

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.



Central Arkansas Intergroup

Searching for Recovery One Day at a Time!

Welcome...

...and thank you for taking the time to read the Central Arkansas Intergroup of Overeaters Anonymous' bimonthly newsletter. We hope you will find helpful information about your Intergroup's happenings as well as the experience, strength and hope we can all offer to each other toward recovery!

Upcoming Speaker Meetings and Events

Mark your calendars!

Memphis Speaker Meetings (From the OAMemphis.com/meetings click Join Meeting for access)

Wednesday 6:00 pm Meeting:

April 24, 2024

May 8, 2024

Meeting News

Intergroup News

The next Intergroup meeting is May 11th after the Serenity on Saturday recovery meeting. Everyone is welcome and encouraged to attend. Highlights from the March 9th meeting include:

- Ink pens with our Intergroup website information were purchased and available for members to distribute.
- A new tab to the website was added to house the newsletters for easy access to past issues.

Contact us

Central Arkansas Intergroup of Overeaters Anonymous

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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.

Miracles on Monday (ZOOM)

Monday 5:30 pm

Open Literature – Voices of Recovery (Through March)

****This meeting took a group conscience to begin studying the Twelve Steps and Twelve Traditions of Overeaters Anonymous 2nd Edition beginning April 1st. Newcomers may also enjoy learning more about recovery through the steps and traditions!****

Searcy Monday In-person Meeting

Monday 6:00 pm

Open Big Book Study – AA Big Book

Tuesday Writing & Meditation Meeting (ZOOM)

Tuesday 6:30 pm

Open Literature – For Today & Voices of Recovery

Thursday AA Literature Meeting (ZOOM)

Thursday 5:30 pm

AA Literature - AA Twelve Steps and Twelve Traditions

****The last newsletter reported this meeting would soon be hybrid. However, this is not possible at this time****

Serenity on Saturday Meeting (Hybrid)

Saturday 10:00 am

Open Literature – Overeaters Anonymous 3rd Edition

Memphis Zoom Meetings (See Resources for additional Information):

- Wednesday 6:00 pm – AA Big Book Study
Open Literature - AA Twelve Steps and Twelve Traditions
- Thursday 9:00 am – AA Big Book Study
Open Literature – First week of each month, AA Twelve Steps and Twelve Traditions. All other weeks, AA Big Book

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



OA Responsibility Pledge

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

Committee News

The PIPO committee is:

Identifying upcoming health fairs and other events for a booth or other attendance for distributing material and Q&A's with others there. These are a great opportunity to support our Intergroup and our community.

The Activities committee is:

Save the date: September 27-29, 2024 is the Fall Retreat at Camp Mitchell on Petit Jean Mountain. Watch for more details as they come in!

Region 8 News

The Region 8 Spring Business Assembly was March 15-17 with the following highlights:

- The International sub-committee was made a fully chair-funded committee. The passage of this motion was especially emotional for all, illustrating the inclusivity of our fellowship.
- Region 4 is disbanding June 1st and Southern Missouri will join Region 8. The Greater Ozarks Intergroup, greaterozarksoa.org (based in Springfield, MO) has an in-person meeting in Mountain Home, AR.
- A report from our Intergroup was shared, expressing what can be accomplished by a smaller group.

For information about Region 8 and resources available to members, Intergroups and committees, visit oaregion8.org.

To The Newcomer

From our Invitation to You: "...‘But I’m too weak. I’ll never make it!’ Don’t worry, we have all thought and said the same thing. The amazing secret to the success of this program is just that: weakness. It is weakness, not strength, that binds us to each other and to a Higher Power and somehow gives us the ability to do what we cannot do alone. If you decide you are one of us, we welcome you with open arms. Whatever your circumstances, we offer you the gift of acceptance. You are not alone anymore. Welcome to Overeaters Anonymous. Welcome home!"

Musings on the Steps and Traditions

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

Step Four

Made a searching and fearless moral inventory of ourselves.

Spiritual Principle: Courage

After Steps 1-3, it was time for action. It can take a lot of courage to look deep into our resentments, fears, conduct and harms, then determine our part in them. In this step I inventoried my motives behind my actions. For example: Why do I react to others as I do? What am I afraid of? Before I could begin this step, I knew I needed a sponsor to guide me through this and beyond. Courage turned into enlightenment. I realized that while I never thought of myself as a fearful person, most of my reactions were the result of just that. As I worked on this step (and afterwards) I also realized some “tips” to relieve my fear of this process and to simplify it.

- 1) “Searching” doesn’t mean I had to inventory what is already resolved. What is bugging me now?
- 2) Forms are helpful. They helped organize my thoughts and see patterns.
- 3) I needed to ask, “Is this a resentment or an annoyance?” Do I get annoyed in the moment or do I replay it over and over, allowing it to affect my relationships or ability to function?
- 4) My inventory was MY inventory, not others’. If I felt I had reason for a resentment or difficulty, how had I contributed to it?

Finally, “fearless” for me required courage, not fear. There is nothing to fear. Why do we take this step? By examining our fears, resentments and harms, and our part in them, we can begin taking responsibility, with our Higher Powers’ help, and begin to relieve our heart and mind of the burden we’ve been carrying. While the thought of this step can be scary, the results are so worth it! The longer we hold off, the longer it is before we can move forward and reap the reward of a better understanding of ourselves!

Have you heard?

"I can't, God can, I think I'll let God."

What's your favorite OA saying?
Let us know!

Tradition Three

The only requirement for OA membership is a desire to stop eating compulsively.

Spiritual Principle: Identity

I am thankful to the enlightened and wise founders of A.A. for giving us their long version of the tradition: "Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation." So A.A. was inclusive, decades ahead of its time. OA has embraced and continues that tradition of diversity.

Next, taken by itself, the short version might lead me to conclude that, if at any time I do not have a desire to stop eating compulsively, I may not be a member of OA (such as when not abstinent or in relapse). However, in considering our adapted tradition, it is important to also study the first line of A.A.'s long tradition; "ought to include all who suffer..." and "who wish to recover." As with all things twelve-step, honesty is the first requirement. Therefore, if I can acknowledge, on any level, that I am suffering and wish to recover, then I belong in the rooms!

Finally, as a member, I am part of the group, which has but one primary purpose. (See Tradition 5) As such, I have a duty to the group to serve that purpose by sharing experience, strength and hope, as opposed to oft-repeated stories of woe and relapse, which are counter-productive to Tradition 5. This is especially important when newcomers are present. So to end on a positive note, the great news is that when I have the desire, I am welcome at any meeting, anywhere around the world, at any time. God bless us all!

Opportunities for Service

There are many opportunities to serve in OA and give back all it's given us. Our Higher Powers inspire us to put our skills and talents to service and the fellowship offers support and guidance in those roles. Serving others can and will strengthen our recovery as well. If you wonder how you can serve within our Intergroup in addition to sharing your experience, strength and hope, below are some ways in which you can do just that.

- Offer service at the meeting level: Lead; provide technical assistance; serve as Chair, Secretary, Treasurer or IG rep; put out the literature, coins, etc as in-person meeting.
- Offer service at the Intergroup level: Serve as Chair, Vice-Chair, Secretary, Treasurer, Region Rep, help with the website.
- Offer service on a committee: PIPO, Activities, Twelfth Step Within.
- Sponsor another member.