



SPRING 2017

# 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 Miracles of Program

I have been in the rooms of OA for over eight years. Until most recently, almost a year now, the feeling of being recovered has eluded me. Through fearlessly and fully working the steps, I have finally found the joys and promises of Overeaters Anonymous.

A few weeks ago I was on my job. As so many of us with this addiction, I am a true people pleaser and always wanting to be perfect.

Unfortunately, this was not the case in regards to some tasks I was given to accomplish. My supervisor had given me a clear direction before I was to leave for the New Year weekend. I had not done this type of work before, but I was quite certain I knew what her expectations were. I made great efforts to complete the coding changes, the detailed documentation, email, screen shots and getting the new coding loaded onto our systems. I was exhausted but pleased at my accomplishments.

When I returned to work the following week, I found out that I had not done these items correctly. Books were printed wrong, codes did not work as planned and basically two of the three things I was to do were incorrect. She explained all this to me, she was polite and kind. She said she had lost total confidence in me, therefore she had the third task checked by my co-worker prior to release.

I totally understood her reasoning, but as I listened to her, I felt so defeated and disappointed at myself. She was sick that weekend with a fever, her uncle

passed away and her mom was in cardiac rehab. However, she had to come into work to fix my screw up.

Now is time to talk of the miracle. As I processed what she told me, the thought of food or bingeing never came into my mind. I could not believe it!! Also, I did not act out on anyone else. Never was I nasty or combative with anyone. I was able to make a list, not unlike a tenth step, of the job related items I did incorrectly.

Before my day ended, I talked to my supervisor. First off, I apologized for having added so much stress to her over the weekend. I also thanked her for being so professional, clear and concise. She appreciated that I reached out to her. She also said, "You didn't know what you didn't know," and, "Sometimes you learn best by having your feet in the fire."

The moral of this story:

Work this program in all aspects of your life. Be grateful and realize your blessings. Thank you Higher Power, OA, Bill W. and all who walk this path with me.

Robin A.

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

## *From the Chair - Karen B.*

This issue, I will continue with the overview of the Twelve Concepts of OA Service.

Because the following six concepts (6-11) focus on the operations of the World Service Office and the Board of Trustees, I thought I'd group them as there are two concepts (Concepts 9 & 10) that need to be focused on locally more than the others.

- **Concept Six** - The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.
- **Concept Seven** - The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.
- **Concept Eight** - The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.
- **Concept Nine** - Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.
- **Concept Ten** - Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.
- **Concept Eleven** - Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

Concepts Six, Seven and Eight explain how the Board of Trustees was assigned their jobs responsibilities and how to discover more detail of what those jobs entail. Locally, a meeting's steering committee does their job (more often than not) by informally describing jobs which are agreed upon by members of that group. At the Intergroup level, that is done by adopting bylaws and continuing effects motions (e.g. policies) to describe the practices of the group.

Concepts Nine and Ten are the 'meat' of this review. These concepts apply to all levels of OA service. With regards to Concept Nine, it is important to remember that we need to elect and/or appoint the best qualified people to provide service. This does NOT mean that someone needs to be an expert in any job they are selected to fill (although there are some jobs that do require some expertise). Most of the jobs I've held in my

(Continued on Page 3)

## 2017 Service Positions

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

## Contact Information

Chair .....	chair@oabaltimore.org
Vice Chair .....	vicechair@oabaltimore.org
Secretary .....	secretary@oabaltimore.org
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

**DISCLAIMER:** The opinions expressed in *The SteppingStone* reflect those of the individual writers and not those of Baltimore Area Intergroup or OA as a whole. Materials submitted cannot be returned. We reserve the right to edit. It is understood that all copy may be reprinted by other OA groups without permission.

**From the Chair** (Continued from Page 2)

OA life were assigned, not because I was an expert, but because I was willing to learn; willing to make mistakes and willing to change when necessary. What the concept states is that when an election is held, we have processes in place to select the best candidate for the job so that our service bodies work as effectively as possible.

Concept Ten deals with communication. Have you ever had the experience that you thought you were asked to do something and before you could get to it someone else did it? Not because they necessarily thought you'd do a bad job (or that they could just do it better), but because they thought it was their job to do? Having clear job descriptions and mutual understandings of our duties help to avoid conflicts and the ensuing frustration associated with the conflicts.

