



What's Happening

Teleconference OA Step and Tradition Study:

Starting on Tues, March 2, 2010, 7:30 pm; One-hour sessions.

All are welcome to attend and participate!

Dial (712)432-0075, access code 832569 #

For additional information, contact Ray ~ abstinence1st@gmail.com or Gerri ~ gerribear@aol.com

2010 CENTRAL ATLANTA INTERGROUP ANNUAL CONVENTION:

Date: Saturday, June 19, 2010

Time: Registration: 8:00 a.m.

Opening & Sessions: 8:00a.m. - 5:00 p.m.

Luncheon Speaker with long-term recovery

Unitarian Universalist Congregation of Atlanta (beside OA office)
1911 Cliff Valley Way, NE
Atlanta, GA 30329

Volunteers needed to help with the 2010 CAOAG convention - meetings held **every other Saturday at 12:15 at the OA Office (starting 4/10)**

OA Basics

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Introduction to the Twelve Steps:

We of Overeaters Anonymous have found in this Fellowship a way to recover from the disease of compulsive overeating. After years of guilt over repeated failures to control our eating and our weight, we now have a solution that works. Our solution is a program of recovery – a program of twelve simple steps. By following these steps, thousands of compulsive overeaters have stopped eating compulsively.

In OA we have no program of diets and exercise, no scales, no magic pills. What we do have to offer is far greater than any of these things – a Fellowship in which we find and share the healing power of love.

(From The Twelve Steps and Twelve Traditions of Overeaters Anonymous)

Step 4:
Made a searching and fearless moral inventory of ourselves.

Tradition 4:
Each group should be autonomous except in matters affecting other groups or OA as a whole.

Concept 4:
The right of participation ensures equality of opportunity for all in the decision-making process.

Members Share

Concept Three: *Trust*

When I was still a very newcomer, I had the privilege of attending my first World Service Convention (in 2007). While there, I discovered the Concepts of Service. When I returned home from Philadelphia, very few people in my groups were aware of the Concepts. My Saturday morning home group thought it was a wonderful idea to begin to look at them so we now read a Concept each month at the start of our business meeting. As with all other literature, I find practical implications in the Concepts for my life.

The Concept that stood out to me this time is **Concept Three: *Trust - The right of decision, based on trust, makes effective leadership possible.*** Wow! There was a time in my life when I lied, cheated, and stole to get what I want. I would tell you one thing and then do another. I was not honest, not dependable and was not to be trusted. As I began to mature, some of my ways changed yet I would not have called myself trustworthy because I knew what I did when others were not around. I engaged in a lot of behaviors in the dark which caused me great shame.

I came into recovery at the age of 34 and very quickly was gifted with Abstinence. Through working the Steps with a loving sponsor, I got honest with God and with myself. I began to practice honesty and integrity. Over time, I came to trust my Higher Power and slowly began to learn how to trust myself. Today I am responsible for myself, my words and actions. I have been given several opportunities to serve as a trusted servant: I serve as the Region 8 Publication Committee Chair and was chosen to represent my intergroup, Triangle IG, as a delegate at the World Service Business Conference. Concept Three gives me the right to make decisions in each of these roles because I am trusted to act and lead responsibly. Living the principles embodied in the Steps, Traditions and Concepts and God's grace have made showing up responsibly possible!

Joyfully Abstinent, Recovered &
Emotionally Sober by the Grace of God

Atiya ♥ Raleigh, NC, U.S.A.

(reprinted from SOAR 8 Spring 2010
Newsletter)

GRATITUDE

"Pleasure is stimulating; happiness is peaceful. Do not confuse the two." Pleasure can become an addiction that will never be satisfied. We are then led into despair and self-destruction. I choose, to-day, to strive for a peaceful, serene happiness that grows within me. It will radiate to those in my life and will create joy. My abstinence and my OA way of life bring me to a happier sense of self. My abstinence continues to strengthen me each day and increases my gratitude.

Thank you, Higher Power and my OA Fellowship for my wonderful recovery. You have blessed me with abstinence, willingness and "wantingness." You have given me joy, peace and serenity. You have comforted me, strengthened me, given me self-confidence and self-esteem. You have done for me what I was never able to do for myself. Help me to remember it is all about the love and guidance from above and my OA fellows. My heart overflows with gratitude!

Ellie
Tampa

(reprinted from SOAR 8 Spring 2010
Newsletter)

The OA Promise

*I put my hand in yours,
and together we can do
what we could never do
alone. No longer is there a
sense of hopelessness, no
longer must we each
depend upon our own
unsteady willpower. We
are all together now,
reaching out our hands for
power and strength
greater than ours, and as
we join hands, we find
love and understanding
beyond our wildest
dreams.*

Daily Meditation

*"We are moving beyond
the food and the
emotional havoc to a
fuller living experience."*

(p. 44) OA Twelve and
Twelve

Members Share

Been Slippin' and Slidin'? A Reading and Writing Tool

The following 30 questions are for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding." The questions are also recommended for those in relapse who want to recommit to their OA program.

