

Share Your Announcements

The Intergroup newsletter is a resource for OA members and their meetings.

Announcements could include:

- New meetings
- Meetings requiring support
- Workshops
- Service opportunities
- Outreach opportunities
- And much more!

To add an announcement to the next newsletter, please email newsletter@oa-dcmetro.org

You can also join the intergroup email list and send announcements directly!

- To join the email list, email dcmetro-oaig-subscribe@yahoogroups.com
- After joining, email dcmetro-oaig@yahoogroups.com to contact everyone on the list directly

Ordering Literature?

The Literature Coordinator has OA literature available for purchase, so you can save time and reduce shipping costs. For information, Contact the Literature Coordinator: literature@oa-dcmetro.org.

Intergroup Elections in November

Intergroup is looking for OA members willing to give service in the coming year. Intergroup service positions include:

- Intergroup Chair
- Intergroup Vice Chair
- Corresponding Secretary
- Recording Secretary
- Intergroup Secretary
- Treasurer
- Literature Coordinator
- Where & When Editor
- Newsletter Editor
- Answering Service Coordinator
- OA World Service Business Conference Delegate
- OA Region 7 Representative
- Committee Chairs
 - ✓ Public Information/Professional Outreach
 - ✓ 12th Step Within (i.e., Inreach)
 - ✓ Events

To express interest, make a nomination or learn more, please contact the Intergroup at 202-854-8462 or email answerservice@oa-dcmetro.org

Thank you for your service!

Want Printed Newsletters & Meeting Lists?

Email newsletter@oa-dcmetro.org to let us know how many printed copies of the newsletter you need. You can also request printed copies of the Where & When!

Local Meeting Info & Updates

Find the latest list of local meetings here: <https://www.oa-dcmetro.org/ww-pdf/meetings.pdf>, and email whereandwhen@oa-dcmetro.org to make updates!

Intergroup Needs Your Support!!

OA DC Metro Intergroup is a service body to help local meetings and OA members communicate quickly and efficiently. Intergroup services include:

- Operating a 24-hour answering service and maintaining a list of local meetings
- Running an email group for OA-related announcements and publishing a newsletter
- Helping local meetings to carry the message to newcomers and grow meeting attendance (e.g., distributing flyers, public information sharing, exhibiting, speaking to groups, etc.)
- Arranging workshops, marathons and retreats for local OA members

How You Can Help:

- Encourage your local meetings to designate an intergroup representative
- Participate in intergroup meetings yourself (as a meeting rep or not!)
- Join the intergroup email distribution list to stay informed
- Share this message at local meetings you attend (and ask others to do the same!)

Intergroup meetings: 2nd Sunday of every month from 1:30-3:30pm; all are welcome

- In person: Holy Cross Hospital, 1500 Forest Glen Drive, Silver Spring
- By phone: dial 605-472-5235 and enter PIN: 445423#

Intergroup email distribution list: dcmetro-oaig@yahoogroups.com

- To join, email dcmetro-oaig-subscribe@yahoogroups.com
- After joining, send messages by emailing dcmetro-oaig@yahoogroups.com

Intergroup website: Visit www.oa-dcmetro.org to learn more, download announcements, newsletters, local meeting lists, etc.

For more info, contact: Cara W (cara.oa12@gmail.com or text/voicemail to 410-733-2717)

Responsibility Pledge

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

Carry the OA Message to Those Still Suffering

Join fellow OA members working to carry the OA message to those who are suffering in the DC area! All are welcome.

The committee will hold an interactive workshop on November 10 (flyer on page 2). The next committee (phone) meeting will be in December (date/time / call in details to be confirmed)

For info, contact Tom A (thadamsjr@gmail.com, 240-305-3433)

**SAVE THE
DATE!**

World Service
Convention

August 20-22, 2020

Orlando, FL



**Focus on Anorexia and Bulimia
Packet Updated**

Providing hope and a solution through OA's Twelve Steps, this packet has been refreshed with new stories from Lifeline magazine and includes the pamphlets OA Members Come in All Sizes and Many Symptoms, One Solution. Find it (item #725) at bookstore.oa.org.

