



# THE STEPPINGSTONE

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*Newsletter of the Baltimore Area Intergroup of  
Overeaters Anonymous*

Hotline 443-475-0443 BAIG Website: <http://www.oabaltimore.org> Region Seven: <http://www.oaregion7.org>

**JANUARY/FEBRUARY/MARCH 2015**

## **Introducing the Baltimore Area Intergroup Board, 2015**

Brief introductions from some of our 2015 Board Members

### **Chair: Bekah W.**

I am Bekah W, a gratefully recovered compulsive overeater. I was elected BAIG's Chair for 2015 and am honored to serve in this capacity. Our past Chair, Mike B, has been wonderful, helping me transition and understand my responsibilities. We have a lot to accomplish this year and are positioned well with an energetic and committed board. BAIG will be rolling out a "Recovery Series" beginning in March that will address topics that will aid in your recovery, whether helping you through the steps or serving as continued education so you can better guide your sponsees. Stay tuned for more information! We will also have a focus on outreach, events and strengthening our Baltimore area sponsorship this year. If you are interested in joining us for intergroup, please see the meeting dates listed at <http://oabaltimore.org>.

To say a few words about myself and my recovery, I joined OA in August of 2013. It took me a few months to understand the program and to get my first sponsor. Once I did, I was well underway and worked hard to accomplish my step work. Roughly five months later, I discovered an OA phone meeting called, A

Vision for You, and for the first time I heard people identify as "recovered". I learned that we will always have our disease, but we can recover from a hopeless state of mind and body. I listened to these recovered people talk about the Big Book of Alcoholics Anonymous every day, and I finally understood my disease. I switched sponsors and began learning the Big Book. I followed all the steps outlined in the book and recovered in August 2014. Since that time, I have invested the majority of my free time to further understanding the big book, speaking at meetings, sponsoring, doing food inventories and food sponsoring, and committing my time to BAIG. My life is completely different; I am living for the first time since I was a child. I am ever grateful to this program for helping me define and connect to my higher power. I have turned my will and life over to the care of God, and as a result, I witness miracles every day. Thank you, God.

Feel free to reach out to me with anything on your mind. I am eager to help you strengthen your recovery!

**Thought for the day:** No matter who we are, where we are or how we are, there are always a multitude of things to be grateful for. Have a grateful and abstinent day! - Anonymous

**Vice Chair: Alexis T.**

My name is Alexis T, I am a compulsive overeater, and pleased to serve as Vice-Chair of Baltimore Area Intergroup in 2015. I have previously served as Secretary, and got so much out of being in that position. As Vice-Chair, it is my job to be back-up in the absence of our chair, Bekah. However, I am also looking forward to embracing some of the other responsibilities that our bylaws specify for this position.

The most important responsibility, as far as I can see, is to maintain contact with all the meetings in our intergroup area. Intergroup exists solely to serve these meetings, and I hope to strengthen the relationships between BAIG and individual meetings so that we can be of maximum service. My plan of action (our newest tool in OA!) is first to call meeting contacts and make sure that whatever information that one finds on [www.aa.org](http://www.aa.org)'s meeting finder is accurate. I also look forward to visiting meetings, and my goal is to go to each one at least once during the year. My vision is that every meeting will have an Intergroup rep, or at the very least, have an open line of communication with BAIG so that we all can take advantage of the resources BAIG has to offer and can participate in all the fun ways to support recovery and embrace the fellowship.

Please don't hesitate to contact me with any group needs/concerns; this is a topic of discussion and brainstorming at every BAIG meeting----we want meetings to succeed!

**Region 7 Representative: Nancy G.**

Hi, my name is Nancy, recovering compulsive overeater and food addict. I am one of your new Region 7 Representatives. My goal is to learn how to best serve in this role and provide meaningful service for the betterment of our fellowship.

I am currently grateful one day at a time to be enjoying greater than 20 months of continuous abstinence. I hope that one day at a time through willingness, fellowship, sponsorship, tools, and step work to never return to the misery of relapse again. I am grateful to feel restored to physical, emotional and spiritual health, so it is my pleasure to give back by representing you at the region level. Thank you!

**Stepping Stone Editor: Joanna W.**

Hi everyone I'm Joanna and I'm a compulsive overeater. I'm very excited to give service on the intergroup level by helping to edit the Stepping Stone. I encourage every OA member to share their experience, strength, and hope through writing for the Stepping Stone. Contributions can range in length anywhere from one sentence to multiple pages. Please feel free to contact me with any announcements that you would like to be included in the Stepping Stone, or with any contributions. Looking forward to hearing from you!

