

August 2012

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Infoline: 301-460-2800



Living Life on Its Own Terms - One Opinion



In Loving Memory of Carol K

What does it mean to live life on its own terms? Living life on its own terms is WORKING and LIVING the serenity prayer throughout our daily lives.

I recall a poem by Stephen Crane, entitled "A Man Said to the Universe."

A man said to the universe:

"Sir I exist!"

There was a long pause. Silence.

"However," replied the universe,

"The fact has not created in me a sense of obligation.

None of us chose to be alive,

or where to be born, or other circumstances of our birth. At some point of spiritual self-actualization, we have to ACCEPT these truths to be things we cannot change. The circumstances of our birth and our founding years are what they are and we are POWERLESS to go back and change them.

Out of the circumstances of our birth emerges the glorious opportunity to be. This is why we must ask God or our Higher Power for the COURAGE to change the things that can be changed, so that we can be.

To Be-come is to Be-changed.

While our circumstances may not convey a sense of obligation, invariably, our circumstances will connect us back our Higher Power. When we are WILLING, wisdom comes and raises us above our circumstances in ways that we could never achieve alone. This is the wisdom of knowing the difference.

The difference is our Higher Power, and wisdom is its ever flowing, never ending grace. This is the serenity prayer in action.

- Richard

A Dear Abby Note About OA!

Follow the link to read a July 3 article circulated by one of our World Service trustees....

<http://staugustine.com/living/2012-07-03/dear-abby-woman-fin-ho>

Living Life on Life's Terms - ODAT

I had promised to call an OA person back. I didn't. I had promised to pick up some newcomer's packets at 9am. I tried to call but my cell phone didn't give me service. I then showed up at 10am. Needless to say, she was put out! Tonight I had an email from the OA person explaining how my behavior had affected her. Honesty - that is what I am learning and learning also, to take the blame for my actions. To accept that I am human and that I make mistakes and not 'eat' over those mistakes. I messed up and now I go on and try to do better next time, with the grace of my Higher Power and hopefully, the forgiveness of the person whom I have offended and myself. I let go of this and move on and thankfully, I don't eat over this. I'm learning to live ODAT and one bite at a time. I'm learning to think my eating through and eat to live and not the other way around. - Jenean

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 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

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

From The Editor

Living life on life's terms is the outcome of total surrender. It's knowing that I cannot make anyone be the person I want them to be, say or do the things I want them to say, or act how I want them to act. It's accepting that sometimes there will be too much on my plate, that I cannot do everything perfectly, that I am fallible. It's letting go of my expectations of how life is "supposed" to be. I cannot keep my friends alive, will happiness to those around me, or stop natural disasters from occurring. It means learning how to be the branch that bends with the wind instead of the one that snaps off of the tree. It's understanding that change **will** happen, whether I want it to or not.

In order to live life on life's terms, I have to fully let go of the control, and the illusion (or disillusion) it brings. It does not mean I'm helpless. It does mean I'm powerless. I've learned in program that there is a fine line between out of control and powerless. When my life is out of control, it is usually because I am trying too hard to control my life; I am clinging to the idea that I just do one more thing, say or do something differently, add one more productive hour to my day, that everything will be o.k. That notion has led me to live in anxiety and fear, often leading me to not take care of myself, not get enough sleep, and ultimately lead me to the food. HP has shown me there's a gentler, softer, more peaceful way to live my life by accepting my powerlessness.

