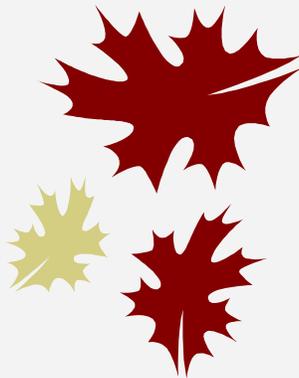


Do you want to share in the Toolbox?

Please submit your experience, strength and hope, keeping the focus on the OA solution.

Please email articles to [ameh66@yahoo.com](mailto:ameh66@yahoo.com)

Look inside for article ideas.



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## What's Happening

CHECK OUT OUR UPDATED WEBSITE! [www.atlantaoa.org](http://www.atlantaoa.org)

**NEXT CENTRAL ATLANTA OA INTERGROUP MEETING:** October 9th (second Saturday) at 10:30 a.m. at the OA Office

**NEW COLUMN IN THE TOOLBOX:** Central Atlanta OA Intergroup News – see page 3

### MEETING UPDATES:

- The Tuesday 1:00 PM meeting in Norcross/Peachtree Corners has changed to Monday at 11:45. Contact Bridgett at 404-202-7600 for more details
- New meeting in McDonough: Tuesday @ noon.
- New meeting in Stockbridge: Thursday nights @ 7:00
- New meeting in Calhoun: Monday nights @ 6:30

## 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 10:**  
Continued to take personal inventory and when we were wrong, promptly admitted it.

**Tradition 10:**  
Overeaters Anonymous has no opinion on outside issues; hence the OA name ought never be drawn into public controversy.

**Concept 10:**  
Service responsibility is balanced by carefully defined service authority; therefore, duplication of efforts is avoided.

## 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.*

**YOUR STORY COULD BE PRINTED HERE  
....PLEASE DO SERVICE AND SHARE...**



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](mailto: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.

## 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

## Latest OA Podcast

Welcome to the Overeaters Anonymous (OA) Podcast. In this edition, 21-year-old Kaitlin talks about her relationship with food and her recovery in Overeaters Anonymous from bulimia, anorexia, and compulsive eating. For more information on Overeaters Anonymous, please go to [www.aa.org](http://www.aa.org) or call the World Service Office in the United States at 505-891-2664.

To listen, go to <http://www.aa.org/podcast/>

## New E-Publications

Three popular OA publications are available electronically. See What's New on the OA Web site.

To purchase, visit [bookstore.aa.org](http://bookstore.aa.org).

### ***The Twelve Steps and Twelve Traditions of Overeaters Anonymous—***

Comprehensive work provides a detailed, moving exploration of how OA's Steps and Traditions help members recover and how the Fellowship functions as a whole. E-publication works best on a PC or Mac computer with Adobe Reader.

Also compatible with most mobile devices. **#990V/\$9**

### ***The Twelve-Step Workbook of Overeaters Anonymous—***

Thought-provoking questions drawn from and page-referenced to *The Twelve Steps and Twelve Traditions of Overeaters Anonymous*. E-publication gives you unlimited space to type answers to the questions. You can save your answers and reopen the file to make future additions or changes.

Works best on a PC or Mac computer with Adobe Reader.

Not compatible with mobile devices. **#992V/\$5**

### ***Fourth-Step Inventory Guide—***

In-depth questions drawn from the OA "12&12" will guide you through a Fourth-Step inventory based on specific character traits. E-publication gives you unlimited space to type answers to the questions. You can save your answers and reopen the file to make future additions or changes.

Works best on a PC or Mac computer with Adobe Reader.

Not compatible with mobile devices. **#491V/\$3**

# Upcoming Events

## November Toolbox Article Ideas:

How you to protect yourself from program complacency?



### 'Why Not Me?'

Lowcountry Intergroup presents an OA Fall Retreat

October 22-24, 2010  
Holiday Inn Oceanfront  
Surfside Beach, SC

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### 'Fun in the Sun with Abstinence'

SOAR 8 Recovery Convention & Business Assembly

November 5-7, 2010  
Westgate Lakes Resort and Spa  
Orlando, FL

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

[www.oaregion8.org](http://www.oaregion8.org)

## Calendar

SATURDAY

October 9, 2010

Intergroup Meeting  
OA Office  
10:30 am - 12pm

All Are Welcome

SATURDAY

October 16, 2010

Super Saturday  
OA Office  
10:30 am - 12pm

Speakers/Sharing

SATURDAY

October 23, 2010

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

All Are Welcome

SATURDAY

October 30, 2010

Newcomers Workshop  
OA Office  
10:30 am - 12pm

Two Speakers/Ask questions