

Supercharge Your Program

[Register for the OA Virtual Region Convention](#)

There is a Solution

March 3-5, 2023

OA Virtual Region
2023 Convention

REGISTER NOW!

Includes

Welcome Center
Newcomers' Meetings
Keynotes
Concurrent Tracks

Select workshops and tracks
available in various languages

Topics and Schedule

Abstinence ♦ OA Literature ♦ The 12 Steps ♦ A Plan of Eating ♦ Big Book ♦ Anonymity ♦ Recovery from Relapse ♦ Body Image, Relationships & Sexuality ♦ For Today ♦ Voices of Recovery ♦ How It Works ♦ A Vision for You ♦ Into Action ♦ Sponsorship ♦ OA Tools ♦ Spirituality ♦ OA Twelve and Twelve ♦ The 12 Traditions ♦ Giving Service ♦ Creative Studio ♦ We Agnostics ♦ Virtual Region Fair

Spotlight on OA Tools: Meetings

Meetings are gatherings of two or more compulsive overeaters who come together to share their personal experience, and the strength and hope OA has given them. There are many types of meetings, but fellowship with other compulsive overeaters is the basis of them all. Meetings give us an opportunity to identify our common problem, confirm our common solution through the Twelve Steps and share the gifts we receive through this program.

In the last few years, OA meetings have been virtual, predominantly via Zoom or telephone. Recently we have seen the emergence of face-to-face as well as hybrid meetings. Hybrid meetings combine a physical location and a virtual technology to allow members to attend both face-to-face and virtually.

Whichever type you choose, guidance of the OA Fellowship from the meetings you attend can be the [cornerstone of your recovery](#) and help [tame the "dragon"](#) of compulsive eating.

Support your Recovery

Date	Topic	Sponsor	Access
Mar 3-5	Virtual Region Convention <i>There is a Solution</i>	OA Virtual Region	Registration
Mar 21 Tues	Open Roundtable Forum <i>Simple Ideas to Provide Opportunities for Outreach and Service in Your Intergroups and Meetings</i>	OA Region 7	ZOOM 7:00 – 8:30 PM ET ID: 314 187 5136
Nov 3-5	2023 Region 7 Convention Ocean City, MD	OA Region 7	IN PERSON SAVE THE DATES

Every slip has a beginning. Recognize the danger signals.

1. Start missing meetings for any reason, real or imaginary.
2. Become critical of the methods used by other members who may not agree with you in everything.
3. Nurse the idea that someday, somehow, you can eat like ‘normal people’ again.
4. Let the other members do the 12th Step work in your group. You are too busy.
5. Become conscious of your OA “seniority” and view every member with a skeptical eye.
6. Become so pleased with your own views of the program that you consider yourself an authority.
7. Start a small clique within your own group, composed of only a few members who see eye to eye with you.
8. Tell the new member in confidence that you yourself do not take ALL of the 12 Steps seriously.
9. Let your mind dwell more and more on how much you are helping others, rather than on how much the OA program is helping you.
10. If a sponsee has a slip, drop them at once.
11. Graduate to the point of no longer needing a sponsor yourself.
12. Look upon a food plan as a vital thing for new members, but not for yourself. You outgrew the need for that long ago.

Take Action

Get Connected Face-to-Face

THREE NEW opportunities to meet your Fellows in-person!

Maryland

Mondays at 12:00 PM

United Church of Christ
10010 Fernwood Rd., Bethesda
Contact: Kimberly 301-633-4010 OR Laurie
301-233-2941

Tuesdays at 11:00 AM

Grace United Methodist
119 North Frederick Ave., Gaithersburg
Library Parlor + by phone:
425-436-6374; PIN: 125516
Contact: Randi 301-655-5728

Thursdays at 1:00 PM

Faith United Methodist Church
6810 Montrose Rd, Rockville
Contact: Kimberly 301-633-4010

Fridays at 12:00 PM

Church of the Ascension
205 S Summit Ave, Gaithersburg
Room 1 + by phone:
425-436-6374; PIN: 125516
Contact: Randi 301-655-5728

1st Saturdays at 10:30 AM*

Memorial First India United Methodist Church
9226 Colesville Rd., Silver Spring
Contact: Fred 301-270-2439 OR
Barb 202-821-7683

*This meeting is virtual on all other Saturdays.

District of Columbia

Sundays at 6:00 PM**

St. Margaret's Episcopal
1830 Connecticut Ave NW
Contact: Lee J 202-344-6395
**This is a hybrid meeting.

Tuesdays at 7:15 PM

Dupont Circle Club
1623 Connecticut Ave NW
Contact: Carly L 228-342-8464

Thursdays at 6:00 PM

St. Thomas Church
1517 18th Street NW
1st Floor, Gene Robinson Chapel
Contact: Johnny G 202-770-7391



Check the [Where and When](#)
on the OA-DC Metro website
to locate the Zoom
information for these and
other local meetings

OA Responsibility Pledge

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

Make a Difference

Help “tune up” the meetings you attend

Can your meeting use a spring “tune up?”

OA’s World Service Office (WSO) has compiled [guidelines](#) and resources that can help your meeting get stronger and stay stronger!

First, consider doing an inventory of your OA meeting using the [strong meeting checklist](#). Other resources include:

[Group conscience](#): How to successfully discuss ideas and make decisions brought to the meeting from members.

[Addressing disruptive behavior affecting meetings](#): By using the Traditions and by working together, a meeting can deal with a member who needs more than a gentle reminder of how to participate in a meeting for the good of everyone.

[Retaining members](#): Get some simple suggestions on how to increase the number of members who come back to the program.

[Approved literature list](#): The definitive list on what can be read or displayed at a meeting.

[Small meetings](#): Whether you live in a small town, or just meet in an area where there are few members, help your meetings thrive with these solutions.

WSO also provides recommendations on [how to start a new meeting](#). Remember to add your meeting information to the [Where and When](#) list on the OA DC Metro web site. The Intergroup can also offer seed money for new meeting start ups. This grant would provide \$50/month up to three months for rent or donation to the facility for in-person meetings. Contact the [Intergroup Treasurer](#) for more information.

