



We see things not as **they** are, but as **we** are.

REDISCOVERING STEP 3

Every time I study the Steps I learn something new. Yesterday at a meeting we were studying Step Three, and I realized something: turning my will and my life over to the care of my Higher Power doesn't mean I'm giving up my independence. I was never independent in the first place! Taking Step Three is simply a matter of changing what I'm dependent on.

I've heard it said that when we eat compulsively, the food is our Higher Power. When I am in the grip of my addiction, I am utterly dependent on the food. I can't get through the day -- sometimes I feel like I can't get through the hour, or the minute -- without it. I turn to the food when I'm lonely, sad, stressed, or just bored. The

food -- getting it, eating it, hiding it -- takes over my thoughts and my behavior. But food is a treacherous Higher Power, and when I turn my will over to it, it makes me sick both physically and mentally.

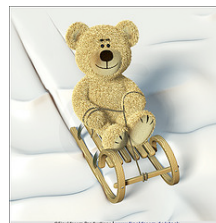
When I take Step Three, I turn away from the food and choose the power that gives direction to my life. This is actually an act of independence. I am going to be guided by a power beyond myself, but I decide and define what that power will be. Whether it is a traditional concept of God, or Good Orderly Direction, or the collective wisdom of OA, or the still, small voice within, I can choose to rely on a Higher Power that leads me to health, happiness, and freedom.

Abby

Fear is always based on the future.
Shame is always based on the past.

When dealing with fear or shame, I am not present in the program.

The only way to coast is downhill.



STEPS 10, 11, 12

I practice steps 10, 11 and 12 every day. One way I meditate now is by eating mindfully. I don't read, email, watch TV, YouTube or leaf through magazines while I am eating. Amazing differences!

Twelve is by intensive work with sponsees and calling newcomers. Again, amazing growth opportunity !
Chris

**Abstinence is for the fat downstairs.
The 12 steps are for the fat upstairs
(in the head).**



THE CURIOSITY OF FOOD ADDICTION

Addiction is a curious phenomenon. As a compulsive overeater, I often observe the food behaviors that I exhibit and wonder why, for example, I am hungry earlier in the day than most other people.

So far, I have learned that addiction is 40% heredity. The addiction never leaves entirely. Successful recovering overeaters adopt strategies such as our "tools of recovery" which allow us to reduce or resist cravings.

Some OA members have been coming to meetings for 35 years. Relapse seems to always be lurking in the background.

The biggest factor in triggering relapse is stress. The stress hormones bind to receptors in the brain pleasure circuitry. That is when the cravings begin. So, when external or internal pressures are on me, I must be especially dedicated to following my program. I can't change the heredity, but I can think rationally and have a positive attitude to reduce stress in my life.

Thank goodness for the OA program. **Allie**

As heard at a meeting:

Q: When does the food stop calling to me?
A: When you stop answering it.



KNOW WHAT IT TAKES TO RELAPSE?

NOTHING

FEAR makes future events seem real. They are "intellectual fraud."

Face-to-face meetings diminish the insanity.

I am powerless over this disease.
I am not powerless over how to deal with it.
Barb G.



THE CRAVING...

People are often surprised (and I hope encouraged) when I share that the desire to overeat has been lifted. It is gone. Lifted by my higher power, which is wonderful. I am of the belief that we have to take certain actions for these miracles to occur.

Step one in the OA 12 and 12 explains this phenomenon. "Clearly, if we are to live free of the bondage of compulsive overeating, we must abstain from all foods and eating behaviors that cause us problems. If we don't ever overeat, we won't trigger the reaction that makes us crave more."

Yes it's true that I am compulsive about all foods. That is the "eating behaviors" that they talk about. If I get down to it, there are certain trigger foods that set up a craving that I cannot overcome. I won't list them, because they differ for all. I know 2 of my top culprits are sugar and refined flour.

If that is not your case, more power to you. I have gladly let go of other triggers when I recognized them. It might be an eating behavior, including buffets. They don't bother me, but a party at someone's house does make bells go off, and I need a very strong action plan. I never go to a party alone. My higher power is there (invited or not, but that is another topic).

My experience has been, now that I abstain from all trigger foods and avoid compulsive food behaviors, the desire to eat compulsively has been lifted.

Once the food is in its proper place, I can then "move beyond the food to a fuller living experience," made possible by a commitment to the 12 step way of life.

The great thing about this miracle is that it is available to us all, one day at a time. **Terri**

Our Higher Power fuels our own power.

Natalie



A rich life requires **mindfulness**.

Neil

Do you feel urges to binge or overeat in the middle of the night?? Reach out.....it really helps. I work nights and keep my schedule through the weekends. Call or send me a text. Together we get better!!!

Robin at [443.742.9359](tel:443.742.9359)

If I am unable to answer, leave a message. I will return the call.

P.O. Box 20013 Baltimore, MD 21284 Hotline 410 764 3136 BAIG

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.

Come and join us at Intergroup, and receive the benefits that only committed service can bring. Meetings happen the third Sunday of each month (some scheduling changes for holidays) at the Calvary Baptist Church in Towson.

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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.