**Haiku on Recovery**  
Compulsion removed  
Delicious foods delight me  
One day at a time  
- Nancy G.

## **Reflections on Tradition #7: Every OA group ought to be fully self-supporting, declining outside contributions**

From the earliest times of 12-step recovery, almost every effort to carry the message had a financial cost. From these expenses came the development of the seventh tradition.

We're told that every group needs to be fully self-supporting. Not only financially, but by sharing the service positions that keep the meeting strong and attractive to all who attend.

We're encouraged to speak up at business meetings in order to create an informed consensus on our issues, and to insure that our formats are recovery focused and will attract newcomers.

We become familiar with OA's service structure, and learn that the intergroups who organize events & retreats, put out a newsletter, and man the OA hotline that directs people to your meetings are largely funded by its local-area groups

When we pass the basket, we call it "the 7<sup>th</sup> tradition" because it represents how we feel about the principle of being self-supporting. It's more than a donation. It's a barometer of our gratitude, and our personal investment in our recovery.

There were times when money was very tight for me, and I knew that OA had a lot to do with why I felt secure, and that there were reasons, whether I knew them or not, for what I was going through. I had faith that if I stayed abstinent for one more day, I had a chance to learn what they were.

OA asks us to "give as if our lives depend upon it". They ask me for \$3 each time I go to a meeting.

Before program, all I could see was the cost of something, never the value. I often felt

deprived, and that things were being taken away from me.

To learn to see the value of something, rather than its cost, I began to examine how often my priorities were focused on my wants rather than my needs. OA provides for my needs.

### **What is OA's Value To You?**

- Calculate how much you impulsively spent on food each week. Imagine if even a small fraction of that had a meaningful impact on the amount of OA 12-step service that could be accomplished.
- Calculate the cost of the dry cleaning bills, the therapy, the diet plans, the self-help books.
- Think of the time spent mindlessly watching TV, playing video games or procrastinating.
- Remember how unmanageable your life was before you came to OA....and what it's like now.

### **Suggestions**

- Arrive at a committed weekly donation amount that reflects your gratitude to OA and stick to it
- When a sponsee reaches a recovery milestone, send a donation to your intergroup in their name
- On your anniversary, send \$3 for every year of abstinence that you have been blessed with
- Ask your intergroup whether there's any sort of service that you could do to support them
- Write a letter for the intergroup newsletter on a topic that is meaningful to you
- Attend intergroup events and get to know your local "extended OA family"
- Write a gratitude list every day, and ask yourself how much OA has to do with it. Then give as if your life depends on it.

- Neil R.

## Reflections on the Sponsorship Workshop on January 18th, 2015

On January 18<sup>th</sup>, 2015, I had the privilege of attending a unique event that OA here in Baltimore rarely gets: A Big Book-based, day-long workshop. Scotty K. hails from New York City and came to Baltimore special to teach a Sponsorship Workshop, all based on the text from the Big Book of Alcoholics Anonymous. Scotty's approach to OA is that recovery from compulsive overeating (and all forms of addiction in general) comes from the working of the practical program of action found in the Big Book of Alcoholics Anonymous. He spent the day of the workshop illuminating the 12 Steps of recovery found in the Big Book, teaching us how to find recovery for ourselves and how to pass it on to our fellow suffering compulsive overeaters who we currently sponsor or who we will sponsor in the future.

Scotty had a very clear and simple way of approaching the Big Book, with special handouts with charts, definition of terms found in the text and inventory sheets for working the Steps and understanding and applying the Steps to the program of recovery. The day was spent passing on his knowledge of this program to us with a balance of reading and explaining key points from the text, as well as individual and group exercises to apply the guidance of these pages. He took us through an in-depth overview of all 12 Steps in the 6-hour long workshop.

I personally gained tremendously from the Sponsorship Workshop. Not only did it help solidify the work I am currently doing with the Steps, under the guidance of my sponsor, but it gave me a good picture of how I might approach teaching this vitally important material to my future sponsees in a clear and

simple way. Highlights from the workshop that I came away with were the Step 2 exercises to write an ad/job description and 30-second commercial to describe and "sell" someone on our conception of our Higher Power. That was a powerful exercise that was made more powerful with the sharing amongst the group and hearing the collective wisdom from fellows ranging from all walks of spiritual life, be it those who believe in G-d as well as agnostics.

