

What's Happening

DID YOU ATTEND THE SOAR & BUSINESS AND RECOVERY CONVENTION in Atlanta in July?

If so, please share your experience by submitting an article for the October Toolbox.



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 spagirl66@comcast.net

Look inside for article ideas.



New SPANISH SPEAKING MEETING: Thursdays @ 7:30 Suwanee, GA (For info, contact Manny at 678-548-6845 or Steffi at 678-570-9009)

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 9:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9:

OA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9:

Able, trusted servants, together with sound and appropriate methods of choosing them, are indispensable for effective functioning at all service levels.

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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

My sponsor said, 'Act as if you believe, and some day the desire will become reality.' Because I trusted my sponsor and wanted the kind of recovery I saw in her, I acted as if I had a loving God in my life. Eventually, in conjunction with my own spiritual awakening, the desire became reality.

Seeking the Spiritual Path (p. 20)

Members Share

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

The Promises of Our Program

For me, a gratefully recovering OA, these promises are hope that if I follow the steps that others have taken, then I, too, can be at peace with myself and the world.

From the Big Book of Alcoholics Anonymous, page 83:

"If we are painstaking about working our program, these are the amazing promises that will come true for us:

- * We will not regret the past nor wish to shut the door on it.
- * We will comprehend the word serenity and we will know peace.
- * No matter how far down the scale we have gone, we will see how our experience can benefit others."

The above are only a few of the promises, yet they have come true for me. I have experienced a lot of pain while in recovery, facing myself and my past. Yet facing it has helped me grow up and live in the moment, not in the past. Today, I know how to choose peace and serenity, regardless of what is going on around me. Today, even if I am not perfect (and will never be!), my abstinence, footwork in OA and trust in God, may help others to also feel hopeful.

For this, I am grateful.

— Anonymous

A Present and a Future

I stumbled in through the doors of OA in 2000, having hit rock bottom in my life with a thud. I had a car accident that left me in severe pain and unable to work. Six months later my mother died. We had always had a troubled, difficult relationship, and I'd never been able to tell her how I felt.

(continued)

When I came into OA I was deeply depressed and suicidal. I was involved in a demeaning relationship in which I allowed someone to treat me badly because I thought that was all I deserved. This was as good as my life would ever get, and all I wanted to do was die. The only way I got to sleep at night was by planning my suicide. Now I have changed my life completely. When I get up in the morning I'm excited. I'm living life on life's terms, loving every moment with a deep sense of gratitude.

OA has helped me understand and accept who I am. I am a compulsive overeater, and if I choose to, I can have a strange relationship with food. Before recovery, I used food to suppress my feelings. Food was my entire life: family, friend, lover and confidant. OA has given me an eating plan that keeps me safe and healthy. I avoid sugar, white flour and alcohol; eat three balanced meals a day; and get on with my life. I was a size 22 on arrival in OA; now I'm a size 10/12.

I had always felt alone, with few friends. Nobody understood me because I was special and different. But food was always there and never let me down, so I locked the doors, took the phone off the hook and ate away my feelings, sinking lower and lower.

With OA in my life, I am no longer alone. I go to meetings and am surrounded by like-minded people who can identify with my idiosyncrasies around food. I listen to stories told by people who are like me. Their words and experiences are mine.

The more meetings I attend, the more I develop a true sense of self. I feel more comfortable with being the real me. I have always felt inferior and had painfully low self-worth. OA has given me the Twelve Steps and Twelve Traditions. I have admitted my wrongs, come to terms with my past and made amends. Now I feel like a useful, constructive member of society.

OA has given me my present and my hope for a future. I am happy, content and at peace. For this I am grateful.

— Anonymous, England (reprinted from oaregion8.org)

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)

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 abstinently!
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

NEWS FROM WSO

Abstinence Definition Amended

WSBC Policy 1988b (amended 2002, 2009) defines abstinence and recovery as follows: Abstinence in Overeaters Anonymous 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.

Fun With a Purpose: Seventh-Tradition Skits

Two new skits are designed to help groups and service bodies foster greater understanding of OA's Seventh Tradition. "What's It Worth?" focuses on how much OA members spent on binge foods before coming to OA. "Wheel of Misfortune" addresses what program would be like without the services provided by member contributions. Both skits can be adapted to local situations. By having fun and using humor, your group or service body can help members understand the direct benefits their contributions provide to the Fellowship.

Go to <http://www.aa.org/news/> to download the skits

New PSA Radio CD now available

NEW! Carry the OA message through your local radio stations with this new PSA. Contains 60-, 30- and 15-second spots. Includes script and cover letter to stations.

Go to <http://www.aa.org/news/> for more information



LITERATURE HIGHLIGHTS

Pamphlet - A Guide for Sponsors #200

Whether you are sponsoring for the first time or the twentieth time, this pamphlet offers guidance and support for the vital role you play. Answers questions on why, when and how to be a sponsor. Appendix lists "30 Questions to Ask Newcomers."

Book - A New Beginning #976

Stories from Lifeline magazine full of experience, strength, inspiration and wisdom as your fellow OA members share their struggles and triumphs in recovery. Softcover; 144 pages.

Pamphlet - Black OA Members Share Their Experience, Strength and Hope #285

Intended for black people struggling with overeating and weight, and also for OA members who want to understand how someone from a different culture might feel coming into the program.

Pamphlet - Before You Take That First Compulsive Bite #150

What can you do when confronted with the urge to overeat? Find the tools and inspiration you need with this pamphlet's suggestions.

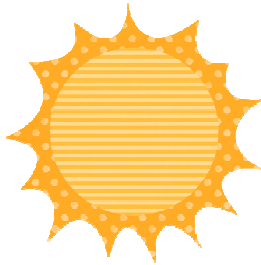
Upcoming Events

October Toolbox Article Ideas:

"For today: I do not have to give another person's actions the power to knock me off balance."

– For Today, pg. 279

How do you keep your balance?



A Transformational Retreat

Sponsored by the Overeaters Anonymous Low-Country Intergroup of Charleston, SC

(Come join us for an Oceanside Experience to expand body, mind and spirit)

October 2 – 4

Holiday Inn Oceanfront Surfside Beach, SC
1601 N. Ocean Boulevard, Surfside Beach, SC 29575

843-238-5601 (((reservations)))

CENTRAL FLORIDA INTERGROUP **OUR ANNUAL FALL RETREAT - GRATITUDE IN ACTION**

OCTOBER 16-18 2009

LAKE YALE CONFERENCE CENTER
39034 County Road 452
Leesburg, Florida 34788

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

www.oaregion8.org

Calendar

SATURDAY
September 12, 2009

Intergroup
OA Office
10:30 am - 12pm

All Are Welcome

SATURDAY
September 19, 2009

Super Saturday
OA Office
10:30 am - 12pm

Speakers / Sharing

SATURDAY
September 26, 2009

Newcomers Workshop
OA Office
10:30 am - 12pm

Two Speakers/Ask questions

SATURDAY
October 3, 2009

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

Speakers / Sharing