

## *Holiday Issue*

Remember, there's another name for Thanksgiving -- Thursday.

We have entered the holiday food season, when challenges to program and abstinence can seem ubiquitous -- home, office, holiday parties, family gatherings. The pandemic is making this year's holiday events smaller and less food-centered -- no office parties or potlucks, at least not in person -- but may also present a new set of challenges. Family members may want additional or special holiday goodies or meals at home. We may also face an increased sense of isolation and a search for connection and comfort that so many of us once filled with food -- and may be tempted to do so again.

Herewith, holiday events being sponsored by intergroups in the DMV region (click on links for more information; all times EST).

- [International Day of Experiencing Abstinence](#) – Sunday, Nov. 22, 1-2:30 p.m., sponsored by Baltimore Intergroup, a special IDEA meeting with speakers from Brazil, Greece, Canada and the U.S.
- [Gratitude and Action Plan](#) – Wednesday, Nov. 25, 7 p.m. Baltimore IG again, sponsoring a special meeting the night before Thanksgiving; bring a journal and pen.
- [Thanksgiving Online Marathon](#) – Thursday, Nov. 26, 8 a.m.-7 p.m., sponsored by Northern Virginia Intergroup. Moderators are still needed. Contact [awthomas@cox.net](mailto:awthomas@cox.net) for info.
- [Candlelight Meeting](#) – Saturday, Dec. 12, 5 p.m. A special meeting with speakers focusing on each of the 9<sup>th</sup> Step promises, again sponsored by Baltimore.

### *A note from your new newsletter editor*

Hello DC and MD --

This is K (yes, just the letter), your new and very design-challenged newsletter editor. I want first to thank my predecessor, Cara W., who left me with a wealth of resources and ideas for content, as well as templates, which I am still getting up to speed on, which is why this November-December issue of the newsletter may not look as cool and slick as in previous editions. I welcome feedback, suggestions and contributions. Get in touch at [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)

## Check out the new OA DC Metro website!

Our redesigned website is live, and we have Niki Y, Mike K, Peggy R, and Tom A, and our designer Neal Schlosburg to thank for its clean, uncluttered and easy-to-navigate look; still at [oa-dcmetro.org](http://oa-dcmetro.org). If you see any omissions or errors, or have other ideas for the site, contact Niki Y at [webcontact@oa-dcmetro.org](mailto:webcontact@oa-dcmetro.org).

Washington DC Metro Area Intergroup of

[Meetings](#)

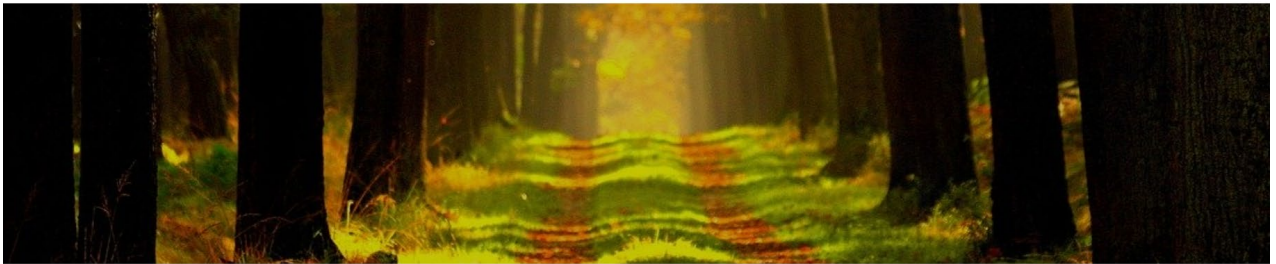
[Events](#)

[Newcomers](#)

[Intergroup](#)

### Overeaters Anonymous

**Overeaters Anonymous** offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.



[Find A Meeting](#)

[Newcomer Introduction Meetings](#)

[Special Focus Meetings](#)

#### Contact the OA DC Metro Area Intergroup

For more information about OA, you can leave a message at 202.854.8462, send a text to 202.821.7683, or if you prefer, use email. We will respond to you as soon as possible.

- [Text](#)
- [Email](#)
- [Answering Service](#)

## Good stuff from World Service

**Become an OA Glossary volunteer** -- Compulsive eaters around the world may be struggling to access OA because of language barriers. If you speak one or more languages other than English, you could help translate core OA terms and concepts into other languages for the OA Glossary. Check out the flyer [here](#).

**Temporary Sponsors: Newcomers' First 12 Days** -- We have a new online, downloadable guide for sponsors -- temporary or other -- helping newcomers navigate their first days in OA, based on the *Where Do I Start* newcomers' pamphlet. Find it [here](#).

## **Intergroup update -- October 2020**

With the end of the year fast approaching, Intergroup discussed forming a nominating committee to find additional people for board positions. Happily, this was not necessary as many of the individuals currently doing service volunteered to continue for another year, and others stepped up to fill some, but not all the vacancies. The 2021 lineup is as follows:

<b>Chair</b>	Margreta S
<b>Vice chair</b>	Deborah S
<b>Treasurer</b>	Sonya
<b>Corresponding secretary</b>	Sealani W
<b>Recording secretary</b>	Open
<b>Literature chair</b>	Open

If you would like to fill a vacancy, contact [chair@oa-dcmetro.org](mailto:chair@oa-dcmetro.org).

## **Treasurer's report**

Intergroup finances are currently robust. As of the Oct. 11 meeting, our balance was \$6,821.32, with additional donations of \$451.58 on hand, but not yet cleared. Our expenses remain minimal – two Zoom accounts and website expenses -- totaling \$62.08.

We are looking at our projected 2021 expenses so we can estimate our needs and ensure anything above that amount and a prudent reserve is distributed appropriately to Region and World Service. We will still need donations to continue our work.

## **Zoom update**

We now have two Zoom accounts so more than one virtual meeting can be held at the same time. For more information, email Stephanie M at [stephaniemcclellen@gmail.com](mailto:stephaniemcclellen@gmail.com).

## **November Intergroup meeting**

Intergroup meetings are held 2 p.m. to 4 p.m. on the second Saturday of the month. All are welcome to attend. The November meeting will be on Saturday, Nov. 14.

## **Get connected**

To contribute to the next newsletter, email [newsletter@oa-dcmetro.org](mailto:newsletter@oa-dcmetro.org)

You can also join the intergroup email list, to receive or send announcements directly.

- To join, email [DCmetroOAIG+subscribe@groups.io](mailto:DCmetroOAIG+subscribe@groups.io).
- After joining, email [DCmetroOAIG@groups.io](mailto:DCmetroOAIG@groups.io) to contact the rest of the group.