



Volume 29, No. 1

January 2006 Happy New Year!

Hi! My name is Joan, and I'm a compulsive eater and the editor of your Steppingstone. I gratefully accept the gift of freedom from compulsive eating every day. It sure does work if you work it!

Time to remind you that this is YOUR newsletter and your ideas and suggestions will make all the difference in whether those who read it grow through your stories of experience, strength and hope.

So keep in mind, when you have occasion to write for the program, that the Steppingstone is the grateful recipient of whatever you choose to send.

That said, I was unable to include all the material I received due to the insertion of the financial report, so those who think they were forgotten have been saved for the next time!

Yours in OA fellowship, Joan (410 483 4212 or 410 522 2505 x1264)

heard at meetings

"Abstinence is honest eating."

"To fail to plan is to plan to fail."

"I was afraid that the 12 Step Program would be as restrictive as a prison; instead it has become a sanctuary."

"Slips/Binges don't seem to happen on the day that I have used all eight tools."

"Them that are not present at meetings do not get to hear about what happens to them that are not present at meetings."

"My sponsor suggested that I stop telling my God how big my disease is, and start telling my disease how big my God is."

"Each person makes his/her own weather."

"Our program is portable; it travels well."

"Surrender first, then serenity."

FROM ONE LUCKY ENOUGH TO BE A LONG-TIMER

This month, I am blessed with sixteen years of recovery in Overeaters Anonymous. I've been given many amazing gifts because I kept coming back: physical recovery of about 80 pounds from my highest weight; the emotional recovery of letting go of tons of resentments and pain, and the spiritual recovery of a connection to a power greater than me along with the freedom to evolve as my understanding of my Higher Power evolves.

What keeps me coming back? What stokes my desire for abstinence from compulsive overeating? What alternative do I have? Many of you heard the summary of my social life before recovery: a bowl of this, a plate of that, and the TV. My exercise was the ten-foot walk to the kitchen to refill the bowl of this and the plate of that. My body creaked and complained at 270 pounds at only age 26. My loneliness was an immense chasm that I tried to fill with eating, though I did not know that that was what I was doing at the time.

I don't want to return to a sad and desperate life like that. That's why I keep coming back. I'd rather enjoy a healthy, average weight on my frame that allows me to move, sing, spin my flag, and dance without pain or fear. I'd rather feel free of regret and indulge in the freedom I feel after making amends for mistakes and misdeeds. I'd rather like to be humble enough to listen to and learn from others as I attend meetings. I've probably attended about two thousand meetings in my life and look forward to attending thousands more. Without the meetings and all of you in OA, I will return to that desperate life because for me, there is no alternative.

Do you want to become a long-timer, too? Keep coming back! The magic and miracle does happen as long as you work the program. Your presence helps long-timers like me to keep me strong in my weak moments. Thank you for being there for me, and with the grace of my Higher Power, I'll be there for you, too. - *Mike B., Baltimore*

**CHALLENGE TO THOSE WITH LONG-TERM ABSTINENCE . . . WOULD YOU BE WILLING TO
SUBMIT AN ARTICLE TO STEPPINGSTONE COMMENTING ON YOUR EXPERIENCE?**

The Newsletter of the Baltimore Area Intergroup of Overeaters Anonymous

THANK YOU FROM YOUR FORMER INTERGROUP CHAIR

I'm Mike B., a gratefully recovering compulsive overeater. As the outgoing Baltimore Area Intergroup Chair, I want to publicly thank each and every Intergroup rep and all who have given service at the Intergroup level as we have done some amazing things to carry the message of recovery to compulsive eaters. It's been wonderful to watch the Intergroup grow in both numbers of people participating and in the services and events that we provide.

In the last two years, the number of meetings represented at Intergroup meetings has about doubled, and more than half of all of the meetings are represented now in any given month. We have put on several workshops, UNITY Day, IDEA Day, and an incredibly successful retreat that brought together compulsive eaters from Maryland, Pennsylvania, and West Virginia! We have significantly increased our Public Information services that are bringing in newcomers and returning members alike. We have started doing HIPM (Hospital, Institution, Professionals, and Military) outreach and look forward to enhance those services in the next year.

More and more people are stepping up to give service, and that benefits everyone in their recovery from compulsive eating. I am humbled and inspired by you who enthusiastically join a committee, take action in an event, say "no" when you truly cannot take on a service action but are open to serve in another capacity that your energy and time allow. Service IS slimming both in body and in the soul. Service sparks and grows an abstinent and joyous recovery. It is part of the miracle of changing a self-willed life into a much happier life of service. Thank you for the joy of service as Intergroup Chair, and for the opportunity to serve at the World Service Business Conference this May as the Intergroup's representative. It's an honor to be entrusted with such a role.

