



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

LOOK INSIDE

| | |
|----------------------|---|
| What's Happening | 1 |
| OA Basics | 1 |
| Members Share | 2 |
| World Service Office | 4 |
| Upcoming Events | 5 |
| Calendar | 5 |

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 1:

We admitted we were powerless over food — that our lives had become unmanageable.

Tradition 1:

Our common welfare should come first; personal recovery depends upon OA unity.

Concept 1:

The ultimate responsibility and authority for OA world services reside in the collective conscience of our whole Fellowship.



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

*Don't forget that when the
heart is heavy and
resistance is low, and the
mind is troubled and
confused, there is much
comfort in a true and
understanding friend
standing by. You have
that friend in Overeaters
Anonymous.*

Before You Take
That First
Compulsive Bite,
Remember...

Members Share

Tough Times, True Friends

Sitting here at my window, I am looking out at the snow piled up outside. I have been confined to my house for the past month because of major surgery. I have been in the OA Fellowship for four years, and only because of OA am I able to survive all of the trauma that has happened to me.

For the past 37 years, I have had a major affliction because of obesity. It has caused poor circulation, leg swelling, pain and an inability to walk. Since I joined OA, I have lost 110 pounds, and through the grace of my Higher Power, I have kept it off! All previous attempts to lose weight and maintain the loss have failed.

While I was in the hospital, I received my copy of Lifeline. The stories I have read in it each month have given me hope and inspiration that there is a new way of living, only if I am willing to accept that I am a compulsive overeater with a killing disease as fatal as the cancer I had in 1986. I had to exercise my faith and trust that my Higher Power was doing for me what I could not do for myself. I have always been a caretaker, and it was humbling for me to let other people take care of me. I couldn't get to a meeting, but the meetings came to me through the telephone and cards from my OA family.

I survive in this Fellowship by doing a lot of service. I am board chairperson for our intergroup and serve on local, regional and world service committees. I sometimes overdose on service; it's the food for me that I no longer put in my mouth. I can never give back what has been given to me so freely. When I think of all the still-suffering compulsive overeaters out there, I want to be like the little "Energizer Bunny" and keep going and going to spread the word.

I have accepted that this is where I am supposed to be right now and that this too shall pass. I want it now, but I know that it will be in God's time. All I have to do is practice these principles in all my affairs, work the Steps and Traditions to the best of my ability, and use the tools. Who knows what I will live to tell my 10th great-grandchild. I hope my story will help someone who is struggling, as I am now. The snow is beautiful! And it's great to be alive!

Reprinted from [Lifeline](#) magazine

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:

1) Read the story "Abstinence, not Perfection" in the *OAll* and pages 19–22 in Step Three in the *OA 12 & 12*. What does "abstinence" mean to me?

2) Read Step Two in the *OA 12 & 12*, especially pages 9–11. How did I know that my eating was out of control?

3) Do I have a devastating disease that leads me to return to food for comfort? If so, how much pain does this cause me? Could my disease kill me? How? Some readings in our OA literature that might help on this question are:

- In the *OA 12 & 12*, pages 10–11, especially the paragraph starting at the bottom of page 10 with "Those of us who were overweight . . ." and ending on page 11 with "Some of us tried it."
- In *OAll*, in the story "Abstinence, Not Perfection," starting near the bottom of page 44 with "Then one day my wife called me at work . . ." through the next paragraph ending on p. 45 with ". . . a lesson in purity through exercise and starvation."
- In *OAll*, in the story "It Gets Better, I Promise," especially from "I was certainly unhappy . . ." near the bottom of page 79 through "I knew I was dying" on page 80.
- The story, "Sink the Lollipop!" found in *OAll*.

4) Read "He Never Let a Hot Doughnut Get Cold" in *OAll*, with special attention to the paragraph at the top of page 33. What made the difference that brought the author to renewed abstinence? Do I have the needed willingness to accept that this program may be more difficult once my previous abstinence has eluded me?

5) The paragraph starting on the bottom of page 58 of the story "It's Elementary" in *OAll* describes one person's original plan of eating ("My first plan of eating was three binges a day."). The OA pamphlet entitled *A Plan of Eating* is a possible resource for considering an appropriate food plan for continuing in Overeaters Anonymous. Both eating behaviors and specific quantities of each food group are worth considering. What was my food plan in earlier efforts to work the program? What is it now? What changes do I need to make?

To Be Continued...Next Month

World Service Office

NEWS FROM WSO

Podcast Series Expanded

The OA podcast series now features 16 podcasts, including three interviews with Spanishspeaking OA members, a reading of the member-written story "Welcome Home" from the OA book *Lifeline Sampler* and a reading of the pamphlet *To the Man Who Wants to Stop Compulsive Overeating, Welcome*. Podcasts are available at www.oa.org/podcasts/

New Television PSA to Air in 2010

The Board of Trustees has approved a new public service announcement (PSA) for television titled "Many Symptoms, The OA Solution."

Beginning in January, over 600 major television stations in the United States and Canada will receive the PSA. OA will track its airing through June 2010, at which time groups and service bodies who wish to send it to their local stations can purchase it.

It is imperative that groups update their current meeting information so newcomers who see the PSA and search online for meetings are able to get accurate information.

Please check that all meeting information is up to date, including day, time, location and contact information.

To update, go to www.oa.org/pdfs/grpregform.pdf. And be prepared for more newcomers at your meetings!

ASK-IT BASKET

Q: I brought in a poem I received at an OA meeting over 20 years ago. The poem is about your personal belief in HP and the strength you can gain by having such faith. One member shouted the poem was not OA-approved.

When I have gone to conventions and workshops, they gave out anonymous handouts, and they still do. At a meeting, is there anything wrong with reading a poem about a Higher Power, strength, honesty and faith?

A: The Ask-It Basket department of *Lifeline* often receives questions of this nature. Several responses to related questions appear in the Ask-It Basket archives (www.oa.org/pdfs/ask-it_archive.pdf).

A June 1999 entry under the chapter Literature—Non-OA-Approved and Outside Issues points out, "As our 'Twelve and Twelve' states in Step Twelve, 'Also we've found it less confusing to others if we make it a habit when sharing about the program to concentrate on our OA experience, rather than on aspects of our experience not related to OA (p. 102)'" (Ask-It Basket Archives, p.44).

Traditions Six and Ten offer similar guidance. The accepted practices may vary depending on the local group conscience (Tradition Four). Shouting out objections in the middle of an OA member's share does not seem consistent with the following: "Love and tolerance of others is our code" (*Alcoholics Anonymous*, 4th ed., p. 84). If a question arises about an individual's sharing, approaching the member with love after the OA meeting or in a group conscience discussion is best.

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

Upcoming Events

February 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

January 23, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY

January 30, 2010

Open OA Meeting
OA Office
9:00 am

Speakers / Sharing

SATURDAY

February 6, 2010

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

Speakers / Sharing

SATURDAY

February 13, 2010

Intergroup
OA Office
10:30 am - 12pm

All Are Welcome