

Annapolis Area Overeaters Anonymous

Summer Newsletter 2024

REFLECTIONS ON WORLD SERVICE 2024

I had the opportunity to attend this year's World Service Business Conference in Albuquerque a few weeks ago. Kathy C attended to represent the Annapolis Intergroup. We hadn't had a representative in a few years and are grateful for Kathy's service. So how exactly did I end up going also? The Virtual Region has a service board that serves members that identify as atheists, agnostics, or otherwise have a secular point of view regarding their higher power. A member that knew of their need for representation and my understanding of my higher power thought I could serve them. After a few days of thinking it over, I agreed to go as their representative.

I had no real idea of what to expect. My only previous time in Albuquerque was to make connections at the airport. It is a city roughly the size of Baltimore by population and is at 5,000-foot elevation near the Rocky Mountains. It's a beautiful part of the country but there wasn't much time to take in the sights. The was doubly true because I didn't rent a car. Uber worked fine but Santa Fe and other nearby locations were just out of reach.

I wasn't planning to tour the area anyway. The meeting schedule is challenging. From Tuesday night to midday Saturday the meetings ran from 8:30 am to 5:00 pm with workshops after dinner. OA meetings occurred frequently in between other obligations. We were busy doing the work of the fellowship.

Being around members from all over the world was special. Hearing people recite the OA Promise or the Serenity Prayer in the 14 languages that were represented was moving.

As for the business of the fellowship, I can attest that conferees are knowledgeable, committed, and practicing the traditions and concepts of service to represent the fellowship. They bring their recovery, experience, strength, and hope and are passionate about OA. The conference was well organized and accomplished a great deal. The most controversial proposals were discussed at length – amendments were proposed, debated, and voted. I think some words may change in how the steps and traditions are expressed in the future but it is clear that any changes that come will only be made following careful consideration.

One big lesson that any deliberative body should adopt – at any time when debate was especially heated, a member would approach the microphone and move that we stop and recite the Serenity Prayer. A moment of calm, focus on our primary purpose, take a breath, and then get on with the business of the fellowship. These are the trusted servants of the fellowship – it was a singular opportunity to serve with them....Mark V

JOY IN SERVICE

I showed up at an Intergroup Meeting not long ago, a service to which I am trying to return. Next thing I know I am going to WSO Business Conference! I am a long time member of OA and the group really wanted a delegate so I was happy to oblige. So on May 6th I flew to Albuquerque on the same flight with Mark. Our Intergroup Chairman. There I was, with my name badge and my green dot which denotes that I am a first time delegate. Our FOR TODAY reader says it all for me " How well I know that feeling of being 'at home' in an OA meeting. The nods of understanding tell me I am in the company of people with whom I have more in common than many friends and associates" pg141. I had no idea that so many people work year round, all over the world, to spread the word of recovery. Name tags facilitated instant friendships. I met many who talk as much as I do...some even more than I do! I loved it. I attended every business meeting as was expected. I voted as I believed my peers wanted me to vote. Issues were taken very seriously with occasional breaks for the Serenity Prayer when things got tense. I met a great girl from Texas and a lovely young man from Wales who does manicures on famous British movie stars, seriously, he showed me pics and has even been on TV interviews. The hotel was a shaped like a Pyramid and every floor was open so we could look over and see all our friends in the open area used for dining and socializing between meetings. I want to thank IG and Region for allowing me to attend. It was an honor to be among members from all over the globe, even Ukraine. And again, amazing to see how many people work so hard for all of us. I was assigned to a committee that will be organizing a 12th Step Within Marathon on December 12th, online around the world for 24 hours. It will all be on the OA website once organized. Thanks again, it was an honor and thanks to My HP for running my life so well....Kathy C, Compulsive Overeater and Food Addict.

***Progress is not achieved by luck or accident
but by working on yourself daily.***

Four things to remember

Kurt T.

Each year as I read and take about Step 4, I'm reminded of how difficult it was for me to "just do" my 4th step. The reading from our OA 12 and 12 hit me right in my fear.

After doing more than one 4th step while in recovery, I learned to put four things at the top of each page of my fourth step work. I also make sure my sponsees hear this and put it on their work.

"Everything I'm writing about has happened.

It is in the past.

God\HP already knows all of this stuff.

I lived through these events and survived them.

God/HP loved me then and loves me now."

With these reminders visible at the top of each page, I found it much easier to do the "searching and fearless" and loving moral inventory of myself.

Swim suit season

Its swim suit season again. Magazines and catalogs are full of photos of "perfect" women wearing lovely swim wear. I was never a "perfect" woman even before I succumbed fully to my compulsion to overeat. I knew then, I know now, and will always know I am not the "perfect" woman. But my body has gotten me this far. It helped me survive to live again another day. So I embrace acceptance. I embrace imperfection. I embrace my body as it is. I choose to swim.

