

THANK YOU! THANK YOU!

For your contributions and support in bringing back the DC Metro Intergroup newsletter!

12th Step Workshop

For fellows who want to strengthen their program of recovery through the 12th step.

Join us for Speakers, Sharing, Recovery and Fellowship!

Time: 1:30PM to 4:30PM
Date: May 12, 2012
Place: Holy Cross Hospital Community Room

Suggested donation: \$5.
No one will be turned away for lack of funds.

Please bring your Big Book and your AA 12 & 12. Copies will be available for sale.

Everyone is welcome!

For more information contact Cathie at 301-335-3799.

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INTERGROUP

Recommitting to Program After a Spiritual or Physical Relapse

The Third Compulsive Bite

The news isn't great", said my accountant. "You won't be getting a refund this year, and in fact, you owe more than \$2,600 in taxes because of your job changes".

This was horrible news. I was counting on my usual refund to replenish my depleted savings. I'd already reduced my income by 1/3, and retired early due to health problems. She might as well have said "twenty-six thousand dollars". It felt like I had as much chance of paying one as the other.

Angry and bitter, I tossed a candy bar into my shopping basket later that day. I'd been abstinent for several months, but this was a single-serve portion, not a binge. Besides, I deserved it.

As soon as I got home, I ripped off the wrapper and shoved a big bite into my mouth. It was hard to swallow –

I figured I hadn't chewed it well enough. Then my stomach cramped up. I drank some water and took a second bite, a smaller bite, and chewed it very carefully. My stomach cramped up some more, and I started feeling bloated. "For crying out loud", I thought, "can't I even have one simple candy bar"? Angrily, I took a third compulsive bite, even though I knew it would make me feel worse, and sure enough, the sugar rush hit. I felt nauseous and dizzy. I caught sight of my reflection in a windowpane and saw the rest of the candy in one hand, my other hand holding my stomach, and all of me doubled over in pain.

I looked and felt awful AND I STILL OWED THE IRS \$2,600. The food didn't work anymore! It wasn't comforting –

just the opposite – and it didn't make me feel any better. What would?

I threw away the rest of the chocolate, made some mint tea, and started calling O.A. members and my sponsor. Even though it was a weekend, every one of them listened and commiserated, some offered suggestions for working out a payment plan, and one wonderful woman (who I didn't even know very well) offered to lend the money to me.

For me, the answers aren't going to be in the food any more. The answers are in the program tools – reaching out to fellow members, writing instead of eating, taking good care of myself, and trusting that my H.P. will help me find a way to resolve this.

Susan M.
Silver Spring, MD

Taking Program on Vacation will be the theme for the June 2012 newsletter.

Please send article submissions by May 31st to: newsletter@oa-dcmetro.org

In loving memory of Rick A.

OA HOW Phone Meetings

Interested in HOW but can't make it to a face-to-face meeting? The following website lists HOW phone meeting information: <http://oahowmeetings.squarespace.com/>

From Your Editor

Although I have not experienced a physical relapse, I have most certainly had periods of spiritual relapse. In my six years of recovery and abstinence, I have had to recommit to my program on multiple occasions. For me, recommitting can be difficult. After all, I already know what works. I find I can get caught up into the "if only" mentality. If only I just did whatever action I think I need to do I'll be o.k. and my program will be strong again. But as my first sponsor used to remind me on an almost daily basis "Self-Knowledge avails us nothing."

Recommitting to my program simply means taking the first three

steps – 1) I cannot make myself have a perfect program. As such, I need to simply accept where I am in my recovery today. 2) I have faith that if I turn it over to my HP, it will be lifted. 3) Then I simply need to act as if. That's what I'm doing as I start this adventure as your new newsletter editor. The newsletter was such an important tool to me when I first walked into the rooms that I feel a connection to it. But it has not been easily maintained over the last couple of years. This undertaking is a bit scary but at the same time I'm very excited.

Service is one way I have been able to recommit to program after a spiritual

relapse or when my recovery is in jeopardy. I know from past experience that service gets me to show up and showing up gets me to hear the message. Hearing the message gets me spiritually connected and motivated to be closer to my program instead of my disease. All of this, in turn, keeps me abstinent. I am looking forward to serving as your newsletter editor over the next year and reading what you write. I hope this newsletter becomes as important of a tool for you as it is for me.

