

What's Happening

Do you want to share in the Toolbox?

Please submit your experience, strength and hope, keeping the focus on the OA solution.

Please email articles to ameh66@yahoo.com

Look inside for article ideas.



CHECK OUT OUR UPDATED WEBSITE! www.atlantaoa.org

NEXT CENTRAL ATLANTA OA INTERGROUP MEETING: September 11th (second Saturday) at 10:30 a.m. at the OA Office

NEW COLUMN IN THE TOOLBOX: Central Atlanta OA Intergroup News – see page 3

ANNUAL OA RETREAT (sponsored by Kennesaw, GA meeting)
October 1-3, 2010 (see page 5 for details)

MEETING UPDATES:

§ The Tuesday 1:00 PM meeting in Norcross/Peachtree Corners has changed to Monday at 11:45. Contact Bridgett at 404-202-7600 for more details

OA Basics

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 8:
Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8:
Overeaters Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8:
The Board of Trustees has delegated to its Executive Committee the responsibility to administer the OA World Service Office.

LOOK INSIDE

What's Happening	1
OA Basics	1
Members Share	2
Central Atlanta OA	3
World Service Office	4
Calendar	5

Members Share

QUOTES & SLOGANS



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.

When I start wondering if everything's okay, it's probably not.
Abstinence is a Journey, not a Destination
If God seems far away, Who moved
AA = Altered Attitudes
We are only as sick as our Secrets
Identify don't Compare
Be part of the Solution, Not the Problem
Sponsors: Have one – Use one – Be one
Willingness is the Key
Jumping to conclusions is not an aerobic activity
Don't quit 5 Minutes before the Miracle Happens
Practice an Attitude of Gratitude
You are not Alone
When all else fails Follow Directions
Change is a Process, Not an Event
The Price for serenity and sanity is Self-sacrifice
Anger is but one letter away from DANGER
Bring the body and the Mind will follow
Accept your Admission
FEAR is the darkroom where Negatives are Developed
Backsliding begins when knee-bending stops
If I think, I won't binge. If I binge, I can't think
Bend your knees before you bend your elbow
The First Step in overcoming mistakes is to ADMIT THEM
Formula for Failure: Try to please everyone
When your head begins to swell your mind stops growing
You received without cost, now give without charge
There is no cooking solution to a spiritual problem
We're responsible for the effort not the outcome
We in OA don't carry the compulsive overeater; We carry the Message. The results are in God's hands

When we get to the place where there's nothing left but God, we find that God is enough
How to give God a laugh, Tell her your plans.
I'm perfectly imperfect
Easy does it.
Live and let live.
But for the grace of God.
Think think think.
One day at time.
Let go and let God.
Act as if.
This, too, shall pass.
Expect miracles.
I can't, He can, I think I'll let Him (Steps 1,2,3).
If it works, don't fix it.
Keep coming back, it works if you work it.
Keep on trudging.
Faith without works is dead.
Poor me, poor me, pour me another drink. Forget the drink, I'll take the a dozen doughnuts.
To thine own self be true.
I came; I came to; I came to believe (Steps 1,2,3).
Live in the NOW.

Reprinted from www.oaregion8.org



Hello OA family!

We are excited to have a column in the Toolbox which will provide readers with a brief update of Central Atlanta Intergroup news and upcoming events.

Sander B, intergroup secretary and Erica W, intergroup co-chair recently traveled to New Orleans, Louisiana to attend the Southeast Overeaters Anonymous Region 8 Business Assembly and Recovery Convention. A lot of business was accomplished while having fellowship and fun in the Big Easy! Central Atlanta Intergroup recently updated the by-laws. These new by-laws are very important as they serve as a guide to help intergroup define its purpose and structure.

There are many open service positions within Central Atlanta Intergroup. Trusted servants are needed for the positions of Co-Chair and Financial Secretary/Treasurer. Candidates for Co-Chair and Financial Secretary/Treasurer are members of the Central Atlanta Intergroup Board and, as such, must be working the 12 steps, Traditions, and Concepts to the best of their ability, have at least a year in the fellowship, three months of current abstinence, and at least three months of service at the Intergroup level.

Volunteers are needed to serve as Parliamentarian and Designated Downloader for the Intergroup. This is an excellent opportunity to perform OA service beyond the group level. No experience is required – only a commitment to help carry the message of recovery. Please let your Intergroup Rep know of your interest or email the Intergroup Secretary at bellman@bellsouth.net. The Parliamentarian is either familiar or will become familiar with Roberts Rules of Order and will provide counsel to the Board regarding parliamentary procedures. The Designated Downloader will run off the meeting lists for the office. Additionally, the Designated Downloader will download quarterly newsletters, flyers and other materials from OA websites (Step Ahead, etc.) to post on the office bulletin board.

We encourage all OA members to join us and say yes life. There is no better practice for life than sitting in a meeting with fellow OA members who share a common spiritual problem and spiritual solution. Participating as trusted servants within Central Atlanta Intergroup has allowed us the invaluable spiritual lessons of love, tolerance, acceptance, and surrender. We have seen these assets of character flow over into our relationships with family, friends, and co-workers. Saying yes to service has allowed us to say yes to life- a life full of love, joy, and happiness beyond our wildest dreams.

