

# TOGETHER WE CAN

OCTOBER 2012

www.dc-metro.org

Infoline: 301-460-2800



## Twelfth Step Within Day

On (or near) Dec.  
12 (12/12/12)

Meetings may want to have a group conscience about whether participants would like to make a special effort either at the meeting or at other times during the week of Dec. 12 to call folks they haven't seen for a while. We Care lists can help you decide who to call.

## Group Treasurers:

How long has it been since you made a 7<sup>th</sup> tradition contribution to the Intergroup, Region7, and the World Service Office?

## Don't let perfect become the enemy of the good

I don't know where I first heard this phrase. But I do know it was not until OA that I truly understood what it meant. Like many of my fellow OAers, I go all-or-nothing for perfect. Perfect Abstinence. Perfect Day. Perfect Meal. Perfect Diet. Perfect Workout. And I never stop going for perfection, which is okay. But where I go too far is when perfect doesn't happen. I can never seem to settle for good. It almost feels like if perfect isn't possible then I'll only settle for nothing at all. I can't

enjoy Good Days. Good Meals. Good Workouts.

Before OA everyday felt like a race against failure with no second place prize. After being in OA I came to understand sometimes that constant drive for achieving 100 percent stops you from taking stock and seeing the good you already accomplished. Good is NOT just "good enough." Good is a sign of effort, success, persistence, and possibility.

Good is not the enemy of perfection, it is the last stop on the road to perfect. If I can master good, perfection is within my reach (though maybe not all the time). Good teaches me patience. Good helps me work the Steps and practice the principles in all my affairs. Good ensures I let my HP into my life. Perfect is not the enemy of the good, at the end of the day, it may not even be better than Good at all.

Anonymous, Washington DC

**"One never starved between meals."**

## Service Center

**Wednesday PM Speaker Requests** - We invite speakers for the 2nd and 4th Wednesdays. We are in need for a total of 8 speakers in Sept, Oct, Nov, Dec. There is a three month abstinence requirement. Wed 8:15 PM St Columba's Church on Albermarle St, NW DC. People can contact Michael D at [michaeldiamondmd@gmail.com](mailto:michaeldiamondmd@gmail.com) or by cell 301-785-5488. It's fine to leave a message.

**Sunday morning, Holy Cross 9:30 meeting call for speakers** for the second, fourth, and

fifth Sundays of the month! 3 month abstinence requirement. Contact Sabina at 240-205-6141 or [sibgrandin@yahoo.com](mailto:sibgrandin@yahoo.com)

**Tuesday PM Speaker Requests** - The Silver Spring Oasis Meeting, 7pm is in need of speakers to share ESH the First Tuesday of the Month. St. Luke's Church is at Colesville Road and Dale Drive, close to downtown Silver Spring. People can call Janis H at: 301-587-0312 or email her at: [janisjazz@yahoo.com](mailto:janisjazz@yahoo.com).

**Roomate Needed** - I am looking for a roomate for the convention in Cleveland. I am staying from the 27th to the 2nd.—Ruth 941-244-2399 ESTCall anytime, up late late

**Have a service request on an individual, group, intergroup, or regional level? Post your message here!**

## From The Editor

"Self-knowledge avails us nothing."

I cannot count the number of times my sponsor repeated this slogan to me when I first got abstinent. It made sense right away. After all, I *knew* how to eat healthy. I *knew* how to lose weight. I *knew* how unhealthy my behaviors had been. But *knowing* it couldn't make me do it. I would try everything I could to live what I knew but it was impossible and I was miserable for trying. It wasn't until I came into these rooms and took the first step that I was able to finally live what I know. This slogan, and the constant repetition, was the reminder that I couldn't do it alone. I needed this program, the tools, the steps, and the fellowship to finally be free from the compulsion and obsession from food.

The power of this slogan hasn't lessened the longer I've been in recovery. Somewhere around

year three in my abstinence, I had a spiritual relapse. I never picked up the food but my life was quickly becoming unmanageable. I kept telling myself that I just needed to do what had always worked in the past: write in my journal every day, call my sponsor, go to meetings, do my step work, pray and meditate. But it wasn't working. Once again, I *knew* what I needed to do to get spiritually connected I just couldn't live what I knew. This slogan helped remind me that me knowing wouldn't bring my spirituality back. So it was back to steps one, two, and three. My program changed a lot during that period because calling my sponsor several times a week and writing every day was no longer effective. The deeper level of step work and quietness in my day to day did.