Finally, although Concept Eleven appears to focus again on the Board of Trustees, this may apply to other levels of OA service. For example, many Intergroups and Regions have chosen to hire webmasters rather than appoint someone from the group to serve. When we do our taxes, many service bodies choose to use the services of an accountant. These are 'special workers' and are within the framework of the Traditions and as consultants fall within the scope of this Concept of Service. The World Service office has a staff that performs duties such as editorial services, meeting planning, book keeping, etc. When necessary, consultations are held with professionals to provide expertise when needed.

It is the job of every trusted servant – indeed every member of Overeaters Anonymous to help the still suffering compulsive overeater find recovery from the disease of compulsive overeating. We can perform other tasks in support of recovery projects, but if we need help, we can find someone to assist us.

**2017 Baltimore Area Intergroup Meeting Schedule**

Good Samaritan Hospital  
5601 Loch Raven Boulevard  
Baltimore, Maryland 21239

- April 23 - Conference Room 1
- May 21 - Conference Room 1
- June 25 - Conference Room 1
- July 16 - Conference Room 1
- August 20 - Conference Room 1
- September 17 - Conference Room 1
- October 15 - Conference Room 1
- November 19 - Conference Room 1
- December 17 - Conference Room 1

**New OA Twelve Step Workshop and Study Guide Available**

A new resource was approved at the 2016 OA World Service Business Conference. OA now has its very own Step Study. This scripted program has everything needed to lead a group through the 12 steps of recovery.

Baltimore Area Intergroup sponsored a step study using this guide beginning in December. As one of the leaders, I can say that I am very impressed with the process and the level of sharing. Whether this is your first time going through the steps or not, your participation will strengthen your program.

What is needed to hold a Workshop? Two committed leaders willing to follow the script of the workshop, and a group willing to commit to 15 weeks of study. Abstinence is not a requirement to participate in the program.

Everything you need to lead a journey through the Steps, including leader scripts, Fourth Step Inventory Worksheets, and hand-selected references from OA-approved literature, is included. Use it to lead a group of OA members or one-on-one with your sponsees. Together, you can discover proven ways to incorporate the Twelve Steps of Overeaters Anonymous into a way of living - and a life beyond our wildest dreams.

Terri B (410-459-9100) and Karen B (karen.beck@mac.com) or (646-220-4185) would be glad to answer any questions you might have about the process. We are enjoying this service and definitely benefiting as much as the participants. The workbook can be ordered from the OA bookstore.

Terri B.



*FROM THE REGION 7 CONVENTION  
MIXED SIGNALS*

**ON THE COVER**

One of the workshops presented at the 2016 Region 7 Convention in Rehoboth Beach in November was entitled, "Mixed Signals." We discussed how we might convey mixed signals to others in our behavior and studied Step 6, where each member randomly was given a character defect to explore and study its liabilities, effects, and a better opposite behavior. Members were then encouraged to share what they learned. Here is some of what was said...

- I've lost weight, but I've lost many more pounds of "crazy."
- If I don't work Step 10 regularly, the crazy behaviors return.
- I may be willing to let things go, but they won't go. I need to do the Step work so it goes.
- If I'm troubleshooting myself and something isn't working, then it means I've skipped a Step.
- Step 6 is basically "change" and willingness to let go.
- We can't remove our defects by ourselves. We need a power greater than ourselves to remove them (from the Overeaters Anonymous 12 Steps and 12 Traditions, pp. 55-56).
- "Act As If" helps us change our behaviors away from our character defects. We calmly and firmly act as if we competently behave with our character assets until we become competent.
- My disease is not only "doing push ups in the corner" but is also "trying to find another costume." How do our character defects appear today? How do they interfere with our ability to be of full service today?
- We learned by example "how to live and be" and "how not to live and be." Are those early lessons the best for us now? Step 6 will help us figure that out.

Mike B.

Lifeline's October 2016 issue, "Get Motivated with Slogans," featured many slogans that I've never seen despite my OA membership of well over two decades. One that stood out was highlighted on the cover, "Happiness is an inside job."

How true that is for me, but I hadn't understood the depth of my responsibility to create my own happiness until I thoroughly worked the 12 Steps, living the spiritual principles that have relieved my resentments, fears, and regrets with a thorough emotional and spiritual "housecleaning," making of amends, and carrying the message of recovery to others.