- Sabina M

Literature Corner:

"If we are to experience permanent recovery from compulsive eating, we will have to repeat, day after day, the actions that have already brought us so much healing." - The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 83.

Every time I read this passage, it brings me up short and causes me to reflect on my program. What did I do fifteen years ago to lose seventy-five pounds? What did I do over the years to arrive at the level of serenity I have now? What did I do that resulted in my Higher Power being my best friend and confidante? The really big question is, "Am I still doing the program activities today that I did in the first bloom of program?" Most of the time, I can continue to live the principles of the Steps and use the tools daily; I do these things more automatically and enthusiastically than ever. Time has increased my passion and commitment.

When my answer to the big questions is a "maybe" or a "no," I need to make adjustments in my life which give me the time and opportunity to practice program activities on a daily basis. My belief that compulsive eating is a chronic, incurable, potentially-fatal disease confirms the need to persevere in the treatment plan that has worked so well for me for over fifteen years.

- Taken from Voices of Recovery: A Daily Reader, page 316

Return From Relapse

Today is the first day of the rest of my life. That corny old saying is an affirmation that my life is different going forward, "one day at a time."

I just survived a three month binge of sweet foods and as I venture into defining my abstinence, I feel different than I ever did on previous times at this juncture. I believe that this is due to my finally accepting that I can't take this journey alone and I must seek help. I am using the OA tool of a food plan. For this I am seeking assistance from a nutritionist.

A food plan is one of the nine tools of OA and with the nutritionist, I am developing one. Like many parts of recovery, this is "a process, not an event." I mistakenly thought that the dietitian would hand me a one-size fits all outline for eating and that would be the end of my meeting with her.

The dietitian is actually a health coach and we will work together over many sessions. She first gave me a form to identify those foods I like and dislike, those that are safe or unsafe and those that I usually overeat. Next I kept a written record of everything I ate for a week and then we discussed some components of several healthy options for eating. Just as psychotherapy provides counseling for emotional disorders, seeing the dietitian weekly is providing therapy for my eating disorders.

After my third session, we still haven't finalized my food plan, although I have literature and several suggested ways of eating. I found myself resisting suggestions and putting up obstacles. (1) I don't want to change, and (2) I'm scared that I won't lose the weight for which I was referred.

Step Three

"Let Go and Let God" is a catch phrase that many would call to mind in regards to this step. It is such a difficult feat to turn our will over. Some people, like me, are apprehensive. The fear is of turning it over and nothing changes, thereby compromising one's faith.

The OA honeymoon is right. I have got this "it's not that bad until I drive past that large neon lit building on the side of the street" and reality shifts. In the beginning I was irritated with OA since there was no "practical diet like" abstinence that would come in a pamphlet. Although a "Plan of Eating" is a pamphlet it is still quite nebulous. Yes, there is NO structured way to eat/define abstinence. This in and of itself is very difficult.

I agree what works for some does not work for others (weight loss plans, surgeries, etc.) but the concept of OA is that weight loss is the byproduct of learning about yourself, asking your HP to help you along the way. Love of food is NOT the cause of where we are. It is difficulty in loving oneself.

If I hear my Dad again say "you put on weight because you love food" I will just scream (inside a pillow of course). The guidance of the HP and the willingness to accept what is required of me will supersede the love of food to the love of myself. I am preparing to walk away today even more ready to Let Go and Let God.

- Kim, College Park 7 p.m. Friday Meeting

While we work on coming up with a plan that will suit me and address some health challenges, I am enjoying eating a wider variety of food than I have in several years. My self-developed food plan that followed a one size fits all book was very limiting and not balanced. It had been getting boring and I was going outside of that plan and making very poor choices.

Having a food plan is important because it takes away the obsession with food. I don't have to be thinking all day about what kind of food I'm going to eat, when, and how much. My food for the day is laid out in a pattern, with types of food (e.g. protein, starch, vegetables) and amounts specified and a schedule for my meals. Additionally, with a food plan in place, my thoughts and energy are freed up to use the other tools.

In addition to changing what I eat, I also am learning to change how I think. Here are some examples. I do not give food the power to influence my day; I do not "should" on myself; I do not scold and recriminate myself. Before today, I made some poor choices and that doesn't mean that I am a bad person. Today I practice love and nurturing myself as I learn to make better choices through using a healthy, balanced, well-developed food plan.

- Hannah G.

Lifeline Magazine: A meeting on the go

Win year-long subscriptions to Lifeline!

