



SUMMER 2016

# STEPPINGSTONE

*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>

## THE 7TH TRADITION – DOES THAT DOLLAR GO FAR ENOUGH?

Back in 1989, I bought junk food in massive quantities which did not last long since my primary focus in life was to enjoy every last bite...all at once. A significant portion of my income went to the cost of groceries.

A year later, I found Overeaters Anonymous. I was impressed with the hope of recovery and that maybe even I could lose my excess weight and keep it off for the first time in my life. The 7th Tradition basket was passed at meetings and members usually threw in a dollar, and I followed suit.

After all these years, the 7th Tradition basket is passed at meetings, and I still see quite a few of us throw in just a dollar. I certainly don't know each person's circumstances governing the amount of money he or she contributes. Is someone having financial struggles? Despite making good money, is a member saddled with large family expenses? Do we believe that OA will survive just fine and "they" don't need our money? Did someone have no money in his wallet that day and had to skip contributing altogether (like me last week)? Are members making financial contributions to OA in places other than that meeting?

In 1989, I spent about \$15-25 per week on binge foods – either in individual portions or in boxes or bags. An inflation calculator tells me that would be about \$22-37 today, or \$1000-2000 a year in today's dollars just on binge foods.

Conversely, a dollar in a 1990 7th Tradition basket is worth only 55 cents today. If I give a dollar at

an average of two meetings per week, that's all of \$104 per year, or the equivalent of just \$57 in 1990 dollars. While I give much more than \$1 to a 7th Tradition basket most days, to match my previous binge-food spending, I would have to triple my contributions!

To show gratitude for the incredible gifts of recovery in OA, could I match my previous binge-food spending? Can I afford to give OA \$22-37 each week? Can I afford not to? Can I afford not to have OA around? I'm told that 7th Tradition contributions are too small a part of the OA World Service budget, which may limit some services that can be provided.

What can I do? I can certainly increase my 7th Tradition contribution at meetings and throw in even more for those who can't afford to contribute anything. I can also increase my monthly recurring contribution to OA (see <https://oa.org/contribute/> for info – you can do this, too, but please still give to your meeting's 7th tradition).

I hope each of us will take a good hard look at what we give to the fellowship. Is our 7th Tradition donation truly reflective of the gratitude we have for the life-saving fellowship of Overeaters Anonymous? Whenever possible, in gratitude and generosity, please throw some extra money in that basket!

Mike B.

Please submit your SteppingStone articles, quotes, poems, or stories on any OA related subject to [www.steppingstone@oabaltimore.org](mailto:www.steppingstone@oabaltimore.org).



## What I Need / Want From God

- Guidance
- Acceptance
- A day of Abstinence
- A healthy body weight
- Freedom from food obsession
- Understanding
- Support
- Strength
- Endurance
- Perseverance
- Honesty
- Happiness
- Peace
- To know when to take action and when to use self-restraint
- An open heart
- Restore a healthy perspective (insight)
- Good health
- Positive outlook / Optimism
- Sanity
- Inspiration
- Serenity
- Relief from character defects
- Humility
- Eliminate denial
- Closeness (to Him/others)
- Remove fear
- Provide abundance
- Loving support
- Restore balance
- Laughter / lightness of heart
- Clarity
- To love and be loved
- Motivation
- Willingness

## What God Does / Can Do for Me

- Presents me with the gift of Abstinence
- Grants me willingness
- Gives me what I need (not what I want)
- Always there for me
- Strengthens my commitment
- Loves me unconditionally
- Helps me see value in adversity
- Gives me the desire to do His will
- Enables me to live with integrity
- Calms me
- Puts people in my life who can teach/help me
- Inspires me
- Eliminates shame / regret
- Gives me talents / abilities
- Relieve fear of intimacy
- Restores intuition
- Shows me miracles
- Helps me with self-care, self-love
- Gives me hope
- Listens to me
- Does the unexpected
- Makes me laugh
- Guides me (ongoing)
- Provides for me financially
- Relieves me of fear
- Is beyond my understanding
- Creates miracles
- Protects me from harm
- Oversees everything in my life and the world
- Forgives me when I do wrong
- Gives grace, even when undeserved
- Created everything
- Heals me - physically, spiritually, and emotionally
- Does for me what I can't do myself
- Creates "coincidences" to show me He's there

Neil R.

