

Fall 2013

SOAR 8

Southeast Overeaters Anonymous Region 8



Alabama
Arkansas
Florida
Georgia
Louisiana
Mississippi
North Carolina
South Carolina
Tennessee
Puerto Rico
South America
Central America
Caribbean Islands

What's New? —from your Chair

Here's what's new for our OA Fellowship:

1. The OA Fellowship Survey and Inventory:

"DELAYED BUT NOT FORGOTTEN!:"

Many of you took the OA Survey developed by the Region Chairs. I have the great privilege of being the Chair of the Region Chairs Committee and am so pleased to be able to tell you that the OA Fellowship Inventory results are now available on the OA website. Please go to

<http://www.oa.org/2013-oa-fellowship-inventory/>

This 60+ page full-length report contains:

- An honest look at the state of our fellowship
- Detailed responses containing the fellowship's opinions, thoughts, concerns & needs
- Charts & graphs to help analyze the responses & trends

A few suggestions on reading this lengthy document - select 1 or 2 questions a week to read; consider how you would answer the questions. Some questions might even make good discussion topics for an OA meeting. Talk with your sponsor, discuss the results in

your Intergroup/Service Board meetings. Let your Intergroup/Service Board WSBC Delegates know what you think!

The entire Fellowship Inventory led to the discussion questions used at the WSBC 2013 Forum.

Those questions and the responses provided by the small groups at the Forum are also being published for your use. The same suggestions apply - how would you answer the questions? Talk about these at your next Intergroup/Service Board meeting.

The Inventory as well as the Forum Q&A tell us a lot about the state of our Fellowship; we think it's an important document to be shared among all of us."

-The Region Chairs Committee

2. WSBC Decision Changes Wording of Anonymity Statement

Delegates at the 2013 World Service Business Conference voted to approve the following changes to the Anonymity Statement originally adopted by the 1980 Conference.

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SPIRITUALLY AWAKE AND FULLY ALIVE

SOAR8 RECOVERY CONVENTION & BUSINESS ASSEMBLY

NOV. 15-17, 2013

Jacksonville, FL

Download the flyer from www.oaregion8.org

Walking a Path to Recovery

“...the weight began to come off and the serenity began to increase ...”

After years of trying to “control” my food and abusing dietitians, I found my way into Overeaters Anonymous. The message was clear but my adoption was unfocused and controlling. I took what “I liked” - somewhat and “left the rest”; this went on for quite a few years. I struggled with weight gain and loss; thinking that I “got it” and then always to find abstinence slipping through my fingers, as I

tried to climb out of the hole of despair.

Two years ago, I began to listen; first to the words and then the actions that I ignored for so long. The more I worked and repeated the steps that the program “suggested”, the weight began to come off and the serenity began to increase. Praying for the Willingness and then the Ability to work a good program: working the steps, calling my sponsor,

performing small acts of service, daily prayer, and working with others. All these actions have brought a new commitment to walking a path that has led to living a life in recovery.

My Higher Power, I believe, wants me to live a happy life of service and serenity. As I walk this path daily; the promises unfold before me.

~Marilyn T.
Englewood, FL

What's New? - from your Chair *continued from front page*

WSBC Policy 1980b (Amended 2013)

An anonymity statement was adopted:

Anonymity is the spiritual foundation of our program, always ensuring principles before personalities. This means that OA itself is not anonymous, but its members are. There are no exceptions. While OA may be publicized, we do not break our individual anonymity at the level of press, radio, films, ~~and~~ television, and all public media of communication, and the recognizable facial exposure of persons identifying as OA members at the level of press, films, ~~and~~ television, and all public media of communication is a violation of our tradition of anonymity, even though the first name only is given or the entire name is withheld.

5/30/13

3. New Wording for OA Preamble

The delegates at the 2013 World Service Business Conference approved a change of wording for the OA Preamble. When reading the Preamble in OA literature, please note the following change to the last sentence. This

change will be incorporated as literature is reprinted.

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating.

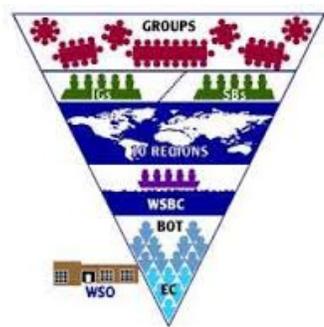
We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive ~~overeating~~ and to carry ~~this the~~ message of recovery through the Twelve Steps of OA to those who still suffer.

5/30/13

Can't wait to see all of you in Jacksonville!

**Love,
Gloria L,
Region 8 Chair**



Diet, Abstinence, Plan of Eating—What's the Difference?

