



THE BLAME GAME

I do not even have to go so far as to say, "The devil made me do it!" No one is too sacred for me when it comes to placing blame. It can be directed at my parents, sibling, spouse, or perhaps, the government. It can even be focused on the inadequacy of myself. Blaming affects the way I look at my Higher Power, when I acknowledge that He even exists. He becomes, if not an outright adversary, some thing separate from me. His Presence on any given day can take the form of a harshly unbending critic, some overinflated expectation for myself, or a loveless void, waiting to swallow me up.

Jealousy or coveting is nothing more than a disguised version of blame. "Why can't I eat what she does and not gain weight?" "Why do they have it so easy and not us?" "Why can't anyone see that I bend over backwards to do what's good, even when others get away with murder?" This way of seeing my life banishes my Higher Power to some remote or detached spot outside of me. The outcome of such

jealousy is that it makes me feel uncomfortable in my own skin. The very person that I am becomes my adversary or, at least, only a "fair weather friend." I try to escape. I binge.

In the twelve step meeting rooms I sometimes hear recovery in someone before I even see it outwardly. The person reports having turned a corner, stopped fighting, accepted life on its own terms or having surrendered control to a Higher Power. By revealing her/his human weaknesses, being "simply" average, our differences seem to vanish. I am she/he. In appreciating that person, ever so slowly, I start to appreciate myself. In acceptance of me, just as I am at the moment, I get in touch with someone I have never met before. Could it truly be that special someone G-d had in mind when He created me to be? I start to feel a certain closeness, an intimacy, with my Creator. Blame dissipates and is ever so gradually replaced by gratitude. It is present not as something imposed from outside myself, but in the same way that a veil is gently lifted, revealing truth.

E. B. from Baltimore

ARE YOU A NIGHT OWL?

We would like to make a list of night or early in the morning.

If you are willing to be available for name, phone number, and the hours member. This disease isn't active



people who are available for calls late at

one of these times, please provide your you can be contacted by a fellow OA only during business hours.

You can email the info to
lindalschmidt@comcast.net.

Overheard at a meeting:

I follow my plan seriously. A famous quote says something like “the price for liberty is eternal vigilance.” The same applies to my daily food plan.



WHAT IF THIS IS HEAVEN?

My new abstinence has brought about a profound mental shift, an epiphany of sorts. What if this is heaven? It may not be up there beyond the clouds and deep into space. Heaven may be right here right now.

When I allow myself to become present in the now, I don't beat myself up about the past or fear the very next day. Through the wisdom of my recovered sponsor, I have found the beauty of really living One Day at A Time. Not as a slogan or hip phrase to be banter around, but a genuine life message. I am in this life for this one 24 hour period, and I want to make it the best 24 hours yet.

As I write this, I am looking at the remnants of a snowstorm that has left pristine snow hanging beautifully from the black tree branches outside. I am so grateful for the view from my picture window. Every day I enjoy it. I know it is not forever. In my basement are 6 sleeping teens who will be snowed in with me today. I know this will not always be the case, so I will enjoy them and make them warm things to eat and drink. I will play in the snow and maybe make my first ever snowman. I will be God centered and service oriented. I will listen to a phone meeting and send some program emails. But most of all, I will live today like it is Heaven. Maybe it is!

Thank you for listening, Janine in Jarrettsville

Overheard at a meeting:

THINK about what I might say....

Is it...

TTrue

HHonest

IIntelligent

NNecessary

KKind?



From Mike B.

Decision + Inaction = Illusion

DEPRESSION

Depression often leads to seeking food for satisfaction. To counterbalance the negative feelings of depression, I look to counting my blessings. I review my gratitude list when I am driving waiting, and there is so much to be grateful for.

The other helpful measure is to perform an act of kindness toward another person. Helping someone, or doing an unexpected deed for another person, can do so much to raise my positive emotions. This works better for me than any drug. *Allie*



or

AVOIDING PROGRAM BURNOUT

I have been asked, "How do you keep your enthusiasm for the program?" Here are some thoughts:

1. Maintain an **attitude of gratitude** for all that this program has given me. First of all, a normal body size. No longer do I have shame and humiliation about my weight and my size. I have been maintaining this 50 pound weight loss for over 30 years. No one knows or remembers the old "big boned" me. But I remember, and don't want to go back there. That is just the first of many things I have to be grateful for. Grateful that the steps give me a way of life and a program for living. That I am not done yet.
2. Remain **teachable and willing**. I learn something new at every meeting I go to. Many of you see that I bring my journal with me to all meetings. I jot down the pearls of wisdom, and I listen to everyone. I never know who God has chosen to be my messenger that day. Just yesterday I heard "we know when its time to work the steps again."
3. Go to **different meetings** to shake it up. Go where the recovery is. I might have a meeting 2miles away, but I love the diversity of large meetings where I meet people from all walks of life, so I venture out when I can.
4. **DO SERVICE!!!!** This is bolded for a reason. Service at the group level is great. And yes, I have heard the best service is being abstinent and going to meetings. But if that is the only service anyone ever did, our fellowship would not survive. Intergroup is important. It is not always fun, but it is necessary to keep our intergroup strong and healthy as we strive to do 12th step work in our area. Region work is fabulous. I am drenched with recovery. In my golden years, when I don't have a full time work commitment, I hope to be able to attend World Service also. Service is vital.
5. Go to **retreats and conventions**. They are exciting, and I always come back recharged. They are a spa for the spirit.
6. Have that **quiet time** every morning and **journal**. It doesn't have to be big and heavy, just a connection, but it sure helps.
7. Use the **tools**, all the tools. They keep me connected.
8. Work the **steps**. I mean really work the steps, formally again, with a sponsor. That is a real program refresher. I do this every few years. It could probably be annually. It is always a shot in the arm.

