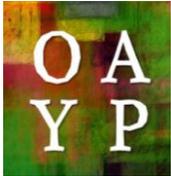


Supercharge Your Program

WELCOME to the Young People of Overeaters Anonymous!



If you are between the ages of 18-30 (or thereabouts) and are tired of being obsessed with food and body image, there is a place for you in OA.

Be sure to **download** the free OA [To the Young Person pamphlet](#).



Listen to five stories from Young People just like you. [Young People's Podcasts](#)

Read this young man's [personal experience](#).

Visit the OA Young People [website](#) for more information and a list of Young People-focused OA meetings.



Visit the OA Young People [Facebook page](#) to connect with others.

Service Boards, Committees and Meeting Leaders: **Review** this list of [suggestions and resources](#) on how to best engage young people in your activities.

Young People: **contribute** your perspectives and skills by doing service in your meetings, or at the intergroup or regional levels. See page 4 of this newsletter for opportunities where you can make a difference.

Support your Recovery

Date	Topic	Sponsor	Access
Mar 17 Thurs	OA Marathon – St. Patrick’s Day Step 3 Spiritual Principle – Faith 3 Guides to Faith: Steps, Traditions and Concepts	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Mar 26 Sat	OA Virtual Region Assembly	OA Virtual Region	Register to obtain a link and materials
Apr 1-3 Fri - Sun	OA Region 7 Spring Assembly - Virtual Visitors are welcome	OA Region 7	Register to obtain a link Agenda and pre-assembly packet available for review
Apr 2 Sat	OA Marathon – Ramadan Begins Step 3 Spiritual Principle – Courage: How Do I Find the Courage to Change?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Apr 10 Sun	E-Workshop Service Keeps Us in Program	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
Apr 15 Fri	OA Marathon – Passover Begins; Good Friday From Disease to Recovery-Breaking the Bonds of Self-Will	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Apr 17 Sun	OA Marathon – Easter Tradition 4 Spiritual Principle- Autonomy: Do I Take Responsibility for My Actions and Avoid Trying to Control Others?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Apr 24 Sun	OA Marathon – Orthodox Easter Which Tools Do I Want to Refresh?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 1 Sun	OA Marathon – EID al-Fitr: Ramadan What Makes Me Feel Nourished and Satisfied?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 5 Thurs	OA Marathon – Cinco de Mayo How Do You Practice Diversity in Your OA Program?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 8 Sun	OA Marathon – Mother’s Day Step 5 Spiritual Principle – Integrity: Admission of Our Wrongs to Keep Integrity Strong	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 8 Sun	E-Workshop Dealing with Guilt and Shame	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912

Take Action

Make Your Voice Heard

Do you identify as a member of one or more of these under-represented groups within OA?

Asian/Pacific Islander • Latinx • Indigenous • Members who have had or considered a surgical solution • Transgender • Non-binary • Muslim • Buddhist

OA is updating the existing publication [A Common Solution](#) and would like to hear from you by April 29, 2022.



Get Connected

Do you miss seeing your OA Fellows? There are two opportunities to meet in person!



Bethesda, Maryland

Mondays at 12:00 noon

United Church of Christ
10010 Fernwood Rd.

Contact:

Laurie 301-233-2941

Kimberly 301-633-4010

District of Columbia

Sundays at 6:00 pm

St. Margaret's Episcopal Church
1830 Connecticut Ave NW

Contact: Lee J 202-344-6395

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

Be Prepared

If you are serving as host or co-host in virtual meetings, please take a moment to download and review the following meeting resources.

[Zoom host cheat sheet](#)

[Dealing with Zoom intruders](#)

The more time I take to help someone else, the more I am helped myself

-- OA Slogan

Make a Difference

Website Content Contact

Do you rely on websites to be up to date and comprehensive? If so, you may be interested in helping keep the OA DC Metro website current.

This position would liaise with committee chairs and the website designer to ensure timely updates on events, newcomer meetings, intergroup activities, and other content. Also, provide a quick review of all pages of the website periodically and request changes or additions as needed or as requested by intergroup.

Time required is one to two hours per month and can usually be done any day or time that works best.

Feel free to contact Niki Y. by phone or text, at 301-379-1918 or at webcontact@oa-dcmetro.org if you are interested and/or have questions. No abstinence requirement.

Inreach Coordinator(s)

Do you have ideas for topics and speakers for our next virtual **Workshop**? We could use your help with this fun and rewarding program! The OA IG Inreach Coordinator is tasked with planning and hosting virtual events or workshops over the course of the year. Requires about 2 hours a month.

Consider teaming up and sharing this position with a friend!

Reach out to Debbie D for more information (she can also “show you the ropes” and train you, too!) : 202-271-9301

Recording Secretary (Officer)

Prepare a copy of the agenda before the meeting, following guidance from the Chairperson about upcoming items.

During the meeting, screen share the updated document so that everyone can see what is going into the minutes. Immediately following the meeting, post a copy through groups.io, asking for additions or corrections.

One week before the next meeting, make any changes requested and send out the amended version. Share during the meeting for further amendments, and then post the final version into the groups.io files.

Probably the most important skill is careful listening to what is being said and typing or writing fast enough to keep up.

The time commitment outside of the IG meeting is something on the order of half an hour a month. Contact [K](#) or [Tom A](#) if you are interested.