



## NEW NEWSLETTER COORDINATOR NEEDED. YOU?

Last week, as has been typical for me, I started working on the newsletter four days before it was to be printed in time for the Intergroup meeting. The last day the newsletter can be printed by our printer and dropped off at my home, or picked up at the Printers, is Friday. I finished the initial version on Wednesday and sent it to be proofed; it was returned to me, edited, early Friday morning. This was more than enough time to get the October newsletter emailed and printed.

I just needed to “tweak” the document a bit. I called our printer to let him know I was working on the newsletter. However, in response to his polite “how are you?” I began to emit a flurry of words that essentially communicated that I was stressed from working on the document. When he said, “Gee, it sounds like it gets you really anxious,” I replied, “no.” Within the next five minutes, I had several revelations:

- No one but me cares if the newsletter is “perfect,” in alignment, with the right words, the right attributions, the right grammar, and the right graphic in the corner. NO ONE else expects the newsletter to look professionally done – except me. This is where my perfectionism shows up. It’s either “this” or “that”, with no leeway in-between: that’s the sign of an addict.
- My deadline – to have the newsletter completed every other month to be ready for distribution at the Intergroup meeting – was a self-imposed one. Most folks probably don’t have a clue how and where the newsletters come from. I took on the Newsletter Coordinator position to allow myself the opportunity to do service in an area in which I am skilled. I am a good writer and a very good editor. I am not, however, a good manipulator of Word software. Most months I take “visual” books out of the library so I can learn how to format different aspects of the newsletter; but many months, the answers are neither in the books, or on the Internet.
- In society in general, the increasing errors in grammar, spelling, and punctuation are problematic for me. They distract me from the content of whatever I am reading. When items have come for publication in “Together We Can” that are challenging in this way, it is alarming to me, and I want to “fix” those problems. The readers don’t

get the “raw form”, only a re-interpreted version of it.

- My preferred way to work is with a calm demeanor, and a sense of accomplishment at completion. My expectations of both myself and others has only increased and magnified in the last few months. I am reminded that:

*“My serenity is inversely proportional to my expectations. The higher my expectations of other people are, the lower is my serenity. I can watch my serenity level rise when I discard my expectations. But then my ‘rights’ try to move in, and they, too, can force my serenity level down. I have to discard my ‘rights,’ as well as my expectations, by asking myself, How important is it, really? How important is it compared to my serenity, my emotional sobriety? And when I place more value on my serenity and sobriety than on anything else, I can maintain them at a higher level - at least for the time being.”*

Big Book of Alcoholics Anonymous, 452,  
“Acceptance was the Answer”

My last call to the printer was to communicate that the newsletter would not be ready to print till a later time. As I told the assistant with a laugh, I am quite time-challenged. Doing this job over the past several years has helped with that character defect – I definitely plan better than I did before – but I still tend to perceive time as more elastic than it is. In a parallel universe, where time is not a finite variable, I might do okay. In this one, people get upset at my lateness and my difficulty departing certain venues.

My time is up with “Together We Can” – I have at last heard the message. The December issue will be the last newsletter I will coordinate. November 15 is the deadline for newsletter submissions. Once again, in doing service, moving through the drama, and seeking HP’s guidance, I have been able to discover and uncover a better self.

Sealani W.

## WRITING AN OA NEWSLETTER ARTICLE

When I started to write an article for the newsletter, I wrote everything that came to mind. Every single detail of what happened at that particular incident went onto the paper. When I

had thus completed the first draft, and read it aloud, one could detect sarcasm, anger and denial throughout. Further, nearly every sentence began with "I".

The second and third drafts consisted of paring it down to only what was necessary to tell the story. This very quickly eliminated some of the emotionally laden words and replaced those with descriptions that would be easy for the reader to follow. The sentences became less complicated and the writing simpler. To make the story even more readable, the sentences were rearranged to follow a natural order and to vary the sentence beginnings and structure of the phrases.

When I read the final draft of my story, I noticed that I was no longer feeling the anger and "poor me" that I had been experiencing as I began to write it. Thus, the process of writing served to eliminate further projection of the feelings that were germane to the incident.

Suddenly I realized that writing the article for our local newsletter was doing service work, and yes, it really helped my recovery!

Hannah G.

## **SEPTEMBER 2015 DC METRO AREA INTERGROUP MEETING MINUTES (DRAFT)**

September 13 Attendance: Angela B; Anna S; Jim L; Stephanie M; Kathy A; Karen N; Linda L; Linda S; Monica H; Paul B; Peggy R; Dale B; Jen R; Stephanie; and Sabina W.

7<sup>th</sup> Tradition contribution collected: \$27

### **Structural Business**

Agenda and minutes were approved as amended.