This week, I received some very difficult news. I have been strugg-

ling the last couple of days to accept the situation as it is. Yet again, I *know* several solutions to make this go away but it's not up to me. I am powerless over this situation and nothing I say or do can make it the way I want it to be. The funny thing about self-knowledge is that it's an illusion. We *think* we know the solution. We *think* we know what to do. We *think* we have the answers. But in reality, if we knew the solutions, knew what to do, and had all of the answers, our lives would never become unmanageable. Every time I have fully surrendered after accepting that self-knowledge avails me nothing, amazing miracles have come into my life.

Which leads to my other favorite slogan - "Let go and let G-d."

- Sabina

## 12th Step Within Resources

The Region 7 speaker list has been completed. This is a list of members of Region 7 who are willing to travel to other Intergroups to speak at your marathon, workshop, retreat or any other function that spreads the message. This list can be requested by going to the [oaregion7.org](http://oaregion7.org) website, clicking on [service resources](#), clicking on [request a 12<sup>th</sup> step within speaker list](#), and filling out the requested information which is then forwarded to one of our committee members who will respond to your request.

The 12<sup>th</sup> Step within committee has a budget for reimbursing Region 7 speakers for either all of or part of their travel expenses for speaking at another Intergroup for one of the purposes mentioned above. The maximum reimbursement is \$150 per speaker. This request for reimbursement must be approval **BEFORE** the event and before any expenses are incurred. Approval for reimbursement can be requested by going to the [oaregion7.org](http://oaregion7.org) website, clicking on [service resources](#), clicking on [reimbursement for a 12<sup>th</sup> step within speaker](#), and filling out the requested information which is forwarded to the Chair of the 12<sup>th</sup> Step Within committee. Approval is then granted and reimbursement (up to \$150) is made by the Treasurer after the receipts are received. Receipts should be sent to the Region 7 Treasurer.

If anyone is interested in being added to the Speaker's List, please forward me your NAME, ADDRESS, CONTACT INFORMATION, YEAR CURRENT ABSTINENCE STARTED, SPECIAL FOCUS - SUBJECTS, and HOW FAR WILLING TO TRAVEL.

Order your  
**Region 7 Tenth Step  
Journal**  
today!

They are available in three colors and are only \$10 each (plus \$3.50 shipping). They also offer a shipping discount on bulk orders of 10.

[http://oaregion7.org/  
shop/](http://oaregion7.org/shop/)

## Literature Corner

**Many strokes overthrow the tallest oaks. John Lyly**

If I slip, I will try again. Practice makes perfect, and I expect to practice abstinence until I “get it.” What is the alternative?

It’s an encouraging sign to be able to give myself a chance to go back and do things differently, without judgment or self-condemnation. For example, did I really hear – and act upon – program suggestions and slogans such as “half measures availed us nothing”; “willing to go to any lengths”; “keep it simple”; “one day at a time”? Whether I am struggling with abstinence or personality defects, those are words on which I can rely.

For Today: I will not waste time blaming myself, but instead, try again

Taken from “For Today”, Page 13

### PI Posters

Posting bulletin board attraction fliers for OA is not limited to IG!

You can exercise your 5th tradition every day by carrying a few copies around with you and posting them whenever you see a bulletin board. So print some from the link below (they’re gorgeous!), scroll down to the section titled “PI Poster”, print, and post away!

Here are some ideas where you can place these posters:

- Grocery store and library bulletin boards
- Gyms and exercise studios
- Doctor’s and Dentist’s offices
- Dietitians and other therapy offices
- Hospital bulletin boards
- Community Centers
- Child care centers
- Houses of worship community bulletin boards
- Beauty salons

The PDFs of these posters are located under “PI Poster”: <http://www.oa.org/documents/>. You do not need written permission to print them out or make color copies of the posters and use them as needed.

