

TOGETHER WE CAN *May – June 2021*

The Newsletter of the Washington DC Area OA Intergroup • oa-dcmetro.org • 202-854-8462

Reflections on New Beginnings

Spring has sprung! With the warmer weather and the gradual lifting of COVID restrictions, it feels like we are all joining the cicadas in emerging from our winter homes into the warmth and sun of spring.

What have we learned in the past months? How have we grown? What can we do to reconnect with our Fellows, and support them in their recovery as they support us?

OA Carrying the Message Blog

The Carrying the Message committee of the OA DC Metro Intergroup is launching a blog to share members' stories of experience, strength and hope with other members and with people who are thinking about joining Overeaters Anonymous. Stories will be posted on <https://oa-dcmetro.org/> and then promoted through the Intergroup's social media channels. Anonymity will be maintained. Stories don't need to be long (around 250 words is best) and committee members are happy to help with editing. Thank you for sharing.

* Required

Email *

Your email

I would like to write about:

My OA story

My favorite Step, Tradition

Next

OA Carrying the Message Blog

Steps, Traditions and Tools

Use this section to share your thoughts on a particular step, tradition or program tool.

What would you like others to know about your favorite step, tradition or tool?

Your answer

Back Next

A new [blog](#) on the DC-Metro Intergroup website makes it easy to find stories of growth and recovery, and learn from our Fellows. A cool feature of this blog is the [template](#) that makes it easy to share.

Each of us has a story of experience, strength and hope. What is yours?

Contact Lauren S for more information at lauren.shaham@gmail.com

Hi, I'm Daria F, the new editor of this newsletter. First of all, a big thank you to K and Cara W for laying the groundwork and preparing the templates for this newsletter. As a newbie to this role, I have a lot to learn! I look forward to hearing any feedback from you on topics and format. Please contact me at darconnect2016@gmail.com

Reconnect Across the Intergroup!

Remember when you were a newcomer, and how confusing OA was initially? Now that you have been around for a while, here's your chance to pay it forward!

Become involved in the **Newcomer Q&A meetings**. Do it just once or every once in a while. All it takes is 35 minutes at 6:45 pm on the first and third Monday of each month.

Join a Metro DC-wide planning team to help **design a workshop** on how OA can improve its outreach to newcomers. *Newcomers, don't be shy!* Here's a great opportunity to provide input from your recent first-hand experience.

Volunteer to serve as the **Outreach Chair**. This is a fun position that is flexible to your scheduling needs. Help the Intergroup decide and organize short-term projects and opportunities to do outreach and carry the message.

Contact Tom A for more information on any of the above opportunities at thadamsjr@gmail.com or 240-305-3433.

Call to service: In November the Intergroup will be turning over the following positions: Chair, Vice Chair and Treasurer. Please consider stepping up and applying your skills and expertise for the good of OA.

Updated Policies from the World Service Office

Two important policies were revised at the recent World Service Business Conference. If you refer to them as part of your OA meeting materials, please adjust your scripts to reflect the approved language.

[Policy on Abstinence and Recovery](#)

Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.

Spiritual, emotional, and physical recovery is the result of working and living the Overeaters Anonymous Twelve Step program on a daily basis.

[Unity with Diversity Policy](#)

THE FELLOWSHIP of Overeaters Anonymous encourages and promotes acceptance and inclusivity. All are welcome to join OA and are not excluded because of race, creed, nationality, religion, gender identity, sexual orientation, or any other attribute. We welcome all who share our compulsion. Everyone with the desire to stop eating compulsively is welcome in Overeaters Anonymous.

THE FELLOWSHIP recognizes the existence of individual approaches and different structured concepts to working our Twelve Step program of recovery; that the Fellowship is united by our disease and our common purpose; and that individual differences in approach(es) to recovery within our Fellowship need not divide us.

THE FELLOWSHIP respects the rights of members, groups, and service bodies to follow a particular concept of recovery within Overeaters Anonymous and encourages each member, group, and service body to respect those rights as they extend the hand of fellowship to those who still suffer.

THE FELLOWSHIP encourages each duly registered group and service body to affirm and maintain the Twelve Traditions of Overeaters Anonymous by allowing any member to share his or her experience, strength, and hope in meetings regardless of the individual approach or specific concept that member may follow. Duly registered is defined as being in full compliance with Bylaws, Subpart B, Article V.

Support your Recovery

Date	Topic	Sponsor	Access
May 16	Doing the Do, Being the Be	OA RISE	ZOOM 4:00 PM – 7:00 PM ET ID: 947 2125 9974 Password: 810562
May 22	Service and Recovery	OA Virtual Region	ZOOM 12:30 – 2:00 PM ET ID: 891 6554 0024 Password: 120912
May 31	Memorial Day Marathon Spiritual Principle of Tradition 5: Purpose. How Do I Carry the Message of Recovery?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
May 31	Remembering our Powerlessness	PAIG – Fellowship of Hope	ZOOM 9:15 – 11:30 AM ET ID: 884 2062 7878 Request Password at: OAFoHQuakertown@gmail.com
June 6	Gay Pride Day Marathon Spiritual Principle of Tradition 6: Solidarity. What Does “First Things First” Mean To Me Today?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
June 6	Growing my Faith and Strengthening my Spirituality	OA RISE	ZOOM 4:00 PM – 7:00 PM ET ID: 947 2125 9974 Password: 810562
June 13	Workshop: The Sponsor – Sponsee connection	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
June 19	Juneteenth Marathon Let Go, Let HP. How Do I Work Step 6?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
June 19	Sponsorship: The Ultimate Experience	OA Peninsula Intergroup	ZOOM 1:00 PM – 5:00 PM ET ID: 859 3391 4827 Passcode: sponsor21
June 20	Father’s Day Marathon Step 6 Spiritual Principle: Willingness. What Am I Willing To Do To Go to Any Lengths Necessary To Work My Program?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
June 27	Know Your Triggers	NJIOA	ZOOM 2:00 – 4:00 PM ET ID: 839 2344 3845 Passcode: 822040
July 4	Independence Day Marathon Step 7 Spiritual Principle: Humility. What Do You Do When Food Thoughts And Cravings Occur?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
July 11	Workshop: What Does it Really Mean to Surrender?	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
July 17	Webinar: Compulsive Food Behaviors	DC-Metro Intergroup	Stay tuned for more information!