### **Chair's Report**

- Linda reviewed Concept 12.
- OA groups are best served when they diligently listen to the minority and do not decide on matters by a close vote. A close vote is usually an indication that group conscience has not yet been reached. Focus should be on consensus rather than just voting.
- Intergroup is still an OA meeting and if something is bothering you, pull someone aside and talk about it. Intergroup is an opportunity to experience recovery.

### **Recording Secretary's Report:**

Need to discuss other duties of the Recording Secretary.

### **Correspondence Secretary's Report:**

Does not have access to the Yahoo groups.

### **(Acting) Treasurer's Report:**

Intergroup is spending what we are taking in, which is about half of our projected revenue. As a

result, we're only spending half of our current budget. That means we're not doing everything we had planned. We need at some point to have a discussion about how to bring in more money.

### **Committee Chair Reviews**

#### **Events**

- The Committee will research whether we can alternate between Saturdays and Sundays for Unity Day.
- Noted that IG supported events usually break even in terms of funding, including reimbursements for copying flyers, donation (\$40.00) to hospital for meeting space
- Good shape for Sept 27 workshop. Go to web site and print out flyers and bring them to your meeting.
- IDEA day workshop: DC Metro IG is hosting and coordinating with Baltimore and Annapolis Intergroups. Needs speakers with long term recovery. Flyers will be distributed.

#### **Inreach:**

- Our Intergroup is interested in adding links to our website for OA videos aimed at welcoming beginners and providing information to members who may be coming back from relapse and/or are interested in strengthening their recovery. These videos were developed by another Intergroup. We'd like your feedback - please see the videos at: [www.oahelps.org](http://www.oahelps.org). Please send your feedback to Jen R at [inreach@oa-dcmetro.org](mailto:inreach@oa-dcmetro.org).
- Web site: Our webmaster, Neal S. is stepping down from this service position on January 1. Inreach plans to use the same web address with a new theme at that time. Jen and Molly will be taking on this position.

#### **Outreach:**

Still waiting to hear from Montgomery County Library system about placing Overeaters Anonymous literature in the branches.

### **Unfinished Business**

Budget: Look into the complicated budget and report to see if it can be simplified.

### **New Business**

- All board positions are filled.
- Still need Ways and Means and Events Co-Chairs. (Note: Ways and Means filled.)
- The Intergroup meeting date will be changed in October. A proposed date will be discussed later.
- Newsletter deadline was extended a couple of weeks.

MOTION: DC intergroup will provide a Raffle basket to Region 7. Seconded and passed.

MOTION: Intergroup will apply for funding from Region 7 to send delegates to the WSBC.

Seconded and passed.

#### **Announcements:**

Our Intergroup Newsletter "Together We Can" is looking for articles for the next edition. If you have an article or questions please send them to [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org). Please call Sealani with any questions at 240-965-7274.

- Our Intergroup is interested in adding links to our website for OA videos aimed at welcoming beginners and providing information to members who may be coming back from relapse and/or are interested in strengthening their recovery. These videos were developed by another Intergroup. We'd like your feedback - please see the videos at: [www.oahelps.org](http://www.oahelps.org). Please send your feedback to Jen R. at [lnreach@oa-dcmetro.org](mailto:lnreach@oa-dcmetro.org)

- .Region 7 Convention registration is open. For more information: see the website: <http://oaregion7.org/events/region-7-assembly-fall-2015/>

- Save the date! IDEA Day Nov 22<sup>nd</sup>. Flyer is on the way.

#### **Meetings that need support:**

- Riderwood, Monday: 10am
- Sibley Hospital, 5pm (This meeting has not yet appeared on the "Where and When")
- Rockville, Thursday: 7pm
- Silver Spring, Wednesday: 12:30pm
- College Park, Friday: 7pm
- Ingleside Retirement Community, Monday 7:00pm is no longer meeting. There will be a group conscience to determine if a study of the Big Book, along the lines of A Vision for You meetings will replace it.

#### **FROM OA.ORG**

#### **Free Download—Guide to Carrying the Message**

What's the best way to carry the message?

Naturally, the answer depends on the circumstances, but the new [Guide to Carrying the Message](#) has great suggestions of what to say and what not to say when speaking to someone about OA for the first time. Find it on [oa.org](http://oa.org) under [Group Support, Public Information Suggestions, and OA Guidelines](#).

#### **In the Bookstore: Twelve Stepping a Problem Wallet Card**

When life problems threaten your recovery, Step your way to the solution with the new *Twelve Stepping a Problem* wallet card. Keep this Twelve Step exercise in your pocket or purse and turn to it in your moment of turmoil to find your way back to serenity.