I pray that we all continue our commitment and love of this program and this way of life. Please hang in there with me. I can't do it alone.

Terri

I AM YOU

You may look at the body I have created and assess whether or not it is "normal" sized or too fat or too thin. You may look at my face and assess whether or not I am caring or critical. You may look into my eyes and decide whether or not I deserve your respect, your time or your attention. But whether I am fat or thin, caring or critical, please know that I am deserving of your respect, your time and your attention. When I judge you, it is because I haven't yet learned how to stop judging myself. When I fear for you it is because I haven't yet learned how to be unafraid. When I hurt you, it is because I haven't yet learned how to stop hurting myself. I am not a disease. I am you.

Anonymous

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Website: <http://www.oabaltimore.org> Other Internet Sources:
Region Seven: <http://www.oaregion7.org>

The Steppingstone is the bi-monthly newsletter of the Baltimore area Intergroup of Overeaters Anonymous

Editorial Policy: This is your newsletter. Your contributions, comments, and experience in the OA way of life are needed and appreciated. We also would like to print news about your area or meeting. Publication of any contributions or editorial opinions expressed herein does not imply endorsement by OA as a whole, but only by the individuals who wrote them. Material submitted cannot be returned. We reserve the right to edit, and it is understood that other OA groups may reprint all items without permission

Deadline for submitting contributions is by the 10th of the month in which publication takes place in January, March, May, July, September, November.

Submit your contributions by mail (call for mailing address) or by e-mail to the editor, Allie, allieattic@gmail.com Thanks for your support.

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We at the *Stepping Stone* invite you to write a piece to be included in an upcoming publication. We offer you the opportunity to share with others your thoughts as you work the OA way. We know that there is much success out there, and we'd like to celebrate with you.



Overeaters Anonymous Baltimore Area Intergroup – Meeting Directory

SUNDAY 8:00 a.m. – Baltimore

Bnai Jacob Shaarei Zion Synagogue
6602 Park Heights Avenue
Contact: Neil 410-318-6737

We are requested by the Synagogue to honor
Dress Code: no shorts or revealing clothes.

SUNDAY 5:15 p.m. – Towson

Speaker Meeting
Calvary Baptist Church
120 West Pennsylvania Avenue
Side entrance, in basement.
Contact: Brenda 410-491-3446, HA, closed

SUNDAY 7:00 p.m. “An Hour of Power” Step Meeting

Upper Chesapeake Medical Center
500 Upper Chesapeake Dr, Bel Air 21014
Contact: Eva 410-273-1114;
Terri 410-459-9100

SUNDAY 7:00 p.m. – Carroll County

St. Joseph’s Catholic Church
Religious Education Building
915 Liberty Road, Eldersburg, MD
Contact: Joanne, 410-552-9246

Monday

MONDAY 10:30 a.m. – Columbia

Medical Pavilion at Howard County
10710 Charter Drive, Suite 100
Contact: Joanne 410-963-2102,
heiligmans@verizon.net

MONDAY 5:30 p.m. – Baltimore City

“Homewood Abstinence”

First English Lutheran Church
3807 N. Charles Street at 39th Street
Use entrance on east side of building.
Contact: Tania 443-660-8299,
taniads@comcast.net
HA, Bus #8, 11

MONDAY 6:00 p.m. – Columbia

Serenity Center
9650 Basket Ring Road (Off Stevens
Forest, off Broken Land Pkwy)
Contact: Garr 301-829-8218,
garr@isacco.com, HA

MONDAY 7:30 p.m. Pikesville

Recovery from Relapse
Shomrei Emunah Synagogue
6221 Greenspring Ave
(Corner of Cheswolde and Greenspring
Ave) Contact: Neil 410-318-6737
We are requested to abide by Synagogue
dress code HA

MONDAY 7:30 p.m. – Bel Air (Harford County) First Presbyterian Church

Main St. and Broadway
In main church building – basement
Contact: Suzanne 410-838-9353,
spy1020@comcast.net, call about HA

MONDAY 7:30 p.m. – Catonsville

Salem Lutheran Church
905 Frederick Road
Contact: Stuart 410-465-1914
srodes@comcast.net call about HA, Bus #2