We will have a raffle at the May Intergroup meeting for representatives and their meetings.

Please encourage new group and individual subscriptions to Lifeline. If circulation of this useful tool does not increase, it will be discontinued.

Upcoming Events

April 21st 10:00 am – 3:30 pm
OA TRADITIONS IN RELATIONSHIPS WORKSHOP
Arlington, VA
http://www.oanova.org/documents/TRADITIONS_IN_RELATIONSHIPS.pdf

May 4th to May 6th
UNITED WE RECOVER 10TH ANNUAL RETREAT
Mendham, NJ
http://wjioa.org/flyers/events_retreat_flyer.pdf

May 4, 2012 6:00pm - May 6, 2012 12:00pm
MIRACLE ON THE MOUNTAIN
Halifax, Pa
<http://www.scpoai.org/images/stories/Documents/oa%20retreat%202012.pdf>

May 12th 10:30 am – 12:30 pm
INTERGROUP MEETING
Holy Cross Hospital
Silver Spring, MD

May 12th 1:30 pm – 4:00 pm
12th STEP WORKSHOP
Silver Spring, MD
<http://xa.yimg.com/kg/groups/18161049/1467686536/name/Workshop%20template.pdf>

May 18-19-20, 2012
STEPPING INTO RECOVERY RETREAT WEEKEND
Haverford, PA
<http://www.oa-brandywine.org/html/events.html>

May 20, 2012 3:00pm - 5:00pm
MONTHLY STEP STUDY
Annandale, VA
http://www.oanova.org/documents/Step_a_Month_Study_2012-1.pdf

June 9th 10:30 am – 12:30 pm
**INTERGROUP MEETING
& BOARD MEMBER ELECTIONS**
Holy Cross Hospital
Silver Spring, MD

Jun 9, 2012 9:00am - Jun 10, 2012 4:00pm
OA BIG BOOK STEP STUDY
Holland, PA
http://oa-phila.org/pdfs/OA%20BB%20Flier_1.pdf

Jun 22, 2012 5:00pm - Jun 24, 2012 12:00pm
TRANQUILITY WEEKEND RETREAT
Ivoryton, CT
<http://oaregion7.org/pdfs/scan0001.pdf>

Jun 24, 2012 3:00pm - 5:00pm
MONTHLY STEP STUDY
Annandale, VA
http://www.oanova.org/documents/Step_a_Month_Study_2012-1.pdf

Designated Downloader

Please ask your meeting to consider setting up "Designated Downloader" as a new service position to have one person serve as group's online contact point for communications from IG, Region, and WSO. The volunteer would also check various websites for flyers and other materials of interest to the group. Can be done from the comfort of home!

What's New in Intergroup

The **Literature Committee** is in the process of compiling a written description of the nature of its services to the Intergroup service area (Washington, DC, Montgomery and Prince Georges Counties, MD and Southern Maryland). Next quarter's newsletter will provide that information. IG's Literature Chair is Marsha K. and she can be reached via email: fiddler82050@verizon.net

Jot us a line...

Share your story in *Together We Can*, your intergroup newsletter. The theme for the June 2012 newsletter will be: **Taking Program on Vacation**. E-mail your story by May 31st to 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!

Would you like some help in using the writing tool?

When I first came to program the idea of writing sounded wonderful however I had such a block to actually doing it. Over the years I attended 11th step and writing meetings which helped me get started and now they help me continue using the tool. Writing has been such a powerful way to get in touch with myself, my higher power, and to explore issues on a much deeper level than ever before.

By sharing our writing, it decreases our isolation and helps us provide service to one another. It is also a great way to create articles for future newsletters.

If you are interested in practicing with this tool, the College Park Writing Meeting meets at 7 p.m. every Friday at St. Andrew's Episcopal Church, 4512 College Avenue, College Park, Maryland (behind the MD Book Exchange, park in lot off Princeton Avenue, enter Rector's Lounge by going up the steps closest to the playground). All are welcome and much appreciated. For more information please call Frank at 301-395-3568.

