

## Supercharge Your Program

### ***Commit to Working the Twelve Steps***

The OA program offers physical, emotional and spiritual recovery for those who suffer from compulsive eating. Members find recovery on all three levels ***by following a Twelve Step program patterned after Alcoholics Anonymous.***

The importance of [working all Twelve Steps](#) is discussed in the introduction to an OA podcast series on the Twelve Steps.

And, for those who prefer the structure and support of a group setting, two virtual workshop series are starting up soon.

5 FRIDAYS

The Central Ontario Intergroup is sponsoring a [virtual Quick Step Study Workshop](#) series across five Fridays, starting on Friday May 5, 8:00 – 9:30 PM ET.

**ACT QUICKLY! Registration closes on May 4 at 11:59 PM ET.**

Register by emailing: [coiquicksteps@oaontario.org](mailto:coiquicksteps@oaontario.org)

15 WEEKS

The Greater Detroit Intergroup is presenting a 15-week [virtual Twelve Step Workshop](#) starting May 16. The workshop will run on Tuesdays from 6:00 – 8:00 PM ET until August 22.

For more information, or to **register by May 8**, contact:

Sharon at 810-305-8716 or [sharonhiller@comcast.net](mailto:sharonhiller@comcast.net)

-or-

Ashley at 586-854-3477 or [labutte@gmail.com](mailto:labutte@gmail.com)

Read [Sharon's](#) and [Elizabeth's](#) stories on how working the Twelve Steps has made an impact on their recovery.

# Support your Recovery

Date	Topic	Sponsor	Access
May 7 Sun	<b>Speaker Panels</b> <i>Topic 1: Parents maintaining abstinence with small children.</i> <i>Topic 2: Maintaining abstinence in a stressful work environment.</i>	<a href="#">OA RISE</a>	ZOOM or Phone 4:00 – 6:30 PM ET ID: 947 2125 9974; Passcode: 810562
May 13 Sat	<b>AD4L Speaker Series</b> <i>We Agnostics</i>	<a href="#">A Design for Living Intergroup</a>	ZOOM 5:30 – 7:00 PM ET ID: 200 540 624; No passcode
May 20 Sat	<b>e-Workshop</b> <i>Relapse Prevention</i>	<a href="#">South Jersey Intergroup</a>	ZOOM 10:00 AM – 12:00 PM ET ID: 228 467 1282; Passcode: recovery
May 20-21 Sat-Sun	<b>2023 Virtual Region Assembly</b>	<a href="#">Virtual Region Intergroup</a>	ZOOM Stay tuned for more information
May 29 Mon	<b>e-Workshop (Memorial Day)</b> <i>Remembering Our Powerlessness: Lest We Forget</i>	<a href="#">Philadelphia Intergroup</a>	ZOOM 9:15 – 11:30 AM ET ID: 884 2062 7878 Passcode: Pls request by email from <a href="mailto:OAFQHquakertown@gmail.com">OAFQHquakertown@gmail.com</a>
Jun 11 Sun	<b>e-Workshop</b> <i>Exploring Body Acceptance</i>	<a href="#">Philadelphia Intergroup</a>	ZOOM 2:00 – 3:30 PM ET ID: 874 0529 3902; Passcode: 024272
Nov 3-5	<b>2023 Region 7 Convention</b> Ocean City, MD	<a href="#">OA Region 7</a>	IN PERSON SAVE THE DATES



## **OA Tool Shed: A Plan of Eating**

A Fellow shares thoughts on how her Plan of Eating contributes to her recovery.

S. has been an OA fellow since 2015. She shared how she uses the tool of a Plan of Eating to aid in her recovery. She has released about 70 lbs. since coming to OA. [\[More...\]](#)

# Take Action

## *Get Connected Face-to-Face*

In the previous issue of the *Together We Can* newsletter, we offered some resources and tips to help “tune up” your group meeting.

In this issue, we highlight two meetings that were dormant during the pandemic and have now restarted. Neither of these meetings was held via Zoom or phone during the pandemic. The revival of these two meetings attests to how the commitment and dedication of a small group of members can make a difference for so many others.

### **Bethesda Monday 12 PM Meeting**

During the pandemic, three members of the Bethesda Monday noon meeting (located at United Church of Christ on Fernwood) had been attending various OA meetings via Zoom, but they missed the fellowship of their in-person meeting. In the second year of the pandemic, they started meeting informally outdoors in various locations. Soon after, they learned that the church where their meetings had been held was willing to reopen, and they took the opportunity to restart the meeting. Today they welcome about 6-10 members including newcomers every Monday. (Contact: Laurie S 301-233-2941)

### **Rockville Thursday 1 PM Meeting**

The same conditions led to restarting the Rockville writing / workbook OA meeting on Thursdays at 1pm (located at Faith United Methodist Church on Montrose) about two months ago. The church reached out to the OA contact to say that they were willing to reopen. The revived meeting made one change – moving from noon to 1 pm. Otherwise, the meeting was restarted with the same format as before the pandemic. This is currently a small meeting with about 4 people every Thursday. (Contact: Kimberly D 301-633-4010)

### **Sharing Lessons Learned**

Feedback indicates that people are increasingly ready to meet in person, but reviving a meeting requires patience and persistence. It takes a while to grow the meeting. Here are some tips: [[More...](#)]

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

# Make a Difference

*Share your stories, share your experience, share your time!*

***A long-term fellow shares how she learned to forgive, accept and love herself.***

Food was always a big part of my life. I was the sixth of eight children, and with so many siblings, I learned to sneak food because I was afraid there wouldn't be enough for me. From a young age, I also learned to use food as a way of gaining my mother's attention. [\[More...\]](#)

## **OA Responsibility Pledge**

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

***Remember what it was like being brand new to OA?***

We attract newcomers every month with our Newcomers Q & A meetings and at our regular meetings. Would you like to be part of the group who welcomes and offers support and encouragement to newcomers? Contact [Tom A](#) for more information on being a Newcomer Outreach Volunteer.

***Got ideas for how to add a dash of fun to the serious business of recovery?***

How about combining a face-to-face meeting with a picnic at Brookside Gardens or DC parks; partner up for team games; or plan other fun events? Contact [Tom A](#) to join others working on Fun and Recovery.

***Would you like to expand your horizons beyond your immediate group of Fellows and meet new people?***

Representing our Intergroup as the Region 7 Rep is a great way to do this. Contact [Tom A](#) for more information.