The OA literature referenced for the writing is available from OA's World Service Office. It includes *The Twelve Steps and Twelve Traditions of Overeaters Anonymous (OA 12 & 12)*, *Overeaters Anonymous, Second Edition (OAll)*, the Overeaters Anonymous daily meditation book *For Today* and the OA pamphlets *The Tools of Recovery* and *A Plan of Eating*.

Read the suggested material(s), then reflect and write on the accompanying idea or question:

Continued from last month....

(20) In *OAll* read the story, "Abstinence, Not Perfection," starting on page 47 with "Things are now immensely better with my family" . . . through "Things steadily changed," on page 48. In what ways am I willing to believe that I must change or I will not recover?

(21) Read the story, "The Atheist Who Made a Zif," in *OAll*, then read Step Two in *For Today*. Willingness to pray is open-mindedness to the experiment of praying, rather than a conviction that prayer will "work." How do I gain the needed willingness to pray for the willingness to work the OA program? When I have trouble being willing to pray, how can I not worry about whether I "really mean it" and have patience with myself and my practice of the program?

(22) Read Step Two in the *OA 12&12*, paying special attention to the paragraph that starts near the bottom of page 14 and continues to the top of page 15, ending with "which could restore us to sanity." Am I willing to believe in a Higher Power that would give me the comfort and security I am seeking when I turn to food? How do I cultivate an effective relationship with such a Higher Power?

(23) Read pages 60-61 of the story "It's Elementary" in *OAll*. How can I recognize when my intuition and my Higher Power are giving me messages? In what ways can I "listen" to those messages by writing about them and applying them in my new way of life?

(24) Read Step Three in the *OA 12&12*. What are my Higher Power's intentions for me regarding food and the other aspects of my life? How can I bring my will into line with my Higher Power's will?

(25) Read "Saying Yes to Life," which starts on page 101 of *OAll*, and January 31st in *For Today*. How will I commit myself to the life that my Higher Power is giving me and to practice the tools and work the Steps of Overeaters Anonymous?

(26) Read the July 22nd entry in *For Today* and read the first three paragraphs of Step Ten in the *OA 12&12*. How do I feel about the idea that freedom from food obsession is contingent upon the daily practice (repetition, repetition, repetition without exception) of surrender to "whatever it takes"?

(27) Do I agree that spiritual dependence is the only means of escaping from the destruction of compulsive eating? What is called for in this question is moving into Step Three. Read the story "Alive and Well and Living in the Real World" in *OAll*, and then read the first two paragraphs of Step Three in the *OA 12&12*. Am I ready to agree? Let me write down where I am, honestly, with Steps One, Two and Three.

To Be Continued....Next Month

World Service Office

OA PODCASTS

Have you listened to an OA podcast yet? Go to: <http://www.oa.org/podcast/> to hear experience, strength and hope from fellow OA members in recovery. The podcasts can also be downloaded for your convenience.

OTHER LANGUAGE LINKS

Many OA meetings take place in non-English speaking countries. To find information about OA in your language, go to <http://www.oa.org/languages.php>

Find a Telephone or Online Meeting

Overeaters Anonymous has approximately **6,500 meetings** in over **75 countries**. Use the search options below to find an online or telephone meeting. Looking for a face-to-face meeting instead?

All telephone and online meetings take place in "real time" and must be fully interactive. To be registered with the WSO, they must fulfill the definition of an OA group, which means they meet to practice the Twelve Steps and Traditions of OA, welcome all who have the desire to stop eating compulsively, do not require members to practice any actions to remain a member or to share at a meeting, and as a group they have no affiliation other than OA.

Go to <http://www.oa.org/meetings/find-a-meeting-online.php> for more information on these meeting alternatives.



ASK-IT BASKET

Q: Is the compulsive or addictive consumption of caffeine beverages an OA issue? Or, is it an outside issue because its not food?

A: Tradition six cautions each OA group to stick to the primary purpose exclusively, no matter how many outside enterprises may interest us as individuals. (Twelve Steps & Twelve Traditions of Overeaters Anonymous p153).

Tradition 5 is to "carry its message to the compulsive overeater who still suffers... offering a spiritual program which has brought recovery... a sane way of eating and living" (p145) through the steps and traditions.

However, when I practice these principles in all my affairs, I look at all the addiction(s) in my life and become willing to let my higher power handle all the addictions I find myself challenged by.

— *Connie H. Region 4 Trustee*

— *Members of the Board of Trustees provide answers to these questions*

Upcoming Events

May Toolbox Article Ideas:

Read Tradition 4

How are you autonomous in your life?



Middle Tennessee Intergroup of Nashville, TN Presents: 2010 OA Spring Retreat

May 14-16, 2010

Dubose Conference Center
Monteagle, Tennessee

NEWCOMERS WELCOME

Flyers for these retreats can be viewed and downloaded from the OA Region 8 website:

www.oaregion8.org

Calendar

SATURDAY
April 17, 2010

Super Saturday
OA Office
10:30 am - 12pm

Speakers/Sharing

SATURDAY
April 24, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Questions & Answers

SATURDAY
May 1, 2010

Recovery From Relapse
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
May 8, 2010

Intergroup Meeting
OA Office
10:30 am - 12pm

All Are Welcome