



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 spagirl66@comcast.net

Look inside for article ideas.

LOOK INSIDE

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

What's Happening

SOAR 8 Recovery Convention / Assembly

IT'S HERE THIS MONTH!

When: July 17-19, 2009
Where: Crowne Plaza Atlanta Airport Hotel

For Registration Form:
http://www.atlantaoa.org/2009flier_Atlanta.pdf

Please join us for this exciting weekend of recovery events. The business assembly will meet and everyone else is welcome to attend the recovery convention.

We are happy to see newcomers and old-timers!

Activities include:
•recovery speakers with decades of abstinence
•workshops

- gently used clothing and book boutique
- prize drawings
- fellowship with people from all over the region

Please announce at meetings that all are welcome to attend planning meetings.

Convention Planning Meetings are on the 2nd and 4th Saturdays of each month at 12:30 pm at Moe's, near the Central Atlanta OA Office.

CALL FOR ARTICLES ABOUT OA TEENS!

A subcommittee of the Board of Trustees' Conference Literature Committee needs articles for a revision of the OA pamphlet *To the Teen*.

We are seeking articles by and/or about teens and young people in OA.

Suggested topics are anorexia, bulimia, exercise bulimia, overeaters, and teens and youth in other countries, but any topic related to the youth experience in OA is welcome.

Submission Deadline:
Monday, July 30, 2009

Length: 500 words
Email to tstuart@oa.org
Please put "To the Teen" in the subject line.

Or Mail To:
World Service Office
Attention: To the Teen
P.O. Box 44020
Rio Rancho, NM 87174-4020

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 7:

Humbly asked Him to remove our shortcomings.

Tradition 7:

Every OA group ought to be fully self-supporting, declining outside contributions.

Concept 7:

The Board of Trustees has legal rights and responsibilities accorded to them by OA Bylaws, Subpart A; the rights and responsibilities of the World Service Business Conference are accorded to it by Tradition and by OA Bylaws, Subpart B.

Members Share

The opinions here are individual and do not reflect OA as a whole:

The Seventh Tradition

The 7th Tradition is one of my favorite topics because my first contact with OA was through the website (oa.org). Where would I be if you all had not given donations to the World Service Office so that the OA website could be created and maintained? I thank each of you for realizing that it is better to spend money to support your own recovery (and that of so many others) than to squander it feeding the disease.

I have a history of overdraft charges (even had a bank account closed down once because of my irresponsible spending). When I came into OA not only was I 240lbs (and climbing), I had \$30,000 in unsecured debt. This was accumulated in a year spent on eating, drinking, traveling, and shopping. I was "living the life" so I thought.

About a year into my recovery, I surrendered my finances to my Higher Power. I was given "steps" to follow as I continued to work the 12 Steps and my finances gradually fell into order. Today I joyfully tithe (a full 10% of my gross income from all sources) and smile when I pay my bills (which I do EARLY). I am even saving money each month. I no longer have to fear looking at my checking account (I used to be terrified) because I am no longer spending what I don't have. I have financial peace (and financial insecurity has slipped away - not because I have more money but because I stopped spending compulsively).

I thank my Higher Power and the 7th Tradition for teaching me financial responsibility. So, when I read the new 7th Tradition pamphlet, I gladly upped my contributions from \$2 to \$3 a meeting. And I will continue to give more because you all were there for me, giving as though your lives depended on it, before I knew that mine did. I am committed to doing my part to support OA so it is here and viable for the next compulsive eater.

Thank you all for your service to OA!

Are you regularly supporting OA with your financial contribution?
Are you spending compulsively?
Have you seen a relationship between abstinence and your spending?
Have you surrendered your finances to your Higher Power?
Are you financially responsible today?

Have a blessed, Abstinent and peaceful day!

Joyfully Abstinent & Recovering by the Grace of God

Atiya 
Raleigh, NC

Your Story Could Be Printed Here

Please Write In J



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

*I may indeed be very busy, but I won't have a life if I don't put my program first.
A New Beginning (p. 14)*



Members Share

**STAYING IN RECOVERY, WITH THE HELP OF 12TH STEP WITHIN
HELPFUL 12 STEP CALENDAR USING THE WELCOME BACK, WE CARE PACKAGE FOR THOSE IN DANGER OF GOING INTO
RELAPSE OR ARE RETURNING FROM RELAPSE**
(Topics for discussion and/or writing)

