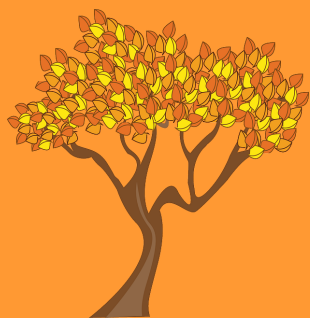


The Newsletter
of the
Baltimore Area
Intergroup of
Overeaters
Anonymous



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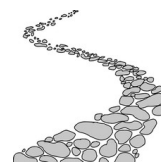
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Volume 45, Issue 3

Fall 2022

Self Rescue (with the help of the program)

7/16/22

This morning I slept way too late and couldn't accomplish what I had wanted to do. It was also too late to make my protein drink for breakfast. I was responsible for bringing the laptop to a meeting and had to get to the meeting site early enough to set up. My disease began screaming in my head that I didn't need to eat. I could skip breakfast and everything would be alright. I could skip breakfast, since I didn't need it. I could skip breakfast and make it up later. I could skip breakfast, since I really didn't eat. My disease was so loud in my head that I was beginning to hate myself. I thought that I was done with this. I have been in recovery for so long that I haven't had my disease talk to me this loud, this long in quite a while. The last time my disease talked to me like this I was in relapse. I was scared. I didn't eat what I had planned, but I did eat what was supposed to have been my lunch. At the meeting, I wanted to share, but there was so little time. I needed to get this out of my head, but there was no opportunity at the meeting. I pulled someone who has a lot of recovery aside after the meeting and was able to share what happened. Just telling someone what happened and the description of the voice and the fear, relieved the anxiety. Sharing also helped me discover the fear that what was behind what happened. By having my share accepted unconditionally and with the support of a fellow OA member, I was able to move on.

~ Alan H.

The Buzz (Heard Recently at a Meeting)



P.A.U.S.E. — Postpone Action Until Serenity Enters

serenity

From Isolation to Friendship

Early in my OA recovery, after crying in desperation at my Saturday homegroup, a woman left an encouraging message on my voicemail, telling me to not give up and to keep coming back – that it would get better. She had taken my number from the We Care list at my Saturday home group. A couple days later, I received another voicemail, again saying that she was thinking of me and that I wasn't alone. Then another. Who was this woman?

We talked at my next home group meeting, and the calls continued over the next year, at least a couple times a week, and sometimes every day. I complained to my sponsor (and others) that I was irritated because I was receiving too many calls from someone in the program, and my sponsor suggested that this was an opportunity for me to practice setting boundaries. Ugh! A difficult thing to do for a 380-pound woman who spent her life appeasing others for a myriad of reasons that I'd later discover in Step 4 work.

So I took my sponsor's suggestion and expressed what times for calls worked best and when texts were better.

What happened next, perplexed me. I began looking forward to Angie's calls, her encouraging messages, and her one-of-a-kind laugh. And wouldn't you know, I began calling her regularly. My walls began to crumble, I began showing my true self to her, and I came to call her my friend. In 2021, after a relapse with four year's abstinence and a forty pound weight gain, Angie was my lifeline to OA, someone who I felt safe calling because of her accepting nature, her honesty about herself, and again, her encouragement.



I learned two lessons from my relationship with Angie. One, an adage I'd heard for years in another fellowship: You never know where your help is going to come from. The other lesson was that the problem did rest with me my disease of compulsive overeating kept me isolated. I was terrified of anyone knowing my true history with food or knowing the "me" behind the eating.

What I shared at meetings was very select. I didn't answer most calls. I called only a few folks. Angie wasn't intentionally on the other side of my wall with a jackhammer trying to bust through; she was just Angie. Members of our Saturday morning 39th Street OA home group miss Angie terribly since her passing. She was loyal and dependable. She was a good listener. She was so kind-hearted that she always thought of others, like when she would bring extra bottles of water for others to the meeting. Even a month before Angie passed, as sick as she was, she was still leading our meetings weekly and encouraging newcomers. I love and miss you, Angie, and I'm blessed that you helped me break out of the grips of isolation.

Call Five and Keep 'Em Alive!