**Pamphlet for Referring
Professionals**

Use OA's new pamphlet, When Should I Refer Someone to Overeaters Anonymous? To Members of the Helping Professions (#770), to reach out to referring professionals, such as doctors, therapists, dietitians, teachers, and clergy. The pamphlet answers questions about OA, explains how OA complements professional care, and includes OA's Fifteen Questions. Find it at bookstore.oa.org.

**Secretaries: Update Meeting Info
with OA.org and DC Intergroup**

Update your group's meeting details by 1) going to "edit a meeting" at oa.org, and 2) emailing whereandwhen@oa-dcmetro.org. The WSO and DC Intergroup use the information to keep OA.org's "Find a Meeting" and DC Intergroup's "Where and When" current so that members in recovery and still-suffering compulsive eaters can find a local meeting.

Anonymity on Social Media is a Shared Responsibility

OA's new Statement on Public and Social Media, approved at WSBC 2019, states that members, groups, and service bodies each have a role in protecting anonymity.

The new statement reads:

While Overeaters Anonymous has no opinion on outside issues, including social media, the delegates of the 2019 World Service Business Conference recommend that any OA member, group, or service body using social media for OA public information and public awareness maintain the personal anonymity of OA members.

Members of Overeaters Anonymous are anonymous. The Fellowship is not. Members of Overeaters Anonymous are responsible for maintaining their anonymity and respecting the anonymity of other OA members. When attending an OA meeting, whether face-to-face or virtual, members are encouraged to seek appropriate means to protect their own anonymity and that of fellow members.

All registered virtual meetings shall inform members that their anonymity is not fully protected when attending a virtual meeting.

Find options for protecting anonymity at Guidelines for Anonymity in the Digital World."

Find Guidelines for Anonymity at oa.org/documents under "Guidelines."

2019 OA PHONE MARATHONS

712-432-5200 PIN: 4285115#

**Meetings Every Hour, from 8 am to
Midnight**

- Monday, 10/14 (Indigenous Peoples' Day/ Columbus Day): Remembering Where We Came From - Step 10
- Sunday, 10/27 (Diwali): Believe in Yourself-Let Your Light Shine
- Thursday, 10/31 (Halloween): Take Off the Mask! (It's OK to Be Vulnerable)
- Monday, 11/11 (Veteran's Day): From Fear to Faith to Courage
- Sunday, 11/17 (IDEA Day): Staying in the Now
- Thursday, 11/28 (Thanksgiving Day): Alive, Blessed, Grateful – Step 11
- Thursday, 12/12 (12-Step Within Day): Be a Messenger – Step 12
- Monday, 12/23 (Hanukkah): What is the Condition of Your Spiritual Recovery?
- Tuesday, 12/24 (Christmas Eve): Miracles of Recovery
- Wednesday, 12/25 (Christmas Day): Happy, Joyous, and Free
- Thursday, 12/26 (Boxing Day/Kwanzaa): Gifts of the Program
- Tuesday, 12/31 (New Year's Eve): Reflecting on Our Recovery
- Wednesday, 01/01/2020 (New Year's Day): Every Day Is a Fresh Start with Step 1

View the schedule (and/or sign-up to moderate) at

<https://signupschedule.com/oamarathons>

LIFELINE NEWS:

All subscriptions & renewals must be processed before January 1, 2010

In May, the OA Board of Trustees agreed that changes with Lifeline magazine are needed. As the number of Lifeline subscribers continues to decline, the Board has decided it is time for:

- OA to create new ways for members to share their stories online.
- Lifeline magazine, both print and online, to stop publication.

Lifeline subscribers will continue to receive the same great collection of member stories in print and online through December 31, 2020. One-year subscriptions and renewals are available through the end of this year, December 2019. All subscriptions will end on December 31, 2020.

Visit bookstore.oa.org to subscribe today!

To learn more, visit oa.org/files/pdf/asa-q3-2019.pdf and oa.org/lifeline-news/

Need Newcomer Materials?

