

# TOGETHER WE CAN *July – August 2021*

The Newsletter of the Washington DC Area OA Intergroup • [oa-dcmetro.org](http://oa-dcmetro.org) • 202-854-8462

## Supercharge Your Program

### UPCOMING EVENT

A VIRTUAL OA EVENT HOSTED BY  
THE DC-METRO AREA INTERGROUP

*Special Virtual Event:*

**12-Step Recovery Panel on  
Compulsive Food Behaviors**

*Sat, July 17th, 2021, 1pm to 2:30pm*



What does compulsive food behaviors mean? How do you work a program of recovery to abstain from these behaviors?

Join OAs from around the world as we hear from a panel who will share their experience, strength, and hope specifically on working 12-steps around compulsive food behaviors.

Register: <https://tinyurl.com/DCOA2021Jul>

### NEW MEETING

The BIPOC (Black, Indigenous, People of Color) meeting is held **every 1st and 3rd Thursday at 7:30 pm ET**. See the [Special Focus Meetings](#) list on our website for Zoom details. For more information contact [washingtonDCBIPOC@gmail.com](mailto:washingtonDCBIPOC@gmail.com).

[“Walking in the Sunlight: One Day at a Time.”](#) Enjoy three full days of fellowship and recovery at the World Service Convention to be held August 26-28, 2021 in Orlando, FL. [Register by August 1](#) for early-bird pricing.



[Registration](#) for the **2021 Region 7 Fall Assembly** is now open. It will take place October 1-3, 2021 at the Bon Secours Retreat and Conference Center in Marriottsville, MD. Contact Sealani W **by August 2** at 240-353-2352 if you are interested in attending.



# Support your Recovery

Date	Topic	Sponsor	Access
Jul 17	Special Virtual Event: Compulsive Food Behaviors Panel Discussion	<a href="#">DC-Metro Intergroup</a>	ZOOM 1 – 2:30 PM ET <a href="#">Meeting Registration</a>
Jul 18	Workshop: Am I Worth “It”. What is your “It”?	<a href="#">NJIOA</a>	ZOOM 2 – 4 PM ET ID: 871 1099 9300 / Password: 042034
Jul 24	e-Workshop: Bondage to Self	<a href="#">OA Virtual Region</a>	ZOOM 12:30 – 2:00 PM ET ID: 891 6554 0024 / Password: 120912
Jul 30 - Aug 1	Retreat: Feeling Creative? Help Reinvent Lifeline into a Blog [Three repeating sessions]	<a href="#">OA Virtual Region</a>	Friday July 30   10pm – 1:30am EDT Sat July 31   2 - 5:30PM EDT Sunday, August 1   9am – 12:30 EDT
Aug 8	e-Workshop: A Threefold Disease: Physical, Emotional, and Spiritual	<a href="#">OA Virtual Region</a>	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 / Password: 120912
Aug 14	Sponsorship Day Marathon Step 8 Spiritual Principle: Self-Discipline. The Rewards of Being and Having a Sponsor.	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 / Conference ID 4285115#
Aug 21	Workshop: Recovery Roadmap	<a href="#">Sacramento Valley Intergroup</a>	ZOOM 1:30 – 4:30 PM ET ID: 917 5376 8443 / Password: 022022
Aug 28	Workshop: The Promises	<a href="#">OA Virtual Region</a>	ZOOM 12:30 – 2:00 PM ET ID: 891 6554 0024 / Password: 120912
Sep 6	Labor Day Marathon Tradition 7 Spiritual Principle: Responsibility. Am I Contributing my Share...?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 / Conference ID 4285115#
Sep 7	Rosh Hashanah Marathon Step 9 Spiritual Principle: Love. How do I Show I Care about Myself and Others?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 / Conference ID 4285115#
Sep 12	e-Workshop: The Promises of the Program	<a href="#">OA Virtual Region</a>	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 / Password: 120912
Sep 15	Yom Kippur Marathon Tradition 8 Spiritual Principle: Fellowship. How does my Participation Help My Program /Others?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 / Conference ID 4285115#
Sep 6	Labor Day Marathon Tradition 7 Spiritual Principle: Responsibility. Am I Contributing my Share at my OA Meetings?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 / Conference ID 4285115#
Sep 7	Rosh Hashanah Marathon Step 9 Spiritual Principle: Love. How do I Show I Care about Myself and Others?	<a href="#">OA Virtual Region</a>	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 / Conference ID 4285115#
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## Listen to Recordings of Previous Events

[Unity Day: Recovery, Race, and Unity](#) (originally recorded February 28, 2021)

**Orthorexia and Exercise Bulimia Workshop** (originally recorded April 17, 2021). Speakers: [Lee](#) and [Blaire](#).

Hear the story of OA from its cofounder, [Rozanne S.](#) These two audio recordings include a 1999 interview and her remarks at several past World Service Office Business Conferences.

## Lend Your Skills & Expertise

### Current Intergroup Opportunities

- Where & When coordinator, training & transition provided. Contact Niki Y at [nikiyian@gmail.com](mailto:nikiyian@gmail.com) or cell: 301-379-1918.
- Intergroup Outreach/Carry the Message Co-Chair. Contact Tom A at 240-305-3433.
- Intergroup Vice Chair. Contact Margreta S at [mks@margreta.com](mailto:mks@margreta.com)

### Other Service Opportunities

- Contribute to the IG blog! Share your story by interview – no need to write! Contact Lauren S for more information at [lauren.shaham@gmail.com](mailto:lauren.shaham@gmail.com)

### General Call to Service

- Elections will be held in November for all IG positions. Consider qualifying now.

# Learn About How OA Functions

Submitted by Sealani W., Intergroup WSO Rep

I am grateful that I had the opportunity to represent the DC-Metro Intergroup at the World Service Business Conference this year.

I found that attending WSBC virtually to be both exhausting and exhilarating, as the conference took place over multiple days in a row, four hours each day. However, I also found it extraordinary that as a fellowship we make decisions with each of us being exactly equal to every other person in the room, no matter what their role or position in the organization.

During the conference, we went over countless amendments to OA's bylaws and policies. I'd like to highlight two important policies that were revised at the recent World Service Business Conference.

Policy on Abstinence and Recovery. This policy was amended to revert back to the 2018 policy and to revise the recovery statement.

Unity with Diversity Policy. This policy was revised with grammar corrections and changes in wording to more correctly reflect how it applies to the Fellowship.

As I mentioned, there were many motions for discussion on the agenda. Because of the virtual nature of the conference, it was challenging for all delegates to follow all the discussions, especially those for whom English is not their first or primary language. There were several requests during the conference for speakers to slow down, though as a group of mostly North American-centric volunteers, everyone usually defaulted to the rapid speed and cadence of American English.

However, I am happy to report that there was a positive outcome as a result of this challenge: we are now going to have simultaneous translations at all future conferences. A committee will be working on this so that it is in action for the 2022 business conference, which is scheduled to be in-person.