

## What's Happening

### HOPE FOR THE HOLIDAYS

#### A Series of Workshops Designed to Support Your Recovery During the Holiday Season

##### RECOVERY FROM RELAPSE,

Saturday, Dec. 4<sup>th</sup>, 10:30 to Noon

Workshop focusing on abstinence and spiritual recovery during the holidays

- o Hear speakers share their experience, strength, & hope
- o Working the 12 Steps: "It Works, It Really Does!"

##### SUPER SATURDAY, Dec. 18<sup>th</sup>, 10:30 to Noon

STRENGTHEN YOUR HOLIDAY "PLAN OF ACTION"

Workshop focusing on Step 12

- v Hear speakers share their experience, strength & hope
- v "We don't just carry the message. We are the message."

##### NEWCOMER'S ENCOUNTER

Saturday Dec. 25<sup>th</sup>, 10:30 to Noon

- v Hear speakers share their experience, strength, & hope
- v "Join Us: Say Yes to Life!"

##### Recovery from Relapse, Saturday, January 1<sup>st</sup>

- o Hear speakers share their experience, strength, & hope
- o "New Year: New Beginnings in Recovery."

Where: Central Atlanta OA Office, 1935 Cliff Valley Way, Suite 110, 30329

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](mailto:ameh66@yahoo.com)

Look inside for article ideas.



## 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.

Step 12:  
Having had a spiritual awakening as the result of these Steps, we tried to carry this message to

compulsive overeaters and to practice these principles in all our affairs.

Tradition 12:  
Anonymity is the spiritual foundation of all these Traditions, ever reminding us to place principles before personalities.

Concept 12:  
The spiritual foundation for OA service ensures that:  
(a) no OA committee or service body shall ever become the seat of perilous wealth or power;  
(b) sufficient operating funds, plus an ample reserve, shall be OA's prudent financial principle;

(c) no OA member shall ever be placed in a position of unqualified authority;  
(d) all important decisions shall be reached by discussion, vote and, whenever possible, by substantial unanimity;  
(e) no service action shall ever be personally punitive or an incitement to public controversy; and  
(f) no OA service committee or service board shall ever perform acts of government, and each shall always remain democratic in thought and action

### LOOK INSIDE

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

## Members Share

### *Reaching Out to OA Men*

#### **OA Responsibility Pledge**

*Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.*

#### **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.*

A big thank you to OA for helping me with my eating problems! I was a scared, lonely and confused young guy before I walked into my first meeting about five years ago. I have been in and out of OA over the years; I am gradually breaking free of my food obsession. And being the only male in the room frightened me also, guys!

The feeling I get from abstinence far outweighs the taste of candy bars nowadays. I don't want to go back to that dark and lonely world of binge eating. I thank OA and God for this.

I have learned that if you do what it says in the Big Book, "ask and you will get." It has worked for me because most of my fears are gone. I am not 100 percent cured, but I am a million miles away from the pathetic and selfish serial dieter I was before OA. I can let it all go now because I don't have to run anymore. I am not sure what I let go, and I still can't put my finger on what I was running from. But something has changed inside me for the better, and I hope forever. I would not have gotten this far without OA. Thank you, OA, for saving my life. I'm forever in your debt.

N.L.

Reprinted from Lifeline magazine

**YOUR STORY COULD BE PRINTED HERE  
....PLEASE DO SERVICE AND SHARE...**



### **What is an intergroup (IG)?**

When several groups form in an area, they soon realize that they can better perform certain together rather than separately. So the groups may form an intergroup that is directly responsible to the groups it serves. Intergroups spring from a need to provide service for a number of local groups and better information about OA in a community (adapted from OA Handbook for Members, Groups, Intergroups).

*Typical services provided by an intergroup are:*

- Providing a central telephone number for information about OA and the local meetings
- Publishing regular newsletters or bulletins to keep groups informed about each other and upcoming OA events
- Coordinating speakers, public information and contact with the professional community
- Maintaining a supply of OA literature and OA and AA books
- Sending delegates to regional assemblies and the World Service Business Conference

**The Central Atlanta Intergroup of Overeaters Anonymous meets the second Saturday of every month from 10:30 am to noon at the OA Office. All members are encouraged and welcome to attend intergroup meetings.**



## World Service Office

### Important Dates

#### December 12 — Twelfth-Step-Within Day

Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors.

