

Supercharge Your Program

ATTEND MEETINGS

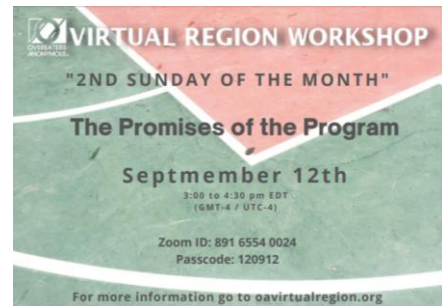
Share your program journey and support others in theirs.

What can I expect at an OA meeting?

- Love and understanding.
- An invitation to introduce yourself, if you wish
- Members sharing their personal experiences, strength and hope
- Readings from program literature
- An opportunity to talk to individual members after the meeting
- Confidence that your presence in the "room" and what you share there will remain there
- A feeling of hope that the OA program can work for you, too

See the updated [Where & When](#) list for OA Metro DC.

CHECK OUT AN UPCOMING EVENT



The Promises of the Program
Sunday, Sep 12, 2021
3:00 – 4:30 PM

Note: The previously announced Chronic Slippers Event has been cancelled.

CONNECT WITH A NEWCOMER OR RETURNING MEMBER

- Greet new people at your meeting.
- Get a phone number or email address; reach out after the meeting to introduce yourself and answer any questions. This basic [overview presentation](#) can help guide your discussion.
- Direct them to the [Introduction Q&A](#) meeting sponsored by our Intergroup.
- Offer to be a [First Twelve Days](#) sponsor, using the approach based on the pamphlet "Where Do I Start?"

Support your Recovery

Date	Topic	Sponsor	Access
Sep 6 Mon	Labor Day Marathon Tradition 7 Spiritual Principle: Responsibility. Am I Contributing my Share at my OA Meetings?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Sep 7 Tues	Rosh Hashanah Marathon Step 9 Spiritual Principle: Love. How do I Show I Care about Myself and Others?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Sep 12 Sun	e-Workshop: The Promises of the Program	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
Sep 15 Wed	Yom Kippur Marathon Tradition 8 Spiritual Principle: Fellowship. How does my Participation in the Fellowship Help My Program and Others?	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Sep 18 Sat	Special Virtual Event - CANCELLED Chronic Slippers: Getting out of Relapse	Washington DC Metro Area OA	ZOOM 1 – 3:00 PM ET
Sep 25 Sat	e-Workshop: Step 10 – How to Turn it Around	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Oct 1-3 Fri - Sun	Region 7 Fall Assembly Registrations due Sep 29; available for visitors as well as IG Reps	OA Region 7	CHANGED TO VIRTUAL Registrants will receive login info
Oct 9 Sat	VIRTUAL Region Fall Assembly	OA Virtual Region	SAVE THE DATE 2 – 5:00 PM
Oct 10 Sun	e-Workshop: Applying the Traditions in Daily Life	OA Virtual Region	ZOOM 3 – 4:30 PM ET ID: 891 6554 0024 Password: 120912
Oct 11 Mon	Indigenous Peoples' Day / Canadian Thanksgiving Marathon Step 10 Spiritual Principle: Perseverance -- Keep Coming Back	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Oct 22 – 24 Fri - Sun	Region 6 VIRTUAL Convention (NY, CT, MA, RI, NH, ME, VT, Eastern Canada, Bermuda)	OA Region 6	REGISTRATION
Oct 23 Sat	e-Workshop: Sponsor and Sponsee – A Unique Relationship	OA Virtual Region	ZOOM 12:30 – 2:00 ET ID: 891 6554 0024 Password: 120912
Oct 31 Sun	Halloween Marathon It's Not What You Are Eating, It's What's Eating You	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 2 Tues	Election Day Marathon 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	Diwali Marathon Celebrating Recovery- Happy, Joyous and Free	OA Virtual Region	PHONE Every hour 8:00 AM – midnight ET 712-432-5200 Conference ID 4285115#
Nov 5-7 Fri - Sun	Region 7 Convention	OA Region 7	IN PERSON Ocean City, MD

Volunteer Your Skills & Expertise

Through our participation in the OA fellowship, we are all sharing in the service of helping the newcomer as well as supporting our own recovery. Please consider volunteering to fill one of the following Intergroup Board positions that will be up for election at the **Annual Meeting in November**.

Chair

The role of the Chair is to keep in mind that the overall goal of the DC Area Intergroup is to offer hope and recovery for compulsive eaters who have a connection to the DC area. It includes listening to volunteer and committee ideas; recommending how to connect them into the existing structures that support our overall fellowship; and, where there are differences of opinion, guiding the Intergroup to some level of resolution.

Most of my work as Chair is associated with holding the regular Intergroup meeting monthly (currently the second Saturday of each month). I periodically check in with the various committees to understand their needs and respond to their requests. Most of the effort is in soliciting for agenda items, facilitating the meeting, moving the topics forward and building consensus.

The time commitment is really only about an hour a month outside of the meeting.

– [Margreta S](#)

Vice Chair

The Vice Chair shares and supports the Chair in caring for the whole of the DC Area Intergroup functions. Responsibilities and interests are negotiated between these two roles. The Vice Chair, when the Chair cannot be present, chairs the Intergroup meeting.

As this position is currently vacant, please contact the current Chair with questions or for more information.

– [Margreta S](#)

Volunteer... (continued)

Recording Secretary

I prepare a copy of the agenda before the meeting, following guidance from the Chairperson about upcoming items.

During the meeting, I screen share the updated document so that everyone can see what is going into the minutes. Immediately following the meeting, I post a copy through groups.io, asking for additions or corrections.

One week before the next meeting, I make any changes I have been asked to make and send out the amended version that I then screen share during the meeting for further amendments, and then post the final version into the groups.io files.

Probably the most important skill is careful listening to what is being said and typing or writing fast enough to keep up.

The time commitment outside of the IG meeting is something on the order of half an hour a month.

– [Deborah S](#)

Treasurer

The main responsibilities of the treasurer include:

- Keep a record of donations and expenses per month
- Reconcile this record with bank account for accuracy
- Reimburse members for IG expenses and pay vendors

I would say it takes <2 hours once a month to perform these tasks, not including IG meetings.

– [Sonya J](#)

As per the By-Laws, the term of office for a Board member is one year, starting in December. The Board member should have six months of current abstinence (each person shall be the sole judge of their abstinence.)