, strength and hope.

Many resources are available to help you get started.



OA's nine-part podcast series "[Sponsorship Success](#)" provides a general overview on the importance of having a sponsor and being a sponsor.

To find a sponsor, check out OA's [Suggestions for Finding a Sponsor](#). It was further expanded and amplified by the NYS Capital Region in their resource [Finding a Sponsor](#).

To become a sponsor, start with [A Sponsor's Toolbox](#) and other resources in the OA [Document Library](#) under the category "Sponsorship."

Purchase sponsorship literature from bookstore.aa.org, including [A Guide for Sponsors \(#200\)](#), [Sponsoring Through the Twelve Steps \(#220\)](#), and [Sponsorship Kit \(#210\)](#).

Read personal stories of recovery from OA Lifeline.

[A Poem for My Sponsor](#)
[A Good Sponsor Wannabe](#)

[No Good or Bad Sponsors](#)
[I've Decided to Sponsor](#)

[Thank You Notes](#)
[The Only Thing That Worked](#)

OA Responsibility Pledge

*Always to extend the hand and heart of OA to all who share my compulsion;
for this I am responsible.*