

What's Happening

Teleconference OA Step and Tradition Study:

Starting on Tues, March 2, 2010, 7:30 pm; One-hour sessions.

All are welcome to attend and participate!

Dial (712)432-0075, access code 832569 #

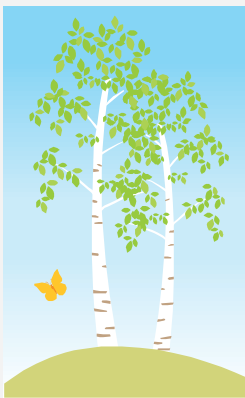
For additional information, contact Ray ~ abstinence1st@gmail.com or Gerri ~ gerribear@aol.com

50th Anniversary Convention planning for the Central Atlanta Overeaters Anonymous Intergroup (CAOAIG)::

The CAOAIg needs your help in planning for our annual recovery convention this summer. Further strengthen your recovery by volunteering with service work outside your own local group and help carry the message of recovery to other compulsive eaters.

To volunteer, talk to your Intergroup Representative or call the OA office at 404-634-3314. If possible, come with your representative to the next meeting of the CAOAIg on April 10 to meet and discuss how we can make this 50th anniversary celebration the best ever.

"Having had a spiritual recovery as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs."



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 3:
Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3:
The only requirement for OA membership is a desire to stop eating compulsively.

Concept 3:
The Right of Decision, based on trust, makes effective leadership possible.

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Members Share

I am abstinent thank you God. I've been going to physical therapy for pain in neck, upper back, on my right side and right arm. I go two times per week. It's been several weeks making progress. Then I had a setback.

I need to be careful how I lay down in bed and cannot pick up anything heavier than a crockpot. It's difficult but not impossible to lay low; with H.P., my 12 & 12 tools and sponsor and my willingness to do the action of non-action during my day.

Anonymous

Do I WANT recovery or not? I have a choice – do I choose recovery now? Am I ready to choose?

Am I using my sponsor's time wisely? There are so many compulsive overeaters waiting for sponsors. If I am not ready to take suggestions and do the work, I need to let my sponsor move on to someone who is ready now.

Grateful in N.H.

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

"Repetition is the only form of permanence that nature can achieve."

(p. 83) OA Twelve and Twelve

HEARD at an OA TRADITIONS WORKSHOP:

Ways to Challenge my OA Program:

Am I living by the Principles of the Program, specifically the corresponding Principles contained in each Step and each Tradition? These principles teach us how to set appropriate boundaries in relationship:

- Step Principles are: honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness, and service
- Tradition Principles are: unity, trust, identity, autonomy, purpose, solidarity, responsibility, fellowship, structure, neutrality, anonymity, and spirituality

Am I giving 'full measure' to Program, to my Higher Power, to Life? As it states in the Big book, "Half measures avail us nothing."

Am I truly trusting and turning over my will? Do I live by the Serenity Prayer, especially the one sentence that reads: Trusting that He will make all things right if I surrender to His Will?

Do I have the DESIRE to stop eating compulsively? If not, I may be wasting my time here until I do. With desire though, anything is possible.

Your Story Could Be Printed Here

Please Write In J



Members Share

Been Slippin' and Slidin'? A Reading and Writing Tool

The following 30 questions are for use in daily writing and/or discussion with a sponsor by members who want to stop "slipping and sliding." The questions are also recommended for those in relapse who want to recommit to their OA program.

The OA literature referenced for the writing is available from OA's World Service Office. It includes *The Twelve Steps and Twelve Traditions of Overeaters Anonymous (OA 12 & 12)*, *Overeaters Anonymous, Second Edition (OAll)*, the Overeaters Anonymous daily meditation book *For Today* and the OA pamphlets *The Tools of Recovery* and *A Plan of Eating*.

Read the suggested material(s), then reflect and write on the accompanying idea or question:

Continued from last month....

(12) How much willingness do I have to stop living in my problem(s) and start living in the solution(s)? Am I willing to memorize and to remind myself daily of the OA Promise? This promise is as follows: *"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."* (Found on page 207 of the OA book *Beyond Our Wildest Dreams*.)

(13) The words, "But all this self-knowledge could not stop me from eating compulsively" are at the top of page 67 in *OAll*. Also read pages 23-27 of Step Three in the *OA 12&12*. I will write about the truth of this statement in my own life: "Self-knowledge and knowing the consequences were not enough to prevent my compulsive eating behavior."

(14) Read the entry for January 13th in *For Today*. How do I understand the term "relapse"? How do I understand the term "slip"? How do I think they are different from each other?

