

Supercharge Your Program

Don't Miss the 2022 Region 7 Convention Nov 4-6 in Ocean City!

WEEKEND SCHEDULE

Welcome to the Region 7 Convention

FRIDAY EVENING

5:00-8:00pm	Registration	Premiere Lobby
8:00-9:15pm	Grand Opening/ Keynote Speaker	Exhibit Hall
9:30-10:30pm	Open Meeting	Barbados

SATURDAY MORNING

7:15-7:45am	Morning Meditation	Atrium
7:45-8:45am	Open Meeting	Barbados
8:00-12:00pm	Registration	Premiere Lobby
9:00-10:15am	Panel: Steps 1, 2, & 3 Men in OA Food Plan Three-way Prayer	Eleuthera Barbados Dominica Cayman
10:30-11:45am	Steps 4 & 5 Diverse Voices: LGBTQ+ Panel: Body Image Atheists & Agnostics	Barbados Cayman Eleuthera Dominica
12:00pm	Lunch	Exhibit Hall

SATURDAY AFTERNOON/EVENING

1:45-3:00pm	Steps 6 & 7 Diverse Voices: BIPOC Anorexia & Bulimia Panel: Big Book Prayers	Dominica Barbados Cayman Eleuthera
3:15-4:30pm	Steps 8 & 9 Diverse Voices: Young People Panel: 100 Pounders Step 11 Meditation	Dominica Barbados Eleuthera Cayman
5:00-6:00pm	Beach Walk Open Meeting	Atrium Barbados
6:00-7:00pm	Banquet	Exhibit Hall
7:00-10:00pm	Keynote / Raffle / Entertainment	Exhibit Hall

SUNDAY MORNING

7:30-8:30am	Open Meeting	Barbados
8:00-8:30am	Morning Meditation	Eleuthera
9:00-10:15am	Steps 10, 11, & 12 Diverse Voices Panel: Differently Able Relapse: Keep Coming Back Healing Shame	Barbados Eleuthera Cayman Dominica
10:30am	Closing	Exhibit Hall

Regular registration until October 31. Late registration starting November 1.

Don't forget to add your food package when registering.

Registration link: www.oaregion7.org

Food Package

Saturday Seaside Mexican Fiesta Buffet Lunch

- Mexican salad (iceberg, bell peppers, onion, tomato, choice of dressing, oil + vinegar as an option)
- Flour tortillas and hard corn taco shells
- Seasoned ground beef and sautéed chicken
- Vegan tacos (sautéed mushrooms, guacamole, diced tomato, jalapeños, shredded cheddar, sour cream, shredded lettuce, salsa)
- Refried beans and salsa rice
- Seasonal berries or melon
- Drinks: Water, freshly brewed coffee (regular and decaf), and iced tea station

Saturday Buffet Dinner

- Catch of the day (sautéed in dill butter)
- Lemon rosemary chicken
- Baked tofu
- Garden salad- choice of dressings, including oil + vinegar
- Sautéed seasonal vegetables
- Green beans
- Sweet potatoes
- Seasonal berries or melon
- Drinks: Water, freshly brewed coffee (regular and decaf), and iced tea station

Support your Recovery - November

Date	Topic	Sponsor	Access
Oct 31 Mon	OA Marathon – Halloween, Samhain (pronounced Sowin) Tradition 10 Spiritual Principle – Neutrality: Why is Abstinence the Best Treat of All?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 4 – 6 Fri – Sun	2022 Region 7 Convention Swimming the Seas of Recovery Princess Royale Oceanfront Resort – Ocean City, MD	OA Region 7	IN-PERSON Regular registration until 10/31/22 Late registration starting Nov 1
Nov 8 Tues	OA Marathon – Election Day The Serenity Prayer	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 11 Fri	OA Marathon – Veterans Day/ Armistice Day Step 11 Spiritual Principle – Spiritual Awareness: What Does “Being In Fit Spiritual Condition” Mean to Me?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 13 Sun	e-Workshop Step 11: Prayer & Meditation	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
Nov 18 Fri	OA Marathon – International Day of Experiencing Abstinence Tradition 11 Spiritual Principle – Anonymity: Sharing my Experience of Recovery with Others	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 19 Sat	e-Workshop IDEA Day (International Day of Experiencing Abstinence)	Baltimore Area Intergroup	ZOOM 2 – 4:00 PM ET ID: 731 088 9762 Passcode: BeAbstn8
Nov 24 Thu	OA Marathon – Thanksgiving Day Finding Peace and Stillness Within	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 24 Thu	e-Workshop Gratitude Request passcode / additional information from OAFQHquakertown@gmail.com	Philadelphia Area Intergroup Fellowship of Hope Group	ZOOM 9:15 – 11:30 AM ET ID: 884 2062 7878 Passcode: TBD
Nov 26 Sat	Workshop IDEA Day: Maintaining Abstinence During Trying Times Christoph L (484) 926-1870 scpoai@gmail.com	SC Pennsylvania Intergroup	IN-PERSON 9AM – 3PM ET Giant Food Stores – Conference Room 3301 E Trindle Rd Camp Hill, PA 17011