I hope you will attend an Intergroup meeting soon. Join your new officers: Mike P., Chair; and Nicole, Interim Secretary and returning Vice-Chair Anne and Treasurer Larry at the meeting. Intergroup service *will* change your life and recovery for the better, as it has mine. Intergroup meets on the third Sunday of each month from 3:30-5:00 p.m. at the Sheppard Pratt Conference Center, 6501 North Charles Street, Towson. Then stay for the 5:15 Sheppard Pratt meeting. It's a great experience! See you at Intergroup!

IT WORKS!

What could be unmanageable about me, I thought when I first came into program, besides my compulsion.

But when I worked the tools like telephoning, reading and service, then it dawned on me, I'm even unmanageable when it comes to my mouth.

Even my children aren't spared.

Especially my children. I would say even the meanest nastiest things even when they were only fishing for compliments.

So how could working the Program help me with that character defect?

Then one meeting I noticed this very over-weight guy writing down phone numbers from the "We Care Book" that was being passed around.

I said to myself, he better not be calling me. I don't settle for any doughboy.

I was known all during my adolescence for not giving them the time of day.

Nobody could crack on me.

But he did call. And I was cordial to him.

I couldn't believe my own self.

It works.

The program works if you work it. *Mark*

What abstinence means to me.

Abstinence is a state of mind. It is given as a gift from God.

You have to want it to receive it

Abstinence is seeing things more clearly.

It make you feel clean and pure.

You just have to be willing to accept it.

It may be hard at first, but it gets easier

Abstinence changes your whole life.

You become a new person.

Sometimes it may seem like it's a miracle

To see the world so differently.

Abstinence entails all the beauty you can imagine

Abstinence is always there, just waiting for you to Accept it.

Some of us take our time to receive it, but its Waiting.

Yes, today is the day for me.

To receive the abstinence

That is meant to be. *Sharon B*

My mother always used to tell me - "Your eyes are bigger than your stomach." I never understood what she meant - my stomach seemed to keep up very nicely with my eyes. I had no trouble consuming large portions. Eventually only whole boxes, bags and cartons would satisfy me - for the moment. I remember the terror when I started weighing and measuring and took out a 1/2 cup measure. "You've got to be kidding!!! That's for an infant, not a grown adult!!!" According to my food plan I could have a "protein" for breakfast, which consisted of various portions that I could combine if I so desired, so if I wanted to have eggs and milk I was allowed 1 egg and 1 cup of milk. "WHAT!!! This is CRAZY!!! Everyone knows 2 eggs is "normal" and I should be able to have the milk too!!! How will this ever satisfy me???" And so it went. But I was desperate, and I was in pain, and I just said to myself - "Rivka - just do it - you'll live -you won't die of starvation - people have lived on a lot less, and if you die of starvation, at least you won't die of compulsively overeating. Don't fight it. Others seem to be so happy, so full of life - just let go." Thank G-d I did. As the weeks passed, lo and behold, the terror I had when I looked at that 1/2 cup measure passed, too. What a miracle. Working the steps and following my food plan with G-d's help restores me to sanity on a daily basis. My food is satisfying and tasty. I see it now as plentiful. I am never satisfied when I am compulsively overeating. When I'm compulsively overeating a switch goes off in my brain that says "Not enough". When I'm abstinent, a switch goes off in my brain that says "This is enough." What a relief!

The other day I was in the grocery store and I saw some white sugar/flour thing and I thought, "I'd like to eat that." Then I thought "Yeah, you could go there, and you know what? That's the level you would be at - you'd be as empty and bankrupt inside as white flour and white sugar." It's been said, "You are where your thoughts are" so I could go become that white flour/white sugar thing, or I can be G-dly by turning to G-d. Thank G-d today I have a choice . I read in "Came to Believe" - "With AA as my structure, and G-d as my source of strength, I can face life without taking a drink." I can definitely say, as a compulsive overeater and sugar addict, with OA as my structure, and G-d as my source of strength, I can face life without sugar and compulsively overeating. As it says in the Big Book - we have not only been physically sick, but mentally and spiritually as well. That's why I need to deal with illness on all 3 levels simultaneously. When I've tried a do something about it physically alone - failure. When I've tried to do something mentally and emotionally alone without the physical discipline - failure. Even working spiritually without the physical structure - failure. But when I put all 3 together - the physical structure of a weighed, measured and committed food plan, the mental and emotional work through writing and doing a 10th step, and the spiritual work knowing that the source of my power is from G-d, actively arousing feelings of total dependency on Him, then miracle of miracles - the obsession is relieved and my sanity is restored one day at a time. *Rivka*