I wouldn't fool myself into believing that I could destroy a brick wall with my bare hands but when my life is out of control I try to convince myself it's up to me to do just that. By accepting I'm powerless over all people, places, and things, it frees me to see the possibilities. It opens me up to ask for help and to use the tools I need to do what needs to be done. It allows me to feel my feelings and to be o.k. with them because I know it is not in my hands but in HP's. It seems so counterintuitive to my over-functioning brain that accepting my powerlessness opens me up to do and feel more. When I am struggling to accept life as it is presented to me, I cannot see a solution. When I fully surrender, I can see a different way to break through that brick wall. After I stop and ask HP for guidance, I can reach out to fellows in this program, I can ask for people to join me in the project, I can buy or borrow the sledgehammers and equipment needed to tear down the wall. Sometimes, after I take a moment and meditate for G-d's will for me today, I can look back at the wall and realize it wasn't really made out of brick, the wall is thin and light and movable. Other times, I am given a ladder to climb over it. And still others, I learn that I was never meant to go in that direction at all; that the wall was there to simply remind me of my powerlessness, that G-d's in charge. At that moment I get to thank my HP, turn around, and pick a different direction.

When I fully accept life as it is presented to me (not the way I want it to be), I open myself to a whole realm of possibilities. Surrender and acceptance bring with them the promise of happy, joyous, and free. It doesn't mean that everything will turn out the way I want it to be, it means that **I** will be o.k. no matter what happens. The serenity prayer and the third step prayer brings me that reminder when I am too overwhelmed with life that I am exactly where I am supposed to be at that exact moment. After all, if I wasn't supposed to be here, I wouldn't be here! - Sabina

Just a friendly reminder that the deadline for signing up for this year's fall retreat at Masanetta Springs to avoid the late fee is August 20th. This deadline is in order to let Masanetta Springs know how many people we can guarantee for this year's retreat. After August 20th, there will be a \$15 late fee, so to avoid this fee and guarantee your spot at the retreat, be sure to sign up by August 20th!

Sunday Skipping Through The Steps

A new meeting will focus on the AA 12 & 12 and follow a format similar to the "coffee shop" which many of you attend as a part of your program of recovery.

If you are planning on attending the meeting the dial-in instructions are as follows:

Dial in number: 559-726-1200
Access Code: 691455
Playback Number: 559-726-1299

Please bring with you your Big Book, a pen, a piece of paper to take notes, maybe some post-its and of course your AA 12 & 12.

This meeting will be set-up that we will read and discuss a passage, then keep on moving. Questions will be addressed at 8:00 am. Please remember that this meeting is set up to learn and share how on the passage read. We need to stay on topic and keep the message positive.

I have lined up readers but still



need more. If you would like to read/share please e-mail or call me at 301-335-3799.

This is exciting to have another opportunity for us all to learn and grow in this amazing program of recovery and I look forward to meeting you all on Sunday at 6:45 AM.

- Cathie

Abstinence Workshop Feedback

Attendees responded with the following comments regarding the Abstinence Workshop held on June 23rd in Annandale, VA:

I enjoyed yesterday's workshop very much, and I thank you for organizing it! I did feel as though the speakers were there in person! A few times I found myself wanting to clap and thank the speaker for sharing! I especially liked the share time in between the CDs; hearing people share is always a treat!

I was impressed and pleased with yesterday's workshop on abstinence. Admittedly it was easier to experience that type of format in a smaller venue, at least for me. I think that if we were in a large auditorium listening to a cd, I would have had a more difficult time with it. My attention would probably have wandered a lot! Being around the table and having it be more intimate was definitely a better experience for me.

As for strengthening and encouraging my own commitment to abstinence, it sure did!

Though I am a visual learner, I still found the CD's engaging. And, as usual, discussions between the OA members were helpful.

I thought it was wonderful! I would definitely attend another such workshop. The 'speakers' were awesome and I enjoyed listening to everyone's

shares. It was also helpful being able to eat my lunch during the workshop as it was past my noon 'feeding time'.

Thank you so much for running this workshop! I really appreciated the chance to visit nova, see new people and focus on recovery. Here are some reflections. The location was easy to find and comfortable, at least for the number of participants. My thanks to those who got the ac working.

You were welcoming. The quick intros helped me feel at home. The format was effective. I got to hear lots of speakers, and you did not have to work hard to bring them to me. The audio was clear. Thanks for your alerts. I appreciate hearing about WSBC and feeling connected to the larger OA community... For future meetings like this, you might consider making time for participating members to share briefly, like the recorded speakers did. Publicity: I gave away all the flyers I printed, then could not find the event on the nova web site. Please hold more of these -- they carry a lot of message in a compact package.