Check out "Where Do I Start? Everything a Newcomer Needs to Know", OA's new newcomer pamphlet(#705). It contains the same info as the discontinued newcomer packet within a single document to reduce repetition, waste, and expense (just \$1)! The pamphlet even has a blank page for writing down member phone numbers. You can order copies at bookstore.oa.org or purchase them from the Intergroup (contact info below) to save on shipping.

Prefer the discontinued newcomer packet? You are in luck! The Intergroup has a number of these in stock, and available at a discount (\$2 instead of \$3). Get them while they last!

Contact the Literature Coordinator at literature@oa-dcmetro.org.

Send 7th Tradition via PayPal

Did you know you can use PayPal to send 7th Tradition contributions to Intergroup? Visit <https://www.oa-dcmetro.org/about-our-seventh-tradition/> to learn more.

Were You 30 or Younger When You Joined OA? Share Your Story!

If you entered OA at age 30 years old or younger and are interested in giving service as a podcast speaker, sharing your experience, strength, and hope for recovery in OA, fill out our questionnaire at surveymonkey.com/r/YPC19. Responses will be reviewed by the OA Young Persons' and Conference-approved Literature committees, and committee members will contact you to follow up.

The questionnaire will remain open until January 31, 2021, but we're not getting any younger! Please complete the questionnaire right away if you're eligible. We need to attract young people to "Grow Our Membership Worldwide." Sharing the recovery stories of young people, or members who came into OA recovery when they were young, will allow us to attract more compulsive eaters who are under 30 to OA.

Please consider doing this simple form of service!

Got Workshop Ideas?

The 12th Step Within (i.e., Inreach) Committee¹ periodically hosts workshops to benefit OA members in the DC area and wants your input on future workshop topics. What topic(s) would you like to see?

For reference, past workshops have included:

- Sponsorship Workshop
- 12-Stepping A Problem
- Relationships in Recovery
- 12-Step Workshop

Please contact Amy T. (202-446-8169 or amygeorgetinto@yahoo.com) with your suggestions and/or to learn about service opportunities with the Inreach Committee.

¹ Strengthens OA by sponsoring recovery-orientated activities, AND sharing information and ideas that generate and support recovery within the fellowship.

Central Virginia OA Fall Retreat

Theme: Recovery Begins with Steps 1, 2, 3

When: Friday, October 27 at 3:00 pm - Sunday, October 29, 2019 at 1:00 pm (day-trippers welcome!)

Where: Massanetta Springs Conference Center, 712 Massanetta Springs Road, Harrisonburg, VA 22801

For info: Jeannette (jsmrealtor@gmail.com)
To register: Nancy (brewsternp@juno.com)

OA's New Definition of Abstinence & Recovery

OA recently approved a new policy to better define abstinence and recovery. The policy reads:

The WSBC 2019 accepts the following definitions:

1. *Abstinence: The act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight.*
2. *Recovery: Removal of the need to engage in compulsive eating behaviors.*

Spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program."

Share Your Stories with Lifeline!

The WSO staff creates Lifeline from OA members' letters, artwork and photos (no faces, please!). Monthly topics are suggestions. You may write about any subject important to your recovery from compulsive eating and compulsive food behaviors. Send your submissions by email to or by mail to Lifeline, PO Box 44727, Rio Rancho, NM 87174-4727 or email info@oa.org with the subject "Lifeline."

Upcoming deadlines & suggested topics are as follows, or go to oa.org/documents under "Lifeline" for a full list of 2020 Lifeline topic suggestions and deadlines:

November 15 (March Issue)

- **Making An Action Plan:** What are the details of your action plan, and how did it evolve? How do you stick to your action plan? What role does it play in your recovery? What lessons have you learned from your action plan? Action plan photos welcome!
- **Abstinence and Recovery:** OA defines abstinence as "the act of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight." Recovery is "removal of the need to engage in compulsive eating behaviors," and "spiritual, emotional, and physical recovery is achieved through working and living the Overeaters Anonymous Twelve Step program." Share your experience, strength, and hope about gaining abstinence and recovery in OA.

