

TOGETHER WE CAN *July – August 2023*

The Newsletter of the Washington DC Area OA Intergroup • oa-dcmetro.org • 202-681-4056

Supercharge Your Program

Take OA on Vacation with You

Taking OA Back Home

I vacationed back home in the Midwest this spring, spending two weeks catching up with my two sisters and my extended family. Before leaving, I realized that maintaining my abstinence would depend on taking time to mentally, physically, and spiritually prepare for each day. [\[MORE...\]](#) --Stephanie M

Taking OA Overseas

I used the Program to guard my abstinence during my solo 3-week trip to Italy this spring. While abroad, I decided that I didn't need to eat the best local foods in the best regional restaurants. "Food is not part of the adventure," I told myself. The highlights of each day were sightseeing and interacting with others. [\[MORE...\]](#) --Laurie S

Taking OA on Vacation

For most of my life, I thought "vacation" and "binge" were synonymous terms. After all, when on vacation you were entitled to eat what ever you wanted, weren't you? It was part of the fun.

It's only recently that I've realized vacations are actually more fun when you put the food down and pay attention to what's around you. The stories above confirmed my realization and gave me tips I will use on future trips.

For example, it's possible to access private OA groups on Facebook while you travel. You can also find [meetings](#), [podcasts](#), and [encouraging stories of recovery](#) through the OA World Service Office.

Also check out overseas-related links. [OA Region 9](#) covers most countries outside the United States and provides listings of OA meetings in each country. There are even some [in-person meetings](#) in Europe for English speakers. In all cases, check with the meeting's OA contact before attending.

--Submitted by Joan G

Support your Recovery

| Date | Topic | Sponsor | Access |
|--------------------------------|--|--|---|
| Jul 4 Tues | OA Marathon – Independence Day <i>Honesty Is the Fireworks For A New Way Of Life – Step 4</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Jul 4 Tues | e-Workshop <i>Freedom from Bondage</i> | Philadelphia Area Intergroup | ZOOM 9:30 – 11:30 PM ET ID: 884 2062 7878 Passcode: Request from OAFOHquakertown@gmail.com |
| Jul 16 Sun | e-Panel <i>Taking the 1st Step</i> | OA HOW Virtual Intergroup | ZOOM 12:00 – 2:00 PM ET REGISTER TO OBTAIN ZOOM INFO |
| Jul 23 Sun | e-Workshop <i>Lighten Up! Let Go! Laugh!</i> <i>“We are not a Glum Lot”</i> | San Diego Intergroup | ZOOM 4:00 – 6:00 PM ET ID: 854 2974 9682 (no passcode) |
| Jul 30 Sun | e-Panel <i>Lessons from the Jaywalker:</i> <i>Breaking free from compulsive food behaviors</i> | Northern New Jersey Intergroup | ZOOM 7:00 – 8:30 PM ET ID: 737 803 0229 Passcode: 2023 |
| Aug 19 Sat | OA Marathon – Sponsorship Day <i>How Do You Carry the Message To Those Who Still Suffer?</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Aug 19 Sat | e-Workshop – Sponsorship Day Joint Event TBD | Baltimore Area Intergroup / DC Area Intergroup | STAY TUNED FOR MORE INFORMATION |
| Sep 4 Mon | OA Marathon – Labor Day <i>Faith Without Works Is Dead -</i> <i>Doing the Footwork Of</i> <i>Recovery Everyday</i> | OA Virtual Region | PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115# |
| Sep 22 – 24 Fri - Sun | PAIG Annual Retreat <i>Acceptance is the Answer,</i> <i>Surrender is the Solution</i> | Philadelphia Area Intergroup | IN PERSON Register Online |
| Nov 3- 5 | 2023 Region 7 Convention Ocean City, MD | OA Region 7 | IN PERSON SAVE THE DATES |

Take Action

Get Connected At In-Person Meetings

In the previous issue of the *Together We Can* newsletter, we highlighted two meetings that were dormant during the pandemic and have now restarted. In this issue, we share the story of how a few dedicated fellows started a new in-person meeting.



DC Thursday 6 PM Hope Meeting

Many OA fellows, both newcomers and longtime members have expressed a desire to reconnect in person. Unfortunately, the availability of in-person meetings has been limited, especially in the District of Columbia. In March a small group of fellows led by Johnny G and Kullan E took action to address this problem and launched the weekly 6 pm Thursday Hope meeting.

The Thursday Hope meeting is designated as “chairperson’s choice,” with format options including OA speakers, OA literature, OA pamphlets, the Big Book, and the AA Twelve and Twelve. It follows a slightly adapted OA-approved meeting script. The chairperson volunteers for a quarterly commitment and is responsible for choosing the topics and identifying OA speakers or relevant OA literature to read.

[\[MORE...\]](#)

New Hybrid Meeting in Maryland

Saturdays at 9:30 AM**

Serenity Center

9650 Basket Ring Road, Columbia

By phone: +13017158592,,7310889762#,,1#,628738#

Contact: Nancy K 410-660-7264

**Refer to the [Where & When listing](#) for Zoom information

[A comprehensive list of all local in-person meetings is available on the OA DC-Metro website.](#)

Make a Difference

Share Your Stories, Share Your Experience, Share Your Time!



Story Corner

Many Surrenders: Enjoying Long Term Recovery in OA

Like many compulsive eaters, I believe that I have been addicted to food since infancy. I was especially addicted to sugar in all forms, including simply spooning raw sugar or chocolate syrup into my mouth. But I also ate paper, baseball cards and other things most children don't eat. I grew up in a family where addictions weren't obvious to me, yet there were loads of relatives who were overweight or had problems with alcohol. I now understand that there was not enough love and attention to go around in my family, so I relied on food for comfort and to fill the emotional void I was experiencing. [[MORE...](#)]



OA Toolbox

Anonymity -- as described in OA's approved literature -- assures us that only we, as individual OA members, have the right to make our membership known to others. Anonymity at the level of press, radio, films, television, and other public media of communication means that we never allow our faces or last names to be used once we identify ourselves as OA members (Tradition Eleven).

Within the Fellowship, anonymity means that whatever we share with another OA member will be respected and kept confidential. What we hear at meetings should remain there. [[MORE...](#)]

OA Responsibility Pledge

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