

12 Steps of Overeaters Anonymous

1. We admitted we were powerless over food-that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.



Arkansas Intergroup of Overeaters Anonymous

Searching for Recovery One Day at a Time!

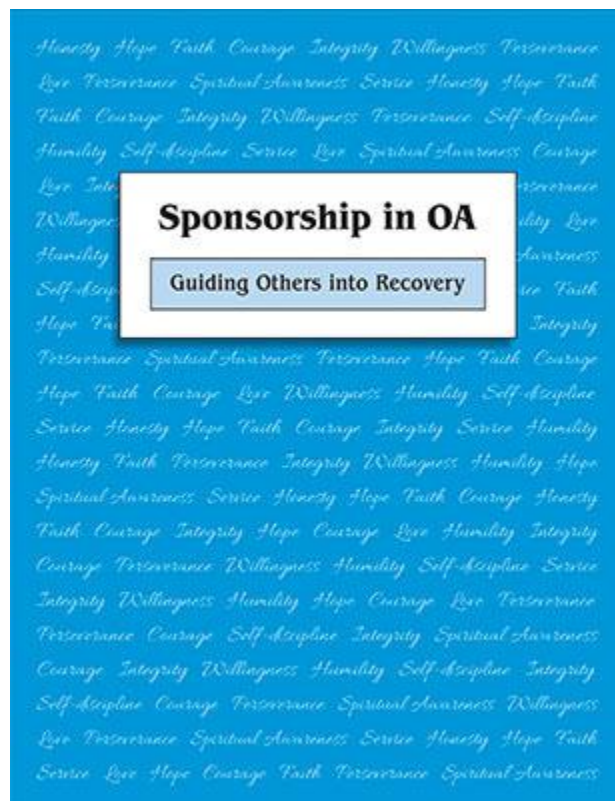
Welcome!

What's happening in our Arkansas intergroup and beyond? Keep reading and find hope and recovery....

From oa.org

OA's newest and most comprehensive handbook for both veteran and first-time sponsors. *Sponsorship in OA* combines and replaces both *A Guide for Sponsors* and *Sponsoring Through the Twelve Steps*, expanding our understanding of sponsorship with new topics illustrated by real testimonials from OA sponsors. Appendices include thirty questions to ask the newcomer and a complete guide to sponsoring through each of the Twelve Steps of OA.

You can find this book at the following link: [Sponsorship in OA](#)



Principles of the 12 Steps of Overeaters Anonymous

Honesty
Hope
Faith
Courage
Integrity
Willingness
Humility
Self-Discipline
Love
Perseverance
Spiritual Awareness
Service

Principles of the 12 Traditions of Overeaters Anonymous

Unity
Trust
Identity
Autonomy
Purpose
Solidarity
Responsibility
Fellowship
Structure
Neutrality
Anonymity
Spirituality

Intergroup News

The next Intergroup meeting is July 11th at 11:15 am, after the Serenity on Saturday 10:00 am recovery meeting. Everyone is welcome and encouraged to attend. It is important that every meeting has representation. Highlights of the May 9th meeting include:

- The remaining loose ends to our name change are the IRS, Arkansas Secretary of State and the bank account and will be addressed by the IG Treasurer.
- The offices of Vice-Chair and Secretary remain open. Two members offered to fill in temporarily until someone commits to either office. Members are asked to prayerfully consider taking part in this service and let Pat R (proby2023@gmail.com) know if more information is needed or if a nomination may be made at a future meeting. **Our intergroup, meetings and your recovery depend on your service.**
- Anyone interested in taking on the publishing of this newsletter may contact Pat R. She will explain the process currently used along with tips to keep it simple and keep this newsletter going with new creativity. Pat will no longer be able to continue the newsletter after this year.
- Lindsay H agreed to update and maintain our website.

Committee News

The PIPO committee

The Public Information/Professional Outreach committee meets the first Saturday of each month at 11:15 am. This is a hybrid meeting.

Reach out to Cara G. to find out more about this committee or to receive any items to use while spreading our message of hope by emailing carag213@hotmail.com or calling/texting 501-258-2938.

The Activities committee

If you're interested in helping with future activities, contact Marti H. at 501-221-9925, email marti.haslauer@gmail.com

The Twelfth Step Within committee

Are you considering starting a meeting near you? We're here to help with guidance and funding to get you started. Perhaps your meeting is interested in learning more about growth and retention. Contact Kathy T. at 501-247-0771, email kaki0306@gmail.com

Contact Us

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Meeting information and phone numbers may be found on the website's Meeting List tab.

Links to helpful OA newcomer information may be found on the website's Newcomer Information tab.

Service opportunity

If you find this newsletter helpful, informative and worth keeping, this opportunity may be for you. Pat R will no longer be able to serve in this capacity and can show anyone interested how simple it can be to keep this newsletter going and send it out to our membership. Please let her know if you are interested. She may be emailed at proby2023@gmail.com

The Business Assembly and Recovery Convention Committee



Registration is open! To register online, visit [SOAR8 2nd Assembly - SOAR8](#)

Use case SO8 for the room reservation rate

Three months to go! If you haven't registered yet, now's your chance!

Join your OA family from across the region at the Four Points hotel in Little Rock September 25-27 for community in recovery! This is an important event for our intergroup, our region and you!

Resources

Overeaters Anonymous

oa.org

Find a Meeting:

oa.org/find-a-meeting

OA Literature

bookstore.oa.org

Region 8 (SOAR8)

oaregion8.org



OA Memphis

oamemphis.com

oamemphis.com/meetings



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OA Responsibility Pledge

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

Upcoming Speaker Meetings and Events

Mark your calendars!

- Memphis speaker meetings (From OAMemphis.com/meetings click Join Meeting for access) are the second Wednesday of each month. Come join us to hear the speakers' experience, strength and hope at 6:00 pm.
- Miracles on Monday zoom meeting at 5:30 pm will have a speaker meeting June 29th.

Come hear inspirational stories of experience, strength and hope and invite a friend!

A Blast from the Past

From our first newsletter (October-November 2023)

To The Newcomer

A Brief Outline of Our Structure

Recovery meetings are groups of two or more OA members, each seeking recovery from compulsive overeating and food behaviors. Each meeting has a different focus (literature, writing, newcomers, etc.) so there is a meeting for everyone. Groups of meetings make up Intergroups.

Intergroups consist of membership from groups of meetings for a specific geographic area. Decisions affecting the entire Intergroup, therefore each meeting within the Intergroup is represented at Intergroup meetings. Groups of Intergroups make up Regions.

Our region is Region 8. Region 8 consists of intergroup representatives from the Caribbean Islands, Central America, South America, the U.S. Southeastern region, and the U.S. Virgin Islands.

The World Service Business Conference consists of delegates from around the world and provides service and support to the entire OA fellowship.