

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.



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What's Happening

CHECK OUT OUR UPDATED WEBSITE! www.atlantaoa.org

NEXT CENTRAL ATLANTA OA INTERGROUP MEETING: November 13th (second Saturday) at 10:30 a.m. at the OA Office

HOPE FOR THE HOLIDAYS

A Series of Workshops Designed to Support Your Recovery During the Holiday Season

▽ **SUPER SATURDAY, Nov.20th, 10:30 to Noon**

MAKE A HOLIDAY "PLAN OF ACTION"

Workshop focusing on Step 11

▽ Hear speakers share their experience, strength, & hope.

▽ Practice using prayer and meditation to strengthen recovery during the holiday season.

▽ **Thursday, November 25th, 9 am to 8 pm**

THANKSGIVING DAY MARATHON: Meetings will be held every hour on Thanksgiving Day.

Where: Central Atlanta OA Office, 1935 Cliff Valley Way, Suite 110, 30329

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 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.

Members Share

OA Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion; for this I am responsible.

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.

New Way of Living Brings Joy

I lived in fear and insecurity all my life and was often overcome with guilt. I think this came from growing up in an alcoholic and very religious home. It seemed that no matter how hard I tried, I was never good enough. To survive, I had to play by the family rules, which meant that mistakes and certain feelings were not allowed and certain things were not discussed. Often I was alone, feeling unsafe and unprotected.

Food became my way of avoiding or coping with my inner or outer turmoil. I thought I could control food. Consequently, it became the area in my life most out of control. I struggled with bulimia for eight years and with compulsive overeating for another three years. The daily cycle was predictable. To escape the overeating, I resorted to any means possible — dieting, restricting food, starving and swearing to never binge or purge again. The disease consumed my life, and the secrets ate away at my soul. It reduced my sense of self-worth and self-esteem to almost nothing.

Four years ago, I received a chance to start a new life in Hawaii. I am not sure how it happened, but God was already working miracles for me. My new life, my partner's unconditional love, my therapy and my personal growth were enough to begin an amazing healing process.

I was recovering from bulimia, but the compulsive overeating remained. Shame, guilt and fear kept me from reaching out and being honest about my predicament. Convinced that no one could understand, I felt defeated, desperate and alone. I could not stop — not until I walked through the doors of OA at the age of 24 one year ago.

In OA, I found fellowship, love and understanding. No longer alone, I finally had hope. I had discovered that OA not only offered me a way of living without the food but also facilitated my physical, emotional and spiritual recovery. One of the biggest challenges and the most powerful force in my growth has been my spiritual development. Before I could

develop spiritually, I had to move beyond the old, distorted religious beliefs and the shame associated with them into a new understanding of God as a kind, forgiving comforter with an all-encompassing love.

Immense healing came through the Fellowship, support from my loving husband and my new understanding of God. I learned how to love and be loved. Most of all, I found inner peace. I accepted that who I am is enough, embracing all that I am, including my imperfections. Shame and fear have subsided. Today I no longer eat to stuff my feelings or to keep life's problems from overpowering me. I do not exert precious time and energy on an unrealistic and hopeless journey toward perfection. Because my heart, mind, thoughts and energy are now freed from the obsessions, I can be fully present in the moment.

Now I have a better understanding of recovery. Physical recovery alone was not enough. Although I only needed to drop 15 pounds to be at my goal, I have lost over 215 pounds of emotional weight. Because my recovery has been physical, emotional and spiritual, I am seeing the changes of the disease slowly release their hold on me.

I continue to work my program, blessed with the miracle of abstinence and recovery. I am okay, and I will always be okay as long as I keep God by my side. I am finally happy, joyous and free.

Reprinted from Lifeline magazine



Hello OA family!

Central Atlanta OA Intergroup held elections for the positions of Co-Chair and Financial Secretary/Treasurer at the September Intergroup Meeting.

We are excited to announce that Sander B was elected Co-Chair, replacing Diane B. who completed a two year term. Sander B. previously served as Secretary and is stepping down from this position to serve as the newly elected Co-Chair.

Therefore, a trusted servant is needed for the position of Secretary. Candidates for Secretary are members of the Central Atlanta Intergroup Board and, as such, must be working the 12 steps, Traditions, and Concepts to the best of their ability, have at least a year in the fellowship, three months of current abstinence, and at least three months of service at the Intergroup level.

Susan M. was elected Financial Secretary/Treasurer, replacing Bruce B. who completed consecutive two year terms. Our newly elected Co-Chair and Financial Secretary/Treasurer will begin their new service positions in November. Central Atlanta OA Intergroup would like to express our deepest gratitude to Diane B and Bruce B for their amazing dedication to service over the past few years. Central Atlanta OA Intergroup has benefited greatly from their creativity, compassion, and individual talents.