The feedback from the group throughout the workshop was a unanimous thirst for this knowledge and desire to press even deeper into the material. Participants kept on joking with one another that they were all primed to spend the following Sunday going into a Part 2 of this Sponsorship Workshop. All in all, the event was a tremendous success; old ideas were cast aside as hearts and minds were opened to the proven prescription for the arresting of the disease of compulsive overeating

My deepest gratitude goes to Scotty K. for his generosity of heart and soul in his teaching the group as well as his personal discussions with us, to our intergroup chair, Bekah W., for orchestrating and coordinating this special event, and all those involved in enabling this workshop to be the tremendous success that it was. I am looking forward to more Big Book-based workshops of its kind being presented to the OA community in Baltimore and vicinity.

- Tehilla

**Haiku on Recovery**  
 Thank you for today  
 Clothes fit just like yesterday  
 Mirror reflects peace  
 - Nancy G.

Don't Forget: Call 5 and Keep 'Em Alive!

On the 12th of each month, call five fellows who you haven't seen at meetings lately to remind them that you care.

Put a reminder in your phone to help yourself remember!

**A Note on Quoting AA Literature**

The OA World Service Board issued a letter on February 12th, 2015, responding to questions about quoting AA literature. AA World Service Board has requested that when quoting from the Big Book, individuals read directly from the original text instead of retyping or photocopying the literature.

Please help us to comply with this new protocol. Here are some easy changes to make at your meeting:

- Go through your leader book to see where excerpts from the Big Book have been retyped - delete the quote and instead list a page number in the Big Book
- Make sure that your meeting has a Big Book on hand at all times. Visit [oa.org](http://oa.org) to purchase copies.

If you have any questions regarding this request, please contact our Intergroup chair Bekah (see contact info below.)

**YOUR TRUSTED SERVANTS**  
**Baltimore Area Intergroup Trusted Servants**

**7th TRADITION CONTRIBUTIONS**

<b>Chair</b>	Bekah W.	617-966-2790	<a href="mailto:bekahtronic@gmail.com">bekahtronic@gmail.com</a>
<b>Vice Chair</b>	Alexis T.	410-598-4023	<a href="mailto:alexis.tantau@gmail.com">alexis.tantau@gmail.com</a>
<b>Secretary</b>	Blair I.	202-294-6966	<a href="mailto:blair.inniss@gmail.com">blair.inniss@gmail.com</a>
<b>Treasurer</b>	Greg B.	919-768-3737	<a href="mailto:gregoryjboyer@gmail.com">gregoryjboyer@gmail.com</a>
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<b>StSt Editor</b>	Joanna W.	617-945-4883	<a href="mailto:joanna.g.winkler@gmail.com">joanna.g.winkler@gmail.com</a>

**Seventh Tradition Contributions**

60% Baltimore Area Intergroup,  
 Box 20013; Baltimore, MD 21284

30% OA World Service Office  
 Box 44020; Rio Rancho, NM 87174

10% OA Region 7  
 3500 S. Dupont Highway  
 Dover, DE 19901

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## Baltimore Area Intergroup OA Meeting Directory