Support your Recovery - December

Date	Topic	Sponsor	Access
Dec 11 Sun	e-Workshop Sponsorship	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Passcode: 120912
Dec 12 Mon	OA Marathon – Twelfth Step Within Day Step 12 Spiritual Principle – Service: How Do I Practice “The Twelfth Step Within”?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 18 Sun	OA Marathon – Hanukkah Don’t Stop Before the Miracle Happens	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 24 Sat	OA Marathon – Christmas Eve / Winter Solstice Tradition 12 Spiritual Principle – Spirituality: What Does My Spirituality Look Like Now?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 25 Sun	OA Marathon – Christmas The Gifts This Program Has Given Me	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 26 Mon	OA Marathon – Kwanzaa / Boxing Day What Gifts Do I Offer and Receive by Working My Program of Recovery?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Dec 31 Sat	OA Marathon – New Year’s Eve Taking a Personal Inventory: What Can I Learn from Looking Back?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Jan 1 Sun 2023!!!	OA Marathon – New Year’s Day We Can Start Over Any Time	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#

Take Action

Get Connected Face-to-Face

Here are the latest opportunities to meet your Fellows in-person!

Maryland

**1st Saturday of November and
December at 10:00 AM***

Memorial First India United
Methodist Church

9226 Colesville Rd., Silver Spring
Contact: Fred 301-270-2439 OR Barb
202-821-7683

Mondays at 12:00 PM

United Church of Christ
10010 Fernwood Rd., Bethesda
Contact: Kimberly 301-633-4010 OR
Laurie 301-233-2941

Tuesdays at 11:00 AM

Grace United Methodist
119 North Frederick Ave
Gaithersburg + by phone:
425-436-6374; PIN: 125516
Contact: Linda S 240-723-0502

District of Columbia

Sundays at 6:00 PM**

St. Margaret's Episcopal
1830 Connecticut Ave NW
Contact: Lee J 202-344-6395

Tuesdays at 7:15 PM

Dupont Circle Club
1623 Connecticut Ave NW
Contact: Carly L 228-342-8464



*This meeting is virtual on all other Saturdays, starting at 10:30 AM.

**This is a hybrid meeting.

Check the [Where and When](#) to locate the Zoom information for these and other local meetings



NEW! In-person with dial-in option

Learn From Stories of Recovery

Lifeline is back! Stories of recovery through OA's Twelve Steps are now being shared at lifeline.aa.org. As it grows, Lifeline will continue to provide experience, strength and hope to everyone in our Fellowship and become an ever-brighter source of light to the still-suffering compulsive eater who is searching online for a solution.

You can help Lifeline grow by sending in your story, whether it is written, recorded as an audio file, shot on video, or is an image of your own making. Send us your recovery-focused story, digital painting, song, video, or any other type of digital media, and we will put it in the queue for eventual publication. Read the new [Contributor Guidelines](#) for suggestions and use our [submission form](#), found at aa.org/lifeline, to send us your submission. Thank you for your service!

Share Your Story

My Experience with the OA Tool of Writing

I've been around the rooms of OA for a long time, almost 37 years. And I was pretty sure that the entire time I was actively utilizing the tool of writing through my regular Step work writing—especially a couple of very long Fourth Steps; my nightly Tenth Step; and the occasional assignments to write on a resentment or a fear or whatever else popped up that was keeping me anxious and edgy. That suffices, right? Or so I thought.

And then, when after ten years in the rooms I finally found a power greater than myself that clicked (she's vaguely female and I call her HP and she is kind and loving and non-judgmental) I began to occasionally communicate with her by writing her a letter. Why? I don't remember. Perhaps I heard it suggested in the rooms or my HP sent me a message to drop her a line.

Over the years, the letters increased. And what was more, HP began to answer them. Seriously. A kind of dialogue developed between us. I would write something that was on my mind, and she would answer me and then I would go on writing and again she would answer me. And when I tell you that it was not me who was answering me, I mean it. I write on the computer, and I write fast, but every time HP wrote back, it was slow and thoughtful, and it was always (that's *always!*) exactly what I needed to hear.

What came from my writing often totally surprised me; I discovered deeper feelings and insights than I was consciously aware of. New understanding of a sticky situation, a different take on someone I disliked, an awareness of when a character defect had popped up that I hadn't caught.

The OA Tools of Recovery (abridged) states: "Putting our thoughts and feelings down on paper helps us to better understand our actions and reactions in a way that is often not revealed to us by simply thinking or talking about them." Today I write HP every single morning and if I happen to skip this practice, I feel hollow inside. Writing is a fine and helpful and even life-changing tool; try it sometime, you'll be surprised what you find out.

Diane P (DC)

OA Responsibility Pledge

*Always to extend the hand and heart of OA to all who share my compulsion;
for this I am responsible.*