Our BAIG Treasurer, Larry A., has prepared our year-end financial reports. Follows is his explanation. The monthly report shows income and expenses for each month. Because I enter these on an inconsistent basis, some months may look "fatter" than others, especially if I did not do accounting that month (see October). You will also see an interesting thing under expenses (Workshops and other BAIG Put On Event). This came out negative under expenses because we actually took in more than we put out for these events (by \$191.15). This is a fiscal plus. Also note that our 10% contribution to the Region and 30% to the World Service Office was based on annual numbers this year. Fiscally we added almost \$400 to our prudent reserve.

The Balance Sheet Report shows that our net assets after deduction for the World Service Delegate fund is \$2,411.60.

The Summary Percentages report shows how much income comes from which sources (i.e., the Sunday Sheppard Pratt meeting is responsible for 20% of our income). This also shows our percentages for expenses. For example, our two largest expense are for telephone (26.5% of total expense) and sending delegate to the Region Assembly (21.3%).

The World Service Delegate Fund shows our reserve set aside for the World Service Delegate at \$1,004.17. Interestingly, we only added about \$120 to the fund in the last year. We should set this as a priority this year as we expect to send a delegate this year.

BAIG12/18/2005 Register: World Service Delegate Fund From 01/01/2005 through 12/18/2005 Sorted by: Date, Type, Number, Ref

Date	Number	Payee	Account	Memo	Increase	Decrease	Balance
01/25			Susquehanna 7358 ...	WSO Saturday Colu	36.35		881.72
01/25			Susquehanna 7358 ...	WSO Wed Noon JHU	21.45		903.17
01/25			Susquehanna 7358 ...	WSO BAIG	16.00		919.17
03/20			Susquehanna 7358 ...	BAIG	5.00		924.17
09/18			Susquehanna 7358 ...	September meeting...	20.00		944.17
09/18			Susquehanna 7358 ...	WSO Wed Noon JHU	54.00		998.17
09/18			Susquehanna 7358 ...	October Meeting W...	6.00		1,004.17