### A Step Ahead

The Fourth-Quarter 2012 issue of A Step Ahead is now available:

[www.oa.org/membersgroups/a-step-ahead-newsletter/](http://www.oa.org/membersgroups/a-step-ahead-newsletter/)

Learn about lots of news within the Fellowship, including:

- OA’s weekly Internet radio show, “Sound Bites from Overeaters Anonymous: A 12-Step Solution to Compulsive Eating”
- The difference OA members have made in the number of Lifeline subscriptions
- OA Literature: The Latest and Greatest
- Documents: Where You Gonna Go?
- The Budget: Roadmap to Success

### Recovery Wristbands

The Baltimore Area Intergroup is offering recovery wristbands as an inexpensive fundraiser to send two delegates to the World Service Business Conference this coming year.

The bracelet are \$2 each, but larger quantities can be purchased for a discounted price.

We offer a choice of two imprinted sayings (in teal or purple) - “Higher Powered” and “B4OAI8” (Before OA I Ate) We suggest that if you announce and discuss this information at your meetings, and collectively determine if (or how many wristbands) you’d like to order, we’ll do our best to deliver them to you as soon as possible.

We hope that you enjoy wearing them, or purchasing them as a small token to a sponsee or in celebration of an anniversary or milestone (perhaps when giving out recovery medallions – which cost roughly the same)

If you’d like to order via email, just send your request to [news@oabaltimore.org](mailto:news@oabaltimore.org)

## It works if you work it

I find that when I'm having a hard time with my abstinence – when foods are calling to me, or I'm wanting to take just another scoop, or I simply have to have something in my mouth – the phrase, “it works if I (you) work it” will come to mind. In the moment I have that urge, I need to remember that there are so many tools in this program, and that abstinence is just one of them. I can pick from a large array of things I can do that are not about eating compulsively. It has usually meant that I find a meeting to go to in the very near future – and it also might be writing, or making a call, or meditating, or all of them. I find something that will move me along.

When I hear someone say at a meeting that they can't get their abstinence, or they can't keep their abstinence, it often comes down to this “works if you work it.” Going to one meeting a week, not having a sponsor, not making any calls, and not reading any literature (except in meetings), inevitably will lead me down a path of struggle. I MUST keep program active in order to maintain my abstinence. What are you doing to support your program?

I want everyone around me to “up their program”, of course. I want people to get their abstinence so that they can share their “experience, strength and hope,” because they are then another positive part of my support system. As you read this, I urge you to examine, are you meeting with constant resistance in your program? What can you do to move things along for yourself? There is always something more that you can do. If you don't “work it”, then surprise, it won't work!! - Sealani

Interested in joining our Intergroup Yahoo Group? Receive updates, event notifications, and more!

### To Subscribe

send an e-mail to:

DCmetro-OAIG-subscribe@yahoogroups.com

### To Unsubscribe

send an e-mail to:

DCmetro-OAIG-unsubscribe@yahoogroups.com

## If I think, I won't eat. If I EAT, I can't think.

I recently had a slip after a few years of abstinence. There were a lot of emotions and really, to be honest, no thought.

If I think, I won't eat. What does that mean? Practicing abstinence means a lot of things to me:

Physical: preparing healthy food and alternatives if I can't get what I need. Asking for what I need even if it is uncomfortable for me, more expensive, whatever. This is a key part of taking care of myself.

Emotional: Emotions come and go. They can sweep over me like waves, sadness, fear, hopelessness. This means it's high time to make a call and talk to

someone about how I'm feeling, read some literature to get some healthy thoughts into my swamped brain, and get to a meeting.

Spiritual: This is the key. Turning my will and my life over to my HP can help me in any and all circumstances, especially if my perspective is distorted and it was, I must say.

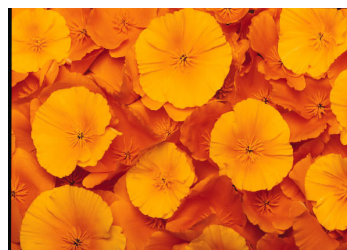
If I EAT, I can't think. I remember the oblivion and despair of binging. This was a slip (in that it stopped very quickly), not a binge where one food led

to another, but the fact is that all the remorse and despair flooded in as if it had been a binge. It made it hard to think clearly. It really made it hard to think positively. It took me to a dark place I never want to live in again.

If the facts of the case (thoughts) had come first, the eating wouldn't have happened. I could have called someone with the dilemma I was facing and gotten perspective even though I didn't have it myself. We are a fellowship of people who need each other.