December 15 (April Issue)

- **Breaking and Mending Relationships:** How has your recovery impacted your relationships? How have you explained OA to loved ones and sought support? What about "dating, divorce, and drama" in your OA journey? Or the effect of a relapse? How have you applied the Principles and Traditions in your relationships?
- **Service Beyond the Comfort Zone:** How has service played a part in your recovery? How has it helped you grow out of your comfort zone? How have you grown by taking a challenging service position or attending meetings and events outside your home area? How has rotation of service played a role in your recovery and the health of your local OA?

Departments (Recurring Monthly Segments)

- Focus on the **Footwork (NEW!)**: Share how you work your program of recovery.
- **Ask-It Basket:** Read trustee responses to questions from OA members.
- **Bits and Bites:** Send in your short inspirational quotes and bits of recovery wisdom.
- **Stepping Out, Living Traditions, Service and Recovery, and The Spiritual Path:** Share about the month's Step or Tradition or send a story about service or connecting with your HP.
- **Newcomers Corner:** Newcomers, share your OA experiences and concerns.
- **Share It:** Letters to the editor - runs only if sufficient material is available.

Other guidelines and info about Lifeline submissions:

Credit lines and rights to submitted work apply equally to articles, artwork, and photos. The WSO does not return submitted materials. Lifeline may edit articles and crop photos. Lifeline promotes "unity with diversity" regarding the race, nationality, gender, age, physical challenges, and sexuality of its writers.

Indicate the topic and month for which you are submitting the article. Typed letters sent by email, mail, or fax are preferred. Letters must contain the author's name and address, even if the author wishes to remain anonymous in print.



2019 REGION 7 CONVENTION

November 1-3, 2019

Catch a Wave of Recovery

REGISTRATION INFORMATION:

\$45: Early Bird Registration until 8/31/19
\$55: Regular Registration until 10/29/19
\$65: On-site Registration (limited meals available)
\$60: Lunch & Dinner on Saturday

Limited scholarships may be available. Contact registrar.

New & Improved Menu!

Meals are also a great time for fellowship!

HOTEL INFORMATION:

Holiday Inn Oceanfront
6600 Coastal Highway
Ocean City, MD 21842

Rooms are \$79 per night/ double occupancy
Mention "OA Convention" to receive the group rate.
800.837.3588 • www.HolidayInnOceanfront.com

CONTACT INFORMATION:

Registration Questions:
registrar@oaregion7.org (Bob)

General Inquiries:
convention_planning_ofcrs@oaregion7.org (Amy)

REGISTER ONLINE: <http://oaregion7.org>

Refund Policy:

A written request for a refund of a registration fee, less a \$10 processing fee, will be honored if received or postmarked at least 30 days prior to convention.



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JOIN US FOR AN INTERACTIVE WORKSHOP!

**CARRYING THE MESSAGE: EXPERIENCES AND TOOLS
FOR SHARING WITH HEALTH PROFESSIONALS ABOUT OA**

WHEN: Sunday, November 10, 2019 – 11:00 am - 12:30 pm

WHERE: HOLY CROSS HOSPITAL, 1500 Forest Glen Road, Silver Spring, MD 20910
2nd Floor, Physicians Conference Room at rear of the cafeteria
Accessible by Metro – 7-minute walk from Forest Glen Stop

CONTACT:

Tom A. at 240-305-3433 thadamsjr@gmail.com

Ginea 301-213-0558 gineabriggs420@gmail.com

Discover new ways of practicing the 12th Step! A wonderful way to carry the message to those who still suffer is to inform the health care professionals we see regularly – including doctors, nurses, physical therapists, chiropractors and therapists.

Many people in recovery came to their first meeting because a counselor or doctor encouraged them, and you can help those still suffering overeaters to find us.

Come to learn how you experience the joy of carrying the message and receive free copies of OA World Services pamphlets designed for members to leave with their health care providers.



Together We Can Do What We Could Never Do Alone!