BAIG2:12 PM 12/18/05 Profit & Loss Accrual Basis January through December 2005

	Jan 05	Feb 05	Mar 05	Apr 05	May 05	Jun 05	Jul 05	Aug 05	Sep 05	Oct 05	Nov 05	Dec 05	TOTAL
Income													
BAIG 7th Tradition	16.00	21.25	20.00	25.00	0	37.00	37.68	9.00	35.00	0	0	21.10	222.03
Fort Meade (closed)	0	0	0	60.00	0	0	0	0	0	0	0	0	60.00
Fri 39 th Homewood	0	0	00	0	0	0	0	0	0	0	158.71	0	158.71
Fri 5:30pm 39760	0	0	0	0	0	175.63	0	0	0	0	0	0	175.63
Fri Night Bel Air 39967	60.00	0	0	0	0	0	180.00	0	0	0	0	0	240.00
Interest	.11	.11	.12	.13	.10	0	.41	.17	0	.16	.16	0	1.55
Mon Homewood 20936	0	0	0	0	0	106.62	0	0	0	0	0	0	106.62
Mon HOW	0	0	0	0	0	0	0	0	0	0	57.36	0	57.36
Mon Night Catonsville	0	0	0	0	0	0	22.74	0	0	0	0	0	22.74
Mon Park Heights 47706	0	0	0	24.04	0	0	0	43.86	87.91	0	0	0	155.81
Mon Serenity Center 36525	0	0	0	58.41	0	0	0	0	0	0	0	0	58.41
Sat Columbia 09088	84.60	0	0	0	0	0	0	0	0	0	0	0	84.60
Sat Homewood 45417	0	0	0	130.80	0	0	0	334.80	0	0	0	0	465.60
Sat St. Marks 35284	0	104.55	91.42	0	0	0	60.00	0	0	0	44.65	0	300.62
Sun Shepherd Pratt 47567	0	0	311.65	0	0	0	403.98	0	0	0	0	0	715.63
Thurs 8PM Redeemer 35097	0	0	0	0	0	175.00	0	0	0	0	0	56.43	231.43
Thurs Hiss Methodist	0	0	0	40.50	0	34.50	0	57.21	0	0	0	0	132.21
Unknown Group	0	0	0	0	0	0	0	0	0	0	0	22.00	22.00
Wed Noon JHU	0	0	0	108.00	0	0	0	0	0	0	0	0	108.00
Wed Men's 47566	0	0	0	90.00	0	0	0	0	0	0	0	0	90.00
Wed Night Columbia	18.00	0	0	0	0	18.00	0	0	0	0	18.00	0	54.00
Total Income	178.71	125.91	423.19	536.88	.10	546.83	704.81	445.04	122.91	.16	278.88	99.53	3462.95
Expense													
Annual Rent	25.00	0	25.00	250.00	0	0	0	0	0	0	0	0	300.00
Health Fair	0	0	0	0	19.24	0	0	0	0	25.00	-27.00	0	19.24
Literature	21.05	0	0	0	469.11	0	0	-168.14	0	0	0	0	330.02
Medallions for Former Officer	0	0	0	0	70.50	0	0	0	0	0	0	0	70.50
Postage	87.16	0	11.06	0	0	0	0	0	10.79	0	0	0	109.11
Public Information	0	0	0	0	0	0	71.89	0	6.63	0	0	0	78.52
Region 7 Assembly	84.00	0	0	86.40	214.80	-42.00	0	0	84.00	0	228.30	0	655.50
Region Contribution	0	0	0	0	0	0	0	0	0	0	0	78.51	78.51
Steppingstone Printing	141.75	0	0	171.02	0	16.20	110.25	0	0	133.35	0	0	572.75
Telephone	126.09	0	66.88	67.33	0	66.61	140.40	0	140.00	71.00	135.00	0	813.31
Workshops and BAIG Put On Event	150.00	-176.00	0	0	917.60	-678.00	-3550.50	2809.00	0	28.75	308.00	0	-191.85
World Service Contribution	0	0	0	0	0	0	0	0	0	0	0	235.53	235.53
Total Expense	645.05	-176.00	103.04	574.75	1691.15	-637.19	-3227.96	2640.86	241.42	258.28	644.30	314.04	3071.84
Net Income	-466.34	301.91	320.15	-37.87	-1691.15	1814.02	3932.77	-2195.85	-118.51	-258.12	-365.42	-214.51	

BAIG 2:19 PM
12/18/05 Balance Sheet
Accrual Basis as of December 18, 2005 **Dec 18, 05**

ASSETS

Current Assets

Checking/Savings	
Susquehanna 7358	3,415.77
Total Checking/Savings	3,415.77
Total Current Assets	3,415.77
TOTAL ASSETS	3,415.77

LIABILITIES & EQUITY

Liabilities	
Current Liabilities	
Other Current Liabilities	
World Service Delegate Fund	1,004.17
Total Other Current Liabilities	1,004.17
Total Current Liabilities	1,004.17
Equity	
Opening Bal Equity	1,363.17
Earnings	657.32
391.11 Total Equity	2,411.60
Retained Earnings	2,411.60
TOTAL LIABILITIES & EQUITY	3,415.77

	January - December 2005	% of Income	% Of Expense
Income			
BAIG 7th Tradition	222.03	6.4	7.2
Fort Meade (closed)	60.00	1.7	2.0
Fri 39 th Homewood	158.71	4.6	5.2
Fri 5:30pm 39760	175.63	5.1	5.7
Fri Night Bel Air 39967	240.00	6.9	7.8
Interest	1.55	0.0	.1
Mon Homewood 20936	106.62	3.1	3.5
Mon HOW	57.36	1.7	1.9
Mon Night Catonsville	22.74	.7	.7
Mon Park Heights 47706	155.81	4.5	5.1
Mon Serenity Center 36525	58.41	1.7	1.9
Sat Columbia 09088	84.60	2.4	2.8
Sat Homewood 45417	465.60	13.4	15.2
Sat St. Marks 35284	300.62	8.7	9.8
Sun Shepherd Pratt 47567	715.63	20.7	23.3
Thurs 8PM Redeemer 35097	231.43	6.7	7.5
Thurs Hiss Methodist	132.21	3.8	4.3
Unknown Group	22.00	.6	.7
Wed Noon JHU	108.00	3.1	3.5
Wed Men's 47566	90.00	2.6	2.9
Wed Night Columbia	54.00	1.6	1.8
Total Income	3462.95	100.0	112.7
Expense			
Annual Rent	300.00	8.7	9.8
Health Fair	19.24	.6	.6
Literature	330.02	9.5	10.7
Medallions for Former Officer	70.50	2.0	2.3
Postage	109.11	3.2	3.6
Public Information	78.52	2.3	2.6
Region 7 Assembly	655.50	18.9	21.3
Region Controlipom	78.51	2.3	2.6
Steppingstone Printing	572.75	16.5	18.6
Telephone	813.31	23.5	26.5
Workshops and BAIG Put On Event	-191.15	-5.5	-6.2
World Service Contribution	235.53	6.8	7.7
Total Expense	3071.84	88.7	100.00
Net Income	391.11	11.3	12.7