Twelfth Step Within Campaign on the 12th Day of every month!

If everyone makes five phone calls to people we haven't seen at meetings, think of all the people we will reach. Let's all do our part and work on 12th Step Within Service. Reach out and touch someone. You could save someone's life today! Look through your "We Care" meeting phone list and write five names and phone numbers of members you haven't seen in a while. Then, call them just to say hello, invite them to a meeting, and let them know they are important and missed.

Swimming the Seas of Recovery: 2022 Region 7 Convention

2022 REGION 7 CONVENTION

Swimming THE SEAS OF RECOVERY! NOVEMBER 4-6

OCEAN CITY, MD



CONVENTION REGISTRATION LINK

www.oaregion7.org

REGISTRATION COST

Early Bird Registration until 9/30/22 - \$45
Regular Registration until 10/31/22 - \$55
On-site Registration (11/4-6/22) - \$65
Meals (Lunch & Dinner on Saturday) - \$85

GENERAL INQUIRIES

Maria G: mtg7176@gmail.com
Rob L: rob.lepre@gmail.com

EVENT LOCATION

Princess Royale Oceanfront Resort
9100 Coastal Hwy
Ocean City Maryland 21842

HOTEL RESERVATIONS

Princess Royale
Oceanfront Resort
9100 Coastal Hwy
Ocean City Maryland 21842
Direct Reservations: 1-800-476-9253
Please reference the following information:
a) the check-in date;
b) the group name: Region 7 OA
c) the block code: REGION22

ROOM RATES

Single/double occupancy: \$109.00
(pool view/ocean view)
Oceanfront suites: \$159.00
There are a limited number of
condos available:
Two Bedroom/Two Bath Condo \$229.00
Three Bedroom/Three Bath \$309.00
*The special rate cut-off date is 10/01/22.
After that date, the rate and availability is subject to change.*

HOTEL RESERVATIONS LINK : Coming Soon

REGION 7 of OVEREATERS ANONYMOUS: Delaware, Maryland, New Jersey, Pennsylvania, Virginia, Washington, DC and West Virginia

IDEA Day



IDEA DAY

International Day Day of Experiencing Abstinence

Saturday November 19th 2-4 p.m. EST

Virtual Workshop

Speakers, Q&A, Journaling and Sharing

Presented by BAIG (Baltimore Area Intergroup)

Come join us to learn how members are experiencing
abstinence one day at a time.

- Zoom Link

<https://us02web.zoom.us/j/7310889762?pwd=QklrWFFPZmhCdUM1bTB4SjZ5bnk5dz09>, Meeting ID: 731 088 9762

Passcode: BeAbstn8; One tap mobile

+13017158592,,7310889762#,,1#,628738#

7th Tradition contributions and other donations may be made directly
to the Baltimore Area Intergroup by Pay Pal! Click the Donate button
on our website to make a secure contribution

Service

“You can’t keep it unless you give it away” was a message I heard early on in the program. We took that to mean service. Service at that time meant setting up the literature or bringing the coffee pot. I happened to go to an intergroup meeting. Not necessarily to give service, but to hear more about the program. A very serene and lovely woman was sharing that she had 2 years of abstinence, I had never heard of such long term abstinence (this was 1977). She talked about the service she gave. She was a trustee to World Service. I hung on to her every word. I never aspired to be trustee, but I sure did aspire to be abstinent. I wanted what she had. I am still not a trustee. Honestly, I don’t see that in my future, however I have done service that I never thought I would. I am finishing my second term as Region 7 chair. Has it been easy?

No! I have learned so much about myself; my people pleasing, my fears, my lack of knowledge about the bylaws (which I have come to respect and value) and I have grown. I have met the most wonderful people through service and had so many opportunities. There are service opportunities at all levels, and they are all important. For the opportunities I have been given through service to others I am most grateful. I just realized that I used the word opportunity 3 times in the last 3 sentences. I take that to mean service is an opportunity you don’t want to miss!



There are a number of exciting upcoming events:

Swimming the Seas of Recovery: 2022 Region 7 Convention - November 4-November 6

Coming Back to OA: A New Beginning, Part 3 - November 5

International Day of Experiencing Abstinence - November 19

Candlelight Promises - December 11

Second Sunday of the Month Workshops

For more information about these events, visit <https://oabaltimore.org/events/>

New events are always being added, so be sure to check the Events page regularly.