Thanks so much for putting this workshop on. I'm a bit more on the visual side rather than auditory but when I settled in and thought of it as a meeting, it was good to hear long term recovery. That was the best part. I can see why you get emotional-me too when I hear meetings with people having years of abstinence and solid recovery. I listen to some phone meetings with the 90

day format (members don't share until they have 90 days of abstinence). It is a very disciplined part of OA (seems like FA to me). However, the recovery is mind boggling. These members have really worked the program, emphasis on the Big Book etc. The shares in the CD reminded me of that.

I was sorry I stayed to hear the first tape only, but I really got a lot from just hearing the people stories. I really enjoyed this program. Thank you for doing this service.

I thought the workshop Sat was excellent. As I mentioned, we used to have more workshops in the Midwest and I really enjoyed them. I'm all for doing this again, maybe in 2-3 months. I did like the quiet and respectful attitude of the people present, it was different than we usually find at workshops. Our Intergroup rep came back on Tuesday saying that there were only 8 officers and reps at Intergroup on Sat. and there is concern about OA being viable. I mentioned that there were 20 people at the Abstinence Workshop and wondered if there is a correlation there.

My thoughts personally were that the sharing on the CD was very inspirational. I would have liked more sharing from among ourselves or even just 1 engaging speaker to qualify that was "live". Overall, I'm very glad to have gone.

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

Literature Corner

"G-d grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." – Serenity

After more than a year in program, these words have become second nature to me; I have repeated them a thousand times. What an awakening for me one day as I said the prayer, hand in hand with my OA friends, and finally understood its simple message. Until then I had believed that I had to decide, with G-d's help, which of the people, places, and things in my life would benefit most from my interference. I now know that I am powerless over all of them. It is very simple. There is no decision to be made on my part. The things I cannot change are all the things outside of myself. The only thing I can change is myself. When I say the prayer, I am asking for the willingness to accept everything and the courage to change only myself. Only with the acceptance of this simple fact comes the serenity I seek.

Taken from Voices of Recovery: A Daily Reader, page 187

Lessons I've Learned in OA

1. I don't have to wait for the perfect sponsor.
2. It never hurts to say a prayer.
3. Five minutes a day is not too much.
4. Don't say; do.
5. It can take a lot of energy to listen to HP; it also can take very little. Just stop.
6. When I can't figure something out, stop and listen. (Like getting lost in the car.)
7. Let program literature be the last thing, the next to last thing at night, or the first thing I do in the morning. Then, hopefully, a piece of it will be in my brain for the day.
8. My program is directly proportional to the work I put into it.
9. There is always another tool to use.
10. Meetings are a place to share experience, strength and hope using OA's program of recovery. If that is not what's happening, then it my responsibility (as well as everyone else's) to help make that happen, even if I get yelled at.
11. I am grateful for that call at 2 in the morning.
12. The noise at the meditation meetings is not intentional.
13. Service is not optional - that is what keeps me in this program.
14. The steps are not just slogans, they are active, life affirming activities that keep me sane.
15. I don't have to have the same program as anyone else.
16. I can let therapy inform my program, and vice-versa.
17. The answer to every fucking thing is in the steps; the answer to every fucking thing is not necessarily in me.
18. Damn it, it is principles before personalities.
19. There is no magic that can make me unconscious, I can't unknown what I know. So when I do something that is not in alignment with who I am right now, that probably will throw me off. The answer is in the steps.
20. Making amends is great. I clear the pathways for good stuff.
21. This is a hard program, what other anonymous program do you have to deal with everyday? On the other hand, it can be easy with a structure.
22. I am allowed to have life be extraordinary.
23. When all else fails, gratitude.
24. When all else fails, the Big Book on acceptance.
25. Saying the third step prayer always works.