Abstinence, for me, is like getting dressed in the morning - it's the way I have to live to face my day. I couldn't get very far if I was naked - I'd want to hide myself away - which is the place I get to very easily if I'm not abstinent. I cannot accomplish anything I want to in that state. With my clothes on, I don't think about going about my day and functioning. I can take care of whatever business is on hand. It's the same with abstinence - I can go about my day and function, taking care of the business at hand and being a lot less self-conscious and much happier. *Anonymous*

Dear G-d,

So far, I haven't done too badly. I haven't been controlling or felt victimized or been in a drive to be right. I haven't gotten into resentment, self-pity or fear. I haven't been dishonest, selfish or self-centered. I haven't gotten uptight and I haven't yelled. But in a few moments, I'm going to get up out of this bed, and then I'm really going to need Your help!

People may not do what I want. Kids may dawdle and not use their time efficiently. The carpool drivers may arrive and be disappointed my kids aren't ready the second they beep.

I have no control over what others feel and do. I need Your help to be loving, calm and kind. I need Your help to put a smile on my face and find solutions. I need Your help to think of others and their feelings. I need Your help to be patient - especially under time pressure. Oftentimes it just takes another minute to accomplish something in a loving way. Especially help me be patient with my children and my husband - help me to listen and let them know how much I love and appreciate them.

I need Your help to make boundaries with love, not exasperation, boundaries that are helpful to me and others.

I need Your help to cease fighting life, and remain grateful and joyous.

Please, direct my thinking today and save me from self-pity, dishonest, or self-seeking motives. Please show me all through the day what my next step is to be.

Help me carry the vision of Your will into all my activities. How can I best serve You?

Help me to have these thoughts constantly and especially help me to guard my abstinence because it's the only way I can be loving to myself.

Thank you. *Anonymous*

The other day I was thinking about some of the benefits of working the program. One of the big positives about the program is that I can use/work the Steps in every aspect of my life, and not just in regard to the program, as it says in Step 11: "... to practice these principles in all of our affairs." I've been giving this last statement a lot of thought lately. How do I "practice these principles in ALL my affairs"?

1. I know that when I have hurt someone, made them angry, etc. I need to make an amends as soon as possible so that I don't let it fester and drive me to get compulsive about my food - either by over-eating or by starving myself.
2. *If I find myself spending a lot of time worrying about some detail of my life, I need to remind myself about the tool of living "one day at a time." And some days, a whole day is much too long. On those days when I am going "crazy" over little things I need to live "one moment/event" at a time. Sometimes that's as much as I can handle right then, and this gets me through the day.*
3. When I feel frustrated over someone's else's actions and I want them to change - or worse still - I want to change them myself, I have to remind myself that I have little or no control over most people's behaviors. The Serenity prayer comes in handy then - "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."
4. *When I dislike someone else's behavior I need to remind myself that if I see a behavior in someone else that bothers me, most likely that same behavior is one of my crazy behaviors, and I need to look at myself.*
5. Sometimes when I am getting very compulsive about something I go through each of the steps, and apply them to myself and the situation, and by the time I get to the last step I've gotten my thinking straightened out in one way or another.
6. *When I get worried about making some decision I call to mind the 3rd Step and that I need to "turn my will and my life over to the care of God..." again and again, and let Him handle it and it's amazing how sometimes within a short time a solution comes to me that I had not even thought of before.*

These are just some of the ways that I use the Steps and principles in every aspect of my life both in and out of the program. How do you use/apply the steps and principles "in all your affairs"? I would find it very helpful if other OA members would share how they use the Steps to live a sane and happy life - even in times of worry, stress, etc. *Mary, Catonsville*

It Matters

I am the wife of a compulsive overeater in recovery. This is a story about my experience. Where I mention my husband, his permission was obtained for those accounts that involve him personally. After attending the 2005 Region 7 Convention, I felt the need to share what has happened to me over the past several months. The purpose of this article is to offer hope to overeaters and their significant others. I've found that if you follow your heart – whether you are an OA, friend, or family member – what you do matters. You make a difference.

