

What's Happening

CENTRAL ATLANTA OA INTERGROUP 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!

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

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

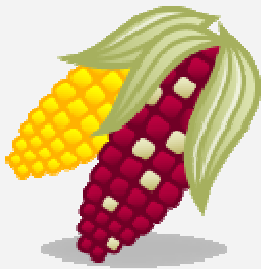
Our primary purpose is to abstain from compulsive eating and to carry this message of recovery to those who still suffer.

November 21 — International Day Experiencing Abstinence (IDEA)

Celebrated the third Saturday in November, this day encourages OA members worldwide to begin or reaffirm their abstinence from compulsive overeating.

December 12 — Twelfth-Step-Within Day

Celebrated on December 12 (12/12) each year to encourage OA service boards, meetings and individual members to reach out to those within the Fellowship who are still suffering from compulsive eating behaviors. Send the WSO your ideas for activities and events to celebrate Twelfth-Step-Within Day. We will post them in upcoming issues of A Step Ahead and Lifeline.



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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 11:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

Concept 11:

Trustee administration of the World Service Office should always be assisted by the best standing committees, executives, staffs and consultants.

OA Basics



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

*Indeed, admitting the
exact nature of our
wrongs to another human
being has been a
frightening prospect for
most of us...*

*Voices of Recovery
(p. 314)*

Members Share

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

Tough Times, True Friends

Sitting here at my window, I am looking out at the snow piled up outside. I have been confined to my house for the past month because of major surgery. I have been in the OA Fellowship for four years, and only because of OA am I able to survive all of the trauma that has happened to me.

For the past 37 years, I have had a major affliction because of obesity. It has caused poor circulation, leg swelling, pain and an inability to walk. Since I joined OA, I have lost 110 pounds, and through the grace of my Higher Power, I have kept it off! All previous attempts to lose weight and maintain the loss have failed.

While I was in the hospital, I received my copy of Lifeline. The stories I have read in it each month have given me hope and inspiration that there is a new way of living, only if I am willing to accept that I am a compulsive overeater with a killing disease as fatal as the cancer I had in 1986. I had to exercise my faith and trust that my Higher Power was doing for me what I could not do for myself. I have always been a caretaker, and it was humbling for me to let other people take care of me. I couldn't get to a meeting, but the meetings came to me through the telephone and cards from my OA family.

I survive in this Fellowship by doing a lot of service. I am board chairperson for our intergroup and serve on local, regional and world service committees. I sometimes overdose on service; it's the food for me that I no longer put in my mouth. I can never give back what has been given to me so freely. When I think of all the still-suffering compulsive overeaters out there, I want to be like the little "Energizer Bunny" and keep going and going to spread the word.

I have accepted that this is where I am supposed to be right now and that this too shall pass. I want it now, but I know that it will be in God's time. All I have to do is practice these principles in all my affairs, work the Steps and Traditions to the best of my ability, and use the tools. Who knows what I will live to tell my 10th great-grandchild. I hope my story will help someone who is struggling, as I am now. The snow is beautiful! And it's great to be alive!

Reprinted from Lifeline magazine

Your Story Could Be Printed Here

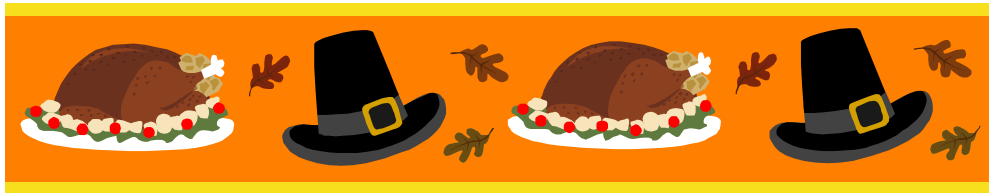
Please Write In ☪

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)

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

NEWS FROM WSO

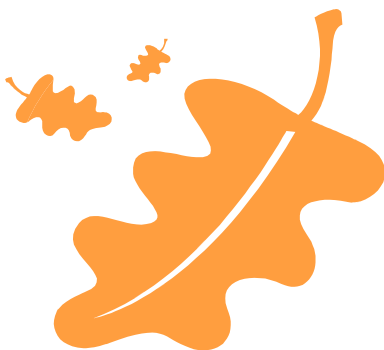
Suggested Meeting Format

REVISED! Format helps focus meetings on OA recovery, reinforce the program and encourage unity. Updated to include revised definition of abstinence and change of "Discussion" meetings to "Topic" meetings. #512/\$.50 plus shipping* Free PDF download available at www.aa.org/docs.php

Ideas for 12/12: Twelfth-Step-Within Day

Delegates to the 2009 World Service Business Conference have designated a new OA day of celebration. December 12 (12/12) is now International Twelfth-Step-Within Day.

- Schedule a Candlelight Meeting on that day.
- Host a special or extra meeting in a treatment center.
- Have your group commit to hanging a certain number of bulletin board cards or flyers around the community.
- Take a special collection to put an announcement on the radio.
- Host an informational event and advertise in tons of places.
- Host a special event to reach out to members in relapse.



ASK-IT BASKET

Q: Is it a break in Tradition to substitute "compulsive eater" for "compulsive overeater"?

A: Delegates from around the world meet annually during the World Service Business Conference to make decisions regarding the business of Overeaters Anonymous as a whole. The delegates discuss business motions and bylaw amendments that our intergroups and other eligible service bodies have presented. When approved by Conference, business motions become policy.

In 1991, Conference passed a motion that stated, "The terms 'compulsive overeater, compulsive eater,' and 'compulsive eating, compulsive overeating' be used interchangeably in OA literature, as determined to be appropriate by the Literature Committee during the regular literature writing, editing and approval process" (Business Conference Policy Manual, 1991c). As you read Conference-approved literature, you will notice sometimes one expression is used and sometimes the other. Often, both terms will be used within one pamphlet or article.

Conference has never passed a motion regarding interchangeable use of the terms during sharing at meetings. It has become common practice to use either expression during sharing at meetings, no doubt based on reading both terms in our literature.

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

Upcoming Events

December Toolbox Article Ideas:

“The twelve-step program might well be called a set of instructions for finding – and keeping – inward peace.”

– For Today, pg. 357

How do you keep your peace during the holidays?

Sponsorship Workshop - Altamonte Springs, FL

Saturday, December 12, 2009

In honor of OA's "12th Step Within Day" come learn and share how to use the tool of sponsorship to your full advantage.

Location: 1021 Palm Springs Dr, Altamonte Springs, FL 32701 (St. Mark's Presbyterian) (Noon-1:30pm)

THE FLORIDA STATE CONVENTION 20TH ANNIVERSARY TOGETHER WE CAN SURRENDER TO WIN IN 2010

February 26-28, 2010

Cocoa Beach Hilton Oceanfront
1550 N. Atlantic Ave
Cocoa Beach, FL 32931
1 800 445-8667 (reservations only)

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

www.oaregion8.org

Calendar

SATURDAY

November 14, 2009

Intergroup
OA Office

10:30 am - 12pm

All Are Welcome

SATURDAY

November 21, 2009

Super Saturday
OA Office

10:30 am - 12pm

Speakers / Sharing

SATURDAY

November 28, 2009

Newcomers Workshop
OA Office

10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY

December 5, 2009

Recovery from Relapse
Workshop
OA Office

10:30 am - 12pm

Speakers / Sharing