Clearly I need to keep coming back!

Deb



## Step 4

When I look over the list of questions on our meeting guide for step 4, I am reminded about how easy it was in the past for me to feel and think like a victim and martyr, and then how easy it was to justify my behavior. I was resentful or all entwined in a certain way of relating with others. I used to be pretty confused about how other people contributed to the situation and then I would be confused about my part. I tended to take too much responsibility and therefore too much blame.

For so much of my life I felt badly about myself so I beat myself up unmercilessly. I used to think that steps 4 through 9 were about publicly declaring I was an awful person and then apologizing for being myself. What a tremendous burden I carried. The steps and the tools have helped me tremendously especially writing and working on steps 4 and 5. Doing step 4 helped me learn how to get some perspective on who did what and when and then step 5 through 7 helped me more honestly look at my own part. I have a much better awareness of my own character defects than years ago and I am now working on learning and accepting my character assets.

I am most grateful for the tools, steps and traditions of the program that are helping me live and experience life in much healthier and saner ways. I definitely plan on coming back to OA!

Submitted by an OA'er from Friday, 7 p.m. College Park Writing Meeting

### Closer to the Bone

I want to live closer to the bone  
 Less padding to give the illusion of  
 protection  
 Down to the bone  
 Strength down to the core  
 The real deal  
 Down to the skeleton  
 Surrounded by muscles and ten-  
 dons and ligaments  
 And whatever extra flesh God

wants on me  
 I do want to feel  
 His arm around my waist  
 In a loving way  
 I want to trust what I feel  
 Instead of doubting with my  
 warped thoughts  
 I want my brain to trust my body  
 And my heart to be involved too  
 I'm tired of old messages

About my body  
 That it is bad, sinful, not to be  
 trusted  
 I am learning to listen to it  
 Respect, honor and love it  
 Trust, appreciate and care for it  
 Down to the bone.

Written by Katrina

### Principles of the Month

**October - Perseverance**

**November – spiritual awareness**

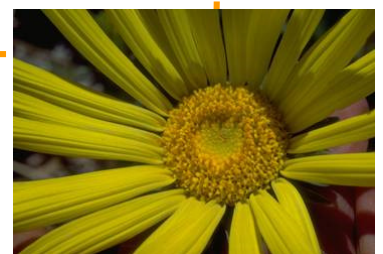
**December – service**

In step two we discovered the value of *perseverance* in working the twelve steps. Practicing this principle in all our affairs today means that we continue to do the things which have brought us healing, even though we sometimes wonder if we still need to. Perseverance brings us the reward of continuing, permanent recovery.

In step eleven we learned the principle of *spiritual awareness* as we turned our attention to the practices of prayer and meditation. We practice this principle by seeking an awareness of G-d's presence in all our affairs, and by continuing to nurture our spiritual sensitivity through prayer and meditation.

The principle of *service* which underlies OA's twelfth step can now guide our actions both inside and outside the program. Here we experience the great truth that when we let go of our need to control people and simply allow our Higher Power to serve others through us, we receive an abundance of joy and strength.

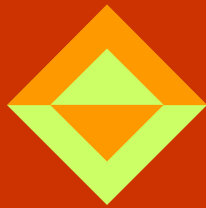
Taken from The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Step Twelve, Page 105



## The Tool of Writing

### Events Chair:

DC Metro Intergroup needs someone to coordinate our events (asking for volunteers, creating programs and workshops ideas), with support from others, of course.



### Website liaison:

DC Metro Intergroup needs a volunteer for the website coordinator position. This job involves working with our paid webmaster as to what to post and what to take down. It might also include working on redesigning the website.

When I first came to program over six years ago I was so impressed by listening to others talk about how they used writing as a tool. It sounded wonderful however I was so hung up on “doing it right”. Plus, although I lived alone, the thought of someone somehow reading my writing horrified me. Why would I want to put on paper the depths of my soul if someone else might read it, expose me and then cause me harm with my secrets?

I started small. I started writing three pages first thing in the morning. I only started because it was part of a class. The plan was to never read the writing again and immediately destroy the pages. It didn't matter what I wrote or how long it took me. I just needed to write three pages. The idea was to empty myself of anything that was not needed within me, sort of like

a cleansing or purging. In time, the three pages got easier and easier. Around the same time, I started going to a writing meeting. Again, I was horrified at the thought of writing and then sharing in the meeting. So, I went to the meeting, wrote what I could, and kept the writing to myself.