The pocket card includes a twelve-question exercise, the Twelve Steps, and the Serenity Prayer. To order, search for item #420 (\$.40 each) or #420K (\$36.00/pack of 100) at [bookstore.oa.org](http://bookstore.oa.org) [A Free Step Eight Podcast to Download or Stream](#) Second Sunday Telephone Workshops continue in 2015, and the [Step Eight podcast](#) is now available to download or stream. Spend some time in recovery and take in this in-depth focus on Step Eight. To participate in the next telephone workshop see the [Datebook Calendar](#) for dial-in instructions. To listen to the podcasts for "step zero" and Steps One through Seven, A FREE Step. To listen to the podcasts for "step zero" and Steps One through Seven, click here.

#### **Revised OA Handbook for Members, Groups, and Service Bodies Now in the Bookstore**

The newly revised *OA Handbook for Members, Groups, and Service Bodies* (#120, \$2.25) received the Conference seal of approval at WSBC 2015. The newly revised *Handbook* includes an index and offers suggestions on how to start an OA group and keep it going, along with important information about service at the group, intergroup, service board, region, and world service levels. The *Handbook* is now available for purchase at [bookstore.oa.org](http://bookstore.oa.org). Remember the new 2015 *Handbook* reflects the group conscience of OA.

#### **Free Download—the 2015 Public Information Poster**

Carry the message in your local library, doctor's office, coffee shop, and gym with the new [2015 Public Information Poster](#), a Free download provided by the Board of Trustees' Public Information Committee and the World Service Office. The 2015 poster and previous years' posters can be found under [Public Information Suggestions](#) on [oa.org](http://oa.org)

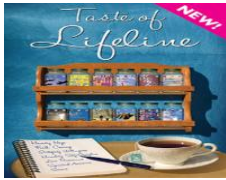
The 2015 poster is an interactive PDF file, which features space to type in local meeting or contact information. To use the interactive space, first download the PDF file to your computer. The interactive space is not available when the PDF is viewed using a web browser. In addition, the poster offers tear-off tabs for [oaquiz.org](http://oaquiz.org), a special URL that will lead the user to the Fifteen Questions to help him or her identify compulsive eating or compulsive food behaviors. Even when all the tabs are torn, a QR code is still featured on the poster to take the user to [oaquiz.org](http://oaquiz.org)..

The [Third Quarter 2015 issue](#) of *A Step Ahead* is downloadable online. This issue covers:

- World Service Business Conference outcomes
- The OA Strategic Plan
- Conference-approved Preamble revision

- New book! *Taste of Lifeline*
- *Lifeline* writing topics for 2016
- Making donations and bequests

[NEW BOOK! Taste of Lifeline Now Available!](#)



+  
OA's latest book is now on sale in the bookstore. [Taste of Lifeline](#) is a curated collection of more than one hundred stories from the pages of Lifeline, featuring:

- Personal accounts by OA members writing about their challenges and how they work the OA program.
- Stories for newcomers, stories about recovery from relapse, stories about long-term recovery, stories from international members, and much more.
- Journal questions so that you, your sponsee, and your group can use the Tool of writing to find and strengthen your recovery.
- "Welcome Home!" OA's beloved story of outreach to compulsive eaters around the world.

Get OA's new Taste of Lifeline at [bookstore.oa.org](http://bookstore.oa.org) (#970/\$13.50; #971/\$303.75, box of 25).

Shipping not included.

### PRAYER TO HIGHER POWER

Dear Heavenly Father,

Thank you for loving me with an overwhelming, boundless love. Thank you for caring about me and every aspect of my life. Thank you for making me your precious, beloved daughter. Every day I am grateful that you are in my life. I ask that you continue to increase my spirit of gratitude.

I pray today, Father, that you will bless me with a healthy self-love. Not pride or arrogance, but a love of self that acknowledges that I am your creation, your beloved, a special child of yours. I pray that when I look at myself I don't just see my faults, but that I see my goodness. I pray that I don't just see the outside of me, but that I see the inside. I pray that I will take pride in this body you have given me, regardless of how I think it looks. My body is a gift. My health is a gift. I should treat them as such.

