



What's Happening

FEBRUARY 27, 11:30 a.m. PST — Unity Day

This day recognizes the strength of the Fellowship worldwide. On the last Saturday in February, at 11:30 a.m. pacific standard time, OA members pause to reaffirm the strength inherent in OA's unity

CENTRAL ATLANTA OA INTERGROUP MISSION:

Overeaters Anonymous © is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively!

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and to carry this message of recovery to those who still suffer.

HAVE YOU TRIED A PHONE MEETING LATELY?

If you are in need of a meeting, try a phone meeting. Phone meetings provide an opportunity to focus on the solution, rather than the problem. These meetings are simple to attend and available during many times of day and night.

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 2:
Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2:

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2:

The OA groups have delegated to the World Service Business Conference the active maintenance of our world services; thus, the World Service Business Conference is the voice, authority and effective conscience of OA as a whole.

Members Share

Outgoing but Wary

I often pray without meditating. With my sponsor's continual strong suggestion, I am slowly developing a relationship with my Higher Power. Personal integrity, honesty, trust and communication are the foundation of solid relationships. Until recently, my relationship with my Higher Power lacked these qualities. Although I am outgoing, I do not trust easily.

I pray for the willingness to seek and rely upon my Higher Power's will. Now I ask what is the next right thing for me to do, rather than rely upon the first thought that forms in my brain. I pray for the willingness to be uncomfortable until Higher Power can comfort me. This is my standard prayer for pain. I pray to be of service to OA without distracting me from my primary purpose: to be abstinent. I have earned my seat in these rooms. I can't ever forget I am powerless over food and I am a compulsive overeater.
— Dena W., Coopersburg, Pennsylvania

Reprinted from [Lifeline](#) magazine

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

*"The (OA) solution is so
much more kind to me
than the disease ever
was."*

(p. 361)" Voices of
Recovery

Your Story Could Be Printed Here

Please Write In J



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....

6) Read all three appendices A, B and C of *OAll*. Discuss the idea that "my main problem as a compulsive eater is in my mind rather than in my body."

7) The May 26th entry in *For Today* refers to "distorted ideas." Researching the "before" thinking in the *OAll* stories might help me identify some of my own distorted ideas. What were my thoughts before I indulged in that first compulsive bite?

8) Read pages 23–27 of Step Three in the *OA 12 & 12*; also read the January 12th entry in *ForToday* for one illustration of thinking that can lead to eating. What sort of thinking is it when I think I can take just one bite?

9) The April 18th entry in *For Today* starts with the problem of denial, described in different words. The May 22nd entry gets very pointed on the subject of denial. The January 21st selection gives the OA perspective that works in place of denial. Did denial play a part in my relapse? In what way?

10) Read "Our Invitation to You" in *OAll*. Is this an unconditional or conditional guarantee? Am I willing to remember and depend on the Overeaters Anonymous statement that there is a proven, workable method by which we can arrest our illness?

11) Read two paragraphs in Step 10 of the *OA 12 & 12*, pages 84–85, starting with "In step four, for instance, we . . .", through the paragraph ending, ". . . through our practice of Step Ten." Which of the following signs of relapse have I noticed in myself? As I read stories in *OAll*, let me make notes of which stories apply to the items I have checked in this list.

- | | |
|--|---|
| <input type="checkbox"/> "It can't happen to me" | <input type="checkbox"/> Forgetting gratitude |
| <input type="checkbox"/> Argumentative | <input type="checkbox"/> Frustration |
| <input type="checkbox"/> Cockiness | <input type="checkbox"/> Grief |
| <input type="checkbox"/> Complacency | <input type="checkbox"/> Impatience |
| <input type="checkbox"/> Defiance | <input type="checkbox"/> Letting up on discipline |
| <input type="checkbox"/> Denial | <input type="checkbox"/> Self-pity |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Use of mood-altering chemicals |
| <input type="checkbox"/> Dishonesty | <input type="checkbox"/> Wanting too much |
| <input type="checkbox"/> Eating my binge foods | <input type="checkbox"/> Expecting too much of others |
| <input type="checkbox"/> Exhaustion | |