(15) Read the story "Alive and Well and Living in the Real World," *OAll*, pp. 64-71. Note this passage: "No amount of willpower was sufficient to stop me from eating when the craving arose." (p. 67). What does my last eating binge tell me about my powerlessness against that first compulsive bite?

(16) In addition to reading Step One in the *OA 12&12*, also read the entries for March 17th, March 24th and April 5th in *For Today*. How willing am I to admit that I am powerless over food and that my life is unmanageable?

(17) Read the OA pamphlet *The Tools of Recovery*. How do I use each of the OA tools of recovery? How frequently do I use them?

(18) Read the February 21st and July 6th selections in *For Today*. What will I do to stop thinking and speaking negatively about myself? How will I replace such self-defeating thinking?

(19) Read the May 16th entry in *For Today*. Read the story "Journey through Deception" in *OAll*. How will I give up reasons and excuses for eating compulsively and for not embracing the solution offered in Overeaters Anonymous?

To Be Continued....Next Month

World Service Office

NEWS FROM WSO

World Service 2010 Business Conference

Theme: "Half a Century = One World of Growth"

Dates: April 26 — May 1, 2010

Location: Hotel Albuquerque at Old Town
800 Rio Grande Blvd. NW
Albuquerque, NM USA 87104

Phone: 505-843-6300 or 1-800-237-2133

Hotel rates: 125 USD per night for single/double occupancy plus 16.09 tax (tax rate is subject to change). Total: 141.09 USD per night. Reservation deadline is **April 2, 2010**.

If you would like a roommate for Conference, you may contact the WSO at 505-891-2664 or by [email](#). Please provide your name, address, phone number and email so you can be added to the Roommate List. Also, please indicate that you need a roommate for WSBC 2010.

In Spite of It All

I am thrilled to report that in spite of the recession and economic hardships experienced by so many OA members, we anticipate that Overeaters Anonymous will end the year in the black. Hurray, members! Our November donations alone were 22 percent higher than the same month in 2008. In general our donations are holding steady during these trying times.

OA depends on two primary sources of income to support the work of the organization: literature accounts for 55 percent and contributions account for 26 percent. Because we do not accept outside contributions, our ability to carry the message is correlated to literature sales and contributions. The literature sales increase of 4.6 percent from 2008 is perhaps a result of our increased public awareness campaign.

More members lead to more contributions and more literature sales. It is the hope of the Board of Trustees that we will become less dependent on literature sales in the future. Rising costs of paper and printing make this an unstable source of income. As we start a new year, let's remember to keep those donations coming. Remember to GIVE AS IF YOUR LIFE DEPENDS ON IT.

— *Dodie H., Treasurer*

ASK-IT BASKET

Q: I'm training for a marathon, and many sources advise eating sugary things during a race or long run to maintain energy. Since my food plan doesn't include sugar, I need help. Are there any OA members I could get in touch with who have experience with this?

A: As you know, most conventional wisdom does not apply to us. Few doctors talk about food as an addictive substance, and very few will suggest a spiritual program for recovery from obesity or bulimia. Their opinions do not make our experience invalid or inaccurate. It's just our truth.

If your food plan doesn't include sugar, then it wouldn't be helpful for you to follow others' suggestions about which snacks to eat during a run. I encourage you to find other kinds of snacks that will meet your nutritional needs during the marathon, while still maintaining your plan of eating. Perhaps as you're training, you could test some different combinations of snacks. Something different may meet your nutritional needs. Maintaining conscious contact with your Higher Power, working with your sponsor and maybe chatting at meetings will give you the answer you need.

Unfortunately, I don't know any long-distance runners, so I can't provide you with any names. But good luck in your fitness endeavors! Isn't it a miracle to be able to have this conversation?

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

Upcoming Events

March Toolbox Article Ideas:

**Read "...faith alone can
avail nothing."**

p.34 AA's Twelve Steps
and Twelve Traditions

What is your footwork with
faith?



Baton Rouge Louisiana Spring Retreat: "The Joy of Recovery
Through Taking the 12 Steps"

Location: Jesuit Spirituality Center, Baton Rouge Louisiana

April 9, 10, 11, 2010

**Middle Tennessee Intergroup of Nashville, TN
Presents: 2010 OA Spring Retreat**

May 14-16, 2010

Dubose Conference Center
Monteagle, Tennessee

NEWCOMERS WELCOME

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

www.oaregion8.org

Calendar

SATURDAY
March 27, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Questions & Answers

SATURDAY
April 3, 2010

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

Speakers / Sharing

SATURDAY
April 10, 2010

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

All Are Welcome

SATURDAY
April 17, 2010

Intergroup Meeting
OA Office
10:30 am - 12pm

All Are Welcome