Struggling with Abstinence

I am struggling through my first long-term, non-pink-cloud OA abstinence and am frustrated that, even after over a month of back-to-back abstinence, I still struggle so much with cravings for sugar. Not a day passes without several strong urges to stuff my face with boxes of sugary pastries despite: -the daily check-ins with my sponsor -daily outreach calls (several) -my clear food plan and definition of abstinence -my many meetings per week -the OA literature -constant stream of 12-step posts through

Step Zero

I cannot tell you how fortunate I feel to be working the OA/H.O.W. program. They use the same guidelines or "suggestions" from the AA Big Book. When I first came into OA I didn't hear much about "Step Zero" and abstinence. However, in H.O.W., it was explained to me that abstinence is not the only thing that matters, but it's the *first* thing that matters. Without putting down the food I cannot imagine working the steps. Just like they say in the Doctor's Opinion from the Big Book, "The only relief we have to suggest is entire abstinence" H.O.W. suggests total abstinence!

Right off the bat in the Big Book the authors

Twitter from other people in #recovery, #sanetown #sunglassmafia and #xa -constant journaling to uncover and process emotional baggage

So I'm frustrated that the 10th step promises from page 84 of the Big Book aren't constant for me (yet). But another part of the Big Book does unerringly ring true for me: "The age of miracles is still with us. Our own recovery proves that." No, those tools don't give me instant 10th step promises but my HP, through those tools, is doing for me, day after day for well over a

month, what I couldn't do for myself for even one 24-hour period. I conclude with a vignette: if I had a friend on crack, I'd tell her to live through her detox period no matter how bad it gets or how long it lasts--whether a week or a decade. I've learned in program that sugar IS my crack. I can be--no, NEED to be--my own friend.

I'm so grateful for OA and no matter how much I give back, I could not repay what I've been given simply because I kept coming back. If you are struggling, please share it at meetings, I need to know I'm not the only one.

-Anonymous

mentioned total abstinence, so this way you know what you are getting into as you continue to read the book. H.O.W. said that to me the moment I walked in the door of my first meeting and I needed to hear that. For me, personally, I think without H.O.W., I'd still be in traditional OA trying to diet my way "healthy." I heard someone in a meeting say that a food plan without a program is a diet and that's so true.

When I left my nutritionist's office I felt angry and disappointed because I thought I'd feel different "this" time. But when I went to that appointment I wasn't working a program, so

basically she handed me a diet and I knew I couldn't do it. But thanks to H.O.W., I am able to do step zero one day, one meal (sometimes one hour) at a time, because I have a loving HP and an entire fellowship of support!

Note: OA-H.O.W is a segment of OA that practices a more structured version of the 12 step program for those who believe they require it.

H.O.W. stands for Honesty, Open-mindedness and Willingness.

<http://www.oahow.org/>

- Angela B. Laurel, MD

Tradition Number Three

I am really grateful that we read a tradition, specifically this one tonight. Today I was emailing a person I met on line and she was talking about how afraid she is to say the wrong thing in a meeting and how afraid she is that she will be kicked out of the meeting. Well this tradition covers these fears.

I am reminded how afraid I was when I first came in the rooms. I was terrified to be someplace with people I didn't know who spoke a strange language I didn't understand, that had rules-some written and other not written down but somehow known by the people who had been around for a while. Another fear was that I didn't want to

say something and then be reprimanded later. Something that seemed so vague to me was the concept of not bringing in outside topics, and, needing to share experience, strength and hope. Well, when I was new, I didn't think I had any experience, strength or hope and there are times now when I don't think I have that to share. Because I had much more practice appearing happy and denying my problems, I just had no clue how to share.

It has helped a lot to hear other people sharing so honestly especially when they are having a hard time. It is during those shares that I realize it is a miracle that the person

made it to a meeting and that they are able to share. That in and of itself gives me helpful experience, strength and hope and has helped me continue to keep coming back.

I know it has been hard at times for me to focus on principles and not personalities. Because I was so obsessed with weight, I used to be more impressed by how much weight someone had lost. Lately, I have been paying more attention to emotional and spiritual recovery which isn't as black and white as a number on the scale. I have also been learning more about compulsive overeating – that there is much more than the physical weight. I finally “got it” about nine months

ago that binging, regardless of how much I weigh was not a healthy, desirable state for me. Not because of anyone else deciding this and telling me but because of my state of mind, spirit and body, before, during and after the binges.

I am learning, after years of program that compulsively doing anything is not a serene place for me to be. I am learning that this obsession and compulsion with food is not something I can control but something by the Grace of God and the Love of this Fellowship can lift from me a minute, hour, day, even a week at a time. So, for now I will keep coming back!