Accepting a situation exactly as it is, staying present with my feelings, realizing and releasing my fears and resentments, asking my Higher Power for guidance to act, and avoiding that first (and 100th) compulsive bite all have a role in creating that happiness in the moment, today, right now.

A popular song by the Rolling Stones includes the lyrics "You can't always get what you want / But if you try sometimes, well you might find you get what you need." I've learned through abstinence from compulsive eating and continued practice of these principles that all I need today is to accept life as is, and the serenity of my happiness will always be there.

Anonymous Member

***Happiness Is  
An Inside Job !***

---

---

### TRADITION 3 - ONLY ONE REQUIREMENT FOR MEMBERSHIP

The only requirement for OA membership is a desire to stop eating compulsively. This tradition is interpreted with wide variety, but the premise is that everyone is welcome to participate fully as OA members - to attend and share at meetings, to be of service to their meetings and in positions of responsibility at other levels, to choose their own food plan, and to blaze their path to recovery any way they choose as long as it does not hurt other members or OA as a whole.

Of course, honesty, open-mindedness, and willingness will greatly enhance the recovery experience of any member, but we all can learn from each other as we apply the principles of recovery to our lives.

We were asked in a writing workshop at the 2016 Region 7 Convention to answer three questions. Under each question are some answers that the group provided:

**1. Do I prejudice some new OA members as “losers,” or think I already know whether or not they’ll keep coming back?**

- I felt so ashamed by my size that I feared I would not be welcome in a face-to-face meeting, so I went to phone meetings. After a while, I went to a face-to-face meeting and was very much welcomed.
- I am not alone. At my first meeting, I was amazed that so many people did what I did with food that they actually wrote about it in a book!
- I don’t have a monopoly on the truth.
- If I’m judging someone, that’s the very person to whom I must talk after the meeting and by phone later. I first want to write about why I’m judging that person and determine what character defect in me is being reflected off what I see in that person. I don’t want to insult that person with my judgment but rather, let it go before I call.
- I tend to judge members who have attended OA for years and not worked the Steps, attained consistent abstinence, or attained a healthy body weight.
- I tend to judge others harshly because I harshly judge myself.

- I don’t want “fat serenity,” but I don’t want to push/judge myself right out of the program.

**2. Do I let people’s age, race, religion, mode of dress, weight, politics, or other factors determine whether I will reach out to them at OA meetings and on the telephone?**

- I must practice principles before personalities.
- No, I welcome newcomers at meetings and most others welcome them, as well, but I must take the next step and call those newcomers after the meeting and welcome them back.
- I’m uncomfortable talking to those with mental health issues as I don’t know how to talk to them.
- I tend not to call those who I perceive as “whiners” as to avoid the whining.

**3. How can I help increase a sense of belonging among all members of my group?**

- Work with a sponsor on the Traditions.
- We all talk to each other before or after the meeting.
- We welcome newcomers with a Newcomers Packet and our meeting format asks members to be available to talk to newcomers after the meeting.
- I can greet members warmly and offer a hug, handshake, or wave, as appropriate.
- I can call members between meetings.
- I can share honestly and continue abstaining from compulsive eating, which will show that there is hope for all who work the program.
- I sponsor or have sponsored meeting attendees, and encourage them to sponsor.

Mike B.

**DISCLAIMER:** The opinions expressed in *The SteppingStone* reflect those of the individual writers and not those of Baltimore Area Intergroup or OA as a whole. Materials submitted cannot be returned. We reserve the right to edit. It is understood that all copy may be reprinted by other OA groups without permission.

## Baltimore Area Intergroup OA Meeting Directory\*

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

### Sunday

#### 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

#### 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

#### 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

#### 7:00 PM Big Book Study

Bel Air 1st Presbyterian Church  
224 N Main Street, Bel Air, MD 21014  
Basement, Room B  
Building attached to sanctuary  
Nancy (443-987-8044)

#### 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 (410-653-2264) - HA  
[lucindaruby@gmail.com](mailto:lucindaruby@gmail.com)

Abbreviations: HA=Handicapped Accessible,  
Bus Number=Accessible by MTA bus routes  
For Online or Telephone Meetings: <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 [nechamareizl@gmail.com](mailto:nechamareizl@gmail.com)