

What's Happening

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

2010 CENTRAL ATLANTA INTERGROUP ANNUAL CONVENTION:

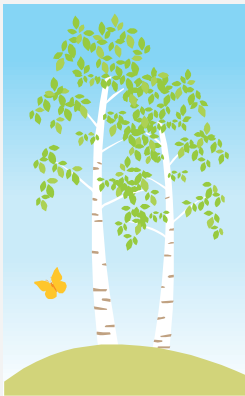
Date: Saturday, June 19, 2010

Time: Registration: 8:00 a.m.

Opening & Sessions: 8:00a.m. - 5:00 p.m.
Luncheon Speaker with long-term recovery

Unitarian Universalist Congregation of Atlanta (beside OA office)
1911 Cliff Valley Way, NE
Atlanta, GA 30329

Volunteers needed to help with the 2010 CAOIG convention on May 8th, May 22nd, June 5th, and June 12th



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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Members Share

Real Men Recover

In 2001, I found a poem about AA written by my grandmother. My family was full of alcoholics, so I vowed to always watch my drink. My father died in a fire. He was drunk, and the cigarette he was smoking caused the deadly fire. Alcohol is not my problem, and I hate smoking. But I am a compulsive overeater.

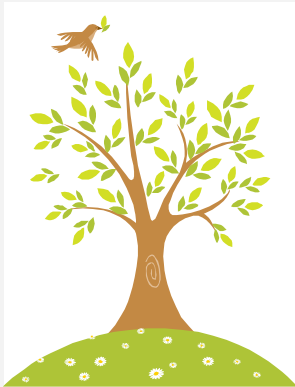
Being a man kept me away from OA for many years. I thought a man shouldn't worry about bingeing, and what real man throws up to try to control his weight? When I hit rock bottom weighing 341 pounds (155 kg), it didn't matter. I was desperate and needed help, and I discovered I'm rarely the only man in the room.

I went to my first OA meeting in 1996. Thinking about Steps Four and Nine kept me in-and-out and uncommitted for years. In fact, I never heard the word "sponsor" until this last time around. Having someone guide me through the Steps has kept me honest, open and willing to believe in the Twelve-Step process.

When it was time for me to be a sponsor, I made up a rule that I would only sponsor men. I was afraid of the intimacy involved in the process and didn't think it was a good idea for me to sponsor women. I no longer keep that rule, and my sponsor is a strong, recovered woman. I sponsor anyone, but it's smart to use common sense when sponsoring. Remember, real men recover!

— James

(reprinted from *Lifeline* November 2009)



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 \(p. 14\)](#)

Your Story Could Be Printed Here

PLEASE WRITE IN

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 (OAII)*, 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....

(28) Consider the June 23rd entry in *For Today*. Additionally, read in the story, "She Found Herself," in *OAII* the paragraph on page 40 that starts, "My sponsor reminded me that a decision is not a decision unless . . ." through ". . . and filled a large spiral notebook." What about my willingness to commit to using the tools and working the Steps on a daily basis? What specific actions(s) will I take between now and this time tomorrow?

(29) Read "The Miracle of the Twentieth Century," in *OAII*, starting on page 50. Even early founders experienced relapse (see the first and second stories in *OAII*). What actions can I take to ensure that relapse is not inevitable?

(30) Read the December 25th entry in *For Today*. They say that the longest journey begins with but a single step. The April 7th entry in *For Today* suggests such a first step. Going to a meeting with even a single day of abstinence to share is a service. With what services have I been served? What service has been a part of my program up until now? To what length am I now willing to go for my recovery by giving back to OA? Am I ready to apply the OA Responsibility Pledge: "Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible."



World Service Office

OA PODCASTS

Have you listened to an OA podcast yet? Go to: <http://www.oa.org/podcast/> to hear experience, strength and hope from fellow OA members in recovery. The podcasts can also be downloaded for your convenience.

Pamphlets for Professionals

The World Service Office (WSO) of Overeaters Anonymous carries pamphlets for health-care professionals.

Call the WSO; you may also order them and find other pamphlet titles online at bookstore.oa.org.

Introducing OA to Health-Care Professionals—

Explains how OA complements professional care. Includes a questionnaire for clients and patients about eating behaviors. (#753K/\$.15 each)

Is Food a Problem for You?—Includes 15 questions to determine if someone is a compulsive eater, a description of the OA program, member testimonials and the Twelve Steps. (#750/\$.20 each)

Treatment and Beyond—Explains OA's recovery program and eases the transition from treatment center to OA meeting. (#757/\$1.00 each)

Fifteen Questions—Helps your client decide if he or she is a compulsive overeater. (#755K/\$.10 each)

US Shipping: \$5 for orders up to \$24.99; 20% for orders \$25 to \$59.99; 17% for orders \$60 to \$99.99; 12% for orders above \$100. Call the WSO for expedited orders and shipping outside the US.

ASK-IT BASKET

Q: What does "going to any lengths in keeping my abstinence" mean?

It means doing whatever you need to do to not eat compulsively. This may mean staying away from dangerous places if you are not in a fit spiritual condition. It may mean accepting the conviction that there are no excuses for not keeping your abstinence. In other words, no matter what the situation may be, there is no possible reason to overeat.

Most members have found that it means using OA's Twelve Steps and the tools of the program instead of taking that first compulsive bite. Making more phone calls, sponsoring and being sponsored, going to more meetings or doing more service are some things members do to remain abstinent and in recovery. Going to any lengths also means making abstinence a priority. It is up to you to decide how far you need to go to maintain your abstinence.

— April 2003 Ask-It Basket Archive

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>

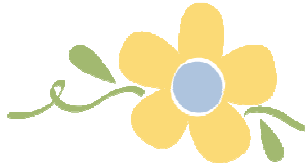
Upcoming Events

June Toolbox Article Ideas:

*Each meal began with the
Third-Step prayer. I
became abstinent with
God's help.*

[A New Beginning \(p. 101\)](#)

How do you begin each
meal?



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

May 14-16, 2010

Dubose Conference Center
Monteagle, Tennessee

NEWCOMERS WELCOME

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
May 15, 2010

Super Saturday
OA Office
10:30 am - 12pm

Speakers/Sharing

SATURDAY
May 22, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Questions & Answers

SATURDAY
May 29, 2010

OA Meeting
OA Office
9:00 am – 10:00 am

All Are Welcome

SATURDAY
June 5, 2010

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

All Are Welcome