As I continued to attend the meeting, I realized that there was absolutely no right way to write. Four people could write on the exact same topic and their writing would be as different as night from day. One thing was clear though. The writing came deep from their hearts and touched mine.

Slowly, with time, I started sharing my writing. It challenged me to be honest because what I had written from my heart was often much different from what I would have normally shared with the

group. My “job” was to read, and read I did, straight from the page, no edits in mid stream. Pure honesty.

Sharing my writing and listening to others has helped me get to a deeper place within myself and within program. I have gained in trusting others and trusting that what I have to share is adequate. I use writing a lot these days to help me get clear, sort things out and also talk to my HP. 95% of what I write I crumple up and throw out, never to read again. This part of the writing process gives me much needed practice in letting go and moving on. Writing is such a valuable tool and I give thanks for my ability to put pen to paper. I definitely will keep using this tool and plan to keep coming back to OA.

Submitted by Katrina B. from Friday, 7 p.m. College Park Writing Meeting

## WSBC 4th Step Inventory

FROM:

The World Service Business Conference (WSBC) Region Chairs Committee. Who cares what you think? WE DO!!! Overeaters Anonymous needs your help!

The 2013 World Service Business Conference theme is “**Searching and Fearless: A Fellowship Inventory.**” We’ve created a 4<sup>th</sup> Step inventory (a survey in English) to help us determine what’s working and where we can improve OA. Each member is being asked to complete the survey. The tool is available in two formats (**select one**) and will take approximately 20 minutes to complete. The survey will be active online from October 17 until December 31, 2012.

· Online at <http://www.surveymonkey.com/s/fellowshipinventory> - and follow the prompts

· A hardcopy will be available on [oa.org](http://oa.org) in pdf format after October 22<sup>nd</sup> under What’s New. You can download, print and mail this version.

**WE NEED YOUR HELP!** Please distribute this letter to all your meetings. Ask them to invite all their members to include completing the survey in their “Plan of Action.” The information gleaned from the results will be used at the 2013 WSBC, and beyond, to strengthen our Fellowship and our

## Designated Downloader

As I move forward with my life in OA, I continue to be impressed with those OA members who have integrated the tools of recovery into all facets of their daily life. Encouraged by fellow OA group members to do the same, I wondered how I could add the recovery tool of service to my daily life.

Sure enough, during a recent group meeting, announcements were made asking for service volunteers. I was pleased to know that there were positions available for service with varying degrees of abstinence requirements. I could “jump in” from where I am now in my recovery. Delighted to learn this, I decided take on the role of Designated Downloader. After a brief information exchange with the OA group member who had this post, I was on my way. Yep, Welcome to OA Service!

My first task was to learn what the Designated Downloader would do and how I would do it. It was a reality check of sorts to recognize that not OA members have ready access to the internet or know how to navigate it. Immediately I felt blessed to know I can help others by doing something that is

easy for me. I took this as an opportunity to draft a position description as a part of documenting what tasks a designated downloader should perform. The position description of a Designated Downloader is as follows:

“...This person will download and print OA information for members who do not have internet access. This person will serve as the group’s online contact point for communications for/with IG, Region, and WSO entities. This person will also check various other websites for flyers and other materials of interest to the group. In short, the Designated Downloader brings OA group members up to date with online information from OA websites on the internet. Good News! This work can be done from home... “

As the” DD”, I provide our group with: Meeting lists

Local and National Calendar Events;

WMI minutes; Recovery lines,

Provide copies of WSO newsletters such as *A Step ahead and the Courier*

Regional Newsletters and websites and other such information requests.

I continue to be astonished of how large a presence OA has in our world. I continue to find new sources of OA information on a regular basis. Let me say this: no one in OA should be left wanting for OA information. There is a wealth of information and resources out there. If you need help starting your own OA “treasure search” feel free to contact me and I will be happy to forward you the web links I have discovered thus far. To close, I was touched by these words regarding service posted on the OA website <http://www.oa.org/newcomers/tools-of-recovery/#service>

(Hah -I can’t resist sharing ONE web link plug!)