Jeanne



Upcoming Events

Hurricane Workshop presented by Annapolis Intergroup. An event to prepare us for the upcoming holiday season (Halloween, Thanksgiving, Christmas, Kwanzaa, New Years) More information to follow at annapolisoa.org

International Day Experiencing Abstinence (IDEA)

International Day Experiencing Abstinence (IDEA), is celebrated the third full weekend (Friday included) in November, to encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating. Watch for updated at oa.org and annapolisoa.org for further updates.

THE TWELVE STEPS OF OVEREATERS ANONYMOUS

1. We admitted we were powerless over food—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

THE PRINCIPLES IN THE TWELVE TRADITIONS

Tradition One: Unity

Tradition Two: Trust

Tradition Three: Identity

Tradition Four: Autonomy

Tradition Five: Purpose

Tradition Six: Solidarity

Tradition Seven: Responsibility

Tradition Eight: Fellowship

Tradition Nine: Structure

Tradition Ten: Neutrality

Tradition Eleven: Anonymity

Tradition Twelve: Spirituality

World Service Business Conference 2024 Report

~The conference theme is “We All Belong, Welcome to OA.” Workshops included “Building Bridges to Recovery,” “Our Uniqueness Is an Asset,”

~There were 188 voting delegates and 21 countries represented (Australia, Brazil, Canada, Columbia, Costa Rica, Denmark, England, Germany, Greece, Indonesia, Iran, Israel, Italy, Mexico, New Zealand, Poland, Spain, Sweden, Ukraine, United States, Wales.) There were 14 languages spoken. (Dutch, English, Farsi, French, German, Greek, Hebrew, Italian, Polish, Portuguese, Spanish, Ukrainian, Welsh)

~Six new trustees were elected to the board.

Proposal; Remove the word ‘weight’ from the OA’s definition of abstinence. It failed by a very clear margin.

~Proposal; Changed the Steps by removing references to “Him.” For example, Step 11 would have changed to read, “...to improve our conscious contact with God *as we understood God...*” (It is also generally accepted here that many 12 Step fellowships, including AA, have similar changes in the works.) The measure was defeated soundly.

~Dissolution of Region 4; Overeaters Anonymous in the recent past has been divided into 11 regions, however this is the last World Service Business Conference that will include Region 4, which has represented part or all of 8 US states and 3 Canadian provinces. Region 4 represented north-central North America. In July, the region found itself without either a chair or a vice chair and concluded that that was a sign that the region was no longer viable. After considerable inquiry and discussion, it was decided that Region 4 would cease to exist on June 1. “All intergroups get to choose which region they would affiliate with and a new map reflecting their choices will be available within the year” Board of Trustees chairwoman Meg M. explained.

~Numbers; Our managing director, Dan Sandweiss, reported this data about our fellowship

*In 2023, the number of OA meetings worldwide, including virtual meetings, averaged 6,273 in over seventy-five countries, with 333 service bodies (including region offices).

*For comparison: the number of groups in 2019 was 6,131, and the number of service bodies was 336. The peak during the five-year period for number of groups was 6,566, in 2021. There seems to have a pandemic spike, though draw your own conclusions.

*Most of OA’s money comes from the 7th Tradition: 72 percent. Literature sales provide 20 percent. The remainder comes from bank interest, royalties, and other miscellany.

*7th Tradition income was up slightly from 2022, and investment income was good, he said. OA broke even, financially.

Our website averaged 56,850 visitors a month. On average, we had 39,400 visits to the Find-a-Meeting portion of the OA website. 7,100 answered the 15 Questions.

*The document library, which houses 280 documents, experienced 9,800 downloads per month. Over the course of the year, the most downloaded document (12,344, including all 22 language versions) was “Where Do I Start? Everything a Newcomer Needs To Know.” The second-most downloaded document was “Introduction to the Twelve Steps.” (9,990)

*The WSO News Bulletin is published monthly. (Go there and look for “Let’s Keep in Touch.) In 2023, subscriptions rose almost 14 percent to 14,400. The rate of recipients opening the Bulletin rose from 24 percent to 33 percent.

*OA’s Facebook page grew 8.5 percent, to 17,200 followers. The Instagram page grew 11.5 percent, to 5,375.

~Copyrighted material; Meg, chairwoman of the board of trustees, related that the fellowship is party to a lawsuit seeking damages because an intergroup had used a copyrighted image on its website. She asked that all service bodies review their websites to guard against further such trouble.

~An amendment to not schedule meetings during religious holidays was not significantly changed - it was originally worded that the Trustees “shall not” schedule meetings during religious holidays. It was finally passed saying the trustees would not schedule meetings during holidays whenever possible”. Specific references to religious holidays were removed.

~The 7th Tradition was taken Friday afternoon for the entire conference. Delegates donated \$9,411 in USD, and \$20 AUS. Based on the din that greeted the announcement, delegates were impressed by the figure.

~The conference also approved a revision to the OA Handbook for Members, Groups, and Service Bodies. The handbook hasn’t been updated for several years.