Diane B & Erica W, Central Atlanta Intergroup Co-Chairs

THANK YOU TO OUR 2010 CONVENTION CO-CHAIRS

"People who have developed the art of living are sweetly loving and deeply sensitive while maintaining their independence. They are as respectful of their own values and opinions as those of others."

For Today p.15

Dearest Allison & Cindy,

Central Atlanta Overeaters Anonymous Intergroup would like to express our deep gratitude and appreciation for your service as co-chairs of the June 2010 Convention. You truly said "yes to life" as you accepted this great responsibility. As we look back on the convention, we can only smile because on Saturday, June 19th the message of hope and recovery was alive in Atlanta. We joined together as one big happy OA family. We were reminded that no matter what life brings, there is a 12 step solution and enough love from our Higher Power and the Fellowship to see us through it all. This was possible because you led us with so much kindness, sensitivity, trust, and mutual respect. Again we say thank you for being such wonderful trusted servants.

Sincerely,
Central Atlanta Overeaters Anonymous Intergroup

World Service Office

Now In Stock! Newly Revised Conference-Approved Literature

Four OA Conference-approved pamphlets have been reprinted to reflect the changes approved by delegates at the World Service Business Conference 2010. These pamphlets can be ordered at bookstore.aa.org or by calling 505-891-2664. Two additional pamphlets (Questions and Answers and Tools of Recovery) will be revised and reprinted by the end of the year.

Sponsoring Through the Twelve Steps (formerly *A Guide to the Twelve Steps for You and Your Sponsor*)
Rewritten and Expanded! Offers experience, strength and hope for sponsors who are guiding their sponsees through the Twelve Steps. Includes recommended readings and thought-provoking questions. #220/\$.75 plus shipping*

To the Family of the Compulsive Eater
Revised and Updated! Offers understanding and advice for families trying to support a loved one. Describes the disease of compulsive overeating and changes in behavior or relationships that family members might experience. #240/\$.25 plus shipping*

To the Teen
Expanded and Rewritten! Recovery stories by teenage OA members cover a broad range of disease manifestations, including anorexia, bulimia and compulsive overeating. Revised questionnaire to help teens decide if they have a problem with food. #280/\$.60 plus shipping*

Welcome Back
Rewritten and Updated! Offers inspiration and guidance for those who are recovering from relapse. Covers topics of "Fear and Denial," "Powerlessness vs. Responsibility" and "The Myth of Perfection." #190/\$.20 plus shipping*

*US Shipping: for orders up to .99; 20% for orders to .99; 17% for orders to .99; 12% for 0 and up. Email to info@aa.org for shipping charges outside US.

OA FAQs

How does OA define abstinence and recovery?

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows:

Abstinence in Overeaters Anonymous is the action of refraining from compulsive eating and compulsive food behaviors.

Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program.

What is the difference between an open group and a closed group?

The following policy statement defining open and closed groups was adopted at WSBC 1982 and revised in 1989:

- Open group is a group which is open to anyone.
- Closed group is a group that is open to anyone with a desire to stop eating compulsively, or anyone who thinks they may have a problem with compulsive overeating.

I'm anorexic/bulimic. Will OA help me?

OA welcomes anyone who has the desire to stop eating compulsively. Many compulsive overeaters have had periods of bulimia and/or anorexia as a part of the disease of compulsive overeating. Find out more about [Who belongs to OA?](#) Purchase the [Focus on Anorexia and Bulimia Packet](#) or [OA Members Come in All Sizes](#).

I'm a teen. Will OA help me?

Some locations offer special meetings for young people. However, most young members of OA attend regular OA meetings. Find out more at the [Youth in OA](#) page.

— Reprinted from the *Frequently Asked Questions* page of www.overeatersanonymous.org

Upcoming Events

September Toolbox Article Ideas:

How does OA help you
with back-to-school
challenges?



North Florida Overeaters Anonymous Presents Finding The Treasure OA Convention

Featuring BACK TO BASICS

September 23 – 26, 2010

AMELIA HOTEL at The beach
1997 S Fletcher Ave.
Amelia Island FL 32034

ANNUAL OA RETREAT (sponsored by Kennesaw, GA meeting)

October 1-3, 2010

Blessed Trinity Shrine Retreat Center (Fort Mitchell, AL)
\$140/person (includes 5 abstinent meals and private room
with single bed)

Info: contact Debbie K. (781)223-8823
(see flyer at www.atlantaoa.org)

'Celebrating 50 Years of Recovery with the Slogans' Fall Retreat

October 8-10, 2010

Camp Harrison at Herring Ridge, Boomer, North Carolina
28606

Please visit www.campharrison.org for camp details.

For additional information contact: retreat@triangleoa.org

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

www.oaregion8.org

Calendar

SATURDAY
September 11, 2010

Intergroup Meeting
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
September 18, 2010

Super Saturday
OA Office
10:30 am - 12pm

Speakers/Sharing

SATURDAY
September 25, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY
October 2, 2010

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

All Are Welcome