



Together We Can

Summer 2016

newsletter@oa.org

My 2016 Region 7 Spring Assembly Adventure

Overeaters Anonymous has given me a life. In the past 31 years, I have worked the steps and used the tools and grown from a fearful, anxious, and overweight woman, who couldn't face my feelings to one who can today, face life without the food to cover up my feelings. And service has been a big part of that growth.

When I walked into the hotel to register, as a green dot [*a first-time attendee*] once again, after not being a delegate for 12 years, I was welcomed and hugged by other delegates and board members that were there 12 years ago.

Recovery is a process and service is a process. They say service is slimming and now I get it. When I focus on service, I am not fo-

cus on the food. I have done service at the meeting level for my recovery, but doing service at Region level is so different. It showed me a bigger picture of how OA works. I want everyone in the rooms to experience this at least once.

When it comes to doing service ask yourself:

- ◇ Do I have the time?
- ◇ Do I have the willingness?
- ◇ Do I have the health?

Below is part of what I experienced.

- During the first OA meeting, we all talked about why we were here
- I listened to delegates and board members who have long periods of abstinence.
- There is a willingness to do service and reach out to as many other compulsive eaters as possible, whether they are in the rooms or not.
- The rooms were filled with laughter, enthusiasm, and lots of hard work.
- Meeting new people gave me lots of new contacts.
- I learned the true meaning of humility.
- I saw first hand the OA pyramid in action.
- I have more clarity to my recovery and my abstinence.

I learned about outreach while serving on the Outreach Committee.

Below is a quick summary of the

weekend schedule. I also gave a more detailed talk at the May Intergroup meeting.

FRIDAY EVENING:

After registration, some of us went to dinner for fellowship.

After dinner, I offered to do service for the Region Corresponding Secretary. I checked the packets for the Committee chairs to make sure that they contained all the necessary papers for running their meetings. Then I was off to an OA meeting at 9:00 pm. I thanked my HP for all the new and returning faces at this meeting. The topic was "Why are we here?" And everyone shared about how service helped their recovery and how they are giving back. It reinforced my wanting to come to the Assembly.

SATURDAY MORNING

Green Dot Meeting: The first item on the agenda was a 30 minute green dot meeting at 8 am. I was assigned a mentor. The presenters gave us an overview of what the weekend would bring. They suggested we bring back as much as we can to our intergroup.

Everyone Meeting: The board was introduced. There are lots of years of experience, strength, hope, and abstinence on the board. And they looked like they were having fun too. I felt so supported and connected with all that abstinence in the room.

Outreach Committee: I was assigned to the Outreach Com-

mittee and to summarize, I left that meeting so ready to go out and reach! I was pumped. There are so many good ideas and lots of support out there on the Region 7 and OA websites. I am looking forward to giving a detailed outreach report to intergroup.

Lunch and a Speaker: Saturday afternoon was our first business meeting. Roll call was taken and then we voted on motions.

Free time was next and then dinner with 2 of the speakers.

SUNDAY MORNING

- We held our second business meeting
- Committee Chairs gave their reports
- The chair read the Ask it Basket Questions
- There were 2 workshops: 12 Step Within and WSBC Mock Motions.

Then it was time to go home. It is hard to put into words what an incredible experience this was.

I invite you come to intergroup and maybe be one of our delegates for the fall Region 7 Assembly in Ellicott City! Or come as a visitor and see what we are all about!

Peggy R.

Region 7 delegate



Theme: Recovery: The Trail to Freedom!
September 1-4, 2016
Boston Marriott Copley Place, Boston MA USA

DC OA Intergroup

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Newsletter submissions :

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New meeting!