~Two proposals addressed how and when the World Service Business Conference would meet, and the reference subcommittee combined them into a single motion. It would call for a two-year rotation in which one year would meet in person, and the other would meet via a videoconferencing platform. In the latter case, the Trustees would have the option of including hybrid elements. WSO staff said that virtual meetings cost about \$40,000 less than in-person meetings do. It passed overwhelmingly. By previous WSBC action, the 2025 conference will be held virtually, in part because the World Service Convention, delayed is from 2020 by the pandemic, will be in August 2025 in Orlando, Fla. It was felt that asking the fellowship to travel twice in a single year, when a virtual option existed, might affect attendance at one or both events. Though the board sets meeting dates, it is likely that this two-year rotation will start in 2026 with a meeting in Albuquerque. For further information check oa.org.

SAN DIEGO OVEREATERS ANONYMOUS PRESENTS...

“THEN COMES THE ACID TEST: CAN WE STAY SOBER, KEEP IN EMOTIONAL BALANCE, AND LIVE TO GOOD PURPOSE UNDER ALL CONDITIONS?” AA 12 & 12 PG. 88

WORKSHOP

Emotional Sobriety

JUNE 22, 2024 11AM-1PM PT ON ZOOM

HOW DO YOU MANAGE YOUR NEGATIVE EMOTIONS?
DOES HUMILITY KEEP SLIPPING AWAY?
IS JOY PRESENT?

Join us and learn how others maintain Emotional Sobriety.
All are welcome.

ZOOM ID: 897 0427 9976

No registration necessary. The 7th Tradition will be observed.
You may donate here: oasandiego.org/seventhtrad

Annapolis Area Overeaters Anonymous Meetings

Time : Sunday @ 5:00 PM

Type : Speaker/Literature

Group # : 49836

Contact : Bobbi

bobbi@rothweb.org

443-694-0292

Until further notice this meeting will be conducted via Zoom.

Meeting ID: 857 0836 2015

Password: 956705

Time: Sunday 6 PM

Type: Face to face

Woods Memorial Church

611 Baltimore Blvd,

Severna Park.21146 Room 152

Enter door on side of building closest

to Baltimore Annapolis Blvd. Walk to

other end of hallway.

Contact person:

Mary Kay 443-251-8507

Time : Thursday @ 11:00 AM

Type : Literature –In person meeting

Group # : 24077

Contact : Bobbi

443-694-0292

Address:

Calvary United Methodist Church

301 Rowe Blvd., 1st floor, Rm. 105

Annapolis, MD

Time : Friday @ 6:00 PM

Type : Leader's choice literature.

Step or Tradition last

Friday of the month

Group # : 17204

Until further notice this meeting

will be conducted via Zoom.

Meeting ID: 710 282 660

Password: 026377

Time : Saturday @ 7:30 AM

Type Face to face

Contact : Kathy

(410)-919-8688

Group: thus far unaffiliated

164 Club

2016 Industrial Hwy

Annapolis, MD

Time : 11:00 AM Tuesday

Type: Face to face

Contact; Debby Z 301-641-0384

Fairview Library

8120 Southern Maryland Blvd.

Owings, MD

Calvert County

THE
STRUGGLE
YOU FEEL
IS ACTUALLY
CALLED
PROGRESS.

Just because you are struggling doesn't mean your failing!

In 1907 two gentlemen decided to search for King Tutankhamen's tomb. One of them was an Egyptologist (Howard Carter) the other was a financier (George Herbert). They searched for five years in the valley where it was rumored that the tomb was located. They found nothing.

At the end of that time the financier was ready to pull out, but the Egyptologist begged him to try one more year. They looked at all that they had previously searched and found they had covered the entire valley except directly beneath where they had been camping all these years.

That is exactly where they discovered King Tutankhamen's tomb, one of the world's greatest archaeological discoveries. They were sitting right on top of the answer all that time.

When I heard that story, I thought about my experience with trying to lose and maintain the loss of my excess weight. I had been an OA many years ago and had lost about 80 pounds. I never really did work the steps and traditions. I let go of the program and the weight came back plus a whole lot more.

In the following years, I tried all of the weight loss programs that I could find. Some of them were pretty bizarre. I sought counseling and therapy. I prayed for an answer. With some, I had success for a while, but I could never maintain it.

Many years later, I found the answer that had been right under my feet all those years. I had been looking beyond the mark! Deep down, I think I knew the answer was in Overeaters Anonymous. I believe that I was not humble or teachable years ago.

Though I believed in God, I did not trust enough to surrender my will. Each morning now, I asked God to help fight this battle with food addiction. It is a powerful and ugly addiction. It can slowly destroy me. It isolates me from a good life. I do not want food to be the barrier between me and my higher power and my happy life. For you see, when my food is not in order, I am closing the door and looking beyond the mark, beyond the answer.

Bobbi 2024

