

Supercharge Your Program

Take advantage of the rich and diverse set of **workshops** and **marathons** coming your way in November and December, listed on pages 2-3 of this newsletter. Here are some highlights.



What did it take for fellows in OA to work the steps and lose 100 pounds or more?

All are welcome to hear the experience, strength, hope and recovery in this workshop on November 20. [Register](#) now!

Calling all Sponsors!

OA's World Service Office is updating its sponsorship materials. Share your experience, strength, and hope on the ways you provide support and guidance to sponsees. For more information, check out the [flyer](#).

WSO is looking for targeted and concise submissions of 250 to 300 words in a story format by November 30.

There's still time to [sign up](#) for the Region 7 Convention, which will take place virtually **November 5-7**.



Come aboard the USS Recovery with your fellow compulsive eaters to experience a weekend full of fellowship, recovery, and fun.

[Elect to Serve](#)

“Join in your intergroup elections and be a part of something that is greater than yourself.” -- LifeLine Magazine

The DC Area Intergroup is meeting on November 13 at 2 PM to elect new officers. The positions are described on pp 3-4 of the [Sep-Oct newsletter](#) Consider volunteering your skills & expertise to the Intergroup. Contact [Margreta S](#) for more information.

Support your Recovery - November

Date	Topic	Sponsor	Access
Nov 2 Tues	OA Marathon - Election Day Tradition 9 Spiritual Principle – Structure: When was the Last Time I Read the Twelve Traditions?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 4 Thu	OA Marathon - Diwali Celebrating Recovery- Happy, Joyous and Free	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 5 Fri – Nov 7 Sun	Region 7 Convention (VIRTUAL) USS Recovery: All Aboard!	OA Region 7	ZOOM Begins at 6 PM ET on Nov 5 Register
Nov 11 Thu	OA Marathon – Veteran’s Day When Doing OA Service, Do I Trust the Results to HP?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 14 Sun	e-Workshop: To Carry the Message to Other Compulsive Overeaters	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
Nov 20 Sat	OA Marathon – International Day of Experiencing Abstinence (IDEA) Tradition 10 Spiritual Principle – Neutrality: How do I Care For, Share, Protect and Carry the Message of the Precious Gift of Abstinence?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 20 Sat	Special Virtual Event: 12-Step Recovery Panel on 100 Pounders!	DC Metro Area OA Intergroup	ZOOM 1 – 2:30 PM ET Register
Nov 25 Thu	OA Marathon – Thanksgiving Day Step 11 Spiritual Principle – Spiritual Awareness: What is the State of My Spiritual Condition	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 27 Sat	e-Workshop: Trudging the Road to Happy Destiny	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912

Support your Recovery - December

Date	Topic	Sponsor	Access
Dec 12 Sun	OA Marathon – 12 Step Within Day Step 12 Spiritual Principle – Service: Am I Reaching Out to Fellows Who Have Stopped Coming to Meetings?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 12 Sun	e-Workshop: Connection is the Opposite of Addiction	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
Dec 12 Sun	12 Step Within Day Workshop “Carry the Message”	Central New Jersey Intergroup	ZOOM 1 – 3:00 PM ET ID: 818 6483 2774 Password: wecare4u
Dec 24 Fri	OA Marathon – Christmas Eve Have I Learned there is Happiness in Helping Others?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 25 Sat	OA Marathon – Christmas In What Direction is HP Guiding You?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 25 Sat	e-Workshop: Step 2 – Came to Believe (NOTE: date is subject to change)	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Dec 26 Sun	OA Marathon – Kwanzaa What Promises Have I Received by Working the 12 Steps?	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Dec 29 Sat	OA Marathon – Hanukkah What Gifts of the OA Program am I Celebrating?	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Dec 31 Fri	OA Marathon – New Year’s Eve Placing Principles Before Personalities with Tradition 12 Spiritual Principle – Spirituality: What Acronyms and Slogans Do You Utilize to Enhance Your Spiritual Awareness?	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Jan 1 2022 Sat	OA Marathon – New Year’s Day Step 1 Spiritual Principle – Honesty: Surrender is Winning	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912

Take Action

All that we send into the lives of others comes back into our own

-OA Slogan

You Can't Keep It Unless You Give It Away

Service is an integral part of my recovery. If I wasn't doing service, I'm not sure how I'd be able to maintain my abstinence. Doing service at meetings, such as reaching out to newcomers helps me feel like I am part of a community. By sharing my experience, strength and hope I have learned how to be open, honest and vulnerable. More importantly, I have learned from others about their recovery, which reinforces mine.

I represent my home group at the DC-Metro Intergroup meeting. I really enjoy attending the Intergroup meetings because I get insight into what OA is working on worldwide, as well as what's happening locally. I get to contribute my ideas and help shape the work of the Intergroup for the benefit of my fellows.

Finally, one of my most valuable service experiences is being a sponsor. It was important to me to feel secure in my abstinence before I started. Thus, knowing that I am guiding my sponsee on their road to recovery helps keep me abstinent. Moreover, I get to work the Steps along with my sponsee, which enriches my own program. I've stopped obsessing about myself and my abstinence because I have positive actions to focus on instead.

– Barbara C



Doing Service Raised My Self-Esteem

When I joined OA, I was encouraged by more experienced fellows to do service. They told me that "service is slimming." I started out with the simple things, like speaking up at meetings, sharing my experience, and making phone calls to newcomers and other members. I soon became a sponsor.

As a result, I saw how my daily Step 12 practice of service supported my abstinence and recovery. Over time, I volunteered for service roles in my home group, and later served at the Intergroup and Region 7 levels.

What I learned is that when I extended my attention beyond my own problems, and focused on how I can be helpful to others, I felt more connected to my fellows and open to asking for help myself. Doing so put me in the middle of the herd, which in nature, is the safest place to be.

Being in the middle of the herd is a place for me to be open and honest, and reinforces that I am not alone in my disease. I feel good about myself, and my self-esteem grows. Inside the herd, I am able to develop a relationship with my HP and trust that he/she will walk with me in my journey of recovery and abstinence.

– Anna S

