



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 spagir66@comcast.net

Look inside for article ideas.

What's Happening

SOAR 8 Recovery Convention and Business Assembly

IT WORKS (IT REALLY DOES!)

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

For Registration Form: http://www.atlantaooa.org/2009filer_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. Overeaters Anonymous is a fellowship of individuals who, through shared experiences, strength and hope, are recovering from

compulsive overeating. 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.

OA's 50th Anniversary Is Coming in 2010

Help us celebrate this milestone. Please send your stories to ' Lifeline ' about:

- the early years of OA;
- your experience as a longtimer in OA;
- photos of events (include event name and date);
- photos of meeting places, especially places housing meetings for many years (tell us where, what, and how long);
- your vision for OA in the future;
- changes you have seen in OA over time;
- anything else you feel would enhance the celebration of this 50th anniversary.

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 5:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs

Tradition 5:

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Concept 5:

Individuals have the right of appeal and petition in order to ensure that their opinions and personal grievances will be carefully considered.

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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

*"Pray to God, but continue
to row to shore."*

(p. 136) "For Today"

Members Share

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

How Service Helps My Recovery

Hello fellow OAers:

Service has helped me from basically day one in the rooms.

Showing up at a meeting (on time or before-hand) is a service to those who need the full hour of meeting time.

Sharing at a meeting is a service to myself and others because I am learning to be honest, be in the moment and not worry about what others think of my share.

Serving my group helps me feel and act like a member of the group, rather than feeling and acting like I'm always on the outside. I learn to be accountable for my service role and no one else's job. I learn to do my footwork and leave the results up to God. I learn that there are many ways of getting a job done and my way is not the "right" way or the "best" way. I learn humility by asking others who have been in my role for their experience. I learn that that my service term will end and someone else will continue the role, so I'm not the most important member and it's not all about me!

Serving as a Treasurer teaches me to be fully self-supporting with my personal finances. Is my debt manageable? Do I have a prudent reserve for emergencies? Do I track my money and am I willing to honestly report to my group (my family) about our financial standing? Can I discuss money without getting emotional and personal? Can I view finances as the business of running a home and family?

Service at the Intergroup level has taught me that OA does not run itself or by "those people" or some people in some far away city. Our Atlanta OA functions because of members here, who are no different or better than me. Intergroup has taught me to practice the Concepts as well as the Traditions. Intergroup service teaches me that business principles are not mutually exclusive from recovery principles. HP

guides me in my daily work life with the same set of spiritual guidelines as He does in the meeting rooms.

I could go on and on about service and what it continues to teach me!

For today, service teaches me that I am a member of a family, a business, a community; I am not alone.

Service reminds me that being a member of a group is not free. With that gift comes accountability and responsibility to those around me. Courtesy and respect are spiritual values.

My addict wants to eat and live however I want.

Service teaches me that I am a child of God and I can learn to act like one!

Thanks for being there....

Anonymous

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

Service By Mail

The Service-by-Mail/Email program helps OA members reach out to one another. Participating members correspond by mail or email to share recovery and to discuss working OA's Twelve-Step program of recovery with other OA members around the world. You can choose to BE a sponsor, HAVE a sponsor or have an OA pen pal. Or you can choose all three options, but please choose at least one so we can better serve you and the other participants.

Our Web site is not yet set up to enroll online. To enroll, please fill out the [Service By Mail/Email Application Form](#) and return it to the WSO with your \$10 fee. Upon receipt of the form and payment, we will send you the Service-by-Mail/Email contact list. You will receive an updated list three times during the year of your enrollment. Please allow two to three weeks to receive your confirmation letter and list. Annual re-enrollment is required for continued participation.

To address your privacy concerns, please review our [privacy policy](#).

If you would like more information or have questions, please call our office at 505-891-2664, fax to 505-891-4320, or send us an [email](#).

If you live in a remote location or no OA meetings are active in your area, consider attending an [online or telephone meeting](#) to connect to the OA program of recovery.

(reprinted from <https://www.oa.org/services-for-members/service-by-mail/>)



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.

(reprinted from <https://www.oa.org/media-resources/>)

Upcoming Events

June Toolbox Article Ideas:

"Before I turn a problem over to God, I am reasonably sure that God expects me to take a stab at doing my part."

Voices of Recovery (p.154)

What is your footwork in your program of recovery?



Middle Tennessee Intergroup of Nashville, TN presents
2009 OA Spring Retreat, May 15-17, 2009

Dubose Conference Center, Monteagle, TN

If you have any questions, please contact: Sarah G. at 615-383-7860;

Angie B. at 931-215-6832 (angieboo401@yahoo.com); or
Teresa T. at 931-381-8979 (teresat@cpws.net)

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
May 16, 2009

Super Saturday
OA Office
10:30 am - 12pm

Speakers / Sharing

SATURDAY
May 23, 2009

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY
May 30, 2009

Big Book Study
OA Office
10:30 am - 12pm

Steps 4, 5, 6

SATURDAY
June 6, 2009

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

Speakers / Sharing