## 2016 Service Positions

Chair ..... Karen B.  
Vice Chair ..... Liz D.  
Secretary ..... Joanna W.  
Treasurer ..... Greg B.  
SteppingStone Editor ..... Nechama R.  
Webmaster ..... Mike B.  
Outreach Committee Chair ..... Sue B.  
12th Step Within Chair ..... Tania S.  
By Laws Committee Chair ..... Karen B.  
Region 7 Representatives ..... Nancy G., Blair I., Liz D.  
WSBC Delegate ..... Terri B.

## Contact Information

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Vice Chair ..... vicechair@oabaltimore.org  
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Treasurer ..... treasurer@oabaltimore.org  
SteppingStone ..... steppingstone@oabaltimore.org  
Webmaster ..... webmaster@oabaltimore.org  
Outreach Chair ..... outreach@oabaltimore.org  
12th Step Within ..... 12thStepWithin@oabaltimore.org  
By Laws Committee ..... bylaws@oabaltimore.org  
Region 7 Reps ..... region7rep@oabaltimore.org  
WSBC Delegate ..... wsbcdelegate@oabaltimore.org

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## 2016 Baltimore Area Intergroup Meeting Schedule

Good Samaritan Hospital  
5601 Loch Raven Boulevard  
Baltimore, Maryland 21239

July 17 - Conference Room 1

Aug 21 - Conference Room 1

Sept 18 - Conference Room 1

Oct 23 - Parker 1

Nov 20 - Conference Room 1

Dec 18 - Conference Room 1

## Upcoming Events

### **OA World Service Convention**

**September 1 - 4, 2016**

**Boston, Massachusetts**

Join fellow members from all over the world for a fabulous weekend of recovery that will show you "The Trail to Freedom!"

### **OA Region 7 Assembly**

**October 14-16, 2016 – Ellicott City, Maryland**

The assemblies conduct business and provide informational workshops for intergroups in the mid-Atlantic area of the United States.

### **OA Region Seven Convention**

**November 4 - 6, 2016**

**Rehoboth Beach, Delaware**

Join hundreds of fellow members from Region Seven and beyond for a beautiful weekend of recovery! Details will come soon.

## **Save the Date!**

**December 4, 2016**

## **Baltimore Birthday Party 40th Anniversary Celebration**

For more information see  
[www.oabaltimore/events/](http://www.oabaltimore/events/)

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## Hello Baltimore!

**My name is Karen and I serve as Chair of the Baltimore Area Intergroup.**

There are lots of exciting activities and programs being planned in and around Baltimore over the next several months, and I wanted to share some of these with you. Since it is my service and participation in OA meetings and events that have kept me coming back for almost 42 years (and abstinent for more than 32 years), having the opportunity to participate in these activities pleases me greatly.

At our meeting in June, the Intergroup will be asked to approve the idea of holding an OA picnic (pot-luck style) in one of the Baltimore County parks – probably in late August. It will be an afternoon of fun, including games, walking trails, and a bit of music (some of us will be bringing our guitars (or ukuleles in my case)). We want to offer the fellowship an activity that is not necessarily as “serious” as a workshop or marathon, but that offers us the ability to build our recovering community. As soon as a decision is made on June 24, flyers will be made available online and at your meetings.

Next, the Twelfth Step Within Committee is planning to hold a workshop, “The ABC’s of Recovery,” in September. All OA members are encouraged to attend this workshop – whether to find an abstinence that works, or to bolster a recovery plan that is currently working. As a person in long-term recovery, I find that “keeping it green” is one of the most important things I can do to maintain my recovery. Once a date is set, we hope you will join us to find or enhance your recovery.

On October 15 and 16, the Baltimore area will be hosting our Region Assembly for the first time in several years. The reason for this is that Region 7 will be hosting a meeting of the Region Chairs’ Committee before and during our Assembly. As you may know, Overeaters Anonymous has created ten regions to serve the regional needs of intergroups and unaffiliated meetings. Each of the Regions elects a Chair who participates in a group consisting of the Region Chairs with the support of a Trustee liaison. This group meets each year with the Board of Trustees during their summer meeting (usually held in Albuquerque, but in years where there is a World Service Convention like there will be this year, they will meet in Boston prior to the Convention), before the World Service Business Conference, and a third time in conjunction with a Region Assembly so that they can experience how a different region conducts their business. As a former Region Chair, I can tell you that this meeting is often the most important one, since new ideas that are proven to work can be brought back to a home assembly and implemented successfully.

We are happy to say that eight of the ten Region Chairs will be in attendance from all over the US, South America and Europe; as well as the Trustee Co-Chair of the Committee. This means that there will be eight additional observers at

our assembly who bring an enormous amount of experience, strength and hope to our area. In addition to the committee meeting that they will hold together, each of the Region Chairs will be invited to address the assembly during the weekend. The sharing will occur on Saturday afternoon in conjunction with a luncheon, on Saturday evening (that MAY be held in conjunction with a dinner – the Region Board is investigating this as an option as I type this), and on Sunday morning as part of the business meeting.