Tuesday

TUESDAY 11:30 a.m. – Baltimore

Big Book Meeting
Etz Chaim Center
3702 Fords Lane (Between Park
Heights Ave. and Reisterstown Rd.)
Contact Gail 410-764-2532
HA, Bus #M-3, M-10

TUESDAY 12:00 noon– Baltimore

St. Peter's Evangel Lutheran Church
7834 Eastern Avenue
Contact: Karen 410-633-5392

TUESDAY 7:30 p.m. – Pikesville

“Abstinence First”
Baltimore Hebrew Congregation,
Rm 211, 7401 Park Heights Avenue
Contact: Neil 410-318-6737,
neilrauch@comcast.net
call about HA, Bus #M-5

Wednesday

WEDNESDAY 6:45 p.m. – Federal Hill

“Powerflow” Dinner Friendly Meeting
Light Street Presbyterian Church
809 Light Street, Baltimore 21230
Contact: Jay K. 410-980-9624, Bus #1, 64

OA Baltimore Area Intergroup – Meeting Directory

Wednesday Continued

WEDNESDAY 7 p.m. – Baltimore (New)_Men’s Meeting
First English Lutheran Church
39th & Charles
Contact Les 443-564-0094
ortus33@hayoo.com

WEDNESDAY 7:30 p.m. – Columbia
Serenity Center
9650 Basket Ring Road (Off Stevens
Forest, off Broken Land Pkwy)
Contact: Mary Ann 301-775-0422 HA

***WEDNESDAY 8:00 p.m. – Pikesville**
Step Meeting
Shomrei Emunah Synagogue
6221 Greenspring Ave
(Corner of Cheswolde and Greenspring
Ave) Contact: Sara 410-764-1970; HA
Abide by Synagogue dress code code; HA
*This meeting is on hiatus until further notice.

Thursday

THURSDAY 10:00 a.m. – Parkville
Hiss United Methodist Church
8700 Harford Road
Room B under the Sanctuary. Please park
in lower level lot.
Contact: M.C. 410-823-4337
mcroses@verizon.net HA, Bus #19

THURSDAY 7:30 p.m. – Monkton
The Monkton Group – Step Meeting
St. James Episcopal Church
3100 Monkton Road
Contact: Auds 410-329-6305
Call on bad weather days and holidays
to see if meeting will be held.

THURSDAY 7:30 p.m. – Columbia
9650 Basket Ring Road
The Serenity Center
Columbia, MD 21045
Contact: Carol 410-551-1149

THURSDAY 8:00 p.m. – Baltimore city
“Search for Serenity” Group
Church of the Redeemer, Room 41
5603 North Charles Street (just above
Northern Parkway)
Contact: Liz (443) 985-9656
Bus #11, 44; closed.

Friday

FRIDAY 5:30 p.m. – Baltimore city
First English Lutheran Church
3807 North Charles Street at 39th Street
Use entrance on east side of building.
Contact: Mandy 410-825-1782
HA, Bus #3,11, 22

FRIDAY 7:30 p.m. – Bel Air
(Harford County) “Big Book” Meeting
First Presbyterian Church
Main St. and Broadway
In main church building – basement
Contact: Daniel 443-655-6399,
danielroz@yahoo.com call about HA

Saturday

SATURDAY 9:00 a.m. – HOW Timonium
St. Timothy Lutheran Church
100 E. Timonium Road, Library
Contact: Nadine 443-827-6952
nfeiler52@gmail.com

SATURDAY 9:30 a.m. – Columbia
Serenity Center
9660 Basket Ring Road (Off Stevens
Forest, off Broken Land Pkwy.)
Contact: Alex 410-489-2612
alexandchris@verizon.net HA

SATURDAY 10:30 a.m. – Baltimore city
NEWCOMERS MEETING prior to 11 am
meeting. See 11 am meeting for location
Contact: Suellen 410-435-1155,
Aida 443-204-4091

SATURDAY 11:00 a.m. – Baltimore city
First English Lutheran Church
3807 North Charles Street at 39th Street
Use entrance on east side of building
Contact: Annette, 410-825-4639
HA, Bus #3, 11, 22

SATURDAY 11:00 a.m. – Lutherville
OA 12 & 12; St. Johns United Methodist
Church, 216 W. Seminary Avenue
Contact: Phyllis 410-653-2264
lucindaruby@gmail.com HA

ONLINE MEETING information: <http://www.oa.org/pdf/OnlineMeetingsList.pdf> and
www.TheRecoveryGroup.org.

TELEPHONE MEETING information: http://www.oa.org/pdf/phone_mtgs.pdf

DOWNLOADABLE ONLINE SPEAKER MEETINGS:
<http://www.oalaig.org/html/speakers.php>.

MONTHLY INTERGROUP MEETING: Third
Sunday of the month, 3:30 p.m., Calvary Baptist
Church, 120 West
Pennsylvania Avenue, Towson
HA = handicap accessible. Numbers refer to
MTA bus rtes. Closed meetings are only for
compulsive overeaters and those with other