

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.



What's Happening

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

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

NEW OA MEETING – Tuesdays at 7:30 pm, Cumming, GA, visit www.atlantaoa.org for more information

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

About Region 8

Our 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...

What is Region 8?

"SOAR 8"— Southeast Overeaters Anonymous Region 8—comprises Alabama, Arkansas, Bermuda, Florida, Georgia, Louisiana, Mississippi, North Carolina, South Carolina and Tennessee; the Caribbean Islands; Central America; and South America. Puerto Rico and the Virgin Islands have long been a part of our region, and in July 2001 the rest of the Caribbean Islands were officially welcomed into Region 8 along with Central America and South America. SOAR 8 is one of 10 areas around the world formed to serve the regional needs of OA.

SOAR 8's purpose is to:

- Establish a region address for continuous communication with OA as a whole.
- Promote unity among the OA groups, Intergroups, Language Service Boards and National Service Boards in our region, and offer assistance to these groups as they form and function.
- Stimulate ideas about how, as a region, we can carry the message that there is a spiritual solution to compulsive eating as found in the 12 Steps and 12 Traditions.
- Maintain a web site with up-to-date information pertaining to Region 8 (www.oaregion8.org).
- Assist those who still suffer in finding local meetings within the region.
- Select nominees for World Service Region Trustees.
- Participate in World Service committees in order to represent the needs of our regional members.



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.*

There are three (3) Business Assemblies/Recovery Conventions per year, usually held in March, July and November. Voting members consist of:

- Representatives (Reps) elected from Intergroups
- National Service Boards, and
- National Language Boards in Region 8

Region 8 provides Rep funding for those who meet the qualifications in the Region 8 Policy Procedure Manual. New!

(reprinted from oaregion8.org)

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. 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. 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.

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

MEDIA/PROFESSIONALS

Basic Information about the OA Fellowship

The first OA meeting was held in 1960 in Los Angeles, California. Since that time it has grown to about 6,500 meetings in over 75 countries—about 54,000 members.

The OA program offers physical, emotional and spiritual recovery for those who suffer from compulsive eating. Members find recovery on all three levels by following a Twelve-Step program patterned after Alcoholics Anonymous. Members who recover through the Twelve Steps find that yo-yo dieting is a thing of the past. They no longer wish to return to eating compulsively.

OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine and takes no position on outside issues.

In OA, you'll find members who are extremely overweight, even morbidly obese; moderately overweight, average weight; underweight; still maintaining periodic control over their eating behavior; or totally unable to control their compulsive eating. The only requirement for membership in OA is a desire to stop eating compulsively. Read more about who belongs to OA on the [About OA](#) page .

No membership dues or fees are required for participation in OA. The organization is self-supporting through members' voluntary donations and the sale of OA literature.

See our [Membership Survey Report](#) to learn more about OA and its members. Listen to inspiring recovery stories from OA members in a condensed (five minute) version of our audio program [Hearing is Believing](#). Order the full version through our [online store](#).

To contact OA headquarters:

World Service Office
6075 Zenith Court NE
Rio Rancho, New Mexico 87144-6424
(505) 891-2664

To directly contact OA's media coordinator, call her at (505) 266-7220.

ASK-IT BASKET

Q: At one meeting I attend, sponsors sometimes present sponsees with medallions and make speeches praising them. Should sponsorship relationships be anonymous? I've heard some meetings ask members not to discuss sponsors' or sponsees' identities to protect anonymity.

Does OA offer any guidance in this area? Sometimes I feel left out at meetings when folks praise their sponsees at anniversary times.

A: OA has no official policy on methods of sponsorship or the anonymity of the sponsorship relationship. OA's pamphlet *A Guide for Sponsors* states, "Styles of sponsorship vary from person to person. We are each free to approach it in our own way" (p. 6).

Therefore this matter is strictly between the sponsor and sponsee, unless the meeting's group conscience has decided against identifying one's sponsor and sponsee. In meetings I have attended for many years, we celebrate Birthday Night and recognize sponsees with a candle or card. Often this is the only time a member's sponsor or sponsee is identified, but it's up to the individual sponsors and sponsees.

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

OTHER LANGUAGE LINKS

Many OA meetings take place in non-English speaking countries. To find information about OA in your language, go to <http://www.oa.org/languages.php>

Upcoming Events

July Toolbox Article Ideas:

How do you take your program with you on vacation, or do you take a vacation from your program?



SOAR 8 Recovery Convention & Business Assembly
'12 Steppin' in The Big Easy'
July 9-11, 2010
New Orleans, Louisiana
Marriott Metairie at Lakeway Center

Hosted by: Central Office of Louisiana (C.O.L.A.)

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)

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

www.oaregion8.org

Calendar

SATURDAY
July 3, 2010

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

All Are Welcome

SATURDAY
July 10, 2010

Intergroup Meeting
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
July 17, 2010

Super Saturday
OA Office
10:30 am - 12pm

Speakers / Sharing

SATURDAY
July 24, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions