

WHAT "SURRENDER" MEANS FOR ME

"Surrender" is when I stop spinning around in my head. I center myself, take a deep breath and get to a calm space. Sort of like

dipping into a pool of God's love. That's where I can let go of my need for food, for control, let go of confusion. It's a place of greater clarity and where I can tune into the fact that God would like me to be happy and healthy, to be my 'true self' -- not the one driven by addictions. *Janet*

"The only difference between a Dream and a Goal is an Action Plan."

Bruce



RELAPSE

It creeps in ever so slowly
The door was only open a crack,
Before I realized what had happened
It knocked me flat on my back.
I was doing everything right
Only had one bad day,
Then it turned into two, then three,
And soon I lost my way.
Clothes were getting tighter
I swore I wasn't giving in
I tried ignoring all the signs
Couldn't believe it would win again.
I stopped going to meetings
Feeling remorse, and fear, and shame,
I didn't answer phone calls
Isolation IS the name of the game.

This disease would try to trick me
Tell me it wasn't worth the fight
But I'd felt what peace was like,
So I knew this wasn't right.
Slowly I reached out my hand
I grasped the one extended to me
It would pull me up,
It would set me free.
Relapse is so far to fall
It makes you beg and plead,
Your prayers are what I'm asking,
Your love is what I need.
And keep that door closed tightly
Be vigilant in all you do,
It creeps in ever so slowly
Don't let relapse happen to you
Linda R.

It's easier to "stay on" a food plan than to "get on" (again).

JUST FOR TODAY

Every day when I wake up, I reach for the little book *FOR TODAY*. I read the daily passage and carry the theme throughout my day.

On June 16th, the theme was Action vs. Procrastination. The quote: "Things cannot get

better without some action on my part." I realized that fear was keeping me from achieving my goal. For me, fear and anxiety contribute to the desire to eat compulsively. That day I began the action I had been putting off for so long. What a relief, which resulted in freedom from worry and gave the gifts of peace of mind and abstinence. JUST FOR TODAY.
Phyllis

Fear is faith turned inside out.

*A slipping halo becomes a
noose.*

MY MEETING IS ALIVE

I'm delighted to report that the nasty rumors (mostly started by me) about the Tuesday 5:45 Towson newcomers meeting closing are *false!* The meeting is very much alive and I am so happy!

Through the years, though, our little meeting has been the portal for tremendous recovery. It is a newcomers and literature meeting and many people have entered OA through its doors and then moved onto other meetings. My 31 years of abstinence and normal body size are due, in large part, to that little meeting.

In March a dear friend and I sat at the meeting, just us 2, and decided 2 was not good enough and in two weeks we should close the doors.

The date of the last meeting arrived. My friend and I were there, plus a person I notified about the closing. Another person showed up too. (The week before we had three newcomers.) We announced the meeting's closing and everyone looked at

each other. We asked if the meeting really should close but no one wanted that. We took a group conscience and voted 4-0 to keep it going!

I am happy beyond belief and I have learned quite a bit. I've learned that even if this meeting is not for everyone and even if it never grows, it is important to my recovery and the recovery of others. I hope my lenses have changed so that instead of being frustrated that it is not larger, I can be grateful for the recovery I get there, the recovery I see there, the friends I've made there and the newcomers who have been helped there. If I need a larger meeting I can go to another one too, but this precious little jewel doesn't need to close.

So you are all welcome to join us Tuesdays at 5:45 at the Newman Center, 7909 York Road in Towson. Regardless, those doors will be open, the literature will be out, and a few smiling faces will be ready to share the struggles and recovery of this amazing fellowship!
Jane

From Mimi: **Abstinence is a cinch by the inch, and impossible by the mile.**

THE SERENITY PRAYER

The Serenity Prayer is one of our most often used prayers, but did you know that no one is quite sure exactly who wrote it, and when?

It is generally attributed to Reinhold Niebhuur, an American theologian, but even he wondered whether it hadn't appeared in literature long before.

Credible sources have claimed to have seen similar versions of it dating back to the 15th and 16th centuries.

It has been mistakenly cast as a Christian prayer, as later versions mentioned Jesus

Christ, but those were modifications of the version that we use.

This has sometimes cause disunity in certain groups, where members feel that faith-based prayer have no place in our program.

A more complete explanation is available on www.aahistory.com, under "Our Serenity Prayer...Check it out

Most of us considered it a foundation prayer that we can count on to "restore us to sanity" in difficult times, and it deserves to remain a respected source of comfort to those who choose to recognize it as such.

Neil R.

Happy moments, PRAISE GOD.
Difficult moments, SEEK GOD.
Quiet moments, WORSHIP GOD.
Painful moments, TRUST GOD.
Every moment, THANK GOD.
Chris H.

My happiness depends on my attitude and not on circumstances.

JUST A LITTLE THOUGHT

Whenever I am hit with complacency about my program, I need to remember what a gift abstinence is. Just think back to the days of uncontrolled eating, bingeing, humiliation, and self hate. The worst day abstinent is better than the best day in disease. Can there actually be a

worst day abstinent? There are certainly hard days, losses, sadness, mistakes, accidents. There are great days, weddings, kids, birthdays. (I love birthdays). With abstinence we have the ability to feel and experience all of life's ups and downs. Let this be a good day, and it will be if we guard our abstinence.

Terri

Rather than thinking ourselves into right acting,
it's better to act ourselves into right thinking.

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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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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@isaccocpa.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 5:45 p.m. – Towson

Newcomers and Regular Meeting
Newman Center
7909 York Road (Across from Towson
U.) Contact: Jane 410-375-7458;
timandjanes@msn.com

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
*We are requested to 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 9:30 a.m. - Columbia
Serenity Center
9660 Basket Ring Road (Off Stevens
Forest, off Broken Land Pkwy.)
Contact: Alex 410-489-2612
alexandchris@verizonnet 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_mtg.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 eating disorders, and friends and family
in support of them.*