“A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. Service helps to fulfill that promise.”

Take on the service challenge! I look forward to hearing other stories of service in the coming months!

- Richard

Sound Bites from Overeaters Anonymous - is dedicated to educating you about recovery from compulsive eating using OA’s 12-step program. In OA you’ll find members who are obese, overweight, average weight, underweight, still maintaining some control over or totally unable to control their eating behaviors. Symptoms include eating binges, grazing, obsession with food and body weight, starving, purging through laxative abuse, excessive exercise or vomiting, inability to stop eating certain foods, secret binges, and yo-yo dieting. In OA, members find acceptance and understanding, support and companionship from others who have similar challenges, a new ability to achieve and maintain long-term healthy weight, **and a transformation to physical, emotional and spiritual well being.** Join us Wednesdays at 1 PM Pacific on VoiceAmerica Health and Wellness Channel to hear the experience, strength and hope of people who struggled and found recovery and a new life in Overeaters Anonymous.

<http://www.voiceamerica.com/show/2139/sound-bites-from-overeaters-anonymous>

Log on to Listen: [www.voiceamerica.com](http://www.voiceamerica.com)

Questions? Comments? Call: 1-866-472-5792

# Upcoming Events

**November 17, 2012 2:00 - 4:30 pm**

## **IDEA DAY**

Washington, DC

[http://www.oa-dcmetro.org/pdfs/IDEA\\_Day\\_Flyer\\_Nov17.pdf](http://www.oa-dcmetro.org/pdfs/IDEA_Day_Flyer_Nov17.pdf)

**November 18, 2012 3:00 - 5:00 pm**

## **MONTHLY STEP MEETING**

Annandale, VA

<http://oaregion7.org/pdfs/Step-a-Month-Study-2012.pdf>

**November 22, 2012**

## **THANKSGIVING LUNCH AND MEETING**

La Madeline, Rockville, MD

Linda S 301-294-0566

**December 8, 2012 10:30 am**

## **INTERGROUP MEETING**

Kensington Park Library,  
Kensington, MD

**December 16, 2012 3:00 - 5:00 pm**

## **MONTHLY STEP MEETING**

Annandale, VA

<http://oaregion7.org/pdfs/Step-a-Month-Study-2012.pdf>

**January 6, 2013 7:00 - 9:00 pm**

## **ABC'S OF ABSTINANCE WORKSHOP**

Edison NJ

<http://www.oa-centraljersey.org/PDFs/ABC%20Workshop%202013.pdf>

**January 12, 2013 10:30 am**

## **INTERGROUP MEETING**

Holy Cross Hospital, Kensington MD

**January 13, 2013 10:00 - 3:00**

## **SERVICE AND TRADITIONS WORKSHOP**

Old Bridge, NJ

<http://www.oa-centraljersey.org/PDFs/Service%20&%20tradition%20flyer%202013.pdf>

**January 19, 2013 8:30 am (full day)**

## **WINTER DREAMS RETREAT DAY**

South Mantoloking, NJ

<http://www.oa-centraljersey.org/PDFs/Winter%20Dreams%202013.pdf>

**January 25- January 27, 2013**

## **18th ANNUAL WINTER RETREAT**

Bloomington, NJ

<http://oaregion7.org/pdfs/star-lake-flier-2013.pdf>

**April 5- April 7, 2013**

## **SERENITY, SEA, & SUN...BEACH RETREAT**

Virginia Beach, VA

**April 5 - April 7, 2013**

## **BIG BOOK STEP STUDY**

Mount Holly, NJ

<http://oaregion7.org/pdfs/Big-Book-Study-Weekend-Flyer.pdf>

**August 29-September 1, 2013**

## **OA WORLD SERVICE CONVENTION**

Cleveland, Ohio USA

<http://www.oa.org/world-service-events/world-service-convention/>

*Know of an event not listed here? Send submissions to: [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)*

## "When my perfectionism kicks in, I lose my humanity"



## Jot us a line...

Help keep our newsletter strong! Submissions of any type are always welcome. The theme for the January 2013 newsletter will be: **Working the Steps**. E-mail your story by December 21st to [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)

Don't have much time? Just send us a line or two to be included in the next newsletter. No story too small! No abstinence requirement!