

The Newsletter  
of the Baltimore  
Area Intergroup  
of Overeaters  
Anonymous



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# THE OA STEPPINGSTONE

WINTER ISSUE

DECEMBER 2023

## 10 Survival Tips for Abstinent Holidays

- 1) Focus on the true meaning of the holiday rather than the food.
- 2) Focus on the people rather than the food.
- 3) Attend lots of meetings.
- 4) Stay in constant contact with a sponsor.
- 5) Work extra hard on the Steps.
- 6) Use all the Tools, especially service.
- 7) Keep OA phone numbers on you at all times – and use them!
- 8) Write frequent gratitude lists.
- 9) Prepare food ahead of time, call hosts of parties ahead of time to see what food is being served, and offer to bring food that we can eat.
- 10) Know your disease. When in doubt, avoid people, places, and things that trigger overeating.

~ Anonymous (Modified from the Nov. 2007 issue, Vol. 31, No. 6)



## Greetings from PI/PO

Greetings from Jane, your new Public Information/Professional Outreach Chair! I am excited to be in this position, as I don't think enough people know about our wonderful organization. I am hoping to talk to more health care professionals, including addictions counselors, participate in more health fairs, and get the word out in other ways.

If you would like to join me, please contact me by email at [timandjanes@msn.com](mailto:timandjanes@msn.com). There is no abstinence requirement, and I can use all the help I can get! Also, since I do not work in health care, marketing, or public relations, I would be grateful for any suggestions on how to find the right people and organizations to contact, and how to follow up.

OA has a wonderful new publication, *Public Information and Professional Outreach Service Manual*, which I will be studying. In the meantime, I could sure use your valuable service!

Happy holidays, everybody!

Jane



## This Is Enough

My mother always used to tell me, “Your eyes are bigger than your stomach.” I never understood what she meant – my stomach seemed to keep up very nicely with my eyes. I had no trouble consuming large portions. Eventually, only whole boxes, bags, and cartons would satisfy me, for the moment.

I remember the terror when I started weighing and measuring, and I took out a half cup measuring cup. *You’ve got to be kidding!! That’s for an infant, not a grown adult!!* According to my food plan, I could have a protein for breakfast, which consisted of various portions that I could combine if I so desired, so if I wanted to have eggs and milk, I was allowed one egg and one cup of milk. *What!! This is crazy!! Everyone knows two eggs is ‘normal,’ and I should be able to have the milk, too!! How will this ever satisfy me?*

And so it went.

But I was desperate and in pain, and I just said to myself, “Rivka, just do it. You’ll live. You won’t die of starvation. People have lived on a lot less, and if you die of starvation, at least you won’t die of compulsive overeating. Don’t fight it. Others seem to be so happy and full of life. Just let go.” Thank G-d I did. As the weeks passed, lo and behold, the terror I had when I looked at that half-cup measure passed, too. What a miracle.

Working the Steps and following my food plan with G-d’s help restores me to sanity on a daily basis. My food is satisfying and tasty. I now see it as plentiful. I am never satisfied when I am compulsively overeating, and a switch goes off in my brain that tells me the food I have is not enough. When I’m abstinent, a switch goes off in my brain that tells me it is enough. What a relief!

~Rivka (Reprinted from the January 2006 issue, Vol. 29, No. 1)



## God Answers All Prayers

When circumstances aren’t right,  
He says NO.  
When the time is not right,  
He says SLOW.  
When I am not right,  
He says GROW.  
When everything’s right,  
He says GO.

~Bonnie (Reprinted from the Jan/Feb 1995 issue, Vol. 18, No. 1)

## Some Gifts I've Received from Overeaters Anonymous

I'm fortunate to be both a long-time member with long-term abstinence and a person that's still desperate for recovery. That's the first gift – desperation. I have the full knowledge that without a strong desire to stop eating compulsively, I will lose the privilege to be healthy, sane, and happy.

The next gift is a better way of life in the 12 Steps. Without the spiritual principles, I wouldn't have instructions on how to live day by day that helps produce good in the world. I have been shown a better life that helps me avoid my natural tendency for selfishness, self-pity, fear, anger, and resentment. I am most thankful that I have instead learned to live to help others through acceptance, joy, optimism, and trust.

Finally, my body has been given a new lease on life. Twenty years ago, when I weighed 270 pounds, my hips and feet hurt from the burden of carrying excess weight. My clothes did not fit. My skin had rashes in the folds of fat. The mirror projected a repulsive reflection. Today, at 193 pounds, I can run and dance. My clothes wear out. I generally like my body and how it looks. The mirror today shows a joyful smile and continued awe that the super guy looking back is really me!

All in all, three-legged recovery – spiritual, emotional, and physical – is a gift beyond description. I'm blessed to be able to accept it.