JULY	
Topic:	Is your food plan defined? Use the pamphlet "Dignity of Choice" or consult your doctor or other medical professional.
Do:	Have clear boundaries for your food plan and share the plan with your sponsor or other recovering OA person.
Don't:	Try to make a food plan alone with just you and the disease.
AUGUST	
Topic:	Read, discuss and digest the wallet pamphlet "Think First..."
Do:	Keep the wallet pamphlet with you and refer to it when the food is calling your name.
Don't:	Go into bad neighborhoods aka your mind alone with the disease.
SEPTEMBER	
Topic:	Read, discuss and digest the wallet pamphlet "Just for Today"
Do:	Stay present in today... It is enough to handle.
Don't:	Go future-tripping and living through terrible things in your life that may never happen.
OCTOBER	
Topic:	Tools! Tools! The Holidays start this month, get out the pamphlet "The Tools of Recovery" and make a plan to get through the holiday abstinely!
Do:	Make a plan and share that with others.
Don't:	Give yourself permission to let the "holidays kill you"
NOVEMBER	
Topic:	Continue to work on the "The Tools of Recovery" pamphlet. Pick a tool and talk about how that tool specifically saved your abstinence.
Do:	Make gratitude lists.
Don't:	Get caught up in "it's the holidays, I deserve to eat", what you deserve is recovery and life!
DECEMBER	
Topic:	Review the Recovery Checklist
Do:	Use the checklist to identify any problem areas.
Don't:	Think you are hopeless, we are not hopeless... we are powerless!!

World Service Office

Financial Update Puts Lifeline in Perspective

As newly elected treasurer of Overeaters Anonymous for 2009–2010, I have compiled a financial update to keep the Fellowship informed of OA's current revenues as a percent of income.

Revenues/Percent of Income:

Sales of Literature 56%
Contributions 24%
Sales of *Lifeline* 7%
Shipping & Handling 9%
Miscellaneous 4%

While *Lifeline* appears to be a moneymaker for us, the figures do not reflect the cost of publishing our magazine. *Lifeline* distribution and production account for 11 percent of our expenditures. Two major financial issues confront us.

1. We need to take measures to decrease *Lifeline's* annual loss of almost \$60,000. To this end, the Board of Trustees has established an ad hoc committee to look into this issue.
2. We must decrease our dependence on literature sales and increase the percentage that contributions make to our total support. The new *Seventh Tradition of OA* pamphlet, with the new slogan "Give as if your life depends on it," is available free of charge from the World Service Office and online. What a great idea if every intergroup and service body ordered copies for all their groups! A small increase in contributions from each member would make a tremendous difference to our bottom line.

— Dodie H., General Service Trustee, Treasurer

(reprinted from *A Step Ahead*, 3rd Quarter 2009)



WHAT ARE WORLD SERVICE EVENTS?

World Service Business Conference (WSBC): WSBC serves as the collective conscience of the Fellowship of Overeaters Anonymous. Held annually in April or May, this week-long meeting is attended by delegates representing OA intergroups and service boards around the world. It is held to elect trustees, amend bylaws, adopt new business policies and provide information to delegates through presentations and workshops on issues that affect OA as a whole.

Each OA member, group and service body has a stake in Overeaters Anonymous. Conference is the one opportunity we have as "shareholders" to come together and question, chart and steer the course of Overeaters Anonymous. It is also our obligation to report back to our service bodies and groups on the current state of OA and its direction for the future.

World Service Convention: World Service Convention is held every three years to promote recovery, fun and fellowship in Overeaters Anonymous. You can attend workshops, marathons and other OA-related events, and hear speakers from other countries. Come share your experience, strength and hope with hundreds of OA members from around the world.

(reprinted from <https://www.oa.org/world-service/>)

Upcoming Events

August Toolbox Article Ideas:

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

– OA Responsibility Pledge

How do you honor our Pledge?



'32 With Much More To Do, 1977 – 2009 Anniversary Retreat'

August 28, 29 and 30, 2009

Lumen Christi Retreat Center 985-868-1523
100 Lumen Christi Lane off of Hwy. 311 Schriever, La. 70395

Full weekend registration includes: 2 nights' lodging and 4 meals (3 Saturday and Breakfast Sunday).
Two twin beds with private bath per room with all linens and towels provided.

Registration begins Friday at 5:00 pm. Welcome and Announcements begin at 8:00 pm Friday night.
Closing is Sunday at 11:00 am.

For more information contact: Jane V. @ 985-876-7660 or Janice S. @ 985-879-1341
jverret@bellsouth.net or janices684@aol.com

Suncoast Intergroup (Tampa & Hillsborough County, FL invites you to

'Rockin' and Rollin' in Recovery' SOAR 8 Recovery Convention and Business Assembly on November 6 - 8, 2009

At the the Clarion Hotel and Conference Center 2701 E. Fowler Avenue, Tampa, FL 33612

Don't Miss This! AWESOME SPEAKERS & WORKSHOPS
Including special interest workshops: Spanish speaking, men's workshop, GLBT, 100-lb. winners, etc.
Fun & Fellowship; Professional entertainment; Recovery bookstore; The joy of service; & Re-sale boutique

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

www.oaregion8.org

Calendar

SATURDAY
July 25, 2009

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY
August 1, 2009

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

Speakers / Sharing

SATURDAY
August 8, 2009

Intergroup
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
August 15, 2009

Super Saturday
OA Office
10:30 am - 12pm

Speakers / Sharing