Baltimore Area Intergroup OA Meeting Directory

SUNDAY

8AM – “Rise & Shine” Baltimore

Bnai Jacob Shaarei Zion Synagogue
6602 Park Heights Avenue
Contact: Neil 410-318-6737
Dress Code: No revealing/provocative attire

5:15PM – Towson – Speaker Meeting

Calvary Baptist Church (Closed)
120 W. Pennsylvania Avenue
Side Entrance – Basement
Contact: Brenda 410-491-3446 HA

7PM - “Hour of Power” Step Meeting

Upper Chesapeake Medical Center
500 Upper Chesapeake Drive, Belair
Contact: Eva 410-273-1114;
Terri 410-459-9100

MONDAY

10:30AM – Columbia

Medical Pavilion @ Howard County

10701 Charter Drive, Suite 100
Contact: Joanne 410-963-2102
heiligmans@verizon.net

5:30PM – Baltimore City

“Homewood Abstinence”

First English Lutheran Church
3807 N. Charles St @ 39th St.
Enter on East Side of the Building
Contact: Tania 443-660-8299
taniads@comcast.net, HA / Bus 8, 11

6PM – Columbia Serenity Center

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

7:30PM Pikesville – Recovery From Relapse

Shomrei Emunah Synagogue
6221 Greenspring Ave (Corner of Cheswolde)
Contact: Shani 410-917-7466
Dress Code: No revealing/provocative attire

MONDAY (CONTINUED)

7:30PM – Belair (Harford County)

First Presbyterian Church

Main St & Broadway (Main Bldg – Basement)
Contact: Suzanne 410-838-9353
Spy1020@comcast.net Call about HA

7:30PM – Catonsville

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

7:30 PM - Parkton - Step/Discussion (New) St.

James Episcopal Church

19200 York Road
Contact: Karen 410-299-1675

TUESDAY

7AM - Mt. Washington - Big Book/Newcomer (New)

6602 Chelwood Rd. 21209

Robin: 443-742-9359
robinrocksinmd@yahoo.com

11:30AM – Pikesville – Big Book Meeting

Etz Chaim Center - 3702 Fords Lane Contact:
Gail 410-764-2532 HA, Bus#M3&M10

Noon – St. Peter’s Evangelical Lutheran

7834 Eastern Avenue, Baltimore
Contact: Karen 410-633-5392

7:30PM – Pikesville – “Abstinence First”

Baltimore Hebrew Congregation – Room 211
7401 Park Heights Ave. (Parking lot on Slade)
Contact: Neil 410-318-6737 HA, Bus #M-5

WEDNESDAY

6:30PM - Bel Air - Focus: 12 & 12

First Presbyterian Church
224 North Main Street (Main & Broadway)
Contact: Daniel - 4443-655-6399
danielroz@yahoo.com

WEDNESDAY (Continued)

6:45PM – Federal Hill - Baltimore
“Powerflow” Dinner-Friendly Meeting
Light Street Presbyterian Church
809 Light Street, Baltimore, MD 21230
Contact: Jay K. 410-980-9624, Bus #1, 64

7PM – Baltimore – Men’s Meeting
First English Lutheran Church
39th Street & Charles
Contact: Les 443-564-0094
Ortus33@yahoo.com

7:30PM – Columbia Serenity Center
9650 Basket Ring Rd (Off Stevens Forest, off Broken Land Pkwy) 21045
Contact: Mary Ann 301-775-0422 HA

THURSDAY

10AM – Parkville – Step Meeting
Hiss United Methodist Church
8700 Hartford Road, Room B is under the Sanctuary / Park in lower-level lot
Contact: M.C. 410-823-4337
mcroses@verizon.net HA, Bus#19

7:30PM Monkton Step Meeting
St. James Episcopal Church
3100 Monkton Road
Contact: Auds 410-329-6305
Call ahead on bad weather/holidays

7:30 Columbia Serenity Center
9650 Basket Ring Road, Columbia, 21045
Contact: Carol 410-551-1149

8PM – Baltimore City (Closed Meeting)
Search for Serenity Group (Mixed Format)
Church of the Redeemer, Room 41
5603 N. Charles St (Above Northern Pwky)
Contact: Liz 443-985 – 9656 Bus 11, #44

FRIDAY

5:30PM – Baltimore City
First English Lutheran Church
3807 N. Charles (at 39th Street)
East Side Entrance, HA, Bus # 3, 11, 22
Contact: Mandy 410-825-1782

7:30 Belair Big Book Meeting
First Presbyterian Church
Main St & Broadway (Main Bldg/Basement)
Contact: Daniel 443-655-6399
danielroz@yahoo.com (call about HA)

SATURDAY

9:30AM Columbia Serenity Center
9650 Basket Ring Road
(Off Stevens Forest, off Broken Land Pkwy)
Contact: Alex 410-489-2612
alexandchris@verizon.net HA

11AM – Baltimore City
First English Lutheran Church
3807 North Charles (at 39th Street)
Use East Side Entrance
Contact: Annette 410-825-4639 HA
Bus 3, 11, 22

11AM – Lutherville Step Meeting
St. John’s Methodist Church
216 W. Seminary Avenue
Contact: Phyllis 410-653-2264
lucindaruby@gmail.com HA

For Online or Telephone OA meetings:
<http://www.oa.org/meetings/find-a-meeting-online.php>

ABBREVIATIONS: HA = Handicapped Accessible
Bus # = Accessible by MTA Bus Routes

Contact **Baltimore Area Intergroup**
(410) 764-3136 or news@oabaltimore.org

If your meeting information changes, notify the World Service Office (WSO) at www.oa.org in the Meeting Registration/Change Information section.

Last Updated 3/31/12

Closed: These meetings are for compulsive eaters (not friends, family or professionals)

INTERGROUP INFO – Meets the 3rd Sunday of the month at 3:30PM – at Calvary Baptist Church, 120 West Pennsylvania Avenue, Towson