- Sealani

Cookie Poster Plastering Contest Results

It is will a lot of excitement that I write to inform everyone of the results from out cookie poster plastering contest. Thank you so much to any and everyone that participated. I'm proud to say that participation this year grew so much with many of our stalwarts from last year coming back and many new people joining in on the fun. So without further ado, here we go:

In 3rd place, a miraculous coup (insofar as a camera got run over by a car and then the poster didn't think the entries would count without photo evidence but decided to email me anyway and that e-mail was the difference between taking the bronze metal home or just their pride). Congratulations to the SATURDAY MORNING HOW MEETING IN GAITHERSBURG. Thanks to the effort of one trooper, 7 posters were plastered and the meeting beat out the Hillendale HOW Tuesday night meeting which posted 6 altogether.

In 2nd place, we have the Thursday night Big Book meeting in Dupont circle with a whopping 18 posters!!! To give you some perspective, several meetings tied for 2nd place last year with 5 posters posted so good job Dupont. Unfortunately, they were not match for last year's reigning champions...

In 1st place, this meeting would describe itself as small but mighty! The Friday night College Park meeting. Thank you for your dedication and keeping this competition fired up for 2 years running now. The meeting won with 24 posters posted!!

Thank you to all the other meetings that participated. It's been great getting all of your e-mails and texts!

To the victors, please come get your newcomer packets at the August IG meeting or make arrangements with me by responding to get your meeting the packets. Remember, first place gets 15 packets, 2nd place gets 10, and 3rd place gets 5.

Thanks again!
Molley

Principles of the Month

August — Self-Discipline

September — Love

In steps eight and nine we looked at the damage we had done others and set about repairing it. Now we apply the same principles of *self-discipline* and *love* for others to all of our actions. Self-discipline makes us less likely to hurt other people and quicker to make amends when we do. Practicing the principle of love we learn to accept others as they are, not as we would have them be. We're beginning to take this new attitude not just toward other OAs, but also toward those at home, school, work, and in all areas of our lives. Slowly but surely we find we are establishing the best possible relationship with each person we know.

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

Chairs Retreat Report

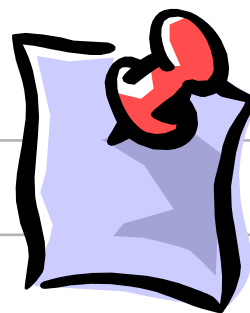
A few weeks ago, I attended the chair's retreat in Wyomissing, Pennsylvania. The retreat was open to current chairs and board members. I attended with our current chair, Sealani. The theme for the weekend was "Build It and They Will Come" and it was lead by an inspirational person who has revived 4 different intergroups over the course of his 15 years involvement with intergroups. As always with OA-type workshops, retreats, business assemblies and conventions, I didn't know what to expect and, as always, I am immensely grateful to have gone.

I've been coming to intergroup since May or June of 2010, only a few months after I found the rooms of OA. I have not been abstinent the majority of my time there (why I mention this will become clear in a paragraph or so). Intergroup seemed stronger at the time that I joined, not in numbers, but in zest for spreading the message of recovery. The number of meetings represented has always hovered in the high teens. What do I mean, then, by my impression of the zest being stronger? As a point of illustration, we had to elect Region 7 business assembly delegates at my first intergroup meeting. We were only allowed to send 5 delegates but 7 qualified for and were interested in going so we had a true election. Since then, we have not had true elections for the assembly or for any service position. Instead, we've had people "stepping up." In fact there was one recent assembly which only one of our members attended. I am optimistic about recent momentum, however, and believe that our intergroup will bloom over the course of the next couple of years, if we remember well our primary purpose. Here's what I heard at the chair's retreat.