After attending meetings for over seven years and after shedding 150 lbs., I experienced a magical, “Ah-ha” moment at a recent meeting. A member shared, “I deserve abstinence - I no longer need to punish myself with diets.”

So I began thinking – This is so true! I used to “punish myself” with diets for bad behaviors. That is, binge eating and other unhealthy actions. A diet was a punishment I had to endure, until I got my weight off. But then, I always ended up resuming my obsessive behaviors and regaining all the weight I lost, and more. It was if I were a “naughty” man-child that needed to be punished for his gluttonous behaviors.

Abstinence, on the other hand, is a gift, a treasure, from HP. Given, I believe, as a reward for right or “good” behaviors. I choose to be abstinent by working the steps and using the tools. HP then “rewards” me with the gift of abstinence. So abstinence is both a choice and a gift.

My food plan (i.e. Plan of Eating) is simply one of nine tools I use to help earn my abstinence. It is not a diet to lose weight, but a healthy eating plan I can use for the rest of my life, with the help of HP.

I also began thinking about why so many of us go through a “pink-cloud” phase, and then relapse. I think this

may have to do with treating the food plan as if it were a diet to be rid of as soon as possible. I remember, in my dieting days when I was younger, I could lose weight on any diet. Each time, I looked forward to the day when I could go off my diet. “G_d, just let me get the weight off and then I can get off this diet and handle the rest on my own.” But, of course, I could not “handle the rest on my own.” I didn’t understand that I was truly powerless over food. So if I constructed my plan of eating in OA to be a restrictive diet, I again would be headed toward this endless cycle of losing, gaining, over and over again.

But while I was on these restrictive impossible-to-maintain “diets,” I was psyched! I could do it all. I could control anything. I could live on the “pink cloud.” Then, the terrible and now liberating truth, I could not. I was powerless over food.

My plan of eating is different. It is a balanced healthy eating plan that I will never have to “go off of.” It is simply enjoyable food in healthy amounts. As long as I keep to this food plan day by day, use the other eight tools, and work the steps, and turn my life and my will over to HP, I can obtain the gift of abstinence as a reward from HP.

~Sander B.



“I also began thinking about why so many of us go through a pink-cloud phase and then relapse.”

A Letter From Our New Region 8 Trustee

Hello Fellow OAer's,

My name is Linda, I am a compulsive overeater and your newly elected Trustee for Region 8. I am happy to serve Region 8 in this capacity.

When I came into program 24 years ago.....never in a million years would I have ever dreamed I would be a Trustee. My program has taught me that when I am called to service I do my best to fit the job description. God doesn't call the equipped...He equips the called!

Needless to say I have "big shoes" to fill. Gerri H. has served for the last 3 years as Region Trustee and now has moved on to the position of General Service Trustee. She is traveling around the country in her motorhome carrying the message. I want to thank her for all the time she gives me to help me get comfortable with my new position.

My first Board Of Trustees meeting was held 3 days prior to the World Service Convention. We have some formal and informal meetings to attend to the business of OA. We all work pretty hard in 3 days of meetings from 9 to 5. One hour and 45 minutes for lunch. Two of my lunch meetings were working meetings with committees that I had volunteered to be on. I'm not complaining.....I love the work...the people and the traveling. We do travel and give workshops in our "spare time." I was in Fort Mitchell, Alabama leading a retreat in September, then in October, Gloria and I will be traveling to Bogota, Colombia to lead workshops for their National Event. I will be in Jacksonville for our Region 8 Business Assembly and Convention, then that week I travel to Albuquerque for another 3 days of (BOT) business meetings. I have off December and January...LOL...So far...Who knows what service opportunity will come up!



We're working on some great motions coming up for the World Service Business Conference in April 2014. New literature is being reviewed, old literature is being updated all to be presented to the members. Did you know that there is a new Young Person's Packet and *For Today* workbook for sale in our online bookstore. Don't forget the *Abstinence*, 2nd edition that was released in April!

Oh, and if you don't have a subscription to *Lifeline*...think about subscribing, it's a great "meeting on the go"..then leave it someplace where someone who needs us will pick it up and read it. I leave my name and number on it so people can call me for information. I hope you do that same thing or something similar to help carry the message.

Feel free to reach me at trustee@oaregion8.org or fdnymom@msn.com for any questions you may have, or just to reach out..Just 'cause I'm a trustee doesn't mean I have this licked! As Gerri says "I'm just another Bozo on the bus!" That's my story and I'm stickin' to it!!