- KB, College Park 7 p.m. Friday Meeting

In Gratitude for a New Way of Life

Dear Higher Power,

Thank you for carrying me through those difficult, painful, lonely times when I turned to food to cope with whatever was happening and whatever I was feeling! Thank you for taking me by the hand and helping me climb out of the big, black hole of food addiction and get back on the path to a new way of life of positive choices and fellowship with others!

Thank you for helping me recognize the choice between

life and death and for giving me the willingness to choose life. Thank you for the courage to take small steps, one at a time, in a positive direction: going to a meeting, reading program literature, making a phone call, and showing up for prayer and meditation time.

Thank you for the willingness to have the right foods available in my home and to prepare them! Thank you for the willingness to remove foods from my home that are problems for me--and for helping me get honest about what those foods are! Thank you for the willingness to seek professional guidance for issues in my life that are beyond the

scope of OA. Thank you for the willingness to show up for physical exercise, even in small amounts, that energizes and uplifts me, and improves my general well-being and mental outlook.

Thank you for the willingness to take these actions one day at a time, one moment at a time, one action at a time, and to choose not to use food as a coping mechanism or substitute for positive action! Thank you for the OA program and the gift of a new way of life: freedom from food obsession and fellowship with others!

- Monica

Principles of the Month

April – Courage May - Integrity

"In steps four and five we learned *courage* and *integrity* as we faced the truth about our defects of character. Applying these principles in all our affairs means that we are no longer ruled by a fear of admitting our mistakes. We have the integrity to show the world our true selves. No longer needing to appear to the world as perfect people, we can live more fully, having the courage to face up to our mistakes and test our strengths in the challenges of life.

- Taken from *The Twelve Steps and Twelve Traditions of Overeaters Anonymous, Step Twelve, Pgs 104 – 105*

Recommitting to Program after Relapse

I reached a point of desperation in June, 2011, after experiencing a six month period of spiritual and emotional devastation. Thank God this opened the door to deeper honesty, open mindedness and willingness. I was introduced to a HOW meeting and although I was not ready to work the HOW program, I was encouraged to move at my own pace and to keep coming back.

I wasn't able to call a sponsor daily however I was willing to e mail. Through this tool, I have learned that my life has ups and downs and my mood fluctuates from day to day. The panic, shame and upset that I used to experience when I wasn't "happy" has been lifted.

I had heard how helpful the HOW questions were in working the first three steps and there was a belief they were divinely inspired. I decided I could start working the questions to the best of my ability. The AA literature started speaking to me and opened up a whole new way of experiencing disease, suffering, faith and recovery. After writing an inventory, it was clearer than ever that my food and weight issues were intricately entwined with the trauma I suffered growing up with addictions and abuse. By the grace of God, I vehemently committed to speak this truth and honestly respect my special needs while working my program.

In time, I eased into the commitment of making at least four contacts a day. I created a list of recovery behavior suggestions and guidelines instead of rules. I started drinking at least 64 ounces of water a day and started to avoid sugar, gluten and alcohol. I continued with nightly on line meetings, meditations, journaling and my face to face meetings. With tremendous trepidation, honesty and faith, I finally agreed to share my food at the end of the day to allow someone else in on my deepest darkest secrets. By turning it over to a loving, accepting compassionate witness, the emotional power and shame of my eating has largely been lifted.

I was finally willing to see my nutritionist. She along with my sponsor and God have helped me modify food choices without stirring up old familiar restriction, deprivation, control, diet triggers. I finally weighed myself and have committed to continuing this monthly. I have to be clear though that weighing is one tool that might assist with my COE and in no way is the number on the scale a measurement of my worth or even my recovery. My weight and recovery are after all God's business not mine.

I learned that the word "abstinence" is not a helpful term for me as it triggers the diet mentality of "you can't have that". Sober or healthy eating are actually better terms as they describe gaining things instead of taking them away. I am gaining in new coping practices in life and being able to make healthier choices. I am gaining peace, compassion and self care.

By the grace of God and the love of the fellowship, I have been binge free since Thanksgiving. I am starting to see my emotional, spiritual and physical recovery more clearly; the miracles of faith, hope, willingness, sanity, serenity and sober eating, day after day.

My body, mind and spirit now experience a new sense of calmness and peace instead of feeling electrocuted every night. I no longer act like a crazed, caged, starving animal pacing around my kitchen on a wild rampage.

