

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.



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## What's Happening

**CHECK OUT OUR UPDATED WEBSITE!** [www.atlantaoa.org](http://www.atlantaoa.org)

**ATLANTA OA INTERGROUP MEETING:** August 14th (second Saturday) at 10:30 a.m. at the OA Office

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**ANNUAL OA RETREAT** (sponsored by Kennesaw, GA meeting)  
October 1-3, 2010 (see page 5 for details)

### MEETING UPDATES:

- § New meeting in McDonough: Tuesday @ noon
- § New meeting in Stockbridge: Thursday nights @ 7:00
- § New meeting in Calhoun: Monday nights @ 6:30
- § Spanish Speaking meeting: Thursdays @ 7:30 in Suwanee, GA (For more info, contact Manny at 678-548-6845 or Steffi at 678-570-9009)

(See our meeting list at [www.atlantaoa.org](http://www.atlantaoa.org) for details)

## 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 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.*

### *RETREAT*

I arrived tired  
From preparation and thinking.  
Why am I here?  
Why did I say I'd come?

Then I see your OA faces  
And realize what I've missed,  
The conversations and laughter,  
Connections and truths.

Peace arrives.  
My spirit soars and sings.  
Hope restored,  
I travel a different way home.

Pat A., Tulsa, OK  
(Reprinted from Lifeline)

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

Each step I take in the direction of  
recovery is a step away from isolation.

Have you been to an OA meeting  
lately?

Neil R., Baltimore, MD  
(Reprinted from Lifeline)

# Local OA News

## Online Sponsoring

### How to be an online sponsor

We have many newcomers and members who are unable to get a sponsor. Whether they live in a remote area or for other regions it is our responsibility to carry the message of hope to all who want to hear it. SOAR 8 has a program to match available sponsors to individuals who need sponsors. This is an opportunity to share your experience strength and hope. We can't keep it if we don't give it away. This is one of the cornerstones of our program; to actively work the 12 steps of recovery with a sponsor.

If you are available and would like to sponsor someone via email and/or telephone please send an email to [beasponsor@oaregion8.org](mailto:beasponsor@oaregion8.org). Please provide how long you have been in program, the length of your abstinence, and why you would like to sponsor online.

### Obtain an online sponsor

Are you new to the program? Looking for someone to sponsor you? We at SOAR 8 recommend that you attend meetings in your area. For a meeting list please link to [http://www.oa.org/all\\_about\\_meetings.htm](http://www.oa.org/all_about_meetings.htm). Ask somebody who has what you want. If you are unable to obtain a sponsor or there are no meetings in your area there is still hope. To get information about getting an online sponsor from Region 8 please email: [needasponsor@oaregion8.org](mailto:needasponsor@oaregion8.org).

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## 2010 CENTRAL ATLANTA INTERGROUP ANNUAL CONVENTION

CONVENTION TAPES FOR SALE\*\*  
\$6 for one CD; \$30 for all six sessions

### JUNE 19, 2010 OA CONVENTION SCHEDULE MEETING/WORKSHOP

<u>TIME</u>	<u>MEETING/WORKSHOP</u>
9:00 – 9:50	1A: "How Do I Say Yes to Life If I'm Saying No to Food"
9:00 – 9:50	1B: "Finding the "yes" in Steps 1, 2 & 3"
10:00 – 10:50	2A: "Living with Fear in Recovery (and Acting with Courage Anyway)"
10:00 – 10:50	2B: "Maintaining the "Yes" in Steps 10, 11 & 12"
11:30 – 1:00	Lunch/Speaker
1:00 – 1:50	"We are not a Glum Lot: What our Literature has to say about Affirming Life"
2:30 – 3:30	Closing Speaker

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## World Service Office

### GOAL TO INCREASE MEMBERSHIP

When the Board of Trustees adopted the five-year Strategic Plan in 2008, one goal was to increase the membership of Overeaters Anonymous 20 percent by the year 2013. Trustees discussed this goal with delegates at the 2010 World Service Business Conference so the delegates would know this is a main goal of the strategic plan.

A 2008 survey assessed OA membership at about 54,000 members worldwide. We hope the board's other strategic-plan efforts, including extended focus on public and professional awareness, strong meetings, committed service bodies and OA's financial health, will have a positive effect on the goal of increasing membership.

Increased contributions, sales of literature and new visits to the OA Web site ([www.aa.org](http://www.aa.org)) are evidence the Fellowship seems to be growing and offers hope we are on track to reach our 2013 goal. Wouldn't it be nice if this goal were not only met, but also surpassed! Together we can!

Please pass on this information to local groups and service bodies so the entire Fellowship can participate in bringing this goal to fruition. You can read more about the board's strategic plan at [www.aa.org/services-for-members/service-body/board.php](http://www.aa.org/services-for-members/service-body/board.php).

### ASK-IT BASKET

Question: Is the compulsive or addictive consumption of caffeine beverages an OA issue? Or, is it an outside issue because it's not food?

Answer: Tradition six cautions each OA group to stick to the primary purpose exclusively, no matter how many outside enterprises may interest us as individuals. (Twelve Steps & Twelve Traditions of Overeaters Anonymous p153).

Tradition 5 is to "carry its message to the compulsive overeater who still suffers... offering a spiritual program which has brought recovery... a sane way of eating and living" (p145) through the steps and traditions.

However, when I practice these principles in all my affairs, I look at all the addiction(s) in my life and become willing to let my higher power handle all the addictions I find myself challenged by.

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

### IMPORTANT DATES

**November 20** — International Day Experiencing Abstinence (IDEA)  
Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

**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.

## Upcoming Events

### *August Toolbox Article Ideas:*

How does OA help you  
with back-to-school  
challenges?



### **ANNUAL OA RETREAT** (sponsored by Kennesaw, GA meeting)

October 1-3, 2010

Blessed Trinity Shrine Retreat Center (Fort Mitchell, AL)  
\$140/person (includes 5 abstinent meals and private room with single bed)

Info: contact Debbie K. (781)223-8823

(see flyer at [www.atlantaoa.org](http://www.atlantaoa.org))

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### **'Celebrating 50 Years of Recovery with the Slogans'**

#### **Fall Retreat**

October 8-10, 2010

Camp Harrison at Herring Ridge, Boomer, North Carolina 28606

Please visit [www.campharrison.org](http://www.campharrison.org) for camp details.

For additional information contact: [retreat@triangleoa.org](mailto:retreat@triangleoa.org)

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

[www.oaregion8.org](http://www.oaregion8.org)

## Calendar

SATURDAY  
August 14, 2010

Intergroup Meeting  
OA Office  
10:30 am - 12pm

All Are Welcome

SATURDAY  
August 21, 2010

Super Saturday  
OA Office  
10:30 am - 12pm

Speakers/Sharing

SATURDAY  
August 28, 2010

Newcomers Workshop  
OA Office  
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY  
September 4, 2010

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

All Are Welcome