

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.



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What's Happening

HAPPY NEW YEAR 2011!

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 12, 2011; On-site registration is available for \$20 with no lunch included

Go To: www.atlantaoa.org for registration flyer

For Workshop Schedule, see page 3

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 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.

Members Share

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.

Cracked!

Years ago, my husband and I visited a priest, a friend of a friend, in London, Ontario, Canada. I used the bathroom at his basilica and cracked the toilet seat. How humiliating! I couldn't wait to get out of there.

On another occasion, I had done the same thing at my sister-in-law's house. Although I wasn't in program at the time, I admitted it and paid for a replacement. I prided myself on scrupulous honesty.

Years passed. We moved, and I joined OA. I would drive by the basilica on my way to an OA meeting and think that when the time came, I would have to make amends. One day while driving, I clapped my hands in glee because I remembered our friend had told us the priest had died. However, I realized immediately that I had damaged church property, so I still owed an amends.

The Steps say to make "direct" amends, whenever possible, except when to do so would injure others. One day, rather than making an anonymous donation to the church, I knocked on the rectory door. A priest was in the middle of a counseling session and suggested I make an appointment. I pleaded for a few minutes and rapidly told him that about 10 years earlier, I had used the rectory bathroom and cracked the toilet seat. I handed him an envelope and said, "Here, I hope this is enough money to pay for it," and scurried away.

This was very healing. Practicing an estimable act built my self-esteem.

Reprinted from [Lifeline](#) magazine

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



Hello OA family! Central Atlanta OA Intergroup would like to wish everyone a happy new year. We hope 2011 will be full of all the serenity, joy, and freedom that we each miraculously experience in recovery as we make a daily consistent effort at working the 12 steps and following the guidance of a Higher Power. We are working hard and excited to host a New Beginnings in Recovery Workshop. The workshop will be held on Saturday, January 15th at Brookhaven Christian Church (4500 Peachtree Rd. Atlanta, GA 30319) located across the street from Brookhaven MARTA station. The registration fee is \$20 and lunch is included. However, no one will be turned away due to lack of funds. Our guest speaker will be Gerri H. who currently serves as Region 8 Trustee. She will speak on the topic, releasing the emotional, mental, & physical weight. She has great experience, strength, & hope to share on this topic as she has been abstinent since 1993 & maintaining a 100 lb. weight loss. Please see the registration form attached below for more information. We hope to see all of you there for what promises to be an inspiring and exciting day of recovery!

A new budget has been approved for 2011. Based on the approved budget, Central Atlanta Intergroup determined that contributions from members and groups has decreased significantly. As a result, the decision was made to decrease our funding of newcomer packets, funding to world service and representatives for region business assembly and world service business conference. We strongly encourage everyone to give as if their life depends on it. Every time you give to OA remember the hopelessness you felt at your first meeting and the hope you received when you heard others share that there is a real solution!

Central Atlanta Intergroup Co-Chairs

Sander B & Erica W

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.

New Beginnings in Recovery

Overeaters Anonymous Workshop

Saturday, January 15, 2011 10:00 – 5:00 pm

Workshop Schedule - Topic: Releasing the Mental, Emotional, & Physical Weight

10:00-10:45	Registration & Welcome
10:45-12:15	When the spiritual problem is overcome we release the mental, emotional, & physical weight (Steps 1-3)
12:15-1:15	Lunch & Recovery Skit
1:15-2:45	Discovering the obstacles that prevent release of the mental, emotional, & physical weight (Steps 4-9)
2:45-3:00	Relax & Release (15 minute break)
3:00-4:30	Carrying the message of recovery: the greatest release of mental, emotional, & physical weight (Steps 10, 11, 12)
4:30-5:00	Closing & Announcement of Raffle Winner

World Service Office

Important Dates

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

New To OA? Welcome!

Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.

Unlike other organizations, OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.

Is OA For You?

Are You a Compulsive Overeater?

Welcome to Overeaters Anonymous. This series of questions may help you determine if you are a compulsive eater.

1. Do you eat when you're not hungry?
2. Do you go on eating binges for no apparent reason?
3. Do you have feelings of guilt and remorse after overeating?
4. Do you give too much time and thought to food?
5. Do you look forward with pleasure and anticipation to the time when you can eat alone?
6. Do you plan these secret binges ahead of time?
7. Do you eat sensibly before others and make up for it alone?
8. Is your weight affecting the way you live your life?
9. Have you tried to diet for a week (or longer), only to fall short of your goal?
10. Do you resent others telling you to "use a little willpower" to stop overeating?
11. Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?
12. Do you crave to eat at a definite time, day or night, other than mealtime?
13. Do you eat to escape from worries or trouble?
14. Have you ever been treated for obesity or a food-related condition?
15. Does your eating behavior make you or others unhappy?

Have you answered yes to three or more of these questions? If so, it is probable that you have or are well on your way to having a compulsive eating problem. We have found that the way to arrest this progressive disease is to practice the Twelve-Step recovery program of Overeaters Anonymous. 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 overeating and to carry this message of recovery to those who still suffer.

Is OA for You?

Only you can decide that question. No one else can make this decision for you. We who are now in OA have found a way of life which enables us to live without the need for excess food. We believe that compulsive eating is a progressive illness, one that, like alcoholism and some other illnesses, can be arrested. Remember, there is no shame in admitting you have a problem; the most important thing is to do something about it.

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 and selecting the category "E-Books."

Upcoming Events

*February Toolbox
Article Ideas:*

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

How do you apply the prayer to your recovery?



GIVE 11 in 2011 FUNDRAISER

The Planning Committee is asking each meeting to consider donating \$11 to support the January 15th Recovery Workshop featuring our Region 8 Trustee as the workshop leader.

Each meeting that donates \$11 will have a balloon bouquet personalized with their name at the workshop. It's a great way to show that your meeting is committed to releasing the emotional, mental and physical weight in 2011.

Please make out checks to Central Atlanta Intergroup and send to Diane Riddle, 7065 Chappell Circle, Doraville, GA 30360, 770/899-9564. Please include meeting time and location with check.

Calendar

SATURDAY January 8, 2010	SATURDAY January 15, 2010	SATURDAY January 22, 2010	SATURDAY January 29, 2010
Intergroup Meeting OA Office 10:30 am - 12pm	Super Saturday OA Office 10:30 am - 12pm	Newcomers Workshop OA Office 10:30 am - 12pm	Open OA Meeting OA Office 9:00 am
All Are Welcome	Speakers/Sharing	Two Speakers/Ask questions	All Are Welcome