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>8AM: "Rise and Shine"</b> Baltimore Bnai Jacob Shaarie Zion Synagogue 6602 Park Heights Ave. Neil 410-318-8737 Dress Code: No revealing/provocative attire</p>	<p><b>7:00 am Rise and Shine</b> Good Samaritan Hospital, 5601 Loch Raven Blvd Joe 410-829-6307</p>	<p><b>11:30AM Pikesville Big Book Meeting</b> Etz Chaim Center 3702 Fords Lane Gail 410-456-4306 HA, Bus M3 &amp; M10</p>	<p><b>7:30PM Columbia Serenity Center</b> 9650 Basket Ring Road (off Stevens Forest, off Broken Land Pkwy) 21045 Mary Ann 301 775-0422 HA</p>	<p><b>10AM Parkville Literature Meeting - HISS United Methodist Church</b> 8700 Harford Rd, Rm C under the sanctuary, Park in lower level lot. Pat 410-663-3670 HA, Bus #19</p>	<p><b>5:30PM Baltimore City</b> First English Lutheran Church 3807 N Charles St. at 39th St Enter on east side of building Mandy 410-825-1782 HA, Bus # 3, 11 22</p>	<p><b>9:30AM Columbia Serenity Center</b> 9650 Basket Ring Road (off Stevens Forest, off Broken Land Pkwy) 21045 Kathy 410-312-2742 monira.kathy@gmail.com Call about HA</p>
<p><b>11:30AM: Owings Mills Sunday Morning</b> Weinberg Village IV 3410 Associated Way Shirley 443-449-4605</p>	<p><b>10:30 AM Columbia Medical Pavilion at Howard County</b> 10710 Charter Drive, G level Columbia, MD 21044 Tricia 410-489-0033 or Ruth 410-740-6955</p>	<p><b>Noon St Peter's Evangelical Lutheran Church</b> 7834 Eastern Avenue Baltimore Bob 410-335-7748</p>	<p><b>7:30 Columbia Serenity Center</b> 9650 Basket Ring Road (off Stevens Forest, off Broken Land Pkwy) 21045 Carol 410-551-1149</p>	<p><b>11AM Baltimore City</b> First English Lutheran Church 3807 N Charles St. at 39th St Enter on east side of building Annette 410 825-4639 HA, Bus # 3, 11, 22</p>		
<p><b>5:15 Towson Speaker Meeting</b> Cavery Baptist Church 120 W. Pennsylvania Ave Side entrance - basement Brenda 410-491-3446</p>	<p><b>6:00 Baltimore City "Homewood Abstinence"</b> First English Lutheran Church 3807 N Charles St. at 39th St Enter on east side of building Tania 443-660-8299 <a href="mailto:taniamazalss@gmail.com">taniamazalss@gmail.com</a> HA Bus 8, 11</p>	<p><b>7:30PM Pikesville "Abstinence First"</b> Baltimore Hebrew Congregation - Room 211 7401 Park Heights Avenue (Parking lot on Slade) Neil 410-318-6737 HA, Bus M5</p>	<p><b>8PM Baltimore City (Closed Meeting) Search for Serenity Group (mixed format)</b> Church of the Redeemer, Rm 41 5603 N. Charles St. N of Northern Pkwy Tania 443-660-8299 Bus 11, #44</p>	<p><b>11AM Lutherville Step Meeting</b> St. John's Methodist Church 216 W. Seminary Avenue Phyllis 410-653-2264 <a href="mailto:lucindaruby@gmail.com">lucindaruby@gmail.com</a> HA</p>		
<p><b>7PM "Hour of Power - Mixed Format" Bel Air Center</b> Upper Chesapeake Medical Center 500 Upper Chesapeake Dr. Terri 410 459-9100</p>	<p><b>6PM Columbia Serenity Center</b> 9650 Basket Ring Road (off Stevens Forest, off Broken Land Pkwy) Garr 301-829-8218 <a href="mailto:garr@isaccocpa.com">garr@isaccocpa.com</a> HA</p>					
<p><b>7PM - Carroll County St. Joseph's Catholic Church</b> Religious Education Bldg. 915 Liberty Road Eldersburg, MD Contact: Joanne 410-552-9246</p>	<p><b>7:30PM Pikesville Monday Night Miracles</b> 7310 Park Heights Ave Baltimore, MD 21208 Parking and entrance on left side of building. Yochanon, 718-427-5192</p>					
	<p><b>7:30PM "Beginners and Strugglers" Bel Air, First Presbyterian Church</b> Main St &amp; Broadway (main building - basement) Michelle, 410-937-7500 Call about HA</p>					
	<p><b>7:30PM Catonsville Salem Lutheran Church</b> 905 Frederick Road Naomi 443-838-7970 Call about HA, Bus #2</p>					
<p><b>Abbreviations: HA= Handicapped Accessible; Bus # = Accessible by MTA Bus routes; Closed: These meetings are only for Compulsive Overeaters</b></p>						
<p><b>For Online or Telephone Meetings:</b> <a href="http://www.aa.org/meetings/find-a-meeting-online.php">http://www.aa.org/meetings/find-a-meeting-online.php</a></p>						
<p><b>If your meeting information changes, notify the World Service Office (WSO) at <a href="http://www.aa.org">www.aa.org</a> in the Meeting Registration/Change Information Section. In addition, call Joanna at 617-945-4883 or <a href="mailto:joanna.g.winkler@gmail.com">joanna.g.winkler@gmail.com</a></b></p>						