First of all, the work we have to do at intergroup is incredibly important. There are so many people in and out of the rooms that need this program and we at intergroup can vastly enhance their recovery. Don, our leader for the weekend, imagines intergroup as arms-length sponsors to every OA member in the rooms of that intergroup. In order to be able to spread the message of recovery, however, we need to HAVE the message of recovery to spread. That is, it's incredibly important for individual intergroup reps (IR's) to get abstinent and to work the 12 steps and traditions. I learned that most people want to get involved in the work we do at intergroup but we at intergroup need to get better at generating interest and providing opportunities for people to do what they love, hence the theme "Build It and They Will Come". People will not attend, month after month, personality mosh-pits or "administrivia" meetings that have no tangible service to the groups. And there are MYRIAD ideas that provide immediate tangible service to the groups that our intergroup could dedicate its energy towards that would attract many new IR's and, more importantly, enhance the recovery of our membership. I just cringe now, thinking about the motion I made earlier this year to donate all the funds we have in excess of the prudent reserve to Region 7 and World Service. Thank goodness it did not even go to a vote!

Though our intergroup is doing fairly well—we have a budget, our IR retention seems to be stabilizing, and we have written bylaws and policy manuals—we have much room for improvement. I suggest the following:

- 1) That we do an intergroup inventory to know exactly what we're doing well and where we can improve.
- 2) Do a survey of all OA members in our intergroup on what we can do to immediately enhance their recovery.
- 3) Based on the inventory and membership surveys, set strategic goals and then action items that are measurable which standing or ad hoc committees will be accountable for.



Public Information Poster Campaign

The BOT Public Awareness Committee Presents A Public Information Poster Campaign

Carry the message in your community by participating in a local public information poster campaign!

At no cost to you, the WSO will mail your intergroup or service board 10 professionally printed full-color 8.5"x 11" posters (5 "Pizza" posters and 5 "Fork" posters) to post in your community in conjunction with the WSO's hosting of a 13-week Internet radio series at <http://www.us1.list-manage.com/track/click?u=73645822c06a4c7e0156a79cb&id=8a453bf3a3&e=0575134c88> during the months of October to December 2012. To see the "Pizza" poster, go to <http://www.us1.list-manage.com/track/click?u=73645822c06a4c7e0156a79cb&id=8516dab39c&e=0575134c88>. To see the "Fork" poster, go to <http://www.us1.list-manage1.com/track/click?u=73645822c06a4c7e0156a79cb&id=e699771f56&e=0575134c88>.

Post them on community bulletin boards, in grocery stores, libraries, gyms, doctor's offices, or wherever you think they will get noticed. There is space on the posters to write your local information.

If you would like to participate, submit your order for the posters at piposters@oa.org **NO LATER THAN AUGUST 15, 2012.**

Please include a contact name, mailing address, email, and phone number with your order. The posters will be mailed out in mid- to late September. If you find you need more posters than those we provide, you can download the color PDF files and make as many color copies as you need without having to get copyright permission.

Overeaters Anonymous
6075 Zenith Court NE
Rio Rancho, New Mexico 87144-6424

OA Chairs Retreat Recap

The Intergroup Renewal Retreat that was hosted by Region 7 was innovative, inspiring, and invigorating. With over 35 representatives from our area, (most of them Chairpeople of their local Intergroups), what we created together put us all on a clearer path towards building stronger intergroups and memberships in this area.

This training was first discussed about a year and a half ago at a R7 Business Conference Chairs Meeting. We were asked if a workshop would help all of us. Since so many Intergroup Board members were having the same experience – of working their butts off only to see a handful of people committed to doing service on a monthly basis – Maria, from the Region 7 Board, took ownership and created this weekend workshop. Don, a man with nearly 30 years of abstinence from compulsive overeating, has a gift for revitalizing OA groups, and lead the weekend.

What was most marked for me was the level of calmness in the workshop room as people filtered in on Friday night. Most of the folks in the room were abstinent, in fact, most had been abstinent for many, many years. Don started by telling us his story, and as such, was both telling us how to lead, as well as showing us how to lead.

So, I will tell you this – I started attending OA in 1988, and I got abstinent on May 18, 2009. Although I have attended Intergroups in three states, when I became Chair of the Metro DC Intergroup, it was by surprise. I had just come on the board as Vice-Chair because it was vacant and someone had to step up. When the Chair quit two months or so later, I was propelled into a position I didn't seek. It took a while to distinguish between what functions were necessary to keep the IG going, and what functions were more a result of leadership style.