To Be Continued....Next Month

World Service Office

NEWS FROM WSO

World Service 2010 Business Conference

Theme: "Half a Century = One World of Growth"

Dates: April 26 — May 1, 2010

Location: Hotel Albuquerque at Old Town
800 Rio Grande Blvd. NW
Albuquerque, NM USA 87104

Phone: 505-843-6300 or 1-800-237-2133

Hotel rates: 125 USD per night for single/double occupancy plus 16.09 tax (tax rate is subject to change). Total: 141.09 USD per night. Reservation deadline is **April 2, 2010**.

If you would like a roommate for Conference, you may contact the WSO at 505-891-2664 or by [email](#). Please provide your name, address, phone number and email so you can be added to the Roommate List. Also, please indicate that you need a roommate for WSBC 2010.

Outreach Project 2010

The World Service Business Conference Professional Outreach Committee is asking all service bodies to give service by reaching out to as many medical and mental-health-care professionals as possible in 2010.

The committee has put together some suggestions and templates for your use in the coming year. We encourage you to download these materials at www.aa.org/services-for-members/service-body.php#outreach and distribute them to your groups.

Thank you for your service of extending the hand and heart of OA to compulsive eaters seeking care throughout our medical community.

ASK-IT BASKET

Q: Why is it important for OA groups to follow the Traditions?

A: It is important because the Traditions are the glue that holds us together. The Traditions were not just created to sound good. They address the following issues that allow Overeaters Anonymous to exist and work:

- Unity is critical to recovery.
- We rely on a Higher Power; we have trusted servants, not governors.
- We cannot exclude anyone who has the desire to stop eating compulsively.
- We have autonomy, but we must consider the greater good.
- The only thing we can do is carry the message of recovery from compulsive eating to those who suffer; we cannot solve other problems.
- We have only one purpose: recovery from compulsive eating.
- We must pay our own way in time, energy and money and not depend on others.
- We are not experts on anything but our own experience.
- We need service boards, but they must not direct; rather they must follow the dictates of the group conscience.
- We avoid controversy by not attaching ourselves to other causes.
- If we are not an attraction, nothing we say and no degree of promotion will serve the compulsive eater.
- No individual is an OA spokesperson. We are about spirituality.

"Developed through long and sometimes painful experience, the Twelve Traditions embody the same principles for living as do the Twelve Steps" ([The Twelve Steps and Twelve Traditions of Overeaters Anonymous](#), p. 108). The Traditions are the principles of group recovery.

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

Upcoming Events

March Toolbox Article Ideas:

**Read "A Guide to The
Twelve Steps for You and
Your Sponsor"**

Share you Experience,
Strength and Hope
regarding sponsorship.

**THE FLORIDA STATE CONVENTION
20TH ANNIVERSARY
TOGETHER WE CAN
SURRENDER TO WIN IN 2010**

February 26-28, 2010

Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave
Cocoa Beach, FL 32931
1 800 445-8667 (reservations only)

GREATER MEMPHIS AREA INTERGROUP PRESENTS:

"WALKING IN MEMPHIS: 12 STEPPING AWAY THE BLUES"

SOAR 8 RECOVERY CONVENTION & BUSINESS ASSEMBLY

March 19 – 21, 2010

Holiday Inn Select
5795 Poplar @ I-240,
Memphis, Tennessee 38119

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

www.oaregion8.org

Calendar

SATURDAY
February 20, 2010

Super Saturday
OA Office
10:30 am - 12pm

Speakers / Sharing

SATURDAY
February 27, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Questions & Answers

SATURDAY
March 6, 2010

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

Speakers / Sharing

SATURDAY
March 13, 2010

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

All Are Welcome