#### January 16 — OA's Birthday (third Saturday of January)

### Spiritual Principles in the Twelve Traditions

A spiritual principle is associated with each of the Twelve Traditions.

The Principles in the Twelve Traditions (as listed in the *Service, Traditions and Concepts Workshop Manual*)

Tradition One: Unity  
Tradition Two: Trust  
Tradition Three: Identity  
Tradition Four: Autonomy  
Tradition Five: Purpose  
Tradition Six: Solidarity  
Tradition Seven: Responsibility  
Tradition Eight: Fellowship  
Tradition Nine: Structure  
Tradition Ten: Neutrality  
Tradition Eleven: Anonymity  
Tradition Twelve: Spirituality

### E-Books Now Available!

Three popular OA publications are now available electronically: The Twelve Steps and Twelve Traditions of Overeaters Anonymous, The Twelve-Step Workbook of Overeaters Anonymous, and The Fourth-Step Inventory Guide.

Check them out by going to [bookstore.aa.org](http://bookstore.aa.org) and selecting the category "E-Books."

### WSBC Delegates Adopt Motion to Create Ninth Tool

The delegates at OA's World Service Business Conference 2010 adopted a motion that created a ninth tool called "Action Plan." The Conference Literature Committee is working on a definition that will be presented for adoption to WSBC 2011. Until that time, OA members are free to interpret "Action Plan" as they wish.

In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we

have found a number of tools to assist us. We use these tools regularly to help us achieve and maintain abstinence and recover from our disease.

A Plan of Eating  
Sponsorship  
Meetings  
Telephone  
Writing  
Literature  
Anonymity  
Service  
Action Plan

In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is "Abstinence 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." Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

### Ask-It Basket

**Q:** A member of our OA group who has years of recovery in OA and in another Twelve-Step program wants our meeting to include this question from her other fellowship: "Whoever is abstinent today, raise your hand." She believes it might motivate struggling members to stay abstinent so they can raise their hands. We have discussed this at length in our group conscience meetings, asked the question for a couple of months, left it out for a month and then voted to leave it out. Some members object to the question because they believe it is shaming for those who can't raise their hands. I feel the question is an invasion of my privacy. We cannot find a Tradition that helps us figure this out. What does the Board think of this?

**A:** The Traditions do not speak to the specific issue your group has considered. However, because all who have a desire to stop eating compulsively are welcome in OA, what might be an appropriate practice for another Twelve-Step group could make OA members feel unwelcome in an OA meeting.

Tradition Four offers OA groups the freedom to find their own way and learn from their own experiences. Your group conscience has made effective use of this Tradition by trying the practice for a while and reconsidering it at a group conscience before voting against it. The group conscience has spoken on this issue and should be followed in the spirit of unity.

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

# Upcoming Events

## January Toolbox Article Ideas:

How do you live one day at a time while others are making New Year's resolutions?



## ***New Beginnings in Recovery***

Overeaters Anonymous Workshop

Sponsored by Central Atlanta Intergroup  
**Saturday, January 15, 2011 10:00 – 5:00 pm**

Brookhaven Christian Church (4500 Peachtree Rd. Atlanta, GA 30319)

Located across the street from Brookhaven MARTA station

Interactive workshop presented by OA Region 8 Trustee Abstinent since 1993 & maintaining a 100 lb. weight loss

TOPIC: Releasing the emotional, mental, and physical weight

Cost: \$20 Includes lunch choice of a salad or sandwich, apple, bottled water

Registration deadline is January 1, 2011; On-site registration is available for \$20 with no lunch included

See flyer at <http://www.atlantaoa.org/>

## Calendar

SATURDAY  
December 4, 2010

Recovery from Relapse  
Workshop  
OA Office  
10:30 am - 12pm  
Two Speakers/Ask questions

SATURDAY  
December 11, 2010

Intergroup Meeting  
OA Office  
10:30 am - 12pm  
All Are Welcome

SATURDAY  
December 18, 2010

Super Saturday  
OA Office  
10:30 am - 12pm  
Speakers/Sharing

SATURDAY  
December 25, 2010

Newcomers Workshop  
OA Office  
10:30 am - 12pm  
Two Speakers/Ask questions