A part of me wishes I could have had this recovery earlier however another part of me knows that it has been a journey building upon itself. When I first came into program, my number one goal was to keep coming back no matter what. If it had been abstinence I would have quit long ago. I don't know how long I will be able to continue my recovery behaviors and be binge free. All I know is I have to keep coming back regardless of what happens with the food and my life, and that I am most grateful for program and for God's Grace and Mercy.

- Katrina

Keep Coming Back

Back in 1987, I thought my husband was the cause of all my problems, so I left him. Six months later, I realized that I was still just as miserable and maybe, just maybe, there might be something wrong with me. So I joined OA in Baltimore, in 1987/88. I found a sponsor almost immediately, followed suggestions, became abstinent, and lost about 40-50 pounds.

I worked the steps 1-12, sponsoring people along the way. I used the tools, many of them daily, reading, meetings, phone calls, writing, prayer, service; and a peace and serenity came to me from my Higher Power very quickly. It was a peace and serenity that I had never known. I realized that I could have a difficult day and not eat; food no longer was the center of my life; people were. I could also be lonely, bored, sad, up, down, happy, giggly, angry, etc. without obsessing about food. My Higher Power had lifted the obsession completely.

Living abstinently and gratefully, one day at a time, opened many doors in my life; a few held many difficult memories and issues, and I went into therapy and did a lot of work on myself for 10 years. I never could have resolved these issues or come to terms with the memories had it not been for OA. Resolving the past meant I could live in the present and feel hopeful and grateful about the future. Other doors were more fun and joyous; I started playing the drums, started garage bands, painted and drew a lot, and enjoyed a very active social life in and out of the program. Food had ceased to be an issue.

Slowly, very slowly (food is a sneaky foe), I got cocky, careless, and lazy. Gradually, my Higher Power and my program stopped being the number one thing in my life. I moved to DC, and forgot to pack my program. Within two months, life brought something unexpected; I needed emergency surgery. I had the surgery and faced an 8 week recovery alone, in a tiny studio. I didn't turn to program; instead, I dove into the food, numbing out and stuffing my face. Over the next seven years, I would work my nerve up to attend an OA meeting in DC, go, feel alone and unwelcomed and not return for six months. Then I'd do it again. Meanwhile I lost weight, gained weight, back on the yo-yo diet and exercise wagon.

As time went by, of course, my food obsession and binging grew and grew; my pent up anger and depression spewed out of me as I blamed everyone else for my problems (again!). A couple of years ago, I decided to go back to OA; I had finally remembered the peace and serenity that I lived with every day. I remembered feeling good about myself, and how my life was so different in recovery than now.

So I started attending meetings regularly, and reading the literature. A year went by. I became a little more willing to do more program work. I was still obsessing and binging, and miserable. I then did 30 meetings in 30 days. I still kept obsessing and eating. I got a sponsor and got a "pink cloud" of three abstinent weeks. What a blessing! Those three weeks the obsession was lifted. I started eating again. I didn't give up on me, though. I kept going to meetings. I had a taste of something beautiful and wanted more.

Last November, I went to the Ocean City conference (my first one) and I became abstinent and found a new sponsor. I've been abstinent since then, with three slips (not binges - slips). I just completed my fifth step. My HP has lifted the obsession, again, for me almost every day. It hasn't been as easy as it was the first time to get here. It's been extremely difficult and painful. I think I needed it to be this hard because this time I know for sure I can't leave. I might not have another miracle of recovery inside me. I can't take that chance again because living without this program is not life, it's waiting to die.

My HP loves me unconditionally and wants me to be happy, giving, loving and of service. As I grow older I realize that I will always have something to give others as long as I am an active, vibrant member of OA. And I know this is true for each one of us.

- Jamie L.

One Step Ahead

The second-quarter issue of A Step Ahead is now available online: <http://www.oa.org/membersgroups/a-step-ahead-newsletter/>

Learn about the features of OA's updated Web site, the latest information about WSBC 2012, and find a job posting for the associate editor position at WSO.

Please let your service bodies know this is now available.

A Little Help on the Road to Recovery:

Three things that really helped me when I came back to OA after 19 years (as a newcomer again) were (1) being able to get a temporary sponsor, (2) ordering a 3-year subscription to *Lifeline* as a commitment to truly being back, and (3) being called and welcomed by an individual from that first meeting within the very next week.

- Linda S.