After many years of watching the man I originally fell in love with slipping away from me, sadness flared into anger and later avoidance. Then, almost two years ago, when he was still killing himself with food, I could take no more and I told him to leave. That ugly scene resulted in a new beginning; though neither of us saw it at the time. But as the dust settled and we began to talk normally to each other, he also began attending OA meetings 3 times a week, changed his eating habits, began working out, and turned to his HP – music and the religion of his youth. Only six months after he started his journey back into the light, he gave me a wonderful Christmas present. When he was obese, for a couple years, he needed a CPAP (Continuous Positive Airway Pressure) machine. He had developed a sleep disorder that required the CPAP. It kept him breathing while he slept. When we went away for the holiday, he forgot to pack it. That first night away from home, I woke up a couple times and discovered he was sleeping peacefully with no breathing problems! He had lost enough weight so that his body was no longer crushing him when he lay down! In addition, his exercise routine had given him the stamina he didn't have before.

Another blessing came from his spiritual journey. His renewed faith raised my consciousness and I started attending services, too. This wellspring has helped to fill our individual needs and in some cases, taken us beyond ourselves and involved us in the service of others. The love and support that my husband gave me (and *continues* to give me) replaced our ugly scenes and suspicion with joy and trust. We launched a new life together. Due to the steps that we have both taken – but especially the steps he has taken – I am grateful to him, OA and HP.

Here is a story I love to tell: The story begins on a beach in California when the grunion are coming up onto the sand to mate and lay their eggs. Thousands of these small fish have come ashore for this life and death event. Although many eggs are laid in the wet sand at the edge of the water, many fish die when they cannot return to the surf and be swept back out to sea. A little boy walking along the beach sees this and as quickly as he can, he bends down and grabs each struggling fish and tosses it back into the water. A jogger eventually comes along and the man stops when he sees what the boy is doing. He looks up and down the beach and sees acres of stranded fish – some of which have stopped flopping in the sand and are probably dead. The man shakes his head and says to the little boy, "Don't you see how fruitless your efforts are. There are thousands of struggling fish along this beach. What you are doing *doesn't matter*. Why are you doing this?"

The little boy bends down and picks up a small struggling silver fish. He holds it up for the man to see and says, "It matters to this one." And he tosses the fish back into the sea.

My wish for you is that you can share my story with your loved ones. If they have lost respect for you, it might give them the courage and desire to stand by you as you work the program. Love heals. Every gesture counts. A hug, a smile, a word of support. Whatever it is, it may be just the thing that keeps you going.

WHAT'S HAPPENING AROUND OAs

- ❖ The Tuesday night meeting in Owings Mills has changed permanently to an 8:00PM start time. Questions? Call Sheffi, [Please see paper copy of SteppingStone in local meeting for this contact information.]
- ❖ Big Book Study has changed permanently from 7:30 Tuesday to 8:00 Tuesday at 6 Park Circle Room 209.
- ❖ Did you know that the Baltimore County Public Library has literally *hundreds* of diet and weight loss books, but only a handful of recovery books? Now, with donations collected at meetings and an OA Marathon, a copy of the basic text Overeaters Anonymous has been donated to every single branch of the BCPL! Let's hope that some of our fellow sufferers will be led to the fellowship through these books. The library only keeps books that get checked out, so take a look for the book at your local branch & "check it out!" If you want to donate a program book on our own, contact Collection Development at the central library, (410) 887-6100.

email oppo

Hello All! As a service to all of us, the Steppingstones newsletter has begun offering an email list similar to the phone lists that we currently publish. If you would be willing to have your email address published in the print edition of the newsletter in order that others might reach out for help and/or service by emailing you, please forward your name and address to the newsletter editor, Joan W. at jmw@steppingstones.org. The email addresses will not be posted on the web version of the newsletter for reasons of anonymity and confidentiality.

Attention OAers! There is an informal OA email list used to send out information that might be of interest to those in OA. Emails are sent out as a blind copy, so anonymity is protected. If you would like to be added to this informal email mailing list please contact [Please see paper copy of SteppingStone in local meeting for this contact information.]