As inspiring as these presentations will be, a Region Assembly meets to do the business of the Region. Along with Committee meetings, and the consideration of business, our Fall Assemblies are the ones where elections are held. This year, there will be lots of them. Our current Chair and Recording Secretary have served for the 4-year limitation set by our bylaws. Our Region Trustee will have served her maximum term as of the WSBC next May. We also need to hold elections to fill an unexpired term for our Corresponding Secretary; and our Treasurer will be standing for re-election. There will be LOTS of opportunities to watch our selection process for trusted servants. We will elect a new Chair and Recording Secretary; a Corresponding Secretary will be elected to fill the remaining year of the term; our Treasurer will be standing for re-election; and finally the Assembly will confirm the nomination of a Trustee candidate to be elected at WSBC 2017.

Within the next few weeks flyers and online registration will open for visitors to attend many of these sessions. Keep tuned!

Our last big event of the year will be the celebration of OA’s 40th Anniversary in the Baltimore Area. A Sunday Afternoon ‘Baltimore Birthday Party’ is being planned. This event, which will be held on December 4, will be an opportunity for the Baltimore and surrounding area to celebrate with each other the fellowship that has supported so many of us in our recovery process over the past 40 years. We will have a keynote speaker and break-out sessions before we join together to join hands and express our gratitude for those founding members and meetings and the ongoing support we find in Overeaters Anonymous.

Join us at any or all of these events. As with all things OA, we can always use an extra set of hands to assist us with these events. Please contact me with any questions you might have, and I will connect you with the appropriate OA members to allow us all to participate in this life-affirming fellowship we love.

Karen B.



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## 2016 OA World Service Business Conference Responsibility to Carry the Message

I had the privilege of attending the 2016 OA World Service Business Conference in Albuquerque, New Mexico this May. The theme of this conference was “Responsibility To Carry The Message.” At the conference, it was my responsibility to be a trusted servant of the BAIG. A full conference report will be posted on the BAIG website. In the next few issues of The SteppingStone, I will provide highlights of the conference.

I attended two workshops devoted to the Responsibility Theme. The questions below can provide personal reflection and writing, as well as a meeting topic. If you would like me to come speak at your meeting on my experiences at the conference, or lead a meeting on the topics below, please let me know.

### Responsibility: Of Abstinence

Purpose: To discuss abstinence and how achieving and maintaining abstinence allows us to carry the message.

#### Questions:

1. How does abstinence allow us to carry the message?
2. What is the relationship between a healthy body weight and carrying the message?
3. Why is a certain length of abstinence required for some service positions?

The first question for me would be, “How is my program? Am I carrying the message by the program I live on a daily basis, starting with an honest food plan that helps me maintain or move towards a healthy body weight? It is true that physical abstinence is surely not enough. For me, it is a necessary first step. Following a healthy food plan that meets my needs allows me to put food in its proper perspective so that I can move on. As a compulsive overeater, I don’t have the luxury of indulging in my trigger foods, not even a little. That first bite will rob me of any chance of happiness I have. It may start me on the binge that undoes my recov-

ery. Thankfully, by working the Twelve Steps on a daily basis, my desire for excess and trigger foods is removed.

We have a wonderful piece of literature called “The Strong Abstinence Checklist.” It is available as a wallet card, or can be downloaded at <https://www.oa.org/pdfs/StrongAbstinenceChecklist.pdf>.

Answering the questions above helps me make sure that my food plan stays honest so that I can work the rest of the Twelve Steps.

Next quarter’s article will be devoted to the responsibility of working the Steps.

Terri B.



## Baltimore Area Intergroup OA Meeting Directory\*

\*Subject to change - check [oa.org](http://oa.org) for the most up-to-date meeting calendar

### Sunday

#### 8:00 AM Rise and Shine Baltimore

Bnai Jacob Shaare Zion Synagogue  
6602 Park Heights Avenue, Baltimore 21215  
Neil (410-318-6737)  
Dress Code: No revealing/provocative attire please.