See you in Jacksonville!
Love N Hugs,
Linda

NINE: Step, Tradition & Concept

(Love for Others, Structure, & Ability)

There is a lot to choose from to write this month; many different words, phrases, concepts and principles. Where do I begin? Getting still, connecting with my Higher Presence - that greater power within - and receiving guidance which is always present.

The phrase “directly responsible” from Tradition Nine stands out. I am directly responsible for my life today, which includes responsibility for my recovery. There was a time, before I was fortunate to find OA, that I took a passive role in my life. I expected other people to take care of me. I expected other people to read my mind and provide my needs - especially financially. I was unaware of my spiritual and emotional needs. I also did not appreciate my physical needs. I was a bulk binge eater who responded to my inability to stop eating by starting to vomit, which I did for over 10 years.

In OA I have learned I am directly responsible to myself, for myself and how to practice this new concept. The foundation of my ability to take care of myself today is the relationship I have developed with my Higher Power, my Higher Self. By continuing each day to cultivate a loving relationship, I am able to trust that the guidance I receive allows me to live my best life. Today I am balanced in my sense of responsibility; no longer acting under-responsible (expecting you to take care of me) or over-responsible (minding your business instead of my own).

By learning how to love my Higher Presence, I have learned how to love myself and others. Working, practicing and living the principles of the Steps, Traditions and Concepts is the way which works for me. Thank you for allowing me to share.

Blessings!

Atiya

recovered binger & purger; an active member of OA



Region 8 Trusted Servants

Board Officers

Chair—Gloria L.
 Vice Chair—Sander B.
 Secretary—Janet T.
 Treasurer—Patti S.
 WS Regional Trustee—Linda H.

Committee Chairs

Bylaws/Electronic Documents—Marilyn T.
 Intergroup Outreach (IGOR) - Pat L.
 Public Information/Public Outreach (PI/PO) - Lonna C.
 Technology/Website—Burt T.
 Twelfth Step Within—Nina S.
 Unity with Diversity—Viviana G.
 Ways and Means—Kat M.

Serenity Prayer Pocket Reminder

100 % lead-free pewter



A Region 8 Fund-Raiser

\$4.00 each

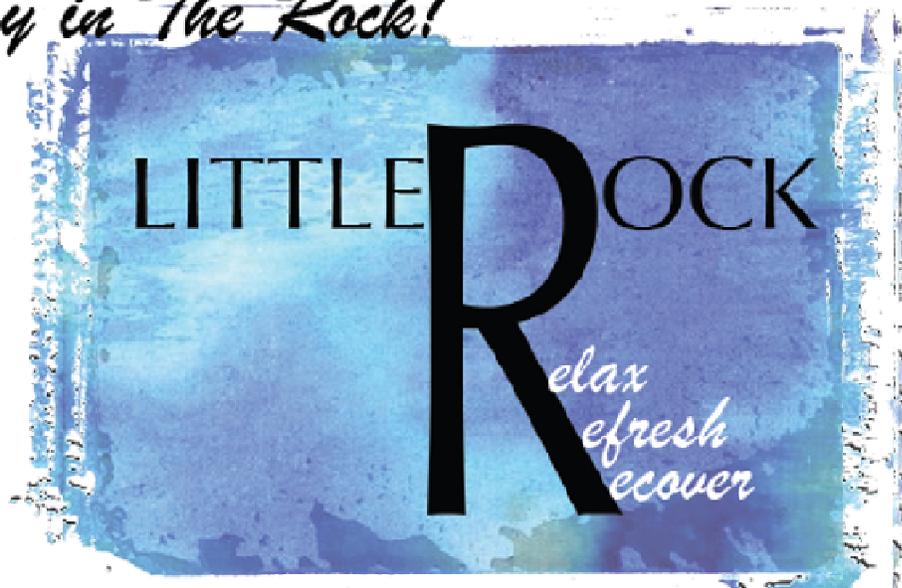
Available at SOAR8

**“ALWAYS TO EXTEND THE HAND
AND HEART OF OA TO ALL WHO
SHARE MY COMPULSION; FOR THIS I
AM RESPONSIBLE.”**

Upcoming Events

- **Nov. 15-17, 2013**—SOAR8 Recovery Convention & Business Assembly, Jacksonville, FL
- **Mar. 21-23, 2014**—SOAR8 Recovery Convention & Business Assembly, Little Rock, AR
- **Apr. 28-May 3, 2014**—WSBC, Albuquerque, NM
- **Jul. 11-13, 2014**—SOAR8 Recovery Convention & Business Assembly, Baton Rouge, LA

Recovery in The Rock!



SOAR 8 Recovery Convention and Business Assembly

March 21-23, 2014



CENTRAL ARKANSAS INTERGROUP