- **Reading and Meditation Meeting**
- **Wednesdays, 6:45 PM**
- **St. Augustine Catholic Church, Gingras Center**
- **1419 V St. NW**
- **Shaw/U Street/14th Street Corridor Area**
- **Contact:**
cjn250@gmail.com or
703-395-6466

Lifeline quote of the month: **“The 12 Steps keep us from killing ourselves and the 12 Traditions keep us from killing each other”**

Lifeline is OA’s international magazine, and is an indispensable “meeting-on-the-go.” Lifeline is available both as a print magazine and as an online magazine. (Subscribe [here](#))

Unity Does not Mean Uniformity

This saying helps me to remember that everyone does not need to do things the same way I do them. Nor do they need to be like me in order to be successful. Unity means respecting our differences in beliefs and approaches to life and the OA program of recovery. It also means being supporting in reaching our common goal.

Unity in OA has larger benefits than keeping us together as an organization. It creates a welcoming atmosphere for newcomers. All are welcome regardless of

what problems they have with food, no matter what religion, background, ethnicity, or size. This was key for me and my recovery. For a large portion of my life I felt like I didn’t belong. Like I didn’t fit. I believe the biggest reason for this is because I literally didn’t fit into regular-sized clothes. Being the largest kid in grade school is a very isolating experience and it wasn’t until a number of years in OA that I started to realize that I belong anywhere I determine that I belong.

Undoubtedly, there are a

number of places I could go where I’m sure I would not be welcome, but I am entitled to take my space on Earth no matter what. The welcome, acceptance, and the love I’ve experienced from other OA members over the years had taught me that. Never in my wildest dreams would I thought that a group of strangers who have no “real” reason to care about me and my well being would have embraced me as they have.

- Anonymous

In OA we learn we can disagree with other people on important issues and still be supportive friends. We listen to each other with open minds, and we learn to express ourselves without insisting that everyone must do things our way. As we practice these new skills we begin to better understand ourselves and others. It becomes easier to find ways of doing things which meet everyone’s needs. – The Twelve Steps and Twelve Traditions of Overeaters Anonymous, p. 115 (Overeaters Anonymous WSO, 2008)

CryptOAGram

In this OA phrase, one letter is substituted for another. Use single letters, apostrophes, the length, and formation of words as hints.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

L I I Z T P P U J E H T E W L X E B J R S

M Z K M P Q V E W P Q Z O J M L J Z J O

T E J R P !

Washington DC Area OA Intergroup News



CALL FOR SERVICE

The following intergroup positions are open:

- ◆ *Vice Chair, Outreach Chair, Outreach Chair, Inreach Chair*
- ◆ *Someone to volunteer to print the "Where and When"*
- ◆ **Jim L has volunteered for Events Chair!**



CONTRIBUTION TO REGION 7

The DC Area Intergroup will donate a basket of custom-made jewelry to the Region 7 Business Assembly fund raiser.

Each group is requested to donate toward the purchase of the raw materials and Yelisa will make the pieces. (Deadline: Sept 14)

To donate contact Peggy:
peggyodat@gmail.com)

Meetings needing support:

Friday, 7pm—St Andrew's Episcopal Church, College Park

Saturday, 10am—Holy Redeemer Catholic Church, Kensington

Wednesday, 12:30pm—St. Luke Lutheran Church, Silver Spring

Wednesday, 7pm—Church of the Ascension, Gaithersburg

Monday, 6pm—Calvary Baptist Church, NW DC

Thursday, noon—Faith United Methodist Church, Rockville

Monday, 10am—Riderwood Village, Silver Spring

All meetings welcome and give a voice to any person who has the desire to stop eating compulsively

Upcoming events:

September 1-4, 2016

OA World Service Convention, Boston, MA

October 14-16, 2016

Region 7 Business Assembly, Ellicott City, MD

November 4-6, 2016

Region 7 Convention, Rehoboth, DE

**Next intergroup meeting: Sunday, September 11, 2016 from 12 to 2 pm
The Del Ray Club, 7611 Clarendon Road, Bethesda, MD 20814 in the Kit-
ty Room. For directions call: (301) 718-7769**