#### 5:15 PM Towson Speaker Meeting

Calvary Baptist Church  
120 W. Pennsylvania Avenue, Towson 21204  
Side Entrance - Basement  
Tania (443-660-8299)

#### 7:00 PM "Hour of Power-Mixed Format" Bel Air

Upper Chesapeake Medical Center  
500 Upper Chesapeake Drive, Bel Air 21014  
Terri (410-459-9100)

### Monday

#### 7:00 AM Rise and Shine Baltimore

Good Samaritan Hospital  
5601 Loch Raven Boulevard, Baltimore 21239  
Conference Room 2 South  
Joe (410-829-6307)

#### 10:30 AM Columbia Medical Pavilion at Howard County

Health and Wellness Center  
10710 Charter Drive, Columbia, MD 21044  
Tricia (410-489-0033) or Ruth (410-740-6955)

#### 6:00 PM Columbia Serenity Center

9650 Basket Ring Road  
(off Stevens Forest off Broken Land Parkway) 21045  
Gar (301-829-8218) [Gar@saccocpa.com](mailto:Gar@saccocpa.com) - HA

#### 7:30 PM "A Vision 4 You" Big Book Study

7310 Park Heights Avenue, Baltimore 21208  
Parking and entrance on left side of building  
Nechama R (443-717-1829) - HA

#### 7:30 PM "Beginners and Strugglers" Bel Air

First Presbyterian Church  
Main Street & Broadway, Bel Air 21014  
(main building basement)  
Michelle (410-937-7500) - Call about HA

#### 7:30 PM Catonsville

Salem Lutheran Church  
905 Frederick Road, Catonsville 21228  
Naomi (443-838-7970) - Call about HA, Bus 2

### Tuesday

#### 11:30 AM Big Book Meeting

Etz Chaim Center  
3702 Fords Lane, Baltimore 21215  
Gail (410-456-4306 - HA, Bus M3 & M10)

#### 12:00 Noon St. Peter's Evangelical Lutheran Church

7834 Eastern Avenue, Baltimore 21224  
Bob (410-335-7748)

#### 7:30 PM Pikesville "Abstinence First"

Baltimore Hebrew Congregation Room 227  
7401 Park Heights Avenue, Pikesville 21208  
Parking lot on Slade Avenue  
Neil (410-318-6737) - HA, Bus M5

### Wednesday

#### 10:30 AM A Vision 4 You Big Book Study

4000 Old Court Road, Suite 301, Pikesville 21208  
Nechama R (443-717-1829) HA

#### 6:15 PM "A Vision 4 You" Big Book Study

Columbia Serenity Center  
9650 Basket Ring Road, Columbia 21045  
(off Stevens Forest off Broken Land Parkway)  
Bekah (617-966-2790) - HA

#### 7:30 PM Columbia Serenity Center

9650 Basket Ring Road, Columbia 21045  
(off Stevens Forest off Broken Land Parkway)  
Naomi (443-838-7970) - HA

### Thursday

#### 7:30 PM Columbia Serenity Center

9650 Basket Ring Road, Columbia 21045  
(off Stevens Forest off Broken Land Parkway) 21045  
Carol (410-551-1149) - HA

#### 8:00 PM Search for Serenity Group (Mixed Format)

Church of the Redeemer Room 41  
5603 N. Charles Street off Norther Parkway  
Towson, MD  
Tania (443-660-8299) - Bus 11, 44

### Friday

#### 5:30 PM Baltimore City (speaker on first

Friday of month and post-meeting fellowship)  
First English Lutheran Church  
3807 N. Charles Street at 39th Street, Baltimore 21218  
Enter on east side of building  
Mandy (410-825-1782) HA Bus 8, 11

### Saturday

#### 9:30 AM Columbia Serenity Center

9650 Basket Ring Road, Columbia 21045  
(off Stevens Forest off Broken Land Parkway) 21045  
Kathy (410-312-2742) - HA

#### 11:00 AM Baltimore City

First English Lutheran Church  
3807 N. Charles Street at 39th Street, Baltimore 21218  
Enter on east side of building  
Annette (410-825-4639) - HA, Bus 3, 11, 22

#### 11:00 AM Lutherville Step Meeting

St. John's Methodist Church  
216 W Seminary Avenue, Lutherville 21093  
Phyllis (410-653-2284) - HA  
[lucindaruby@gmail.com](mailto:lucindaruby@gmail.com)

#### Abbreviations:

HA=Handicapped Accessible,  
Bus Number=Accessible by MTA bus routes  
OA Meetings held outside of Baltimore, including Virtual meetings, can be found at:  
<http://www.oa.org/meetings/find-a-meeting-online.php>

If your meeting information changes, notify the World Service Office (WSO) at [www.oa.org](http://www.oa.org) in the Meeting Registration/Change Information Section. In addition, call or email Nechama R at (443)-717-1829 or [nechamareizi@gmail.com](mailto:nechamareizi@gmail.com)