In this jam-packed weekend, ideas were meted out like delicious food samples (healthy foods, of course!) Broadly, the topics were divided into: Workshop ideas, Tools and their Availability all around the Web and beyond; Theme Focused Marathons; Sponsoring; Sponsorship; Local literature creation; Service as integral part of Recovery; Sharing our own stories; Speaker/Sponsor “set-ups” and “kick starting” our OA members' programs.

My intention is, to introduce an idea from the retreat in each newsletter. So, for your consideration: for those who are committed to your abstinence, to your program, to Overeaters Anonymous as a program of recovery, I pose this question: Why do we not mention food at meetings? Do AA members share about their recovery without mentioning alcohol? Do GA members talk about their lives without mention of their gambling addiction? NA meetings – is it possible to be in a meeting and not speak of the drugs that filled their lives before abstinence? Is a meeting safer because food isn't mentioned? Is this an unnecessary restriction on how we speak at meetings? Will mention of a food send me (you) running out to get it, triggered because someone mentioned that it was a challenge for them?

Peace in your heart and mind,

Sealani

Third Step Prayer

- G-d, I offer myself to Thee
- To build with me and do with me as Thou wilt
- Relieve me of the bondage of self, that I may better do Thy will
- Take away my difficulties, that victory over them may bear witness to those I would help
- Of Thy power, Thy love, and Thy way of life, may I do thy will always

Starved

My body is starved
 Yet I overeat
 In a desperate attempt
 To fill my body
 To fill or to nourish?
 Or to nurture?
 My body?
 Or my mind?
 Or my spirit?
 How do I know?
 I have been hungry beyond hungry
 Yet I had no clue
 It all blurred together
 Not enough
 Not enough of what?
 How would I know?
 I learned to detach
 To disconnect
 To not trust or listen or respect
 I was desperate
 I did the best I could
 Now I still am
 Learning about my body, mind and spirit
 Learning about care and comfort
 Nourishment
 Nurturance
 Love
 Written by Katrina

Become Aware To Stop Living In Despair

I step into the kitchen
 Stomach not itchin' my mind is...

Maybe I'll cook, really go gourmet
 Take the time to make it.
 Maybe by that time I'll be hungry when I fine dine
 Ha-ha who am I kidding get that out of my head.

Nachos and chips, 7 cheese dip, Chocolate, and ho-hos, pizza
 and fried potatoes,

I eat like a nomad. Always hunting, but never gather I eat Up
 the platter I make in front.
 Not to be blunt
 but this is my shrine,
 my piece of min'
 Where I unwind

my problem its the food That I confine.
 In that moment (or moments)
 No man or woman can bring me that pleasure, of the edible
 treasure.

I go there to "unload" or reload for that matter
 Sugar brings me joy
 carbs give me comfort
 Frozen Desserts
 pastry? maybe
 sorbet could stay
 Chocolate I'll rock it.
 ready whip back I cock it
 Right before I got it
 the bottle I drop it.
 "Stop it." Says my hp to me.
 Realization of my association with my fascination of this avoca-
 tion.

Look at what your doin'
 The only thing you're pursuing
 is a cruising for an early grave.

So your child got a D
 Your Significant other left for another
 Your mom's got cancer
 And you don't have all the answers
 Your car broke down
 doesn't mean you have to reboun'
 don't need to revert.

Call up on a sponsor
 Or just an OA friend?
 Just cause things are bottling
 Doesn't mean the Reddi Whip needs throttling.

doesn't mean it needs to be the end
 Make amends, with Serenity
 you also don't need to descend.

food is my drug it will kill me both ways
 whether I eat for months or starve for days.
 The role it plays is it takes me away to brighter feelings
 Distracts me from my dealings
 For just that fine sec minute or hour
 whenever I finish that great devour
 that leaves my heart sour
 fighting with my mind for that bind.