~Mike B. (Reprinted from the Nov. 2009 issue, Vol. 34, No. 5)



## The Buzz

### Sayings heard at a meeting that keep buzzing in your brain!

- \* Fear is a darkroom where negatives are developed.
- \* Abstinence is honest eating.
- \* Our program is portable! It travels well.
- \* My sponsor suggested that I stop telling my God how big my disease is and start telling my disease how big my God is.
- \* Slips/binges don't seem to happen on the day that I have used all eight Tools.



## THE OA STEPPINGSTONE

### A Twist on the Promises

If I am careless about this phase of my development, I will be lost before I am halfway through.

I will know an old familiar imprisonment and sacrifice all true happiness.

I will regret the past and then repeat it, over and over again.

I will have no comprehension of the word serenity and no peace.

No matter how far down the scale I have already gone, I will fall even lower.

That feeling of uselessness and self-pity will return.

I will re-gain interest in selfish things and once again lose interest in my fellows.

Sanity will slip away.

My whole attitude and outlook upon life will change for the worse.

Fear of people and economic insecurity will consume me.

I will have no idea how to handle any situation and will be baffled as to why.

I will believe that God is doing nothing for me and that I can do everything for myself.

Are these extravagant promises?

WE THINK NOT!!

They will be fulfilled within me, sometimes quickly, sometimes slowly - - but always completely.

They will always materialize if I cease to work this program.

~ Anonymous (Reprinted from the Nov. 2007 issue, Vol. 31, No. 6)



### New Year's Blessings of Recovery

It is New Year's Eve. I have just returned from a wonderful OA meeting. The sharing was terrific. I particularly wanted to go to a meeting this evening as a great way to end the year.

I am so grateful that I don't have to wait until the stroke of midnight and go on a diet. How many times did I stuff myself until 11:59 because at the stroke of midnight it would be a new start? How many New Year's resolutions have I made and broken?

Well, no more, thanks to this program. I am going to keep on keeping on. The 12 Steps are my ongoing, never-ending resolution. I change and grow every day. I don't need a holiday to give me permission to be the person I want to be. I am going to bed gratefully and sanely as I see the old year out with my family, and wake up grateful to have another day to be abstinent.



~Anonymous (Reprinted from the January 2004 issue, Vol. 27, No. 1)

**FIND AN OA  
MEETING AT**

<http://oabaltimore.org/>

**JOIN YOUR  
FELLOWS AT  
INTERGROUP!**

The Baltimore Area  
Intergroup meets  
virtually one  
Sunday a month from  
2 - 3 :30 pm.

The December  
Intergroup date is . . .  
**December 17**

To access the meeting  
link, visit  
[http://oabaltimore.org/  
intergroup/](http://oabaltimore.org/intergroup/)

Please check [https://  
oabaltimore.org/  
intergroup/](https://oabaltimore.org/intergroup/) for the  
**2024 Intergroup  
meeting dates,  
which will post in  
January.**

All contributions to this  
newsletter are the  
opinion of the writers  
and not of Overeaters  
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**BALTIMORE AREA OA HAS A FACEBOOK PAGE!**

Follow BAIG's new **Facebook** group! Our new Facebook page, Overeaters Anonymous, Baltimore Area, will be a source of inspirational information, meeting information, *Steppingstone* articles, and special event announcements. Join us!

- ◆ We are looking for someone who would like to become the administrator
- ◆ Help us get out the OA message! Contact Hans M. at 443-878-3503

**NEED A MEETING ON THE HOLIDAYS?**

**REGION 7 ROUNDTABLE MONTHLY DISCUSSION**

- \* Using the Nine Tools of OA to Help Us during the Holidays
- \* December 19th from 7 – 8:30 pm ET
- \* Meeting ID: 831 3686 6285
- \* Passcode: 363867
- \* Phone: (646) 558 8656
- \* Click on the link below to see the Event Page

[Region 7 Round Table December Edition Using the Nine Tools of OA to help us during the Holidays](#)

**MONDAY MORNING WELLNESS MEETING**

The 10:30 am Monday Morning Wellness meeting will be meeting on Christmas Day and New Year's Day on our regular Zoom Link.

See [oabaltimore.org](http://oabaltimore.org) for the link. Click "Find a Meeting" and select "Monday."

**SUNDAY VIRTUAL FIRST ENGLISH MEETING**

The 11:00 am Sunday morning meeting will be meeting on Christmas Eve and New Year's Eve on our regular Zoom Link.

See [oabaltimore.org](http://oabaltimore.org) for the link. Click "Find a Meeting" and select "Sunday."

**CONTRIBUTE TO THE STEPPINGSTONE!**

**Deadline for the next Spring issue: March 5, 2024**

We welcome your contributions to the Spring 2024 issue! Suggested topics include:

- Recovery from Relapse
- Your gratitude "list" (How does gratitude help you maintain your abstinence?)
- Any other subject that inspires your recovery

You can also create a puzzle, drawing, painting, or other art (no faces, please). Contributions from everyone - newcomers to long timers - are valued. Articles may be edited. Send your contributions to [steppingstone@oabaltimore.org](mailto:steppingstone@oabaltimore.org) by March 5!