



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.

What's Happening

SOAR 8 Recovery Convention / Assembly

IT WORKS (IT REALLY DOES!)

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 6:

Were entirely ready to have God remove all these defects of character.

Tradition 6:

An OA group ought never endorse, finance, or lend the OA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Concept 6:

The World Service Business Conference has entrusted the Board of Trustees with the primary responsibility for the administration of Overeaters Anonymous.

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Members Share

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



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)

Staying in The Moment

The slogan "Just For Today" has taught me so many things.

"All I have is Today" is another way of taking this slogan into my heart and my life. How much more time do I want to waste in resentment or worry about the future?? Even God can't change the past, so why do I spend my time and energy re-living the hurts of the past and fantasizing about how I could have done things differently? All I have is today....

"In this Moment, there are no problems; In this Moment, I am in the solution". Saying that to myself and HP helps to ground me in reality. While I am praying, I am working my program and am not in my disease. Focusing on what is happening in this very moment also Keeps It Simple and helps me to be Grateful. I can describe each blessing in this moment, such as the quiet of the morning, the birds outside my window and the smell of coffee.

I learn from people outside of the rooms also. A friend says it's a great day if I woke up this morning! This moment means I am alive!

I cannot be in the moment when I am in the food. The food is a distraction. I want to live this moment, so I must surrender the food for this moment. I want both, but as many times as I've tried, it doesn't work that way!

Thanks for the opportunity to share.

Anonymous

Your Story Could Be Printed Here

Please Write In ↴

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)

JUNE	
Topic:	"A Commitment to Abstinence"
Do:	Practice living One decision, One minute, One day at a time.
Don't:	Get caught up in negative sobriety i.e. "I can never have xxx again"
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

WSO Seeks Associate Editor

The OA World Service Office has a full-time position open for an associate editor.

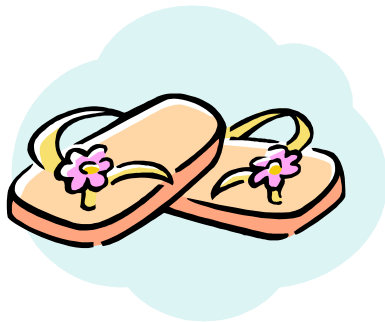
Responsibilities include editing stories for *Lifeline*, OA's monthly member-written magazine. Other responsibilities include editing books, pamphlets, newsletters; managing projects; laying out newsletters and ads.

Requirements include BA in English or related field; project management and superior communication skills; three+ years of editing and proofreading experience; MSWord and Adobe InDesign skills.

Local applicants only.

OA offers great benefits and a pleasant working environment. Please send resume and letter of interest to resume@oa.org, or fax 505-891-4320. No phone calls.

(reprinted from
<https://www.oa.org/news/world-service-office-seeks-associate-editor/>)



Ask-It Basket

Q: Our group discussed purchasing coins from AA or from a vendor, and someone remarked that it's against OA Traditions to buy from vendors because they make a profit.

Really? Are we never allowed to buy from someone who makes a profit on their products or services? Just doesn't sound right.

A: Is your group aware that OA milestone recovery coins are available through the World Service Office? These coins have "One Day at a Time" on one side and the milestone on the other. They include coins for 30 days, 60 days, 90 days, 6 months and 9 months.

In addition, OA offers newcomer welcome coins, Serenity Prayer coins and recovery medallions. The latest additions to our coin selection are anniversary medallions engraved with years from 1-20, 25, 30, 35 and 40. These items are listed in the OA literature catalog and in the bookstore on the OA Web site at www.oa.org.

To answer your question about purchasing items from companies that make a profit, of course we may buy things from them. For example, if we require office supplies, we can purchase them from anyone who supplies the needed items.

OA's status as a nonprofit organization does not mean we cannot have business dealings with outside enterprises. What we do not do is "endorse, finance or lend the OA name to any related facility or outside enterprise" (Tradition Six).

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

Upcoming Events

July Toolbox Article Ideas:

*'We're not unlovable
because we have this
disease; love is the very
thing we need in order to
recover.'*

A New Beginning (p. 35)

How do you love yourself
and others?



Baton Rouge Intergroup presents
Service and Traditions Workshop
Saturday, June 20, 10 am – 2 pm

Jefferson United Methodist Church
10328 Jefferson Highway, Baton Rouge, LA

Contact Becky @ finche_b@bellsouth.net—225-753-6408

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

www.oaregion8.org

Calendar

SATURDAY
June 13, 2009

Intergroup
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
June 20, 2009

Super Saturday
OA Office
10:30 am - 12pm

Speakers / Sharing

SATURDAY
June 27, 2009

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY
July 4, 2009

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

Speakers / Sharing