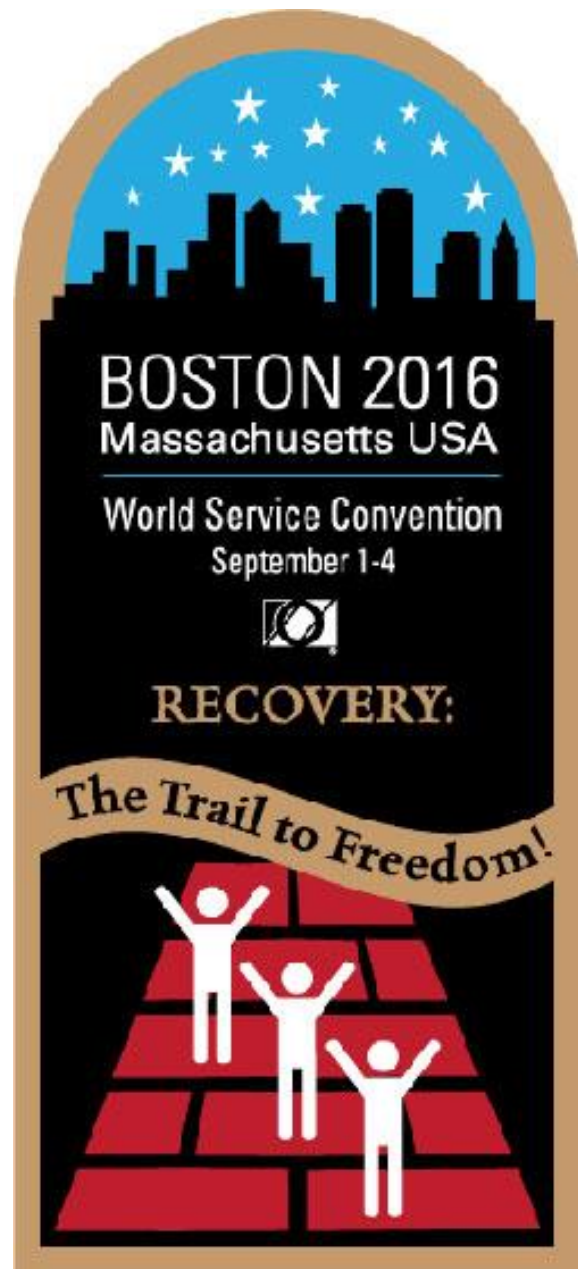
I pray for your guidance so that every day I will follow your will for me. I pray that I will find a place of true peace and health. I pray for a deep

appreciation of all that I have, including my body. I pray that I will take good care of myself, that I will put effort in to taking care of myself and that I will always treat myself with love and respect.

I ask this in God's name.

Amen.

Laurie (contributed by a local member)



Join thousands of fellow OA members from around the world to celebrate "Recovery: The Trail to Freedom!" at the 2016 World Service Convention in Boston, Massachusetts USA!

[Click here](#) to go to the Convention home page for the latest information and make your hotel reservation, sign up for email updates, and view the latest schedule for attendees. Be sure to include your name, state or country, and e-mail address when signing up for email updates.

# REGION 7 CONVENTION 2015

November 13-14-15

Aspire Hotel and Suites, Gettysburg, PA

## gift basket request

The upcoming **Region 7 Convention** will be here before you know it. One of the fundraisers that has been very successful in the past is gift baskets/items contributed by Intergroups, individual meetings and members.

You are invited to donate items individually, or as a group, for the DC Metro basket that will be offered at the Convention on Saturday night.

Bring your donation to the November 8th Intergroup meeting; send it with your Intergroup representative; or contact  
**Karen (240) 498-8573**

### SOME IDEAS FOR BASKETS/ITEMS FOR DONATION:

Serenity reminders	Recovery (OA-approved literature only)
<b>Hobbies</b>	<b>Gardening/Yard</b>
Day at the Beach	Health/Fitness
Jewelry	Reading/Writing
Scrap Booking	Travel/Vacation
Hair/Skin/Beauty	Baby/toddler
Needlework/Knitting	Pet Theme
Entertainment/Music	Gift Cards

You can probably think of many more ideas!

*Do remember our tradition 6: OA does not endorse any outside enterprise.*

*There is really only one limitation: if self-help literature is included, it is to be only OA Conference-Approved literature. This can be found at:*

<http://www.oa.org/pdfs/oa%20approved%20literature%20list.pdf>

### ***Plan to attend the 2015 Region 7 Convention!!***

Go to: <http://oaregion7.org/events/2015-region-7-convention/>  
to register, or for more information about the convention!

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Region 7 Twelfth Step Within Committee is Sponsoring an

# "ICE BREAKER PHONE CHALLENGE"



## Rules:

1. Create a list of one liners to use on an OA call (examples: "Hi, this is an outreach call" or "My sponsor is making me do outreach calls").
2. Submit your list to the Challenge Chair via email at [curlyq1270@yahoo.com](mailto:curlyq1270@yahoo.com) by March 15, 2016.
3. Include your meeting's day, time and place along with a contact email and phone number and what intergroup the meeting belongs to.

## Prize:

The top two groups with the most unduplicated one liners will win \$50.00 worth of OA Approved Literature and their Intergroup will win one free registration to the spring 2016 Region 7 Assembly.

Questions? Please call Susan at 267-320-4032 or email at [curlyq1270@yahoo.com](mailto:curlyq1270@yahoo.com)