Why I Keep Coming to OA

I've been coming to OA for 32 years now, and I've been abstinent since January 30 of 1996. I've never believed that there would be a time when I didn't NEED to come to OA anymore.

OA started out as the place where I learned how NOT to hurt myself with food, then it became a safe place to become a better person. I gained empathy and patience. I learned how to relate to other people better. And I learned how to view disappointment & adversity as catalysts for growth instead of punishments being visited upon me personally because I was a bad guy.

When the pandemic hit in March 2020, daily life changed profoundly for most people. Thanks to the emergence of Zoom, even though face-to-face groups went away, we were able to continue meeting in the closest thing to a 3D version of recovery that we could get.

I have no idea how other people tolerated the stress of it all. Most of the world is as angry and flat out crazy as I've ever seen it. Certain public figures have chosen to pit large groups of people against one another with strong opinions, often lacking any truthful foundation.

My commitment to my abstinence grounds me. Making sure that I get my food right taught me how critically important it is for me to do other self-caring things; like getting rest, meditating, laughing, crying, recreating and doing service for other recovering overeaters in the hope that they might eventually find the peaceful way to live that I enjoy most days (not every day).

I've learned to become 69 years old with limitations, but also a certain amount of wisdom. I'm less impulsive. I spend days largely by myself; productive and conscious - fully aware that the Grace I feel is a direct result of my continued pursuit of abstinence, working the tools each day and making sure to have meaningful contact with my OA compadres every single day.

I have a well-developed sense of social responsibility that extends beyond the Fellowship into my neighborhood, my family and my country. I have become a well-informed individual.

Before OA, I was emotional, opinionated and filled with an intensity that came from unrealistic expectations and an overdeveloped sense of entitlement that life was supposed to go my way.

Today, I play the hand I'm dealt the best I can. I set goals and I organize myself to maximize my chances for success. And if I meet with an obstacle, I view it as a sign from my Higher Power that I might benefit from exploring why what happened might just be the BEST thing that could possibly have happened for this recovering compulsive eater.

It's a nice way to live not to carry a backpack of perpetual emotional pain around anymore. THAT's why I keep coming back, staying abstinent and doing OA service, one day at a time.

~ Neil R.



Find an OA meeting
at <http://oabaltimore.org/meetings/>

All contributions to this newsletter are the opinion of the writers and not of Overeaters Anonymous or the Baltimore Area Intergroup as a whole.

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Region Seven:
oaregion7.org



About the Baltimore Area Intergroup

The Baltimore Area Intergroup is a group of OA members who seek a simple but more challenging level of service to help our affiliated meetings in the Baltimore metropolitan area. Our Intergroup presents recovery workshops, produces the Steppingstone newsletter; serves as a liaison between groups, Region Seven, and the World Service Office; and reaches out to the community to offer the hope of recovery from compulsive overeating.

The Baltimore Area Intergroup meets monthly (usually on the 3rd Sunday of the month) from 2:00 pm - 3:30 pm via Zoom. We will not meet in-person during 2022.

Every OA member is welcome to join us at Intergroup meetings as a representative of a group (or "meeting") or to learn more about the opportunities for service that help us grow as OA members. For Zoom login information or to learn more, visit <http://oabaltimore.org/intergroup/>.

Contribute to the Steppingstone!

The Steppingstone will now be published quarterly: January 1, April 1, July 1, and October 1. The next issue will be published on January 1, 2023. We welcome your contributions. Suggested topics include:

- Why I come to Intergroup...
- Step 1, Step 2, or Step 3
- Tradition 1, Tradition 2, or Tradition 3
- Your favorite slogans
- The Buzz — something heard at a meeting that resonated with you
- Any other subject that inspires your recovery.



You can also create a puzzle, a drawing, a painting, or other art (no faces, please).

Contributions from everyone — newcomers to long-timers and everyone in between. — are valued. The tool of writing is magical! Articles may be edited. Send your contributions to steppingstone@oabaltimore.org by December 15.