Volunteers are still needed to serve as Parliamentarian and Designated Downloader for the Intergroup. This is an excellent opportunity to perform OA service beyond the group level. No experience is required – only a commitment to help carry the message of recovery. Please let your Intergroup Rep know of your interest or email the Intergroup Co-Chair at ericaw23@yahoo.com. The Parliamentarian is either familiar or will become familiar with Roberts Rules of Order and will provide counsel to the Board regarding parliamentary procedures. The Designated Downloader will run off the meeting lists for the office. Additionally, the Designated Downloader will download quarterly newsletters, flyers and other materials from OA websites (Step Ahead, etc.) to post on the office bulletin board.

The Big Book of Alcoholics Anonymous states "Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives." p. 101.

We would like to encourage everyone to join Central Atlanta OA Intergroup and say yes to a life with joyful meaning, sweet friendships, and a feeling of deep love and acceptance from your Higher Power and the Fellowship. It is truly an experience not to be missed.

Central Atlanta Intergroup Co-Chairs

Diane B & Erica W

World Service Office

Important Dates

November 20 — 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.

Spiritual Principles in the Twelve Traditions

A spiritual principle is associated with each of the Twelve Traditions.

The Principles in the Twelve Traditions (as listed in the *Service, Traditions and Concepts Workshop Manual*)

Tradition One: Unity
Tradition Two: Trust
Tradition Three: Identity
Tradition Four: Autonomy
Tradition Five: Purpose
Tradition Six: Solidarity
Tradition Seven: Responsibility
Tradition Eight: Fellowship
Tradition Nine: Structure
Tradition Ten: Neutrality
Tradition Eleven: Anonymity
Tradition Twelve: Spirituality

E-Books Now Available!

Three popular OA publications are now available electronically: The Twelve Steps and Twelve Traditions of Overeaters Anonymous, The Twelve-Step Workbook of Overeaters Anonymous, and The Fourth-Step Inventory Guide.

Check them out by going to bookstore.oa.org and selecting the category "E-Books."

WSBC Delegates Adopt Motion to Create Ninth Tool

The delegates at OA's World Service Business Conference 2010 adopted a motion that created a ninth tool called "Action Plan." The Conference Literature Committee is working on a definition that will be presented for adoption to WSBC 2011. Until that time, OA members are free to interpret "Action Plan" as they wish.

In working Overeaters Anonymous' Twelve-Step program of recovery from compulsive overeating, we have found a number of tools to assist us. We use these tools regularly to help us achieve and maintain abstinence and recover from our disease.

A Plan of Eating
Sponsorship
Meetings
Telephone
Writing
Literature
Anonymity
Service
Action Plan

In Overeaters Anonymous (OA), the Statement on Abstinence and Recovery is "Abstinence is the action of refraining from compulsive eating and compulsive food behaviors. Spiritual, emotional and physical recovery is the result of living the Overeaters Anonymous Twelve-Step program." Many of us have found we cannot abstain from compulsive eating unless we use some or all of OA's nine tools of recovery to help us practice the Twelve Steps and Twelve Traditions.

Upcoming Events

December Toolbox Article Ideas:

How do you protect yourself from the winter blues without food?



'FALLING INTO RECOVERY'

November 13, 2010

Intergroup 10-11AM, Lunch 11:15-12:45, Marathon 12:50-3:00, Drawings 2:45

Where: No.Lake Presbyterian Church
975 Rolling Acres Road (by Home Depot) Lady Lake, Fl. 32159

For questions or directions call or Rosemarie K. at 352-751-1879 or
Karen K. at 352-365-2854

FALL SHARATHON

Celebrating I. D. E. A. Day
International Day of Experiencing Abstinence

DATE: Saturday, November 20, 2010

TIME: 8:30am – 9:00am Registration, 9:00am – 12noon
Sharathon

PLACE: Palmetto Behavioral Hospital (formerly Charter Hospital)
277 Speissegger Drive
North Charleston, SC 29405
843-747-5830

For additional information contact:
Cindy: 8433032861
Celia: 8439718560

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

www.oaregion8.org

Calendar

SATURDAY
November 13, 2010

Intergroup Meeting
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
November 20, 2010

Super Saturday
OA Office
10:30 am - 12pm

Speakers/Sharing

SATURDAY
November 27, 2010

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY
December 4, 2010

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

Two Speakers/Ask questions