But furious cause in all seriousness
 It leaves me delirious
 Pissed. new problem to add to the list,
 Feelings of regrets and guilt
 and Now confidence needs to be rebuilt
 On top of needing to help my other issues.
 stop grabbing food and go for the phone and tissues
 Cause any issues have been issued and reissued to people at
 meetings no need for mental beatings.

This happens to me before my retreating.
 I know I'm not the only one who eating is done before we
 even knew what had begun

Bouncing up and down with the mental urge wanting to re-
 bound for that surge
 That converge between your mouth and brain, momentarily for
 emotional gain
 leaving with social and emotional strain. Insecure because I've
 felt like I've lost with the impossibility to regain.
 So reluctantly to a meeting I go to try to once abstain and con-
 fide in other members to regain.

But I'm human, so I'm almost doomed to do it again
 I can't pretend. Deny that I can get by without bringing in my
 edible friend.

Almost like I want cries with my fries and shake, as I emotion-
 ally quake with the intake.
 I can't be fake any more. This is a problem I can't shake. I feel
 the need to intake
 this entire plate. I feel the surge of great. Followed by a prob-
 lem of guilt that ain't.

I need to call my sponsor and read that material, Take a look at
 myself and the realization the problem is like bacterial as far as
 association. Its internal not external, and there is no antibiotics.
 Once you got its there. All you can do is be aware. Life is
 sometimes unfair.

I keep coming to these meetings to BECOME AWARE and
 STOP living in DESPAIR.

- Zack

Upcoming Events

August 19, 2012 3:00pm - 5:00pm

MONTHLY STEP STUDY

Annandale, VA

http://www.oanova.org/documents/Step_a_Month_Study_2012-1.pdf

September 7, 8 & 9, 2012

2ND TOGETHER WE CAN RETREAT

St. Francis Retreat House in Easton, PA

<http://www.oa-centraljersey.org/PDFs/togwecan2012.pdf>

September 8, 2012 10:30 am

INTERGROUP MEETING

Holy Cross Hospital, Silver Spring MD

September 23, 2012 1:00pm—5:00 pm

Savings Our Asses By Using Our Assets

Holy Cross Hospital, Silver Spring, MD

September 23, 2012 3:00pm - 5:00pm

MONTHLY STEP STUDY

Annandale, VA

http://www.oanova.org/documents/Step_a_Month_Study_2012-1.pdf

September 28, 2012 6:00pm - Sep 30, 2012 1:30pm

HAPPY, JOYOUS, & FREE; THE GIFTS OF THE PROGRAM

Malvern Retreat House, Malvern, PA

http://oa-phila.org/pdfs/2012_Retreat_Registration_Form.pdf

October 6—October 7, 2012

OA ROUND UP

Alexandria, VA

http://www.oanova.org/documents/OA_ROUND_UP.pdf

October 13, 2012 10:30 am

INTERGROUP MEETING

Holy Cross Hospital, Silver Spring MD

October 12-14, 2012

STEP UP YOUR PROGRAM

Massanetta Springs, VA

<http://www.richmondoa.com/media/c2b72b8bf63f88d0ffff801afffff1dc.pdf>

October 12-14, 2012

Serenity By The Sea

North Topsail Island, NC

October 21, 2012 3:00pm - 5:00pm

MONTHLY STEP STUDY

Annandale, VA

http://www.oanova.org/documents/Step_a_Month_Study_2012-1.pdf

November 2, 2012—November 4, 2012

REGION 7 CONVENTION

Ocean City, MD

<http://oaregion7.org/events/convention-registration>

November 10, 2012 10:30 am

INTERGROUP MEETING

Holy Cross Hospital, Silver Spring MD

November 17, 2012

IDEA DAY

Save the date! Information to follow...

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



Got us a line...

Help keep our newsletter strong! Submissions of any type are always welcome. The theme for the October 2012 newsletter will be: **Recovery Slogans**. E-mail your story by September 30th 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!